

INFOPACK



Vinci, Italy
18th - 26th September 2023





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 12 International Training Courses/Seminars in Youth in Action/Erasmus+ and 12 Youth Exchanges taking care of the quality before of all.



THE TRAINING

This project is planned like follow-up, upgrade and continuation of the previous trainings "Under pressure" and "Take a walk on the wild side" like a unique and specialised path on mental health and self-development, through new and different tools and methods.

We chose to center our program around a strong referring point, based on archetypes, to show that daily obstacles and difficulties are part of the story of mankind from all the times, in a "continuum" till now.

We chose to work on the healing metaphors of "Hero's journey", developed by James Campbell.

The TC will follow the Hero's Journey structure, divided in 4 stages: Departure, Initiation, Transformation, Return.

Each day we will propose activities challenging participants in a path of self-discovery, facing their fears in a transformative metaphoric journey to embrace their identity, recognizing their talents and potential, empowering their resilience and their emotional skills.



THE TRAINING

METHODS

The program will incorporate archetypes and emotional expression through various tools and methods, including creative writing (Tarot stories, photo narration), eye-collection, stories from artists' lives, Transactional Analysis elements, empathic communication and active listening, outdoor activities, evaluation, self-assessment, and intercultural activities.

OBJECTIVES

1. Empower youth worker competencies by providing them with psychological and creative approaches to mental health, especially on a relational level, to support young people facing mental health challenges;
2. Develop meaningful insights to nourish resilience through the metaphors of Hero's journey in a transformative process of change and of free expression of the inner potential;
3. Provide tools and methods for facing and embracing vulnerability and crisis, empowering the capacity to cope with unexpected situations



PROGRAM (DRAFT)

TC "I'm the captain of my soul - A journey into full potential" Vinci, Italy 18th - 26th September 2023									
"	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	Arrival of participants	Departure of journey	Initiation - crossing the threshold	Transformation I	Transformation II	Reward	Return	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	Traits of personality and relationships (TA)	Negative Self-talk and Inner voices	Photo narration	Compassionate mind	The journey task	Follow up and dissemination plan	Departures of participants
11:00	Comfort Break								
11:30	Arrivals	Call to Adventure	Traits of personality and relationships (TA)	Beyond self-settled limits (Michelangelo)	Photo narration	Definition of me	The journey task	Presentation of eye collection and discussion	Departures of participants
13:00	Lunch								
15:00	Arrivals	Hero's traits	Tarots Tales	Cultural Visit in Vinci	Myths of transformation	Florence Art: identification with my statue hero I	The journey task	Final evaluation	
16:30	Comfort break								
16.45	Presentations	Hero's fears	Tarots Tales- Reading	Cultural Visit in Vinci	Myths of transformation	Florence Art: identification with my statue hero II	Performance	Final Evaluation	
17.45	Name games and getting to know each other	Hero's thoughts	Hero's thoughts	Hero's thoughts	Mid term evaluation	Hero's thoughts	Hero's thoughts	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
pinheadmerchandise@gmail.com



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 Giancarla, 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

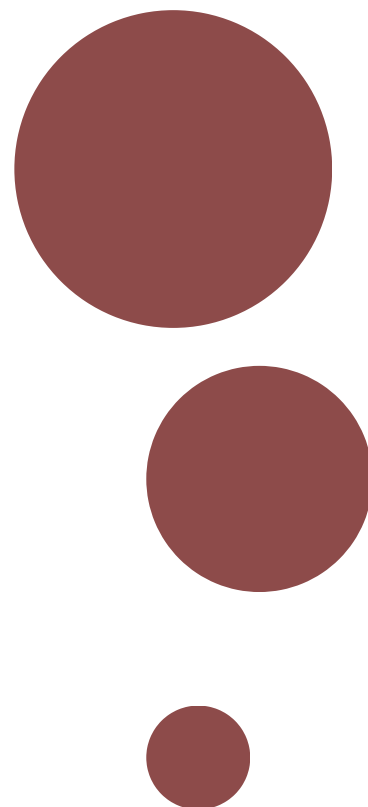
Breakfasts, lunches, Dinners and Coffee-breaks will be prepared and served in the house (usually we eat in big tables outside like great festivals).

Serena and Giancarla 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 **online**: small desk on your right when you arrive in arrival area.

Ask there for a ticket to Empoli (in the same ticket: Pisamover to Pisa Station and Train from Pisa Station to Empoli- tot. € 11,00)

b. In PISA CENTRALE, take a train to EMPOLI (usually all the trains going to Florence stops 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!



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 (€4,80 - 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/>
€ 11,00

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
- 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.)



TRAVELS



FROM BOLOGNA AIRPORT TO EMPOLI . 3:

If you don't have big heavy baggage:

a. From Bologna Airport exit from airport and on your right you find the bus AEROBUS to the Tran Station Bologna Centrale.

Buy the ticket at the machine or online at <https://aerobus.bo.it/>
Cost 6,00 - 25 minutes

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>

c. In Firenze SMN take a train to Empoli station

In Bologna Airport
AEROBUS to Bologna
Centrale (25 min)

Train to Firenze SMN
(37 min.)

Train to Empoli



BUDGET AND 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

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

IMPORTANT: Before buying the flight tickets, please inform us on your itinerary and cost, in order to avoid mistakes or misunderstandngs. 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. All the expenses in these days will be on your charge and NOT in charge of the project.*



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

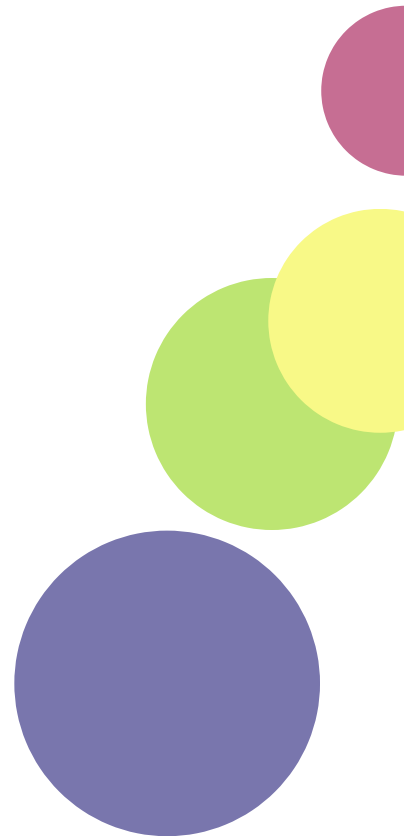
- Towels for shower
- Flip -flop
- Personal hygiene products (shampoo, toothpaste, etc..)
- Comfortable clothes and shoes
- Your Health European Card
- Anti-mosquito spray

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 their Infopack and the description on SALTO-Youth. net, can inscribe. Then we will send the list to the sending organisations and they will select 3 persons from their country.

<https://www.salto-youth.net/tools/european-training-calendar/training/i-m-the-captain-of-my-soul-a-journey-into-full-potential.11418/>

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