

INFOPACK



Vinci, Italy
26th August - 3rd September 2024





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



THE TRAINING

“WHERE IS MY MIND?” is a Training Course for Youth workers and Educators about the discovery of Identity and self-awareness.

We will concentrate on emotional management and deep self discovery, encouraging participants to recognize their own emotions, regulate them, and develop empathy, resilience, and self-awareness.

Identity encompasses the memories, experiences, relationships, and values that create one's sense of self. This amalgamation creates a steady sense of who one is over time, even as new facets are developed and incorporated into one's identity.

It is strongly associated with self-concept, self-image (one's mental model of oneself), self-esteem, and individuality.

The journey of self-awareness is a gradual process, and we will commence it with gentle yet profound self-knowledge tools derived from psychological approaches, literature, art, and creativity.

Our methods are inclusive and allow each participant to embark on their own path of self-discovery following their times, needs and will.



METHODS

We will use NFE (Non-Formal Education) techniques. These methods include a diverse range of activities aimed at personal growth and development.

- Team-building activities: To cultivate a sense of unity and cooperation among participants.
- Experiential Learning: Learning through hands-on experiences and real-life situations.
- Creative/artistic expression: Encouraging participants to express themselves creatively, fostering self-expression and exploration.
- Combination of individual processes in group dynamics: Balancing personal growth with group cohesion.
- Transactional Analysis and Non Violent Communication: Exploring and understanding deep-rooted beliefs formed during childhood and their impact on our lives; our capacity to clearness in the relationship with ourselves and with the others.
- Elements of Mindfulness: Cultivating present-moment awareness and mindfulness practices.
- Psychological topics: Exploring various psychological themes and concepts to enhance self-awareness and emotional intelligence.
- Evaluation and self-assessment moments.

PROGRAM (DRAFT)

TC "Where's my mind?" Vinci, Italy 26th August - 3rd September 2024									
"	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	Arrival of participants	Common Ground	Transactional Analysis	Autobiography	Empathy, emotions and needs (NVC)	Cultural Visit	Learnings on stage	Evaluation	Departure of participants
08:00	Breakfast								
09:30	Arrivals	Presentations and Team Building	Morning pages (journaling)	Morning pages (journaling)	Morning pages (journaling)	Morning pages (journaling)	Morning pages (journaling)	Morning opening + Energizer	
10:00			TA	Creative writing- autobiography small story- from a photo	Emotional literacy and awareness (NVC)	Florence	The stage is yours - Preparation	Back in the village final experience + journaling wrap up	Departures of participants
11:00									
11:30	Arrivals	TB and common ground	TA Theatre	Reading	Needs literacy and awareness (NVC)	Florence	The stage is yours - Preparation	Follow up and dissemination plan	Departures of participants
13:00	Lunch								
15:00	Arrivals	Identity - village experience + wheel of life	TA Case study	Cultural Visit in Vinci	Empathy exploration through an art collage	Florence	The stage is yours - preparation	Final evaluation	
16:30	Comfort break								
16.45	Presentations	Self awareness - how do we know who we are? Intro to journaling tool (and others)	Inner voices and negative self talking	Cultural Visit in Vinci	Empathy exploration through a self- empathy dance floor	Florence	Performance	Final Evaluation	
17.45	Name games and getting to know each other	Reflection time - support groups	Reflection time - support groups	Reflection time - support groups	Reflection time - support groups	Reflection time - support groups	Reflection time - support groups	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/>

Olga Kuczynska, Trainer, Facilitator, Project Manager focused on L&D (Portugal) - olga.kuczynska.ok@gmail.com



She's been working with diverse teams and environments around Europe, coordinating and supporting development of programs and projects that are need-based, create impact and foster change. Currently exploring career-based education concepts coordinating operations for a company that organises study abroad programs for American students in Europe.

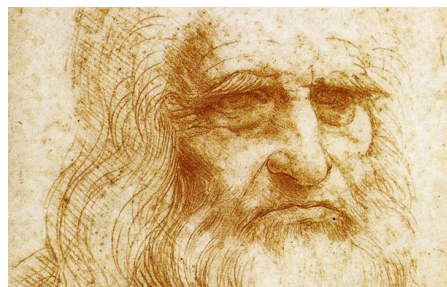
She is strong in organisation, planning and integration. As a trainer she focuses on competence development, using NVC and TA methodologies as bases on the topics of communication, self-awareness and wellbeing.

SALTO WEBSITE TRAINER PROFILE: <https://www.salto-youth.net/tools/toy/olgakuczynska..>



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 Stella, 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.*





M E A L S

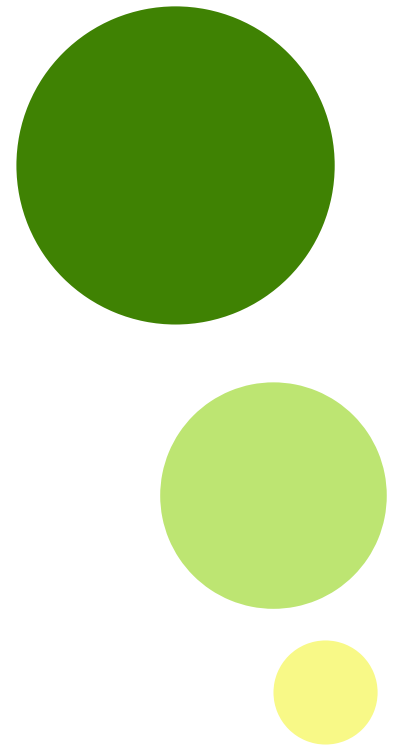
Breakfasts, lunches, Dinners and Coffee-breaks will be prepared and served in the house (usually we eat in big tables outside like great festivals).

Serena and Stella 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 at about 18 h. on 26th August and in 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).



Better if you buy your TRAIN tickets ONLINE in advance, on the official website: <https://www.trenitalia.com/en.html> or (only for long distance trains): <https://www.italotreno.com/en>



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 better, **online.**

IN AIRPORT: Small desk on your right when you arrive in arrival area.

Ticket to Empoli (in the same ticket: Pisamover to Pisa Station and Train from Pisa Station to Empoli- tot. € 12,70)

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

<https://www.trenitalia.com/en.html>

<https://www.italotreno.com/en>



TRAVELS

FROM FIRENZE AIRPORT TO EMPOLI

a. In the airport take the Electric Tram (TRAMVIA) Line T2 Vespucci to the destination STAZIONE-ALEMANNI- It passes every 5 minutes and you can buy the ticket at the machines- €1,80).
20 minutes to STAZIONE- in front of Firenze SMN station

b. Reach FIRENZE S.M.N. Train Station and take a train to Empoli station (€5,00 - 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/>
€ 12,70

b. In Bologna Centrale take a Train 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 SMN
- . 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/?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.)



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 Portugal, Spain, Republic of North Macedonia, Lithuania, Bulgaria Romania: € 309
For participants from Italy: 0

IMPORTANT: Before buying the flight tickets, please inform us on your itinerary and cost, in order to avoid mistakes or misunderstandings. 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- **BUT ONLY FOR JUSTIFIED REASONS THAT MUST BE APPROVED IN ADVANCE BY OUR NATIONAL AGENCY.** All the expenses in these days will be on your charge and **NOT** in charge of the project.*

In case our NA won't approve the extra days, we won't reimburse the travel costs.

Travel Support
€ 309 for
Spain, Portugal,
Republic of North
Macedonia, Lithuania,
Bulgaria, Romania



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

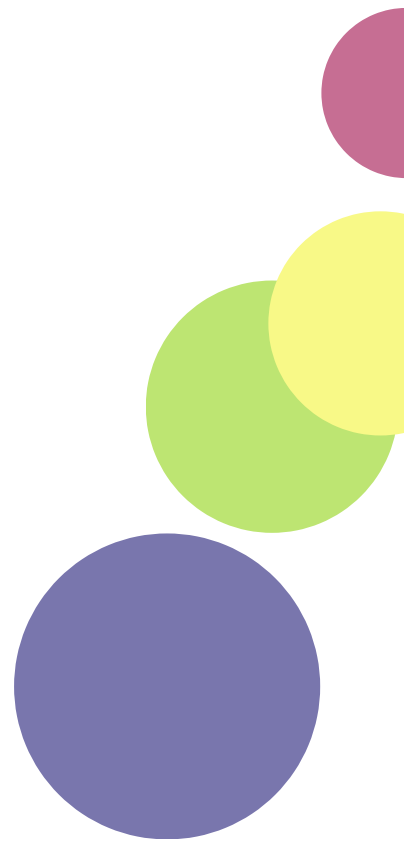
- Towels for shower
- Flip -flop
- Personal hygiene products (shampoo, toothpaste, etc..)
- Comfortable clothes and shoes
- Your Health European Card
- (Anti-mosquito spray)

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 this Infopack and the description on SALTO-Youth.net, can inscribe on SALTO platform.

Then we will send the list to the sending organisations and they will select 3 persons from their country (from the SALTO list).

<http://trainings.salto-youth.net/12445>

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