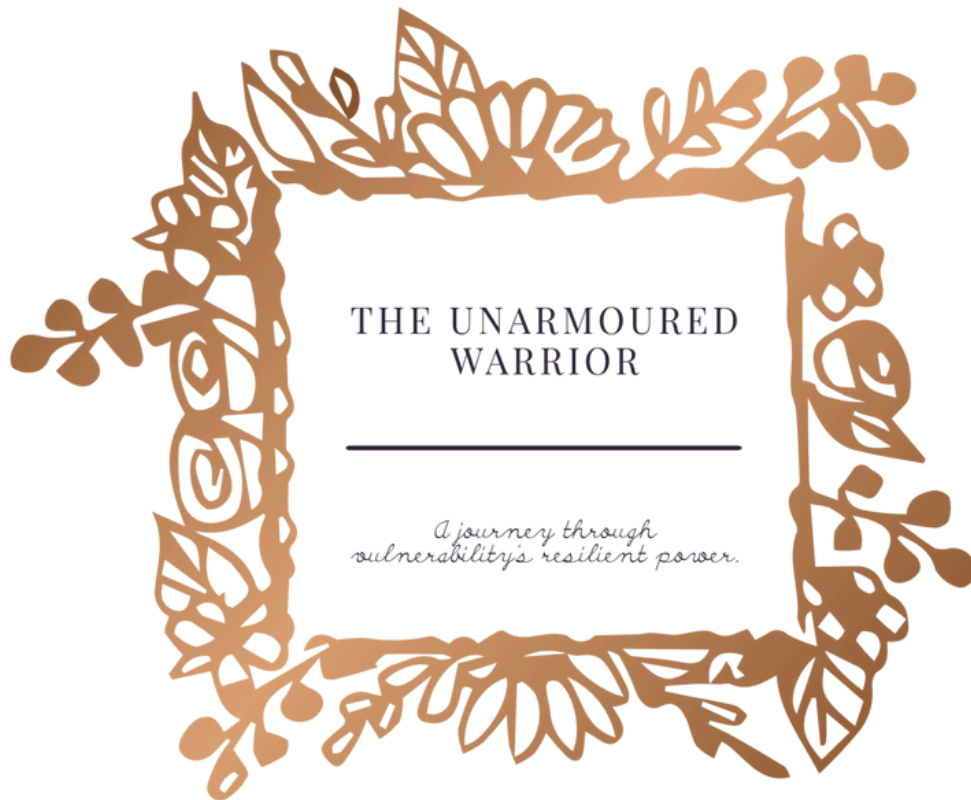


# INFOPACK



Vinci, Italy  
1st - 9th July 2024



## INTRO

Associazione Agrado APS is a local Italian organization which manages projects, activities and actions in order to promote personal development, skills and competences of Youth and Adults through Non-Formal Education.

It organizes Youth Exchanges, Seminars, Training Courses and Strategic Partnership projects KA2 within the frame of Erasmus+ Programme.

It works a lot on psychological methods of personal development and communication (Transactional Analysis) and on art and creativity as tools for self-development.

Associazione Agrado has a long experience in International project management and organization, especially in the field of Training Courses: we have organized 14 International Training Courses/Seminars in Youth in Action/Erasmus+ and 12 Youth Exchanges taking care of the quality before of all.



# THE TRAINING

“THE UNARMORED WARRIOR” is a TC designed like an inner journey for self-discovery embracing the power of our vulnerability.

The journey of self-awareness is a gradual process, and we will commence it with gentle yet profound self-knowledge tools derived from psychological approaches, literature, art, and creativity.

Our methods are inclusive and allow each participant to embark on their own path of self-discovery following their times, needs and will.

## STRUCTURE OF THE TC

The general framework draw inspiration from Professor Brené Brown's research and books on vulnerability and shame.

Her work emphasizes that vulnerability is not a weakness but a courageous act that fosters genuine connections and personal growth.

Embracing vulnerability involves showing up authentically, expressing our true selves, even risking emotional exposure despite uncertainties and potential rejection.

When we allow ourselves to be vulnerable and share our fears, hopes, and struggles, it creates space for empathy and understanding, which strengthens the bonds between individuals.



## THE TRAINING

Methods and activities:

- Team-building activities: To cultivate a sense of unity and cooperation among participants.
- Experiential Learning: Learning through hands-on experiences and real-life situations.
- Creative/artistic expression: Encouraging participants to express themselves creatively, fostering self-expression and exploration.
- Combination of individual processes in group dynamics: Balancing personal growth with group cohesion.
- Transactional Analysis: Exploring and understanding deep-rooted beliefs formed during childhood and their impact on our lives.
- Elements of Mindfulness: Cultivating present-moment awareness and mindfulness practices.
- Psychological topics: Exploring various psychological themes and concepts to enhance self-awareness and emotional intelligence.
- Evaluation and self-assessment moment: Reflecting on personal progress and development.





# PROGRAM (DRAFT)

TC "The unarmoured warrior" Vinci, Italy 1st - 9th July 2024									
"	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	Arrival of participants	The power of vulnerability	Let the armour down	Embracing the challenges	Wholhearted	Windows on my self	Dare greatly	Evaluation	Departure of participants
08:00	Breakfast								
09:30		Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	Morning opening + Energizer	
9.45		Presentations and Team Building	Transactional Analysis	David and Goliath	Vivian's way	Talking Trees	The stage is yours - Preparation	Follow up and dissemination plan	Departures of participants
11:00	Comfort Break								
11:30	Arrivals	On the same page	Transactional Analysis- practice	Thoughts are not reality	Vivian's way - Reading	Amazing Island	The stage is yours - Preparation	Presentation of eye collection and discussion	Departures of participants
13:00	Lunch								
15:00	Arrivals	The power of vulnerability	Vulnerability Poem	Cultural Visit in Vinci	I feel you	Florence Art: Task on artistic vulnerability	The stage is yours - Preparation	Final evaluation	
16:30	Comfort break								
17.00	Presentations	Embracing our imperfection	Vulnerability Poem - visual	Cultural Visit in Vinci	You see me	Florence Art: Task on artistic vulnerability	Performance	Final Evaluation	
18.00	Name games and getting to know each other	Reflection Time	Reflection Time	Reflection Time	Mid term evaluation	Reflection Time	Reflection Time	Celebration time	
20.00	Dinner								
21.00	Official welcome	Time for connection	Cultures: Mode ON	Free night	Night walk	Free Night	Performance	Farewell Party	



# TRAINERS

**Laris Guerri**, Associazione Agrado (Italy) – coordinator & trainer  
laris.guerri@gmail.com



President of Associazione Agrado and founder of it in 2000.

*Free lance* Trainer and in the Pool of Trainers of the Italian National Agency, She has expertise on skills development, communication and empathy. She is also a professional psychological counsellor and applies these techniques in facilitating evaluation steps and skill assessment sessions with participants. Expert in KA1 project design and management (Youth Exchanges, TC) and KA2.

*SALTO WEBSITE TRAINER PROFILE:* <https://www.salto-youth.net/tools/toy/laris-guerri.3428/>

**Rui Guerreiro**, Ironic Art Nation/DAC (Portugal) – Art curator and Trainer



Creator of Ironic Art Nation/DAC, an organisation working on art exhibitions and on art as a tool for self-development.

He works in Art Galleries and in artistic projects worldwide.

In the last years he has been working on art as a tool for self-empowerment and as a life-changing experience through courses and studying methods and technics.

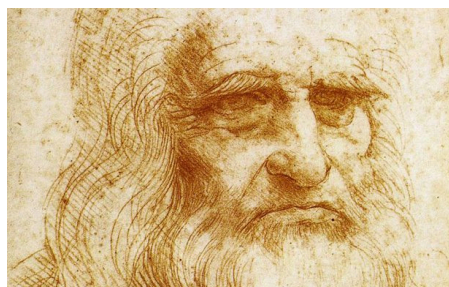
He currently works as a free-lance trainer too on topics of art and creativity.





# VENUE

## Welcome to Vinci!



Vinci is a small historical town (15.000 inhabitants) in the countryside of Tuscany - Centre of Italy- between Florence (30 minutes by train) and Pisa (35/40 minutes by train).

It is famous because it gave birth to Leonardo da Vinci, the Genius of the Renaissance Age. It's rich in history, art, culture and nature. Famous for the typical Tuscany landscape with olive trees and vineyards on its sweet hills.





# ACCOMMODATION

The participants will be hosted in the usual countryside building where Agrado organises all the projects, close to the small church of Petroio, on a green hill with vineyards and olive trees



We will live like a big family in this house, having bedrooms, meals and working space all there.

In the house there are big bedrooms with 7/8 beds (bunk beds) and shared bathrooms and showers, a kitchen where Serena and Stella, cook all the meals, Working room, office and beautiful landscapes and sunsets



*There is **no wifi connection**, so be sure not to have ongoing work to do during the TC or have your own Internet data.*

*We promise human connection and calm in nature!  
A kind of retreat.*







## MEALS

Breakfasts, lunches, Dinners and Coffee-breaks will be prepared and served in the house (usually we eat in big tables outside like great festivals).

Serena and Stella will cook expressly for us amazing traditional Tuscan food and recipes and they are ready for each diet (vegetarian, vegan, gluten-free.). Please write your diet needs on the form that you will get by email after the confirm of your selection.

Our Training Courses are experiences of human connection and cooperation, supporting each other the work of all, in precious small details like preparing the table together.

So, it won't be a 5 star hotel, you won't find wi-fi connection, but be sure that you will experiment a peaceful time with human connection, warm heart in the middle of nature.

For a healthy break into connection.



# TRAVELS

Your destination is in the heart of Italy, in Tuscany. Vinci has not a Train station - the closest station is Empoli.

Your task will be to reach EMPOLI station .  
It's very easy!



**In Empoli Station, our staff will come to pick you up by car** and 10 minutes you will be in the venue in Vinci.

## HOW TO GET TO EMPOLI

**The closest Airports are: Pisa, Firenze and Bologna.**

From your landing airport you have always to reach Firenze or Pisa Train Station.

From both the stations there, you can easily take a Regional train to EMPOLI (it takes 30-40 minutes).

You can buy your TRAIN ticket online on the official website: <https://www.trenitalia.com/en.html>







# TRAVELS

## FROM PISA AIRPORT to EMPOLI:

a. Take PISAMOVER to PISA Centrale Train station

PISAMOVER is a small train outside the airport- on your left when you exit the airport. It takes 8 minutes to reach PISA CENTRALE station

Buy the ticket inside the airport or better, **online.**

Small desk on your right when you arrive in arrival area.

Ticket to Empoli (in the same ticket: Pisamover to Pisa Station and Train from Pisa Station to Empoli- tot. € 12,70)

b. In PISA CENTRALE, take a train to EMPOLI (usually all the trains going to Florence stop in Empoli).

Time Pisa Centrale - Empoli: 35/40 minutes.

### In Pisa Airport

Pisa Mover small train - to Pisa Centrale Train station (8 min.)

Train from Pisa Centrale to Empoli (35/40 min)

**BE SMART, BUY ONLINE**

**<https://www.trenitalia.com/en.html>**



# TRAVELS

## FROM FIRENZE AIRPORT TO EMPOLI

a. In the airport take the Electric Tram (TRAMVIA) Line T2 Vespucci to the destination UNITA'- It passes every 5 minutes and you can buy the ticket at the machines- €1,80). 20 minutes to UNITA'- in front of Firenze SMN station

b. Reach FIRENZE S.M.N. Train Station and take a train to Empoli station ( €5,00 - Time 30 minutes)

Usually all the trains going to Pisa stop in Empoli.

In Florence Airport  
TRAM T2 to Firenze SMN  
Train Station (20 min.)

Train from Firenze SMN to  
Empoli (30 min.)





# TRAVELS

FROM **BOLOGNA AIRPORT** TO  
EMPOLI - 1:

BEST AND FAST OPTION

a. In Bologna Airport find indications for MARCONI EXPRESS (small shuttle train bringing to Bologna Train station in 8 minutes) -

Buy the ticket at the machine or online at <https://www.marconiexpress.it/en/>  
€ 12,70

b. In Bologna Centrale take a Train Frecciarossa to Firenze SMN (37 minutes- prices from 15 euros)

Buy online on

<http://www.trenitalia.com/tcom-en> or  
on

<https://www.italotreno.it/en>

c. In Firenze SMN take a train to Empoli station

In Bologna Airport

- Marconi Express to Bologna Centrale (7 min)
- Train Bologna - Firenze SMN
- . Train from Firenze SMN to Empoli (30 min.)



# TRAVELS

## FROM BOLOGNA AIRPORT TO EMPOLI - 2:

a. Take the bus APPENNINO SHUTTLE-  
on the left when you exit the airport.

Buy ticket online here or in the airport:  
[https://www.appenninoshuttle.it/?](https://www.appenninoshuttle.it/?lingua=2)

lingua=2

Online costs 20 €

It takes more or less 1.30 h to reach  
FIRENZE SMN train station (Avenue  
around the station)

There are buses every 2 hours.

Check timetables

b. In Firenze SMN take a train to Empoli  
station.

In Bologna Airport  
Bus Appennino Shuttle to  
Firenze SMN Train station  
(1,5 h.)

Train from Firenze SMN  
to Empoli (30 min.)





## FINANCIAL RULES

### TRAVEL SUPPORT:

Based on Erasmus+ distance calculator the travels are covered according to the kilometric distance from the country of destination to that of arrival.

Maximum reimbursement for participants from Greece, Ireland, Poland, Portugal, Republic of North Macedonia, Romania: € 275

For participant from Italy: 0

**IMPORTANT:** Before buying the flight tickets, please inform us on your itinerary and cost, in order to avoid mistakes or misunderstandings. Wait for our confirm, thanks!

*You are allowed to arrive to Italy till two days earlier **OR** staying in Italy till 2 days after the TC- BUT ONLY FOR JUSTIFIED REASONS THAT MUST BE APPROVED IN ADVANCE BY OUR NATIONAL AGENCY. All the expenses in these days will be on your charge and NOT in charge of the project.*

*In case our NA won't approve the extra days, we won't reimburse the travel costs.*

Travel Support  
€ 275 for  
Greece, Ireland, Poland,  
Portugal, Republic of  
North Macedonia.  
Romania



## TRAVEL COSTS COVERAGE RULES

- Reimbursement will be according to the REAL amount spent for tickets, up to the maximum foreseen above;
- Associazione Agrado will send Travel costs reimbursement directly to each Organisation Bank account by money transfer - after the project- after receiving from each organisations or participant all the original tickets/ reservation, boarding passes and invoices;
- Sending organisations then will take care to give reimbursement to each of their participants;
- For the travel reimbursement **we absolutely need from you: all the ORIGINAL and scanned tickets, boarding passes, receipt and travel INVOICES**
- *In case we don't get these, reimbursement is not allowed!!! So collect all of these!*



## WHAT TO BRING

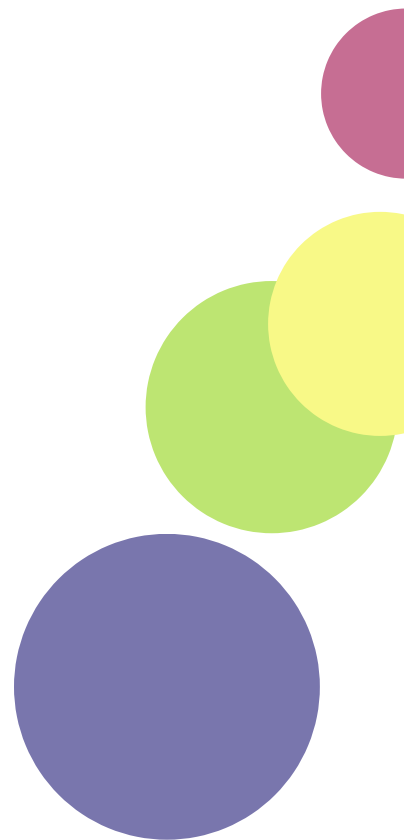
- Towels for shower
- Flip -flop
- Personal hygiene products (shampoo, toothpaste, etc..)
- Comfortable clothes and shoes
- Your Health European Card
- (Anti-mosquito spray)

## WEATHER

Weather in such part of the year is supposed to be warm

Anyway don't forget to check the weather forecasts before leaving:

<https://www.3bmeteo.com/meteo/vinci>







## APPLICATION FORM

Each interested person, after reading carefully this Infopack and the description on SALTO-Youth. net, can inscribe on SALTO platform.

Then we will send the list to the sending organisations and they will select 3 persons from their country (from the SALTO list).

## WHATSAPP GROUP

As soon as we will have the complete group, we will invite you to the Whatsapp Group



## CONTACTS

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**SEE YOU SOON**