

INFOPACK



I FEEL GOOD

TRAINING COURSE

Vinci, Italy
11th - 16th 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

It's the second part of the Training Course "I FEEL GOOD!".

The first part was held in Klaipeda, Lithuania from the 15th to the 22nd of January 2024.

In this second part we will host old and new participants with the aim to create connections among youth workers from the 5 countries even beyond this project, for future projects in partnership.

In the 4 days of the Training, in Vinci, participants will be called to design, create and perform small workshops in small groups, with tools and methods able to bring self-care and wellbeing in youth work.

And why not? The groups could decide to develop further Erasmus+ Projects together just starting from such small workshop in Vinci!

We are very happy to host you here in Vinci, where Art and Nature will contribute to such healing process, and we hope it can be a new stimulating and fruitful adventure for us all!

Looking forward to meeting you all! :)

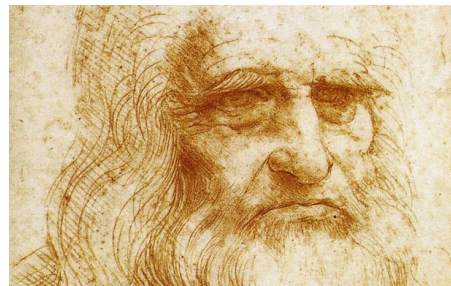
PROGRAM (DRAFT)

Seminar "I FEEL GOOD - An alternative approach of mental health and inclusion of young people" - Vinci, Italy - 11th 16th September 2024						
	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5
08:00	Breakfast					
9.30		Reconnecting the group and TB	Guidelines for creating workshops	Working in groups for workshop	Dissemination Plan	Departures of participants
11:00	Comfort Break					
11:30	Arrivals	TB	Inspirational zone	Working in groups for workshop + examples from us	Final Self-assessment	Departures of participants
13:00	Lunch					
15:00	Arrivals	Reconnecting with topics	Working in groups for workshop	Group workshop performance 2	Final Evaluation (Vinci)	
16:30	Comfort break					
17.00	Welcome	Walk and connect	Working in groups for workshop	Group workshop performance 2	Final Evaluation (Vinci)	
18:00	Know each other	Reflection Groups	Reflection Groups	Reflection Groups		
20.00	Dinner					
21.00	Official welcome	Free Night	Intercultural Night	Intercultural Night	Celebration	



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.*





MEALS

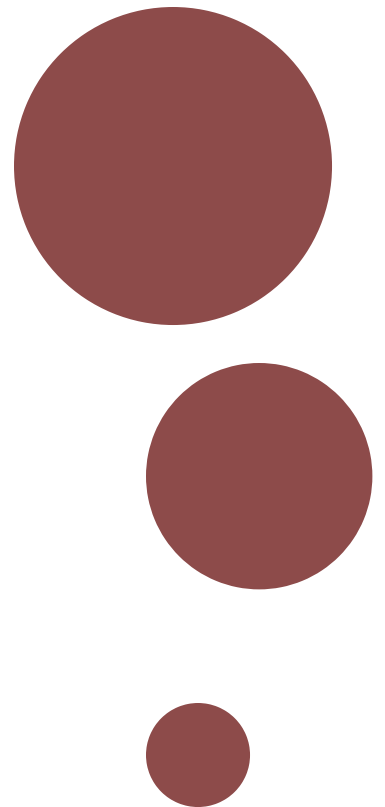
Breakfasts, lunches, Dinners and Coffee-breaks will be prepared and served in the house (usually we eat in big tables outside like great festivals).

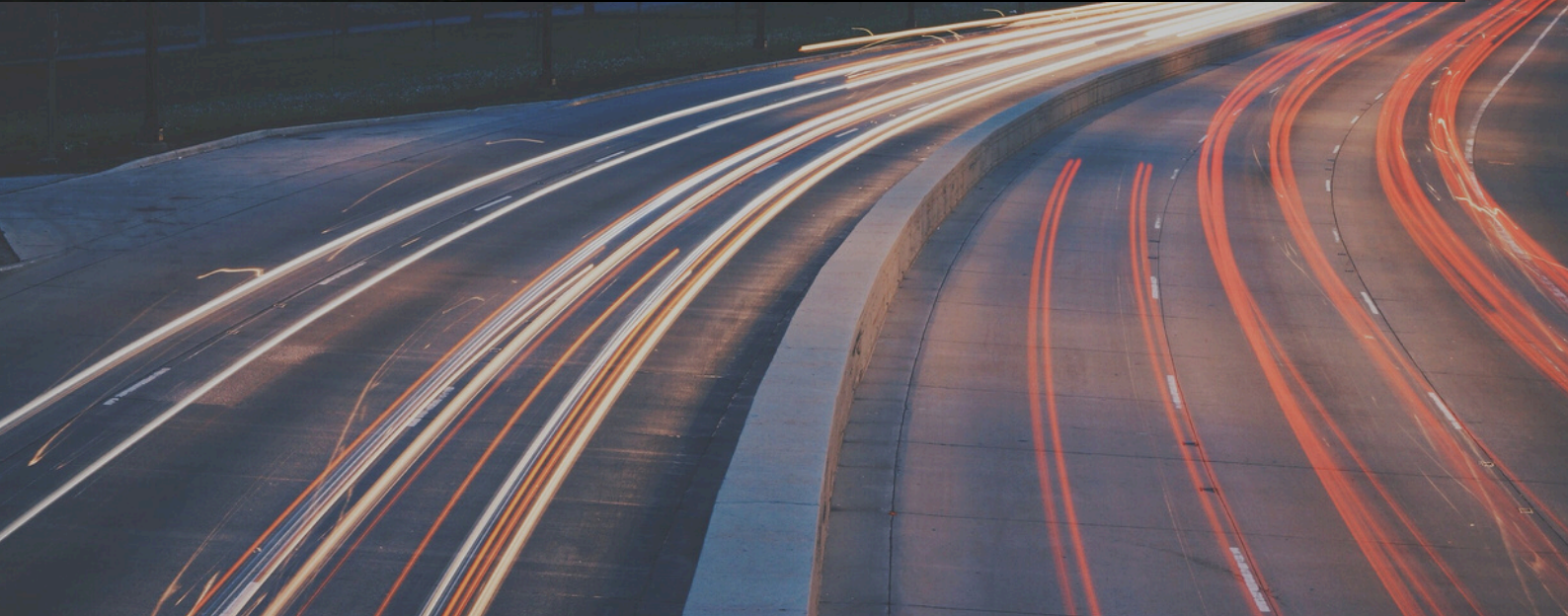
Serena and Stella will cook expressly for us amazing traditional Tuscan food and recipes and they are ready for each diet (vegetarian, vegan, gluten-free.). Please write your diet needs on the form that you will get by email after the confirm of your selection.

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 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 better, **online.**

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>



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 (€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 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 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/?](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.)



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 Belgium, Portugal, Lithuania, Bulgaria : **€ 275**
For Italian Participants: € 0

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!

Travel Support
€ 275 for
Belgium, Portugal,
Lithuania, Bulgaria,



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

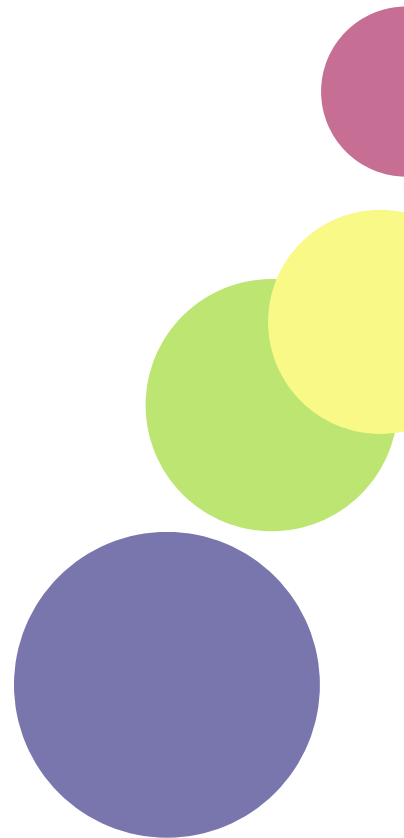
- Towels for shower
- Flip -flop
- Personal hygiene products (shampoo, toothpaste, etc..)
- Comfortable clothes and shoes
- Your Health European Card
- (Anti-mosquito spray)

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

Please, in order to organise at the best the Seminar, we need you fill in carefully the Application form with details on arrival and departure and diet needs.

This is the link:

<https://docs.google.com/forms/d/e/1FAIpQLSc5vjVml7sN-AaR4taWDliWwu7MwLyFfbH7CNdciuz4IsdNFA/viewform>

CONTACTS

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SEE YOU SOON