



GrowingUp: Sustainable tools for a healthy lifestyle. (Erasmus + KA1, Youth Exchange)

APV

**10th September – 11th September, 2019
Castellammare Di Stabia, Naples – Italy.**

When and Where

The APV will take place from **10th – 11th September (10 arrival, 10-11 planning, 12 departure)**, 2019 in Castellammare di Stabia, Naples – Italy.

It is strongly recommended to arrive until 19:00 (but not before noon) on the date given above to the accommodation

We expect you to participate in the whole program: arriving later or leaving earlier is not allowed!

Participants

The number of participants to APV is 2 (a group leader and 1 young participant).

How to get there?

Then, we strongly advise you to take a plane which lands in Naples on the 10th September 2019 at the latest at 19:00. It's really important to arrange your trip to get in time on the arrival day!

From *Naples International Airport*, you'll have to take *Airbus* (3€ http://www.anm.it/images/stories/PDF/alibus/alibus_gennaio_2016/alibus%20da%20aeroporto%20vs%20municipio.pdf) to *Napoli – Central train station (Piazza Garibaldi)*.
Once there, you'll have to take *Circumvesuviana (on the lower level)* to **Moregine Station** (2€ [Circumvesuviana Time Table](#)).

Documents

- Passport or other official I.D. with two clearly legible copies of it
- Originals tickets of the whole trip with your name and price clearly stated
- Your own travel insurance and a legible copy of it

What are the financial conditions?

There is a travel reimbursement according to Erasmus+ Program (see the table below).

As for insurances, the European insurance E111 is valid also in Italy and all participants coming from EU country are strongly advised to bring it with them. No insurance can be reimbursed.

Very important: your tickets are a proof of your travel that we must keep and present to the Erasmus+ Program, the main funders of the project.

Therefore, if you cannot provide your original tickets and invoices clearly stating the travel agency, your name and the exact costs covered, we will not be able to reimburse you.

Country	Maximum Travel Costs Covered
Spain	275€
Italy	0€
Denmark	275€
Greece	275€
Czech Republic	275€

INTERNATIONAL YOUTH EXCHANGE

08th October – 14th October, 2019 Castellammare di Stabia, Naples – Italy

When and Where

The youth exchange program will take place from **08th October – 14th October (08 arrival, 08-14 activity, 15 departure)**, 2019 in Castellammare di Stabia, Naples – Italy. It is strongly recommended to arrive until 20:00 (but not before noon) on the date given above to the accommodation

“Vesuvian INN”

Via Salario 12, Castellammare di Stabia – (Napoli) Italy
(<http://www.vesuvianinn.com/hotel/>)

We expect you to participate in the whole program: arriving later or leaving earlier is not allowed!

Let us know if you come and/or leave 1-2 days earlier and/or later, we can help you to find cheap hostels in Naples area.

How to get there?

First of all: please, buy your ticket only after you get the confirmation letter from us!

Then, we strongly advise you to take a plane which lands in Naples on the 08th October 2019 at the latest at 19:00. It's really important to arrange your trip to get in time on the arrival day!

From *Naples International Airport*, you'll have to take Airbus(3€ http://www.anm.it/images/stories/PDF/alibus/alibus_gennaio_2016/alibus%20da%20aeroporto%20vs%20municipio.pdf) to *Napoli – Central train station (Piazza Garibaldi)*. Once there, you'll have to take *Circumvesuviana (on the lower level)* to **Castellammare di Stabia Station** (2€ [Circumvesuviana Time Table](#)).

-Number and profile of participants:

The number of participants from each country is 4 and they'll be accompanied by a group leader (5 persons in total). All participants aged 18-25 years old, while there's no age limit for group leaders (group leader 24+).

The program is aimed at 20 young people (from 5 countries: Italy, Czech Republic, Greece, Denmark, Spain), aged between 18 and 25.

In the selection phase, people presenting the unemployed profile will have the highest priority. In the respect of equal opportunities gender equity will be guaranteed.

the exchange is quite long, please involve people strongly interested in the topic of the project and particularly motivated to be part of this. It is not a holiday.

Accommodation and food are completely covered by the host association.

What to bring?

- Clothes for 7 days – there's no washing machine on the hosting center
- Comfortable clothes and shoes for the outdoor programs
- Backpack or smaller bag for your daily equipment
- Your own medication
- **Something typical about your country such as food, drinks (no alcohol!), music, traditional objects, etc. (for the intercultural evening).**

Documents

- **Passport or other official I.D. with two clearly legible copies of it**
- **Originals tickets of the whole trip with your name and price clearly stated**
- **Your own travel insurance and a legible copy of it**
- **If you're underage the Parental Consent Form signed by your parents or tutor**

What are the financial conditions?

There is a travel reimbursement according to Erasmus+ Program (see the table below).

As for insurances, the European insurance E111 is valid also in Italy and all participants coming from EU country are strongly advised to bring it with them. No insurance can be reimbursed.

Very important: your tickets are a proof of your travel that we must keep and present to the Erasmus+ Program, the main funders of the project.

Therefore, if you cannot provide your original tickets and invoices clearly stating the travel agency, your name and the exact costs covered, we will not be able to reimburse you.

Country	Maximum Travel Costs Covered
Greece	275€
Denmark	275€
Italy	0€
Spain	275€
Czech Republic	275€

See you in Naples!!!