

# N.A.T.U.R.E. + 2.0

TRAINING COURSE, ERASMUS+



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**WELCOME!**

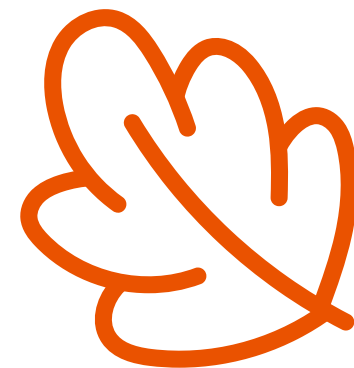
**HELLO THERE! WELCOME TO THE PROJECT  
N.A.T.U.R.E. + 2.0!**

Here, 28 participants from nine different countries,  
will learn together in 7 days of Training Course.

**THIS INFO-PACK PROVIDES ALL THE  
NECESSARY INFORMATION ABOUT THE  
PROJECT AND WILL BE A CENTRAL PIECE OF  
THE PROJECT. READ IT CAREFULLY!**



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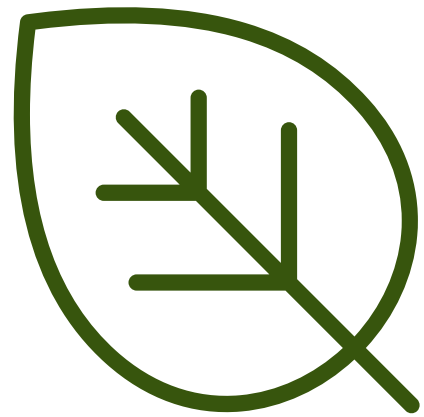
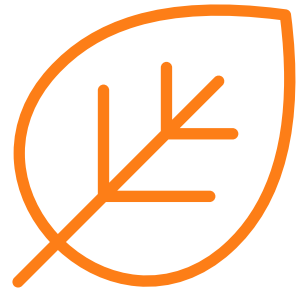
# THE PROJECT

- N.A.T.U.R.E.+ 2.0
- PARTECIPANTS ORGANIZATION
- WHO CAN PARTECIPATE?
- THE LANGUAGE
- COST AND REIMBURSEMENT
- THE YOUTHPASS



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# N.A.T.U.R.E.+ 2.0



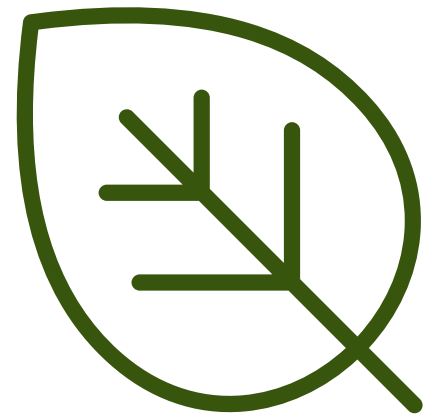
**N.A.T.U.R.E.+ 2.0 aims to provide youth workers with competences to support youngsters to increase the respect for nature through artistic use of available technologies.**

- \* **N.ature:** main topic and strong element throughout the whole experience, raise awareness towards circular and sharing economy and practice the concept of collaborative consumption, promote its idea and application in youth work;
- \* **A.rts:** every Sciara's action refers to its nature as a theatre company; art will emerge during NFE activities conducted with a strong theatrical contamination;



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# N.A.T.U.R.E.+ 2.0

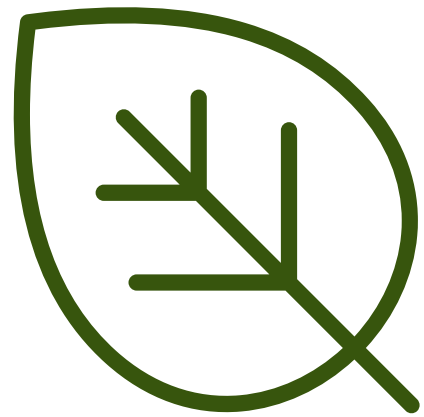
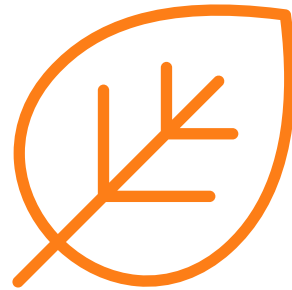


- \* **T.echnology:** the project fits into today's reality, where youth workers have to deal more and more with digital tools to reach and actively work with young people through for example podcasts and social media accounts;
- \* **U.pgrading R.espect & E.xpression:** the result will be for youth workers to achieve all those competences, skills and knowledge to stimulate young people's respect for the environment and nature, becoming active agents of change;



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# N.A.T.U.R.E.+ 2.0



The project consists of two activities:

- \* **Preparatory visit (PV):** will take place in Morfasso between 15 - 18 April 2024 (including travel days); 1 participant per organization (preferred one of the participants in the actual TC);
- \* **Trainig Course (TC):** will take place in Morfasso between 20 - 28 May 2024 (including travel days); participants: 3 youth workers per organizations; at least 1 out of 3 with fewer opportunities;



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# PARTICIPANTS ORGANIZATION



• SCIARAPROGETTI ASSOCIAZIONE DI PROMOZIONE SOCIALE - ENTE DEL TERZO SETTORE	ITALY	4
• PLATFORMA GIA TIN EKPAIDEUSI KAI KATARTISI POLITON - ELLAS	GREECE	3
• ASOCIACIÓN DEPORTIVA Y CULTURAL ENTREJUEGOS	SPAIN	3
• ASSOCIACAO QUINTA DAS RELVAS	PORTUGAL	3



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# PARTICIPANTS ORGANIZATION



• SEIKLEJATE VENNASKOND	ESTONIA	3
• ASOCIATIA DE TINERET ONESTIN	ROMANIA	3
• NUORISO- JA MATKAILUKESKUS HYVARILAOY	FINLANDIA	3
• TERRA DI MEZZO (TDM) 2000 MALTA	MALTA	3
• AHI GENÇLIK GRUBU	TURCHIA	3

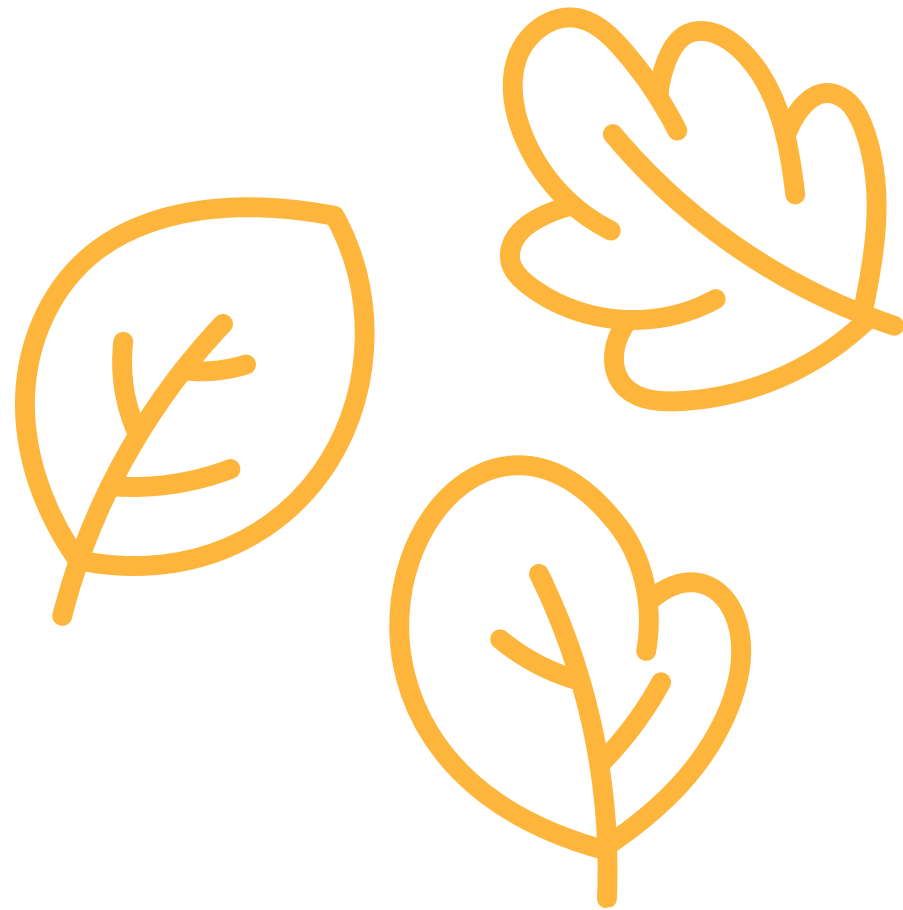


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# WHO CAN PARTICIPATE?

Youth Workers interested in supporting youngsters to increase the respect for nature through artistic use of available technologies.

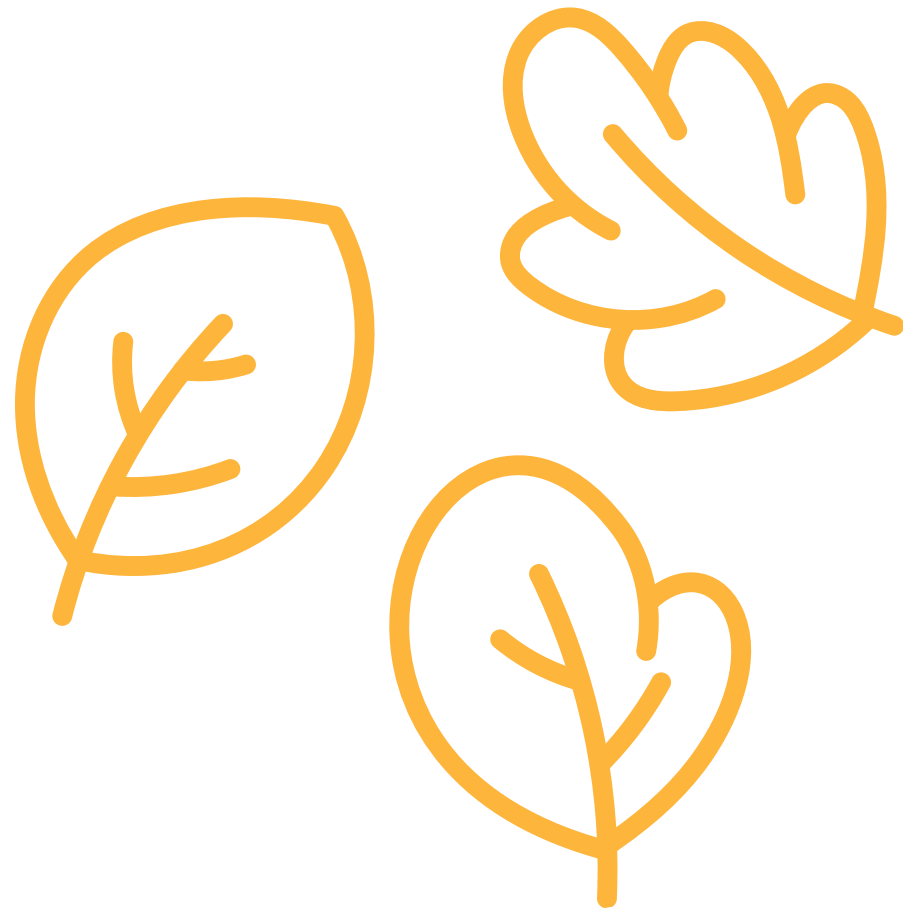


- **Have residency in one of the partner countries** (Italy, Greece, Spain, Portugal, Estonia, Romania, Finlandia, Malta, Turchia);
- **Be in possession of a European Health Insurance Card or equivalent;**
- **At least per each organisation, 1 participant with fewer opportunities** (Social obstacles, Economic obstacles, Cultural differences, Geographical obstacles, Migrant background obstacle);
- **Agree to the rules & terms of the project;**



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# WHO CAN PARTICIPATE?



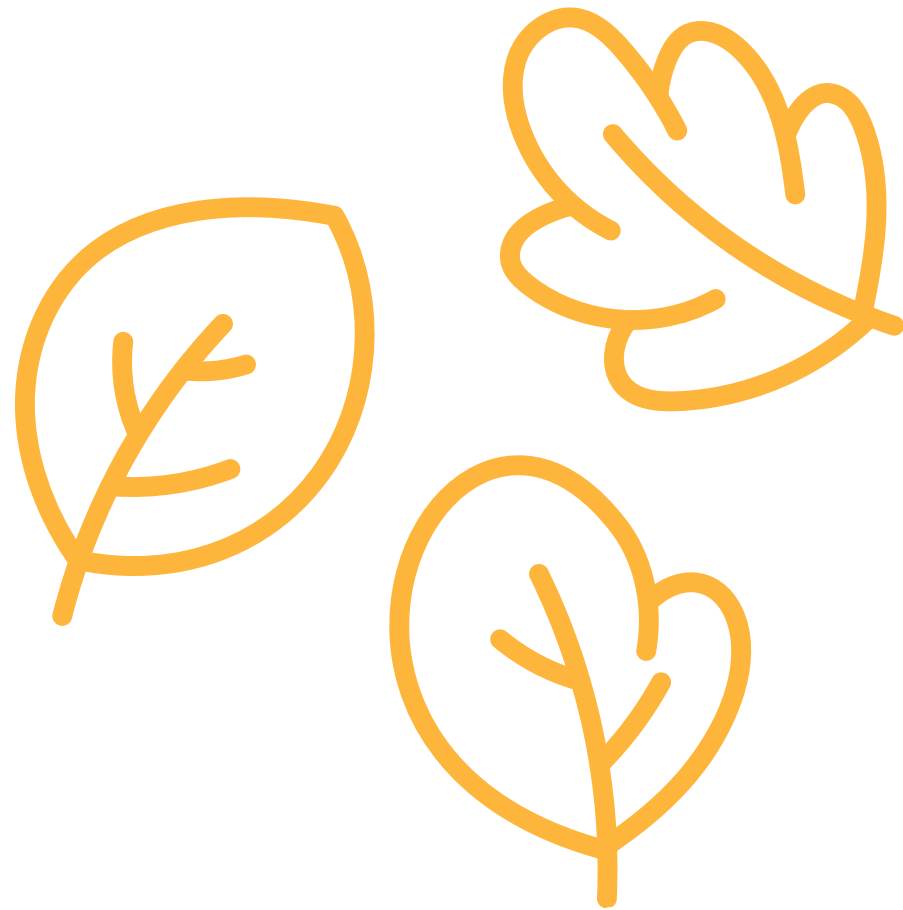
The general Profile of the participants is the following:

- Youth workers actively involved in the organisation, so as to ensure the transference of competences to the rest of the staff and the application of the new competences and practices acquired;
- Staff, volunteers, members of other local organisations, so as to ensure a wide spreading of the results and allowing the possibility to extend the change in the approaches also to other organisations;



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# WHO CAN PARTICIPATE?



- Newcomers in the third sector who are willing to learn from the experience of the other participants and curious about the possibility to adopt sustainable practices for their organisations, as well as interested in discovering the Erasmus+ opportunities and the Non-Formal Education;

**The priority will be given to the participants with fewer opportunities and/or to those that have never participated in an Erasmus + project, and those who are working with disadvantaged youth (especially from an education, economic, social, family and geographical point of view), or with youth coming from marginalised groups and minorities in the local society (because of gender, sexual orientation, culture, religion, etc).**



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# THE LANGUAGE

The activities of the project will have **English** as the main communication language but it is not required a fluent English level to participate.



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# COSTS AND REIMBURSEMENTS

- \* Accommodation, food and activities' materials: 100% covered by the EU;
- \* Travel costs: the travel from your hometown to Morfasso and back is covered by the project budget up to a limit. This limit is set by the Erasmus+ Programme rules and calculated using the Erasmus+ Distance Calculator tool. **Maximum travel budgets is:**

- **ITALIA 23 €;**
- **GRECIA 275 €;**
- **PORTOGALLO 275 €;**
- **SPAGNA 275 €;**
- **ESTONIA 275 €;**



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# COSTS AND REIMBURSEMENTS

- ROMANIA 275 €;
- FINLANDIA 360 €;
- MALTA 275 €;
- TURCHIA 360 € + max 80 € to cover the VISA related costs;

This is the maximum amount the project budget will refund you for your displacements from your hometown to Morfasso and back. **If you spend more than the maximum budget, we will not be able to refund you the difference.**



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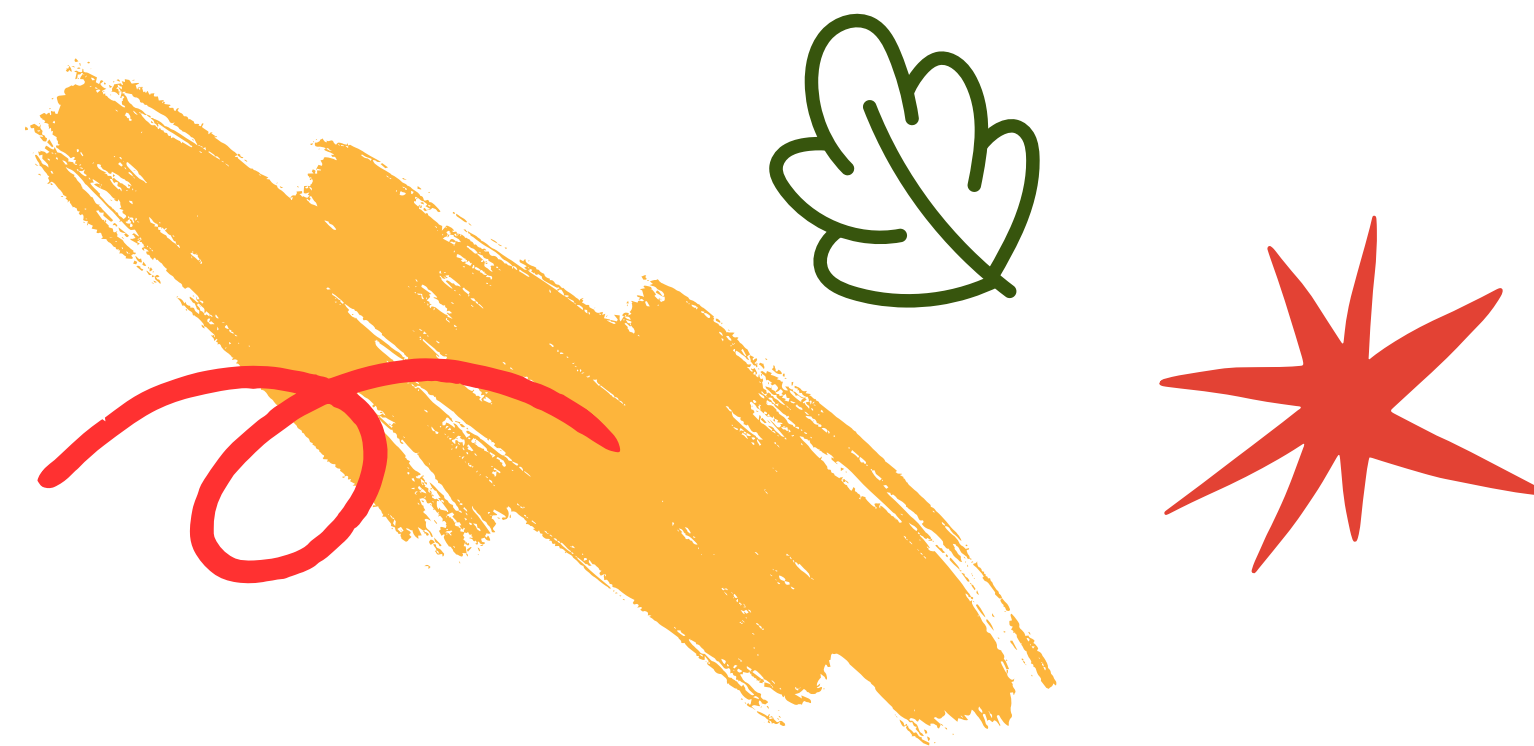
# YOUTH PASS



All participants are entitled to receive a Youthpass certificate. We reserve the right to give the certificate to participants who will take part in at least 80% of the activities.

For more information about the certificate:

**[HTTPS://WWW.YOUTHPASS.EU/EN/](https://www.youthpass.eu/en/)**



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# THE TRAVEL

- **TO FIOREZZUOLA D'ARDA**
  - Option 1: From Milano Malpensa
  - Option 2: From Milano Linate airport
  - Option 3: From Orio al Serio airport (Milano Bergamo)
  - Option 4: From Bologna airport "Marconi"
- **TO MORFASSO**

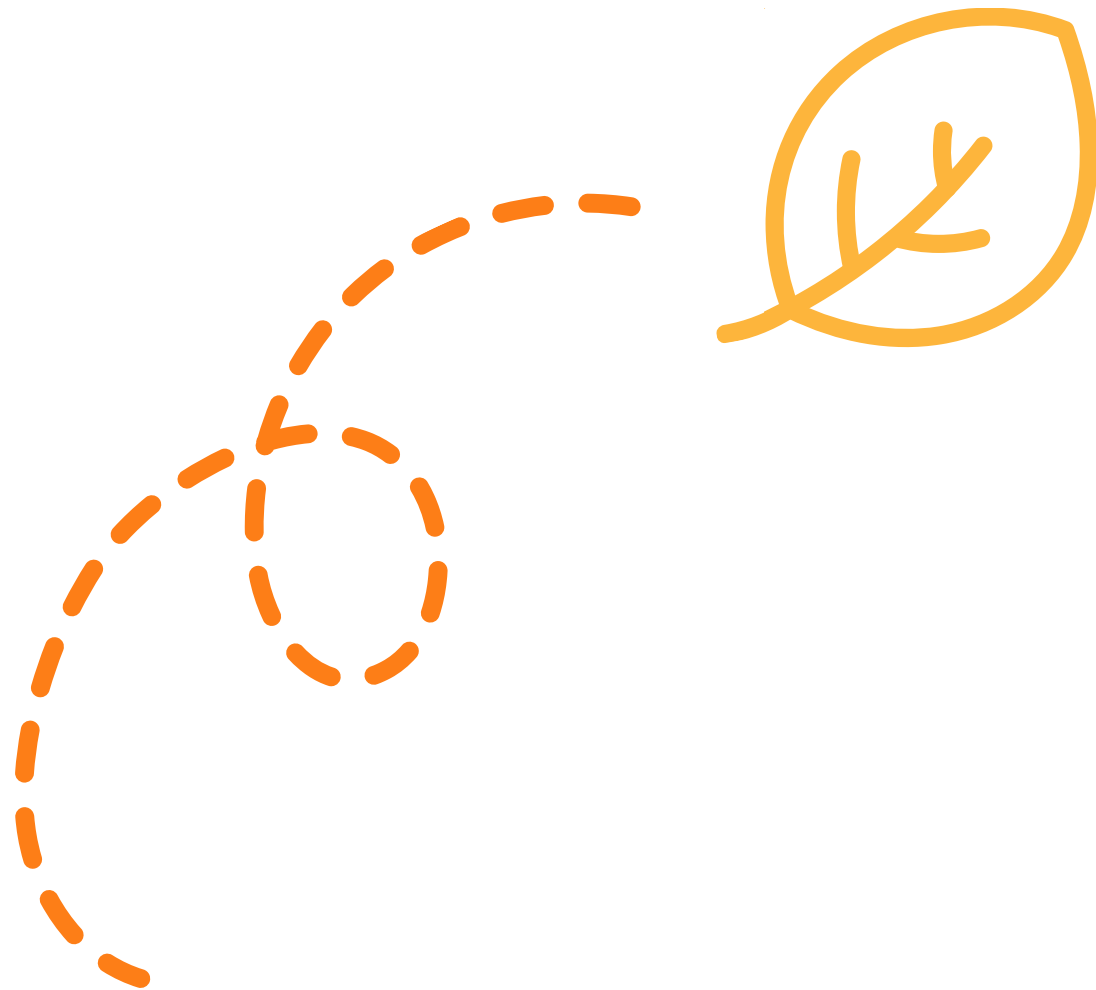


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# TO FIORENZUOLA



## OPTION 1: FROM MILANO MALPENSA

Take **Malpensa Express Train** and arrive to **Milano Centrale station**. Once you arrived to Milano Centrale station take “**regionale veloce**” train to **Fiorenzuola d’Arda**.

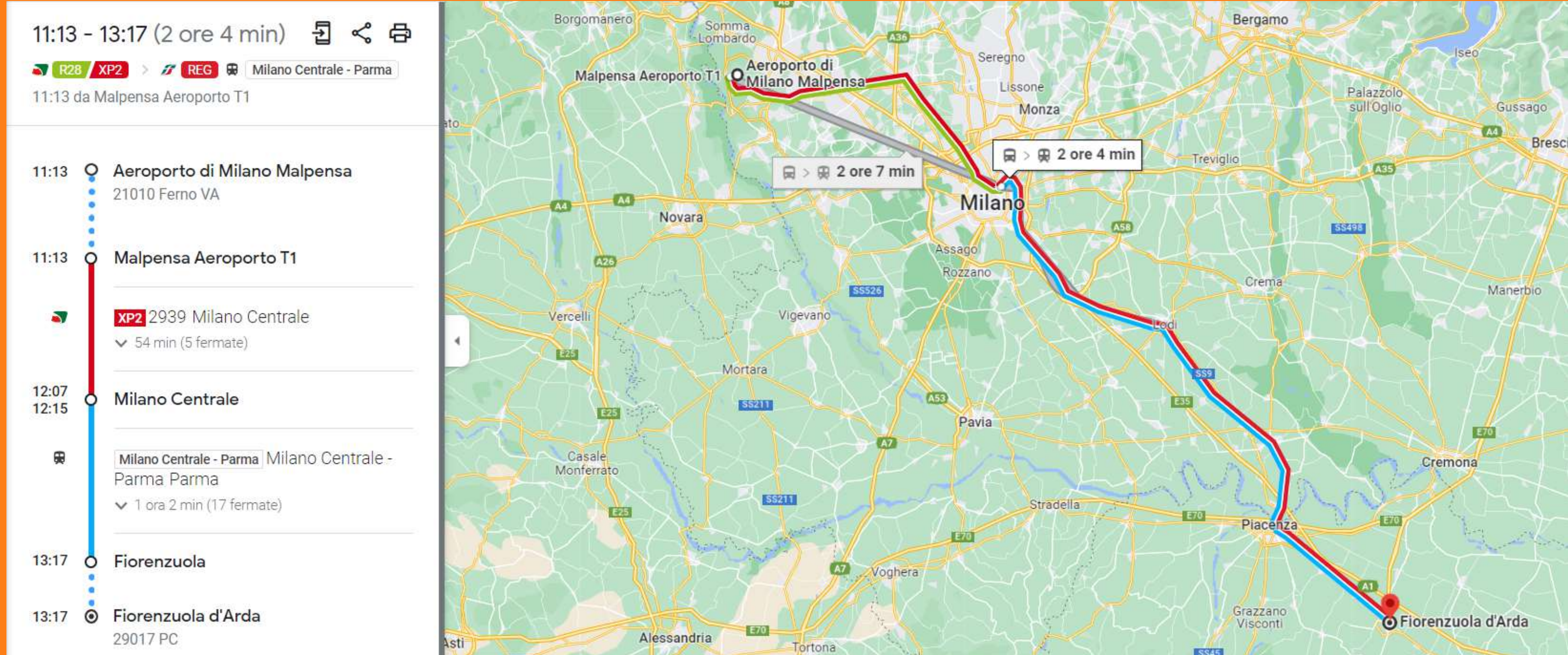
Malpensa express train to Milano Centrale station **costs 13 €**, <https://www.malpensaexpress.it/en/> .

Buy tickets for the train to Fiorenzuola here: <https://www.trenitalia.com/en.html> , or at the station with the same price.

**Regionale veloce** train from Milano Centrale to Fiorenzuola d’Arda **cost around 9 €**.



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# OPTION 1: FROM MILANO MALPENSA TO FIORENZUOLA

# TO FIORENZUOLA



## OPTION 2: FROM MILANO LINATE AIRPORT

From the airport, take **Milano Linate Shuttle** to **Milano Centrale** station and here take "regionale veloce" train to **Fiorenzuola d'Arda**.

Here you can find info about the shuttle from the airport to Milano centrale station:

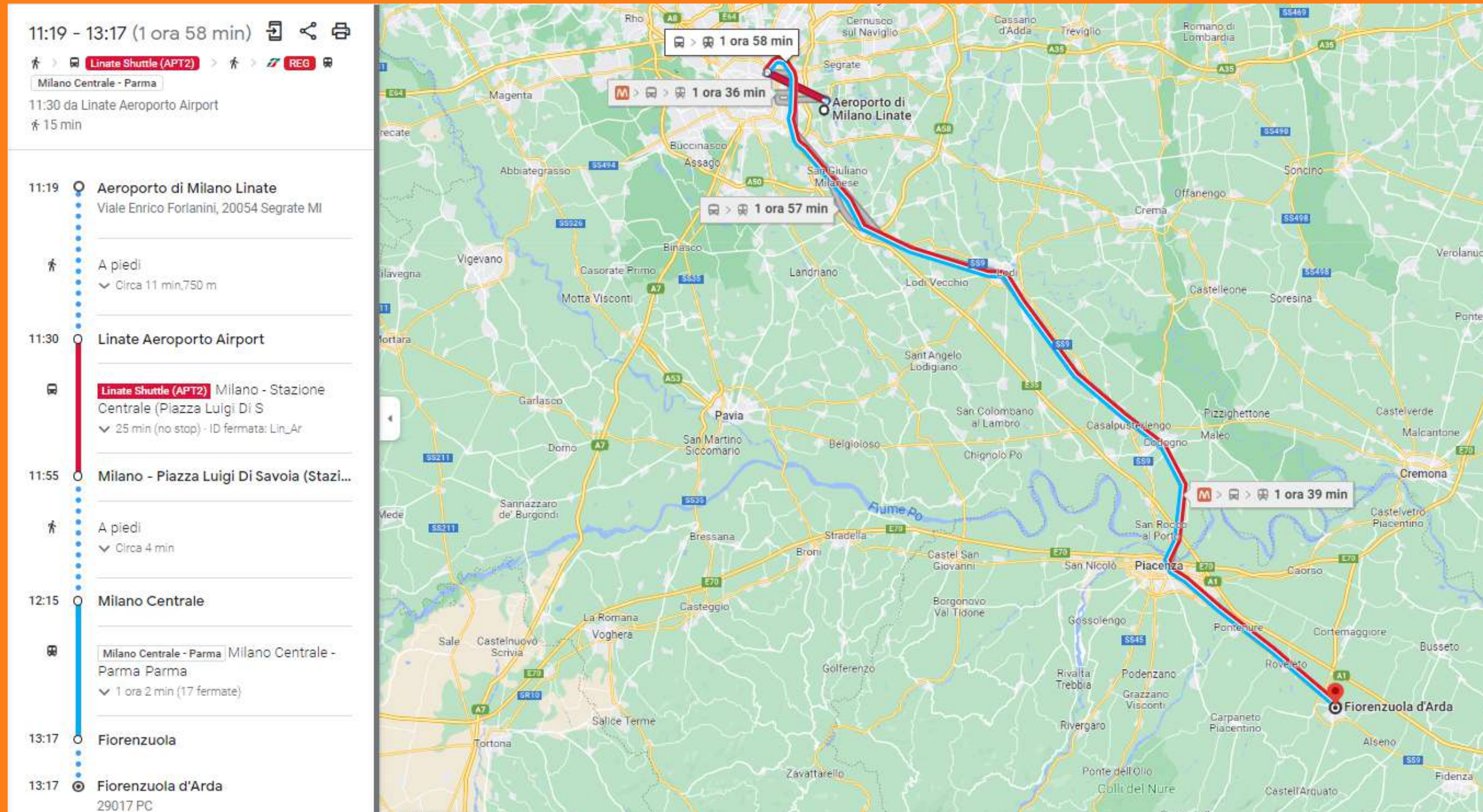
<https://www.milano-aeroporti.it/linata-shuttle/en/index.html> .

Buy tickets for the train to Fiorenzuola here:

<https://www.trenitalia.com/en.html> , or at the station with the same price.



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# OPTION 2: FROM MILANO LINATE AIRPORT TO FIORENZUOLA

# TO FIORENZUOLA



## OPTION 3: FROM ORIO AL SERIO AIRPORT (MILANO BERGAMO)

From Orio al Serio airport, take **orioshuttle** and get to **Milano Centrale** station. At Milano Centrale take the "**regionale veloce**" train to **Fiorenzuola d'Arda**.

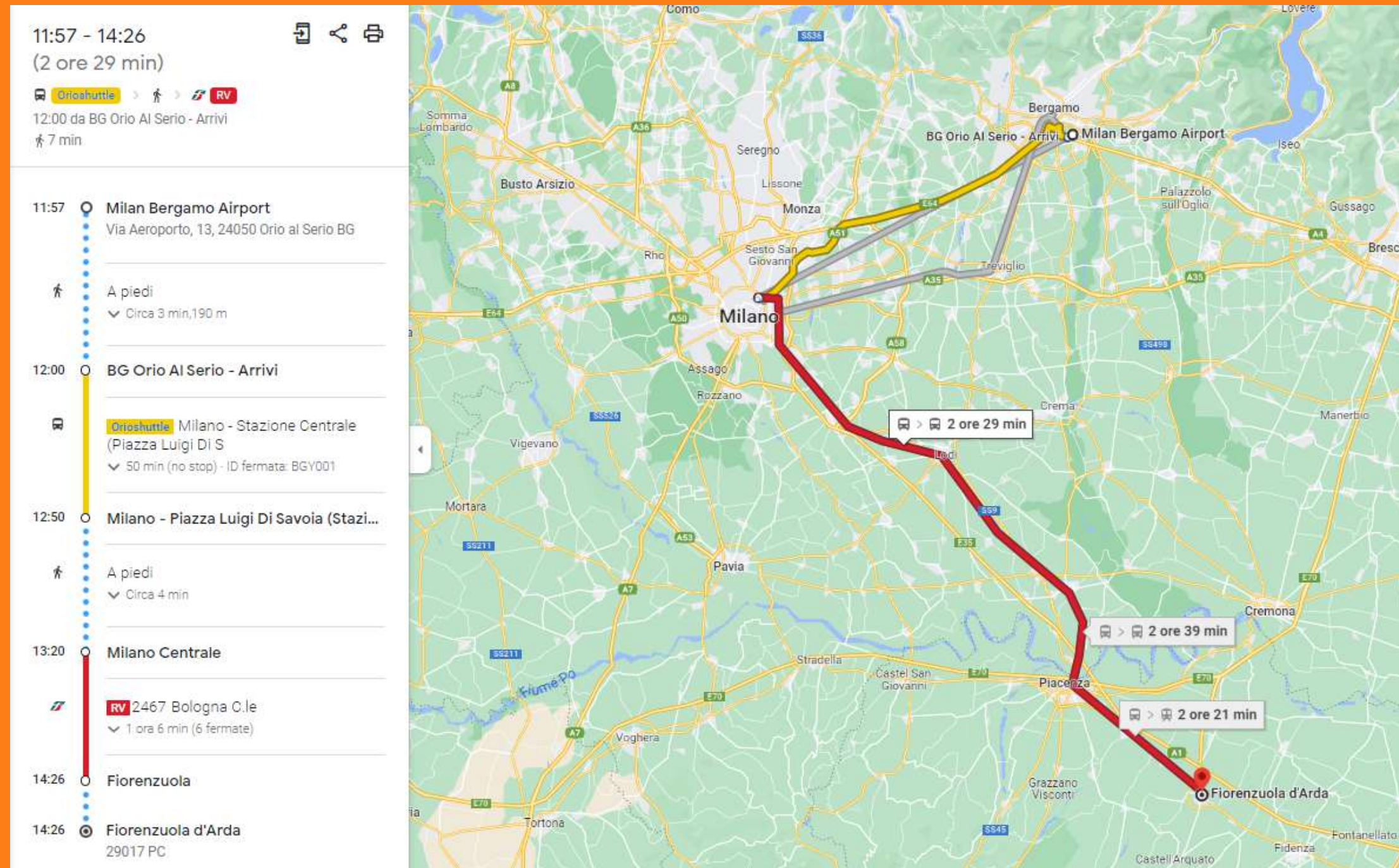
You can buy the ticket for orioshuttle here:  
[http://www.orioshuttle.com/\\_eng/](http://www.orioshuttle.com/_eng/).

The orioshuttle costs **10 €**.

Buy tickets for the train to Fiorenzuola here:  
<https://www.trenitalia.com/en.html>, or at the station with the same price.



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## OPTION 3: FROM ORIO AL SERIO AIRPORT (MILANO BERGAMO)

# TO FIORENZUOLA

## OPTION 4: FROM BOLOGNA AIRPORT "MARCONI"

Take **Marconi Express** to **Bologna Centrale** station.  
Then, take "regionale veloce" train to **Fiorenzuola d'Arda**.

Here you can find info about Marconi Express to Bologna Centrale station:

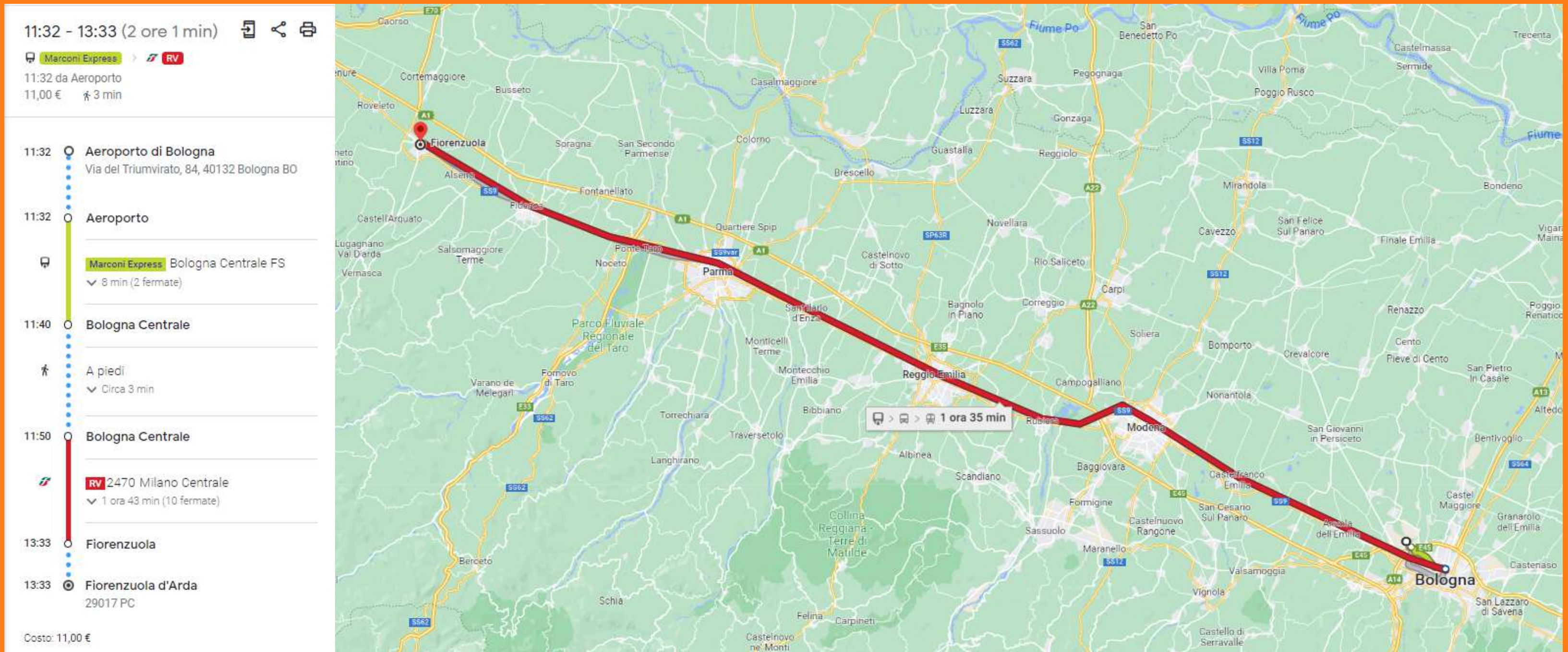
<https://www.marconiexpress.it/en/> .

Buy tickets for the train to Fiorenzuola here:

<https://www.trenitalia.com/en.html> , or at the station with the same price.



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# OPTION 4: FROM BOLOGNA AIRPORT "MARCONI"



# TO THE HOSTEL

When you arrive in Fiorenzuola d'Arda search for Croce Bianca restaurant (5 minutes walk from the station), it **will be the meeting point**; try to reach it **before 19:30 (in time for dinner)!**

Organise your travel in order to reach the meeting point on time; **there are no public transportation to Morfasso, so we will move together with private transfer.**



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# THE VENUE

- THE HOSTEL
- COVID-19 MEASURES
- THE WEATHER
- WHAT TO PREPARE IN ADVANCE



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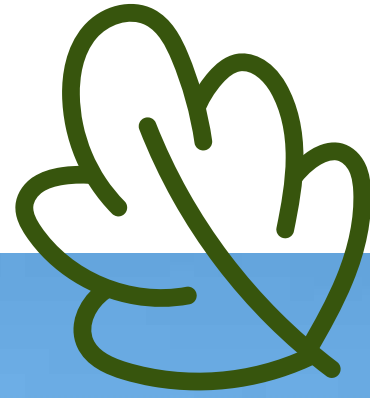


# THE HOSTEL

## HOSTEL IN MORFASSO

Val d'Arda (PC).

Address: Località Rabbini di Morfasso 8



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# THE HOSTEL



The mobility will be held in **Morfasso hostel**, located in **Val d'Arda (PC)**, address:

**Località Rabbini di Morfasso 8 .**

A structure on three floors, with a large covered porch that follows the perimeter on three sides, perfect for outdoor activities. A gently sloping lawn surrounds the Hostel on four sides.

On the ground floor, a large common room, with a reading and relax corner, perfect as a space for work and activities, is preceded by a welcoming entrance hall with reception and a small office.



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# THE HOSTEL



On the hall, illuminated by large windows overlooking the garden and the surrounding valley, there are two bedrooms, and a shared bathroom for people with disabilities.

The common services include another bathroom adjacent to the reception.

Adjacent to the main room there is a professional kitchen.



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# THE HOSTEL



On the first floor, we have:

- 2 quadruple rooms;
- 1 six-bed room;
- 1 single room for double use;

On the second floor:

- 2 quadruple rooms with a balcony with a view on the valley;
- 1 six-bed room;
- 1 double room;

**All the rooms have a private bathroom .**

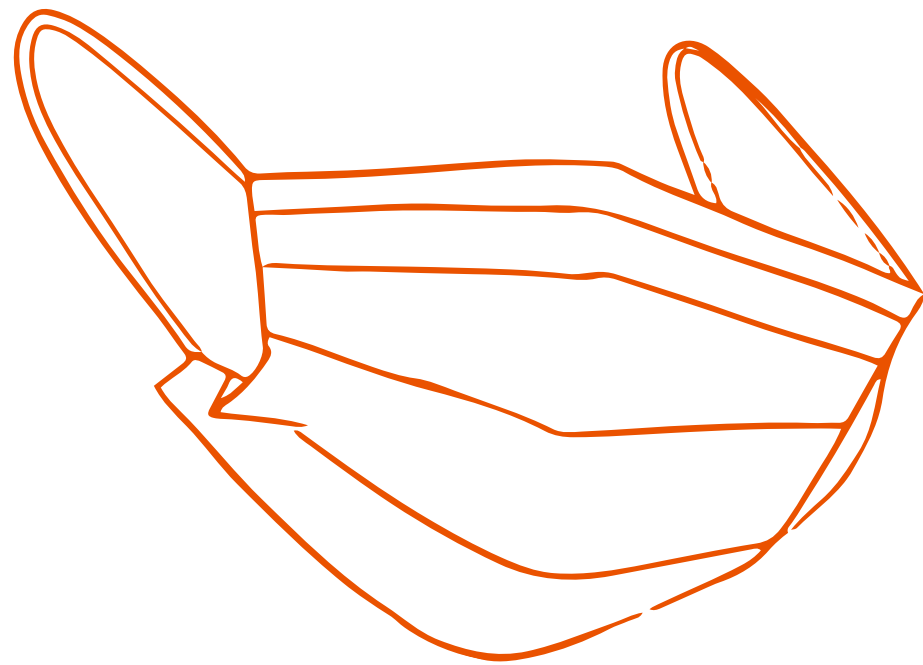


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# COVID-19 MEASURES



## COVID-19 MEASURES and ENTRANCE REQUIREMENTS

Since the rules in the past few years kept changing fast, and every country has its own restrictions, we invite you to check the entry requirements here or on your national website:

**<https://www.viaggiaresicuri.it/approfondimenti-insights/saluteinviaggio>**

During the training course, we will run outdoors as many activities as possible and ensure proper ventilation whenever we can't stay outside.



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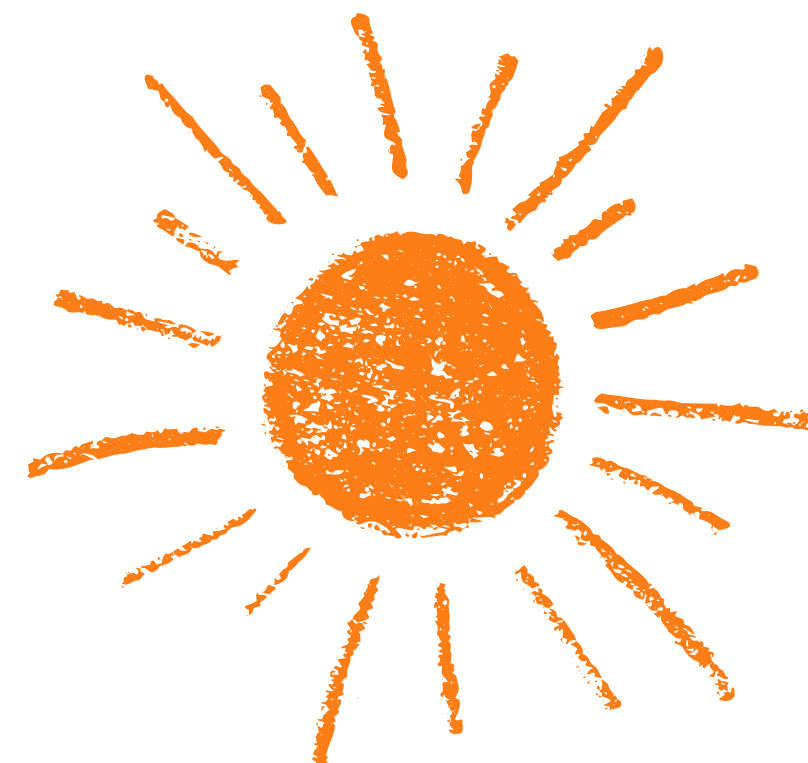


# THE WEATHER

During spring the temperature starts to rise but in the evening there is cold.

You can check the forecast on:

<https://www.3bmeteo.com/meteo/morfasso>



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# WHAT TO PREPARE IN ADVANCE ?



For the activities:

- Supplies for the intercultural evening. During the intercultural night each national team will make a creative and interactive presentation about their countries. It would be wonderful if you bring some traditional food & drinks to try!
- A cup/mug to exchange;
- Though it's not mandatory, we strongly invite you to prepare some **energizers!**



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# WHAT TO PREPARE IN ADVANCE ?



Do not forget:

- Towels;
- Slippers;
- Personal hygiene kit (shampoo, shower gel, toothpaste, etc...);
- Reusable water bottle;

Other than that, remember to **bring your good mood and enthusiasm!**



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# OTHER INFO

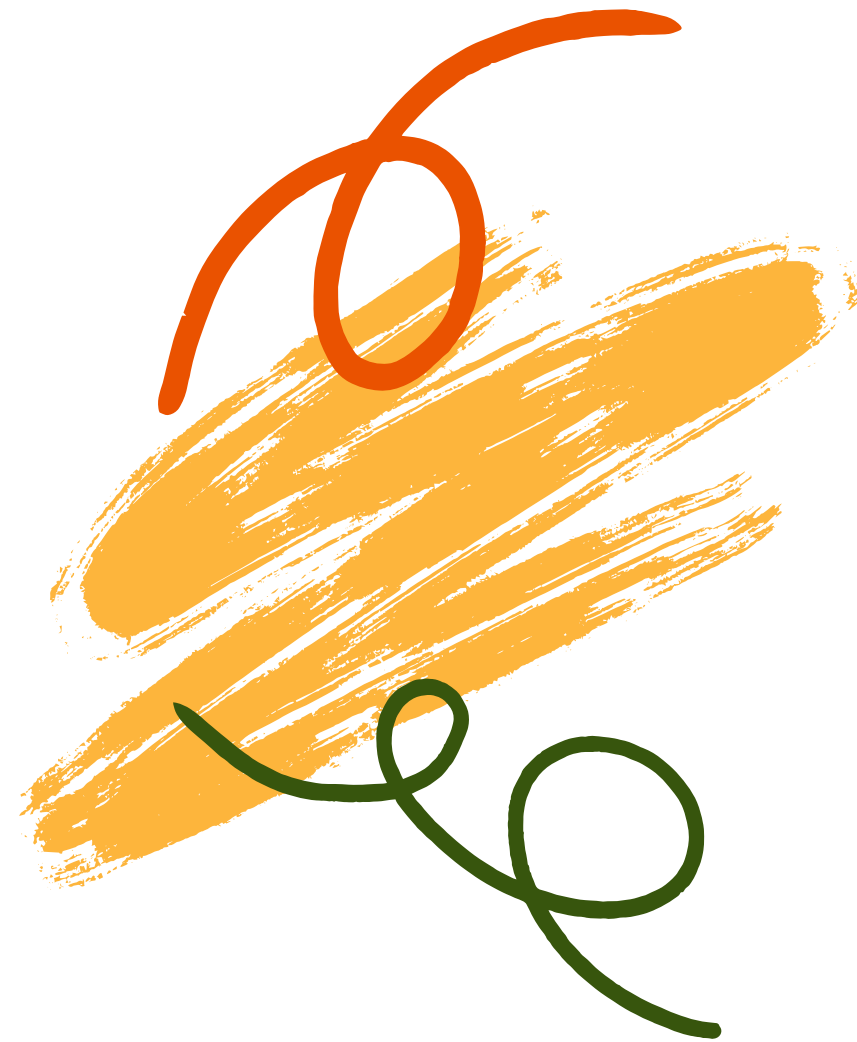
- OTHER INFO
- CONTACTS



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## OTHER INFO



- You can contact the **emergency services** in Italy by calling the **pan-European emergency number (112)** from any telephone;
- **The local currency in Italy is Euro;**
- **Italy is in the UTC +1 time zone;**
- If your mobile phone account was contracted in the European Union, in Italy you will be able to connect to the Internet under the same conditions and at your normal rate. **For mobile phone numbers from outside the European Union, connecting to the Internet involves an extra charge on top of the normal rate,** which depends on your operator.



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# CONTACTS

For any question about the project,  
please contact the project coordinator  
**Sara Curioni.**

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Phone: **+393338250881**



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