

ERASMUS+
KEY1: MOBILITY OF YOUNG PEOPLE AND YOUTH WORKERS.
YOUTH EXCHANGE:

A.D.D.I.C.T.E.D.
**Analyzing Drug Diffusion and Insane Conducts Through (Non
Formal) Education**

Valdagno (Italy)
11th – 20th of June 2018

Dear Participant,

Welcome to ITALY and to the Youth Exchange “**A.D.D.I.C.T.E.D. - Analyzing Drug Diffusion and Insane Conducts Through (Non Formal) Education**”.

Here you can find all the useful information you need to reach us and enjoy this week.

For any other questions and for communication when you arrive in Valdagno (VI), don't hesitate to contact us.

Best wishes and see you soon,

Andrea Rilievo

Alessandra Dal Pozzolo

studioprogetto.org

DESCRIPTION OF THE PROJECT

Studio Progetto is proud to invite you to the Youth Exchange “A.D.D.I.C.T.E.D” within the framework of Erasmus+, related to develop a melting pot of experiences, useful for foreign and local people, creating an equipment of suggestions about how to help young people to be aware of addiction dangers.

During the youth Exchange, participants will carry out a work program designed and prepared by them before the project, among the topic “Which are the risk connected to abuse of substances?”. Together, participants will try to create the ways to raise awareness of people on danger of drugs addiction.

Talking on hard topics today in order to create a better future tomorrow.

Objectives:

- To deal with stereotypes and prejudices, promoting **healthy life style**.
- Raise the awareness of society on substances responsible for deviant attitudes and development of critical thinking among youth.
- Raise the awareness of youth on the relational and emotional sphere of their life and the risk of unbalanced development caused by drugs.
- Encouraging **solidarity** through **creativity** and non-formal education.
- Meeting with witnesses to understand their experiences.
- Knowledge of the youth realities of European countries and prevention policies implemented in the field of drugs;
- Promote youth mobility, the international dimension and the fighting of stereotypes.

Activities Programme

Day 0 11/06/2018	Arrivals of participants Welcome dinner
Day 1 12/06/2018	Ice breakers e refreshments Getting to know each other Official Opening Diary of me International Evening
Day 2 13/06/2018	Icebreaking games and energizers International Conference on drugs market “Frame the dealer!” activity Diary of me.
Day 3 14/06/2018	Icebreaking games and energizers Calligraphy workshop

	Storytelling: my story, my present to you Diary of me.
Day 4 15/06/2018	The mountains around here Diary of me Midterm evaluation
Day 5 16/06/2018	Icebreaking games and energizers Statistical changes Boots on the ground Feedback Diary of me
Day 6 17/06/2018	Icebreaking games and energizers No, thanks! I love U Diary of me
Day 7 18/06/2018	Icebreaking games and energizers The tunnel game United we stand United we eat
Day 8 19/06/2018	Icebreaking games and energizers Message in a bottle Diary of me and YouthPass Market Network Final Evaluation Farewell party
Day 9 20/06/2018	Departure of participants

PARTNERS AND COUNTRIES

STUDIO PROGETTO SOC.COOP.SOC.	Italy
Evropske Centrum Mladeze Breclav – European Youth Centre Breclav Z.S.	Czech Republic
Stowarzyszenie Inicjatyw Regionalnych	Poland
ProAtlântico - Associação Juvenil	Portugal
Asociatia Clubul Tinerilor din Sfantu Gheorghe	Romania
Grupo de Desarrollo Rural Valle del Guadalhorce	Spain
The Starry Start of Talents Foundation	Bulgaria

Participants

We expect **4** participants **aged 18-25 + 1 youth leader** (no age limits) from each partner.

- Young people who are interested in the topic, motivated, with a proactive attitude.
- People who are willing to share their experience of the topic and are willing to learn and grow.

ACCOMMODATION

During the Youth Exchange participants will be lodged in a very nice and comfortable house in a green area on the hill of Valdagno, in Vicenza province. The house has 4 big rooms with 6 bunk beds in each room. You will share room (around 8-9 people for each room) only with representatives of the same gender. Showers and toilets are on both the 2 floors of the house. Pillows, linen and blankets are provided, but **DON'T forget to bring your TOWEL**, since it is not provided. There is no wi-fi in the house since the signal is very bad, but you will be able to connect to internet in the surroundings.

Here are some pictures of the place:



More pictures and the detail information here:

http://www.casareginapacis.org/index.php?option=com_content&view=article&id=5&Itemid=108

Accommodation and meals will be covered by the project, same as the foreseen activities.

WHAT TO BRING WITH YOU

Yourself, your motivation to enjoy the exchange and the life and your best curiosity to meet other cultures;

Attention!!! We need to know in time if you have particular necessities regarding food (vegetarian/vegan) and allergies.

We prepared an online form to collect all this info, so if you didn't fill in it yet, please provide as soon as possible! Here's the link

<https://goo.gl/forms/PADxdAZI9Eby151b2>

- Medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.);
- Your passport or ID card;
- Your EU insurance card;
- **All your travel tickets** (if you want the reimbursement; for what concerns the flight ticket, remember to **keep the boarding pass** -> "*A **boarding pass** is a document provided by an airline during check-in, giving a passenger permission to board the airplane for a particular flight. As a minimum, it identifies the passenger, the flight number, and the date and scheduled time for departure. In some cases, flyers can check in online and print the boarding passes themselves*");
- some **typical food** (snacks, drinks, easy food) from your own country/village for the **International evening** that will be the first evening
- music, pictures, video about your country
- you should prepare a short (10 minutes) verbal **description of your country** or village (you can decide) adding information about the food you bring, music, dancing, and all other particulars you think are representative of your country/village
- **towels** (not provided from the organization)
- all necessary for personal hygiene, like shampoo, hair dryer, etc... sun cream protection and **comfortable shoes and clothing** to walk in the bush
- Other stuff you might need (camera/film, toilet things, etc.)

Weather

Before leaving your home country please check the weather forecast at

<http://www.ilmeteo.it/meteo/Valdagno>

Usually during spring, the weather is warm and nice.

But, please take into consideration that Valdagno is located in a valley, at the foot of the mountains so it might be cold and rainy. **So bring warm clothes and suitable shoes!**

HOW TO REACH VALDAGNO?

First of all, you have to go to Vicenza and from there, take a bus to Valdagno.

The nearest airports are:

Venice www.veniceairport.it

Treviso www.trevisoairport.it

Verona www.aeroporto.verona.it/passeggeri_t5

But also **Milano Bergamo** www.sacbo.it/Airpor/portalProcess.jsp and **Milano Malpensa** www.milanomalpensa-airport.com/it are OK (even if farther).

In the following information, we will describe how to get from different airports to Vicenza. You'll find the timetable for the bus in the end of this information.

From Milano

From MALPENSA airport you have to take the Malpensa express, the train goes to Milano Centrale (railway station) 20 times every days.

The ticket costs 12€ one way (return ticket 18€ with 30 days validity).

You can check the timetable and you can also buy it on line at this website

<http://www.malpensaexpress.it/en/>

choose "on-line ticket" from "Milano Aeroporto" to "Milano Centrale".

Then you will take a train from Milano to Vicenza.

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <http://www.trenitalia.com/>

Prices go from 14,30€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

From Bergamo - Orio al Serio

From Milano-BERGAMO (Orio al Serio airport) you have to take the bus "Orio shuttle" to Milano Centrale (railway station). The bus leave from Arrivals, Platform 2 every half an hour and it takes about 50 minutes to arrive in the Milano Centrale train Station.

The ticket costs 5€.

You can check the timetable and you can also buy it on line at this website

<http://www.orioshuttle.com/eng/> choose the yellow one (number 1) "Orio al Serio > Milan Central Station"

Then you will take a train from Milano to Vicenza.

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <http://www.trenitalia.com/>

Prices go from 14,30€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

From Treviso

Option 1

From TREVISO airport you have to take the bus to the train station of Venezia-Mestre :

http://www.atvo.it/index.php?lang=en&area=23&menuid=36&view_pc#

here you have the timetable

<http://www.atvo.it/en-airport-service.html>

The ticket costs 10€ one way (return ticket 18€ with 10 days validity). You can buy it online, (they say that you have a discount but it is not true... it costs the same also in the automatic ticket machine), or on board Ryanair flights or in the automatic ticket machine/ticket office in the airport.

Then you will take a train from Venezia-Mestre to Vicenza.

There are trains from Mestre to Vicenza very often, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 4,75€ up to 9,00€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.

Option 2

From TREVISO airport you have to take the bus N.6 to the train station Treviso Centrale.

Tickets are available at the airport / train station (€ 1,20) or in bus (€ 2,50, the driver is not obliged to give change). Bus stops are in front of the airport and train station.

Here is the timetable

http://www.venicetrevisoairportbed.com/treviso_veneto_italy_information/treviso_airport_treviso_train_station_bus_timetable.html

Then you will take a train from Treviso Centrale to Vicenza.

There are trains from Treviso to Vicenza very often, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is:

<https://www.lefrece.it/B2CWeb/search.do?parameter=changeLanguage&cFID=174Cm8YSf7Al&lang=en&cFID=174Cm8YSf7Al&cFID=174Cm8YSf7Al&lang=en&searchOutputPg=y>

From Venice

From Venice airport you have to take the bus to the train station of Venezia – Mestre:

<http://www.atvo.it/index.php?lingua=en&area=menustandard&idpadre=23&idmenu=35>

here you have the timetable

<http://www.atvo.it/>

The ticket costs €6 (€ 11 round trip). You can buy it online (you can have a discount but only if you buy more than one ticket), or in the automatic ticket machine/ticket office in the airport.

Then you will take a train from Venezia-Mestre to Vicenza.

There are trains from Mestre to Vicenza very often, anyway you can check the site of the

Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>
Prices go from 4,75€ up to 9,00€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.

From Verona

From VERONA airport you have to take the bus to Verona Porta Nuova (railway station). The Aerobus service from the airport to the train station runs every 20 minutes, every day of the week. To check the bus connections to the train stations of Verona Porta Nuova:

http://www.aeroporto.verona.it/en/aerobus_t2

The ticket costs 6€.

Then you will take a train from Verona to Vicenza.

There are trains from Verona to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 4,75€ up to 16,00€... The regional trains are cheaper than Frecciabianca, and it takes only 15 minutes more.

From Bologna

From BOLOGNA airport you have to take the bus “BLQ line” to Bologna Central train station. Aerobus tickets can be purchased on board. One way Aerobus ticket from/to Airport is € 6,00. The bus takes about 20 minutes to arrive in the train Station.

You can check the timetable on line at this website (2nd page, AEROPORTO – BOLOGNA STAZIONE CENTRALE)

http://www.tper.it/sites/tper.it/files/ORARI/tper_Boo40.pdf

Then you will take a train from Bologna to Vicenza.

There are trains from Bologna to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <http://www.trenitalia.com/>

Prices go from 13,05€ up to 29,00€... The regional trains are cheaper than Freccia trains, but sometimes you can find special offers also for Freccia tickets.

Buses from Vicenza to Valdagno:

When you walk out of the train station in Vicenza, turn left and walk about 150m to the bus station. Take bus number 5 to Recoaro Terme (end of line), ticket costs 4,30€. You can buy the ticket in the Bus Station (be aware that if you buy it on board, it is more expensive! – 6,00€).

You can check the timetable at this link: www.ftv.vi.it

FINANCIAL CONDITIONS

All accommodation and food costs will be covered by project.

Travel costs will be reimbursed according to the distance band fixed by the European Commission. You will receive back your travel costs up to the amount stated by the European Commission according to the distance band (see the table below), by giving us all your tickets and bills related to the travel.

The reimbursement will be paid **ONLY** by bank transfer after receiving all the original tickets.

Amount of the reimbursements for each country:

Czech Republic	€ 275,00
Poland	€ 275,00
Portugal	€ 275,00
Romania	€ 275,00
Spain	€ 275,00
Bulgaria	€ 275,00