

INFO-PACK

YOUTH MOBILITY ERASMUS+

Manerba del Garda, Italy
15-20 December 2024 (travel included)



**Co-funded by
the European Union**

**Join Us for an inspiring and engaging
Experience!**



**Get ready for a unique journey that
combines meaningful learning with
creativity and fun!**

The Project

The project is all about breaking barriers and making a difference. Focused on promoting social inclusion and reducing inequalities, it's directly aligned with the Sustainable Development Goals (SDGs), especially SDG 10.

By tackling real societal challenges head-on, the project isn't just about talking—it's about doing. It empowers young people like you to step up, take action, and become leaders of inclusion and equality in your communities and beyond.



Objectives

- Reducing Inequalities: By promoting social inclusion through interactive and creative methodologies, the project provides a platform to address societal inequalities, enabling participants to reflect, learn, and collaborate in a supportive environment.
- Social Inclusion and Gender Equality: The project tackles gender equality as a core theme, enhancing the competences of young people by equipping them with tools and knowledge to address gender stereotypes and challenge stereotyped representations. This is particularly significant in the context of professional roles and career opportunities, as portrayed on social media.

Methodology

Together, we'll dive into critical social topics like gender stereotypes and biases, exploring them in a welcoming and collaborative environment where every voice matters. Through engaging dialogue sessions and hands-on activities, you'll not only sharpen your critical thinking skills but also gain fresh perspectives and practical tools to advocate for equality and inclusion in your community.

Every activity is designed to spark collaboration, inspire reflection, and make learning genuinely fun.

Participants



- Number of participants per partner organisation: 8
- Age: from 18 to 26 years old
- Able to communicate in English and work in a multicultural context;
- Motivated and excited to learn :)
- Being present during all the parts of the project (preparation, activity, dissemination);
- Ready to use the acquired competences after the mobility in dissemination and follow-up activities, through social media and local workshops.

Fewer opportunities: is recommended the participation of youth with fewer opportunity

Once selected....

Once the selection of participants is completed, you will receive:

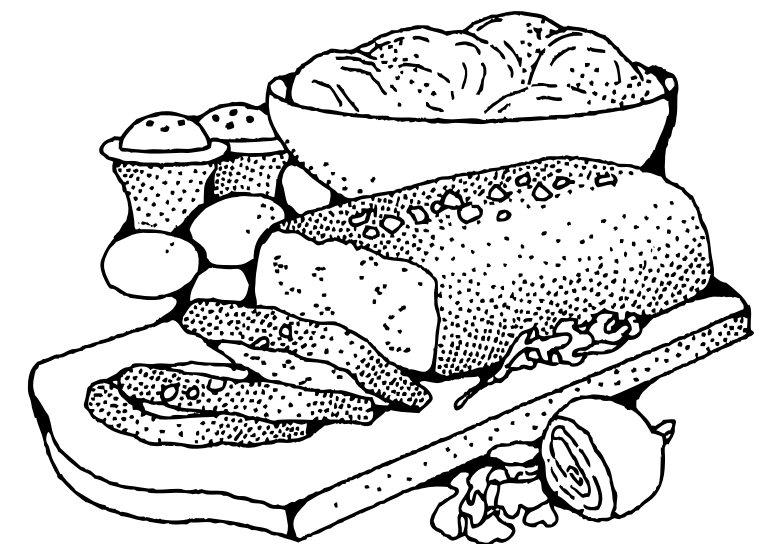
- The programme of the activities;
- Some practical information (how to get there, weather, currency etc);

Intercultural evening

Selected participants will be request to prepare the activities for the intercultural evening:

You can bring typical food and drinks from your countries. We will have traditional evenings during the project. You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets...

Unfortunately, we don't have budget to reimburse expenses for the international evening, but try to be creative and funny!



Dissemination

Every participant involved is expected to collaborate with the teammates and the sending organization to produce an article about the project's activities and their impressions. This article should be presented on the website or social media of the partner organisations in each country.

Location

You will be staying in a lovely Hostel located in Manerba d/G. The Hostel is mostly used for touristic purpose, great surroundings and next to Garda Lake beaches.

IMPORTANT: Each participant needs to bring: towels and personal hygiene products. Here you can have a look of the Ostello Antica Pieve <https://www.ostelloanticapieve.it/>

Food: participant will be provided with 3 meals and 2 coffee breaks. In case of external visit participants will be provided of packed lunch. Pls provide information to your sending organization about food restrictions, if any.



Travel



The closest Airport is: ORIO AL SERIO in Bergamo (Milano BGY) - [www. orioaeroporto.it](http://www.orioaeroporto.it)
Other suitable airports are Verona airport, Milano Linate or Milano Malpensa.

From these Airports to Manerba d/G you have to:

- Take the shuttle (or underground if you land in Milan) from the airport (from each airport there are shuttles every 20 minutes) to the main train station (<http://www.trenitalia.com/>)
- Take the train with destination DESENZANO DEL GARDA.

From Desenzano train station to Manerba del Garda we will organise a private transportation to pick up participant groups.

Travel reimbursement



Travel costs will be covered, based on the country of participants, up to foreseen limits. The exact amount written on the ticket will be accepted. Travels should be by economy class and public transport.

We will refund travel tickets based on actual costs incurred and on presentation of: Invoice of the plane ticket; Boarding Pass with the clear mention of the passenger's name; All other transportation-related bills. NB. Only the travel costs for the round trip from the sending organization's country will be reimbursed.

During the activity, we will collect all the receipts and tickets, sign a reimbursement contract and, once the dissemination is completed, send you the refund back. Please keep in mind that reimbursement will be done with one transfer to sending organisation after the project (no individual transfers).

BEFORE booking: Please, inform us about the details of your travel via Whats app: +39 3204244449. Please, include your proposed arrival and departure times, your method of travel and estimated costs of the journey. We will approve your request as quickly as possible so that you can make the necessary reservations

Travel reimbursement per Country



Travel costs will be reimbursed according to distance calculator:
<http://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator>

	Regular travel	Green traveling
travel distances between 100 and 499km	180 EUR	210 EUR
travel distances between 500 and 1999km	275 EUR	320 ER
travel distances between 2000 and 2999km	360 EUR	410 EUR
For travel distances between 3000 and 3999km	530 EUR	610 EUR

You can choose to travel 2 days before the YE starts or stay 2 days longer after it ends. The costs of food and accommodation for the extra days are to be covered by the participants

What to bring

- Necessary documents such as passports, travel documents;
- Medicine if you need to take some;
- Towels (Hostel is not providing towels), personal care products, such as shower gel, shampoo, comb, etc.
- A typical taste (typical drink, food, sweets, snacks) of your Country for the “intercultural evening”;
- Cameras, laptops and other equipment making life and work easier;
- Some cool pieces of music and games from your country;
- Information about your country (books, brochures, posters, postcards, video, PowerPoint presentation, music, etc.)

Insurance



Personal and medical insurance are the responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs.

We suggest that each participants bring the European Sanitary Card in order to be safe in case of emergency.



Concerning the non EU countries, it is required that you to buy an insurance for travel.

About hosting Organization

ARCUS is an independent youth association based in the town of Bedizzole around an hour north of Milan, (Italy) which provides a space for teenagers from their first year in secondary school and upwards.

ARCUS' mission is the support and special concern we have for youth and disadvantaged groups and their world, therefore everything that involves them; from work, training, business and management, entrepreneurship, art, culture, equal opportunities and equal rights.

About lake Garda

Lake Garda is the largest in Italy. Its wider part to the south is surrounded by morainic hills that were left following the glacier recession, while the narrow northern part is enclosed by the mountains that create its fjord-shape configuration and provide a very mild Mediterranean climate.

The luminous environment, temperate climate, and flourishing vegetation - mainly olive and lemon groves, palms, cypresses, oleanders and orange trees - along with the majestic landscapes are the background to the remarkable historical and cultural remains spread all around and make this lake the most charming in Italy.

Given the intense colour of its water with a marked shade of blue and matchless transparency, Lake Garda is a unique spot where visitors and guests can enjoy a holiday full of relaxation, sports, fun and the thrill of discovering new places.

Some pictures of the area



Contact

Should you need any further information? Please do not hesitate to contact us!

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