



## **INFOPACK - S.T.E.P.S. (Share Trekking Experience Promoting Self-awareness)**

**Hosting organization:** P.E.CO. - Progetti Europei di Cooperazione

**Venue:** Around the Appennino Tosco-Emiliano National Park, Reggio Emilia, Emilia-Romagna, Italy

**Arrivals:** 5th May 2017

**Departures:** 13rd May 2012

**Duration of the activities:** 7 days

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**National Groups:** 5 – Italy (PECO); Croatia (HSOB); Czech Republic (EUROPEAN YOUTH CENTRE BRECLAV Z.S.); Estonia (NGO Youth Club Active); Spain (CIRLA).

**Composition of national groups:** 6 participants aged 18-23 plus 1 group leader (no age limits). We require participants to be active and ready to face a long trekking on the Apennines. Group leaders must be acquainted with trekking or climbing. The ideal target group involves participants with fewer opportunities (social, economical and geographical obstacles NEET) and gender balance.

**Accommodation:** the first three nights and the last two nights participants will sleep in Ostello dei Balocchi in the area of Ligonchio, the nearest village to the starting of the path for the Tour of Appennino Tosco-Emiliano National Park. The other nights participants will sleep in tents and prepare food for themselves like in a camping. We will bring part of the food and equipment in backpacks and some other will come by donkeys during the path.

**Themes:** Intercultural learning, self knowledge and self development, group dynamics and promotion of European Consciousness



### Main aim:

To test a new model of itinerant youth exchange particularly set up for participants with fewer opportunities. Our goal is to combine the main activities of a youth exchange with a trekking on the Apennines, with the aim of increasing participants' self-consciousness, experience group dynamics and intercultural learning in a context far from daily life.

### Specific objectives

- To contribute to the increasing of participants' self consciousness;
- Give participants the opportunity to reflect on their own relation with the group in a new context;
- Improve participants' adaptation to new contexts and situations;
- Experience group dynamics; help participants understanding the importance of their own choices and sharing their ideas and actively exchange views on them
- Promote participants' intercultural learning;
- Positively contribute to the development of participants' self consciousness, adaptation, awareness of and confidence in their own skills and capacities;



- Stimulate participants' cooperation and teamwork attitudes through service activities at mountain lodges;
- Give participants the opportunity to live an enriching experience far from the daily-life context;
- Help participants understanding the importance of their own choices;
- Help participants understanding the importance of sharing their ideas and actively exchange views on them;
- Increase participants' knowledge of trekking and camping techniques;
- Contribute to the development of an European consciousness;
- Promote the activities and the objectives of Erasmus Plus Programme.

### **Main activities:**

- trekking and hiking: 3 days;
- service and cooperation activities at mountain lodges;
- intercultural learning activities;
- activities of orientation and reflection regarding self consciousness and self awareness;
- practical workshops on trekking and hiking techniques;
- activities on group dynamics and personal role inside groups.



## Group preparation and participants' involvement:

### 1. Group leaders' involvement:

We'd like to set up some activities regarding intercultural learning using group dynamics techniques organized by each group leader (day 4; rotating stations).

### 2. For the involvement of the participants before and during the project each group will prepare:

- one or two warm up;
- intercultural evening: presenting your country through typical food, games, dances etc;
- It's very important, again, that each participant is aware of the structure and difficulties that he/she can have during an experience of trekking on the Apennines. It's of pivotal importance that each participant arrives with the correct equipment. In due time, we will provide you with information concerning what to bring.



## Budget:

The travel budget is divided in this way:

Partner	N° of participants and leader	Distance band	Euro per person	Total budget for the group
Croatia (HSOB)	7	100 - 499 km	80.00	560.00
Czech Republic (EUROPEAN YOUTH CENTRE BRECLAV Z.S.)	7	500 - 1999 km	170.00	1190.00
Estonia (NGO Youth Club Active)	7	500 - 1999 km	170.00	1190.00
Spain (CIRLA)	7	500 - 1999 km	170.00	1190.00



I remember all of you that the reimbursements will be done after the end of the Youth Exchange directly to the partner organizations with the total amount you spent up to the total budget you have.

Before doing the reimbursement we need all the **boarding pass/bus/train ticket** that the participants/leaders will use to come and go back from the venue of the Exchange. That why it's essential you'll keep all the tickets you use with you and send them to us by post.