

# A+ GROUP WORK

ACCEPTING INTERCULTURALITY TO RECOGNISE  
AMBITION, MANAGE ADAPTATION, ENABLE  
ACTION, AND BE ASSERTIVE



**TORTONA, ITALY**  
**23/01-01/02/2019**

## A FEW WORDS ABOUT US!

**APS La Fenice ASD:** LA FENICE is a youth organisation based in Tortona and born in July 2012 from a bunch of young with common interests and experiences. Our keywords and objectives are:

- CULTURE - Promoting young people's access to culture; support actions oriented to the development of culture, innovation and creativity as vital elements of participation and citizenship;
- EDUCATION - Develop non-formal and peer-to-peer education opportunities, offer quality educational opportunities (at local, national and European level);
- PARTICIPATION - Involve young people in decision-making processes to contribute to the development of sustainable policies focused on young people's opinions and decisions.

Want to know more? Check our website [www.lafenicetortona.org](http://www.lafenicetortona.org) and our FB page!

## A FEW WORDS ABOUT THE PROJECT

“A+ Group Work” aims to support **20 youth workers and educators** (guided by 3 trainers) from **10 different countries** (Italy, Ireland, Belgium, Czech Republic, Estonia, Slovakia, France, Spain, Finland and Turkey) in the development of their skills and the bettering of the activities and methodologies put into use when working on group and leadership dynamics; oriented towards a better awareness of interculturality with all disadvantaged groups in society.

With this project, we aim to **take a critical look at how group dynamics and leadership can be aided and abetted through a greater understanding of interculturality**; rather than looking at it through the simplistic lenses of only national cultures, but through other forms of cultures and identifications as well: Different nations, regions, cities, backgrounds, economic and social class, gender identity, age, minority, religion, and much more. We will be focusing on methods on how to empower youths and youth workers to actively, effectively, and in an as “humanly”-friendly possible way, work together and lead each other.

By getting a better picture of what is necessary in working together with others, be they people of your in-group, minorities, refugees, or disadvantaged youths, intercultural understanding will definitely play a big role. And when it comes to leading a diverse group of people, being able to empower each individual comes with it's own set of issues as well, whereby an understanding of how to accept power dynamics, cultural norms, and hierarchical roles play just as important a part in the entire dynamic.

The main aim of the project, therefore, is to **raise awareness of the roles of interculturality and intersectionality in group and leadership dynamics** in order to tackle the social exclusion of minorities, migrants, refugees, and disadvantaged youths with the help of non-formal methodologies. The objectives are:

- to create an environment aimed at **developing, experimenting, and sharing innovative methodologies and tools for a human-centered forms of group dynamics and leadership based in intercultural dialogue and learning**, with specific attention to the inclusion and integration processes of young refugees and migrants in the local communities and in the youth organizations
- to **contribute to the professional and personal development and to improve the competences of the youth workers and educators** of partner organizations, providing tools, knowledge and skills useful to face the need for intercultural dialogue among young people and their communities
- to contribute to **improve quality in youth work**, at the local and european level, keeping into consideration the changes and challenges of today's society as for the inclusion and integration of young people with different cultural backgrounds
- to contribute to **fight radicalization and xenophobia among young europeans and local communities**, providing with opportunities of intercultural dialogue and real and true encounters To empower youth workers to become active multipliers able to improve their local working and living environments, raising social awareness towards true interculturalism in society and above all in the youth sector
- To **engage and empower disadvantaged youth**, specifically young migrants/refugees and youth from cultural and ethnic minorities, giving them the opportunity to bring positive change in their communities

We will achieve this by organizing the following **activities**:

A1 - Introductory Training Course (Italy - January 2019)

A2 - Local Activities and Actions

A3 - Capacity Building and Evaluation Seminar (Italy – April 2019)

## **PS:PAY ATTENTION!!!**

Participants from A1 should also take part in A3 or at least participants in A3 should be people who were involved in the local activities back home (A2).

## PARTICIPANTS & TRAVEL REIMBURSEMENTS

Country	N. of People	Travel Reimbursement
APS LA FENICE (ITALY)	2 (18+)	0.00€ per person
BALLYFERMOT YOUTH SERVICE (IRELAND)	1 (18+)	275.00€ per person
LIMERICK YOUTH SERVICE (IRELAND)	1 (18+)	275.00€ per person
MARACENA (SPAIN)	1 (18+)	275.00€ per person
MOJO DE CAÑA (SPAIN)	1 (18+)	360.00€ per person
LE GRANDE MOME (BELGIUM)	2 (18+)	275.00€ per person
SIRKUS MAGENTA (FINLAND)	2 (18+)	360.00€ per person
EVROPSKE CENTRUM MLADEZE BRECLAV EUROPEAN YOUTH CENTRE BRECLAV Z. S. (CZECH REPUBLIC)	2 (18+)	275.00€ per person
EUROJEUNESSE (FRANCE)	2 (18+)	180.00€ per person
MITTETULUNDUSUHING NOORED UHISKONNA HEAKS (ESTONIA)	2 (18+)	275.00€ per person
ADEL (SLOVAKIA)	2 (18+)	275.00€ per person
YOUTH INCLUSION (TURKEY)	2 (18+)	275.00€ per person

## THE (DRAFT) PROGRAM

DAY 0	DAY 1	DAY 2	DAY 3	DAY 4
23/01/2019	24/01/2019	25/01/2019	26/01/2019	27/01/2019
Arrivals in Tortona and accommodation	Welcome + Intro	Games + Simulations	Identity + Group work and leadership	Leadership + Unity
	LUNCH	LUNCH	LUNCH	LUNCH
	Getting to know each other + Active listening	Debriefing + Roles	Creativity and choices + NAOMMIE	Developing Workshops and Activities

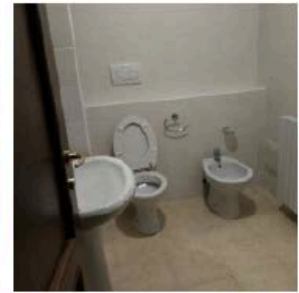
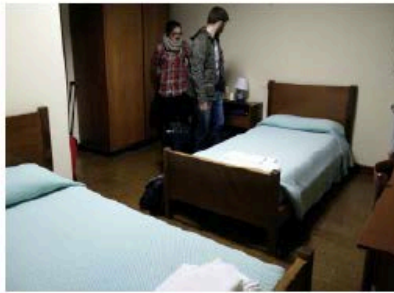
DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
28/01/2019	29/01/2019	30/01/2019	31/01/2019	01/02/2019
Developing Workshops and Activities	Final preparations for Workshops and Activities	Local Activities	Reflection + Developing follow-up	Departures from Tortona (rooms in the hostel needs to be emptied and cleaned by 9:30AM)
LUNCH	LUNCH	LUNCH	LUNCH	
Final preparations for Workshops and Activities	Free time	Local Activities	Final Evaluation	

## WHAT TO PREPARE

- Prepare something for the **cultural night**! Be creative, show your “secret” talents, make a video, sing a song, share something funny or some unknown facts, prepare quizzes, games or whatever you feel like to present your community, your city, your region and/or your country! If you want, bring some typical food and/or drinks!
- If possible, bring your favourite board games to share with the rest of the group!
- Additional inputs on what to prepare and how to get ready for the project may be shared later on by project organizers and trainers, so ... stay tuned 😊!

## VENUE AND ACCOMMODATION


The exchange will be hosted in Tortona. Tortona is a municipality in the southern part of the region Piemonte, in the Province of Alessandria, Italy. Known in ancient times as Derthona, the city was probably the oldest colony under Roman rule in the westernmost section of the Valley of the Po, on the road leading from Genova to Piacenza. The group will be hosted in the local hostel “Mater Dei”, in rooms for 3 to 4 persons (with private bathroom). In the hostels, bed linens and towels are provided. All the activities will be hosted at the Youth Centre “Chalet Castello” or in other venues such as schools, local municipality, etc. Breakfast and all the meals will be served in the youth centre.



## WHAT TO BRING

All you need for personal hygiene!		Comfortable sneakers/shoes to walk to the Youth Centre and do activities outdoor!	
A raincoat! We'll be moving around town by foot most of the time... so better be prepared		Comfortable and <b>warm clothes</b> , it may be cold even if we're in Italy ☺!!	
Water bottle... we're trying to be sustainable! Tap water is 100% safe and drinkable ☺!		Flashlight, it may be always useful for your nights at the hostel ☺!	
Personal medication (if needed)		Valid ID documents	

## WEATHER FORECAST<sup>1</sup>

DOM 20/01	LUN 21/01	MAR 22/01	MER 23/01	GIO 24/01	VEN 25/01	SAB 26/01
						
6° /1°	6° /3°	6° /3°	7° /0°	7° /-1°	4° /-1°	5° /0°
Prevalentemente soleggiato	Pioggia	Prevalentemente soleggiato	Poca pioggia	Possibilità di pioggia	Parzialmente soleggiato	Prevalentemente soleggiato
Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°
DOM 27/01	LUN 28/01	MAR 29/01	MER 30/01	GIO 31/01	VEN 01/02	SAB 02/02
						
7° /-1°	6° /-1°	8° /1°	8° /0°	8° /0°	6° /-2°	5° /-2°
Prevalentemente soleggiato	Parzialmente soleggiato	Prevalentemente soleggiato	Parzialmente soleggiato	Soleggiato	Prevalentemente soleggiato	Prevalentemente soleggiato
Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°	Media storica 11°/5°

<sup>1</sup> This is just a forecast, we suggest you to check it out again at least a couple of days before departure ☺ !!

## HOW TO GET THERE

### Step 1

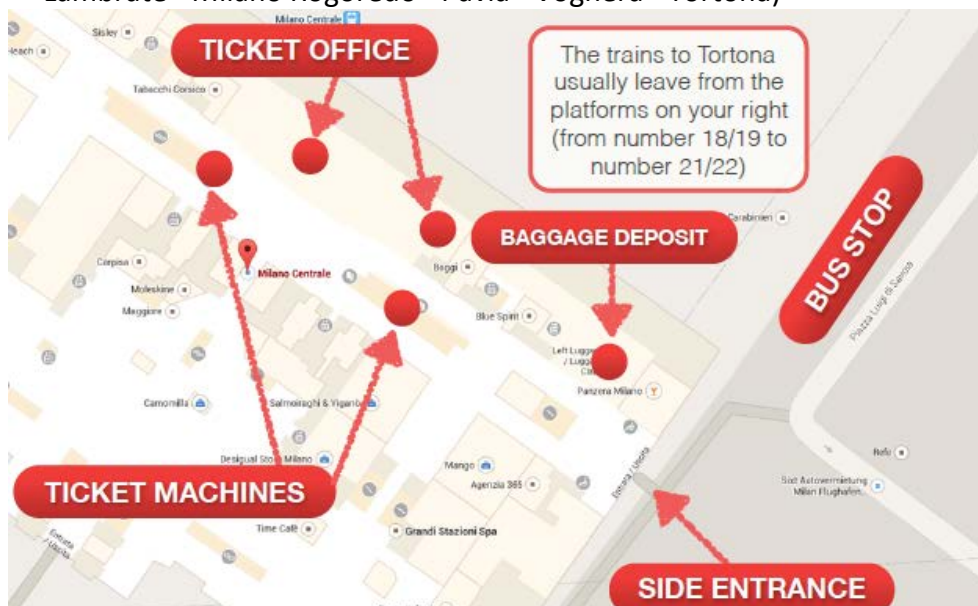
#### FROM (ANY) AIRPORT TO MILANO CENTRAL STATION

- get out of the airport and look for SHUTTLES connecting the airports with Milan Central train station (they run approx. every 20 minutes)
- buy the ticket (5€ is the one way fare from Bergamo Orio Al Serio or Milano Linate - 10€ is the one way fare from Milano Malpensa): our suggestion is to buy the tickets online before departure so that you can buy both ways directly and have some discount!
- it takes more or less 1 hour to reach Milano Central Station (depending on which airport you land to, of course)

### Step 2

#### FROM MILANO CENTRAL STATION TO TORTONA

- get out of the bus and walk inside the railway station (you will find a big door next to the airport bus stop) —> PAY ATTENTION: buses to/from Malpensa now stop on the opposite side of the train station ... anyway, whenever you'll stop it will be right next to the station!
- you can buy train tickets inside (we suggest to use automatic machines due to the usual huge queue at the ticket office) - one ticket from Milano to Tortona costs 7.30€ (use regional trains and not intercity trains, they're more expensive and the service is pretty much the same!). You can also check the website: [www.trenitalia.it](http://www.trenitalia.it)! In the next page you find the train schedule from Milano to Tortona (on regional trains it's usually the 6th stop: Milano Lambrate - Milano Rogoredo - Pavia - Voghera - Tortona)





## Trains Timetable

All trains from Milano Centrale to Tortona				
Departure	Arrival	Train Type	Train Number	Price
08:25	09:27	Regional	3961	7,30€
08:30	09:33	Regional	2175	7,30€
09:10	09:57	Intercity	659	9,90€
11:25	12:27	Regional	3963	7,30€
12:10	12:57	Intercity	665	9,90€
12:25	13:24	Regional	2185	7,30€
13:25	14:27	Regional	3965	7,30€
14:25	15:27	Regional	2187	7,30€
15:25	16:27	Regional	3967	7,30€
16:25	17:24	Regional	2191	7,30€
16:30	17:39	Regional	2161	7,30€
17:25	18:27	Regional	3969	7,30€
18:05	19:00	Intercity	679	9,90€
18:10	19:13	Regional	2165	7,30€
18:25	19:27	Regional	2193	7,30€
18:30	19:38	Regional	3971	7,30€
19:25	20:27	Regional	3973	7,30€
19:30	20:39	Regional	2167	7,30€
20:25	21:24	Regional	2195	7,30€
23:25	00:33 <sup>2</sup>	Regional	3977	7,30€

<sup>2</sup> **ATTENTION:** This is the last available train to Tortona! Please, try to find flights that land in Milano airports no later than 20:30/21:00 otherwise you'll be stuck in Milano till early morning ☺!!!

## COMMON RULES

As in every educational project, we would like some basic common rules to be clear and always followed, in order to facilitate the success of the project and the peaceful co-existence of everyone.

- Respect the others
- Respect the places and infrastructures
- For ALL MINORS, it is FORBIDDEN to drink alcohol during the project
- It is FORBIDDEN to use drugs or any substance that may alter the normal biological and psychological functions
- Respect the timetable
- Respect the program, the activities and the people who are facilitating them
- Who causes damage to people or things will be directly responsible for it

If you need to take medicines for any reason, please notify your group leader before departure! The same for any kind of allergy or health problem you may have. For every question, problem or doubt, keep in mind that you can always refer to the project organizers. Those who fail to follow the above listed rules will be excluded from the project and will have to get back home at their own expenses.



## BASIC VOCABULARY

Italian	English	Italian	English
Benvenuto/a/i	Welcome	Buon viaggio	Have a good journey
Ciao	Hello	Non capisco	I don't understand
Come stai?	How are you?	Per favore, parla più lentamente	Please speak more slowly
Bene, grazie. E tu?	Fine, thanks. And you?	Per favore, puoi ripetere?	Please say that again
Come ti chiami?	What's your name?	Buona giornata	Have a nice day
lo mi chiamo ...	My name is ...	Buon appetito	Bon appetit
Da dove vieni?	Where are you from?	Come si dice ... in Italiano/spagnolo/ inglese?	How do you say ... in Italian/Spanish/ English?
lo vengo da ...	I'm from ...		
Quanti anni hai?	How old are you?	Sousa/scusami	Excuse me
lo ho ... anni	I am ... years/old		
Piacere di conoscerti	Nice to meet you	Quanto costa?	How much is this?
Buongiorno	Good morning	Mi dispiace/Scusa	Sorry
Buon pomeriggio	Good afternoon	Per favore	Please
Buona sera	Good evening	Grazie.	Thank you.
Buona notte	Good night	Prego.	You're welcome.
Arrivederci / Ciao	Goodbye	Dov'è il bagno?	Where's the toilet?
Buona fortuna	Good luck	Ti voglio bene	I love you
Cin cin!	Cheers!	Aiuto!	Help!
Uno, due, tre, quattro, cinque, sei, sette, otto, nove, dieci	One, two, three, four, five, six, seven, eight, nine, ten	Cento, mille	One hundred, One thousand

## FAQ

- **Will we need much money?** As all the meals are provided, you will only need money for extras like sweets, extra drinks, presents, etc. A Coffee is about 1€, a slice of pizza in a local bakery is around 2€ 😊! 1 Czech Koruna = 0,039€ / 1€ = 25,76 Czech Koruna, 1 Turkish Lira = 0,16€ / 1€ = 6,08 Turkish Lira
- **How do I keep my money safe?** We can provide a locked box at the youth centre that will be kept safe always for any money to be kept in. Any money that goes missing may be difficult to find due to the size of the group and accusations of theft are usually unfounded. We cannot be held responsible for any money (or personal belonging) lost or stolen during the project.
- **Can you provide halal or vegetarian/vegan food?** This is not an issue for vegetarians or vegans. However, we can't easily buy Halal meat in the city, so vegetarian is generally the best option if you eat halal. Please let us know as soon as possible if you have any specific dietary requirements and we can ensure all food is bought and cooked as required.
- **What are the rules on drinking, smoking and drugs?** Anybody under 18 caught drinking or buying alcohol will have severe consequences. Young people will not be able to buy cigarettes if they are under 18. Any person caught taking drugs will be instantly off the project and will no longer be the responsibility of La Fenice. The details of the young people involved will be given to the police and/or the parents will be contacted to organise alternative transport home at their own expense.

## USEFUL CONTACTS

### Associazione di Promozione Sociale "LA FENICE"

Youth Centre : Viale degli Olmi 1 -  
15057, Tortona (AL) - Italy

[aps.lafenice@gmail.com](mailto:aps.lafenice@gmail.com)

[www.lafenicetortona.org](http://www.lafenicetortona.org)

### La Fenice project coordinators and organizers

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### Emergency Numbers

- 112 – European emergency number
- 113 – Public emergency number
- 114 – Minors and kids emergencies
- 115 – Firefighters
- 118 – Medical emergencies