



M4M

MOUNTAINS FOR THE MIND

INFOPACK FOR THE YOUTH WORKERS TRAINING

LAVARONE, TN, ITALY

10.06.2023 - 18.06.2023 (travel days included)



Erasmus+



WHAT THIS DOCUMENT IS ABOUT

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Dear participant,

WE ARE GLAD TO WELCOME YOU IN LAVARONE!

Our M4M project offers Youth workers from Slovakia, Latvia, Estonia, Belgium, Spain, Italy, Slovenia, Bulgaria and Romania the chance to take part in our activities on MOUNTAINS FOR THE MIND.

In this document, you could find some useful and important information to make your staying even more convenient, such as:

- PARTICIPATION PROCEDURE (*page 3*);
 - AGREEMENT AND REIMBURSEMENT PROCEDURE (*page 4*);
 - GENERAL INFORMATION (*page 5*);
 - CONTACT PERSONS DURING YOUR STAYING (*page 5*);
 - COVID-19 MEASURES VALID IN ITALY (*page 6*);
 - ITINERARY SUGGESTIONS (*page 7*);
 - ACCOMMODATION (*page 11*);
 - CLOTHES AND WEATHER (*page 12*);
 - CREATIVI108 STAFF (*page 13*);
 - PROGRAMME (*page 14*).
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PARTICIPATION PROCEDURE AMONG YOUTH WORKERS TRAINING

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Here is the procedure we kindly expect you to follow in order to participate in our training:

1. The participant that will be involved in the Youth Workers training should fill out the [CONTACT FORM](#) with her/his information **before the 30th of April**;
2. The participant has to wait for the confirmation by Creativi108 through email, before purchasing the flights. The participant will receive by Creativi108 the **AGREEMENT** regarding her/his involvement in the Youth Workers training.
3. In order to proceed with the participation, the participant needs to send the **AGREEMENT** and the **TRAVEL PLAN** at the email address trolese.creativi108@gmail.com.

APS Creativi108 needs to confirm the travel plan because a private bus to reach Lavarone has been arranged. Further information after the application of the participant.

AGREEMENT AND REIMBURSEMENT PROCEDURE

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For each participant, it will be requested to sign an **AGREEMENT** in which are reported:

- The commitment to participate at our Youth Workers training;
- The procedure for the reimbursement of the travel expenses;

The participant will receive the **AGREEMENT** by Creativi108, through email, once completed the **CONTACT FORM** and after receiving the confirmation email.

The participant needs to carefully read the **AGREEMENT** in order to understand the reimbursement procedure. Creativi108 is available for any clarification and explanation at the email address trolese.creativi108@gmail.com.

GENERAL INFORMATION

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Here some general information:

Arrival day: 10.06.2023.

Training days: 11-17.06.2023.

Departure day: 18.06.2023.

Place: Lavarone, TN, Italy [GOOGLE MAPS](#)

Participant: participants from **Slovakia, Latvia, Estonia, Belgium, Spain, Italy, Slovenia, Bulgaria and Romania**
(starting from 18 Years of age and over)

CONTACT PERSON DURING YOUR STAYING

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MIRIAM TROLESE (Head project Manager)

Phone: +39 339 618 2343

Email: trolese.creativi108@gmail.com / info@creativi108.com

FEDERICA NEO (Coordinator and Project Manager)

Phone: +39 328 582 6643

Email: neo.creativi108@gmail.com

COVID-19 MEASURES VALID IN ITALY

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Please, make sure to keep the Italian COVID-19 situation monitored. You can check the COVID-19 situation in Italy from our [Ministry of Health's website](#) or from the [RE-OPEN EU website](#).

In the meantime, here are the ongoing main measures and regulations for your staying and your entrance in Italy.

IMPORTANT MEASURES FOR YOUR STAYING

Wearing a **facemask** is no longer mandatory for indoor public places throughout Italy, such as bars, restaurants, museums and public transport. Wearing FFP2 face masks is no longer compulsory on public transports.

For further measures, consult the [RE-OPEN EU website](#).

IMPORTANT MEASURES FOR YOUR TRAVEL TO ITALY

So, please, check your position as a traveller from the [INFOCOVID WEBSITE](#) by answering a quick survey.

Keep in mind what follows:

- **If your flight has a stepover**, make sure to check the measures, regulations and document checklist for the stepover's country as well.
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ITINERARY SUGGESTIONS

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[LAVARONE](#) is located in the northernmost region of Italy called Trentino- Alto Adige, in the province of Trento.

We would like to suggest to you the nearest airports and the transport options to reach Lavarone.

AIRPORTS

The following airports are listed from the closest to the farthest, in terms of travelling time with train to get to Lavarone:

- A. “Valerio Catullo” Verona Airport – VNR;
- B. “Marco Polo” Venice Airport – VCE;
- C. “Guglielmo Marconi” Bologna Airport – BLQ;

From your chosen airport, you should head to the nearest train station so you could start your train trip to reach Lavarone.

TRAIN

You can look for train availability from the [TRENITALIA WEBSITE](#), depending on where and when you will land.

Based on the airports previously suggested, the closest train stations (that may also be your starting point for your train trip) will be:

- A.If you have landed in “Valerio Catullo” Verona Airport, the closest train station is called **“Verona Porta Nuova”**;
- B.If you have landed in “Marco Polo” Venice Airport, the closest train station is called **“Venezia Mestre”**;
- C.If you have landed in “Guglielmo Marconi” Bologna Airport, the closest train station is called **“Bologna Centrale”**;

In Italy, we have different types of trains:

- A.FRECCIAROSSA, which is faster but also more expensive;
- B.REGIONALE, which is slower but also cheaper.
- C.

The destination you should use on the Trenitalia website is **“Verona Porta Nuova”** train station. Indeed, from there we will take a bus together that will take us directly to Lavarone.

TRANSPORT FROM THE VERONA PORTA NUOVA'S TRAIN STATION

When you reach “Verona Porta Nuova”, you will find yourself at the train station.

On the day of arrival, which is 10 June 2023, we are scheduled to travel by private transportation from the "Verona Porta Nuova" train station to Lavarone at **6:00 pm**. A bus will take us to the place of accommodation.

It is very important to respect the bus schedule to get to Lavarone so that we can reach our destination together and on time.

Likewise, on the day of departure, which is 18 June 2023, travel by private transportation from Lavarone to "Verona Porta Nuova" train station is scheduled at **7:00 am**.

From the "Verona Porta Nuova" train station, it will then be possible to reach the train station/airport for the return journey.



➤ **TAXI ROVERETO**

In case of emergency, here is the contact of a taxi company that operates in Rovereto. They are available from 5 AM until 10 PM.

The trip to Lavarone with a taxi costs around 60-70 euros. Unfortunately, the taxi costs will not be eligible for reimbursement, according to Italian National Agency rules.

CONTACTS:

Phone: +39 0464 480066

Email: info@taxi-rovereto.com

Website: [LINK](#)

ACCOMMODATION

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It will be a pleasure for APS Creativi108 to take care of your accommodation and your meals.

We have made a reservation for you at the following location:

COLONIA GARDOLO

Address:

via Gionghi, 92,

38046 Lavarone TN

Phone:

0464 783147

Website:

[COLONIA GARDOLO](#)



IMPORTANT: bring bed sheet and/or sleeping bag

The meals will be served at the accommodation as well. We will cover:

- The dinner of the 10th of June;
- The breakfast, the lunch and the dinner from the 11th to the 17th of June;
- The breakfast of the 18th of June.

CLOTHES AND WEATHER

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Lavarone is a proper mountain village, surrounded by mountains and forests. So, as you can imagine, the weather in June will be slightly warm during the day and a little cold at night, if you are not used to it. Also, take in consideration that Lavarone sits 1185 metres from sea level.

During your Youth workers training the weather will be sunny with the chance of having some occasional rain. The temperatures will range between 12° and 22° C.

So, we suggest you some light clothes as well as warm ones. And also comfortable shoes.

As you saw from the programme, we will have some outdoor activities during the Youth workers training. So, bring some comfortable clothes, some training/hiking shoes, a k-way and an umbrella as well.

CREATIVI108 STAFF

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JURY BOTTURA (Trainer)

Graduated in Literature in Italy and specialised in contemporary history in the United States (M.A. and PhD). He lived for a decade between Europe and America working in the field of research and training. Moved in Trentino since 2014, he is co-founder of Dolomit - Learning Experiences for the Curious, a company that is dedicated to enhancing the cultural and natural heritage of the Alpine region through educational programs for residents and visitors, especially international ones, and through projects to activate local communities.

[DOLOMIT LEARNING](#)

ITALO BERTOLASI (Trainer)

Journalist, bodyworker and traveller.

In 1970 he began his "pilgrimage" to the East and for the next twenty years he studied and documented the shamanic cultures of the Himalayas, Chinese and Japanese, photographing and writing for the most important European magazines. He is the promoter of "Nuove Terre", an association of artists, bodyworkers and travellers that has combined the passion of travel with the study of distant cultures and health projects to stimulate the growth potential of human "nature".

He is the creator of the "Forest Bath", a practice of "experiential ecology" that aims to educate man in a deep and sensitive contact with the "wild soul" of the world and wild nature as a path to self-healing.

He is the author of the books:

- "Harmony Manual" - Mondadori Editore
- "Ecotherapy" - Xenia Editore.
- "Woga and AICHI" - Xenia Editore.
- "Il canto del Bosco" - RED Editore.
- "Watsu" - Xenia Editore
- "Ambassadors of Smile" - Mondadori Editore

ANNA ALBERTARELLI (Trainer)

Long-term expert trainer in outdoor theatre. Degree as director and choreographer at the University of Bologna, Italy. Active on the social side with intergenerational aggregation activities and inclusive methodologies for disability. She collaborates with many schools in Bologna as an expert for inclusive theatre activities. She collaborates with international artistic realities as director of urban dance theatre actions. She has been collaborating with APS Creativi108 since 2016 for her great ability and skills to promote group cohesion with very different realities and backgrounds.

MIRIAM TROLESE (Head project manager)

Coordinator and head manager of Aps Creativi108. She has been coordinating mobility projects since 2015. Expert in

planning and control processes, contact person for institutional relations. Graduated in Literature and Philosophy at the University of Bologna. She has collaborated with cooperatives, municipalities and schools for the development of educational and training projects.

FEDERICA NEO (Coordinator)

Project manager and collaborator of APS Creativi108. She holds a degree in International Relations and Diplomatic Affairs and a Master in Local and Global Development, financing and funds from the University of Bologna.

PROGRAMME

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Attached, you will find the programme from the 10th to the 18th of June 2023.

SEE YOU SOON!

APS CREATIVI108

Legal address

Via Lavino 76 Monte San Pietro
Bologna, Italy

Operative address

Via Trieste 36 -Lavarone
Trento, Italy

