

# START ME UP

Youth exchange

19 - 27 June 2023

Valdagno - Recoaro (VI) - Italy

# PROJECT DESCRIPTION

Studio Progetto Soc. Coop. Soc. is proud to invite you to the Youth Exchange

## START ME UP

within the framework of Erasmus+ Programme, aimed to promote the educational and personal development of young people for sustainable growth and active participation and strategic forms of cooperation in the field of youth policy. Together we will discover mountains and the wild nature, learn about plants, herbs and fruits, interact with animals, insects and bees.

There will be a great possibility to take part in volunteering activities together with the members of "**Green Teen Team**".

Participants will acquire transversal skills such as the ability to adapt, to collaborate in groups and will get a better understanding of the meaning of active participation in relation to the topic of environmental sustainability

# AIMS

**START ME UP**, in line with the Erasmus+ program, intends to promote an **active experience**, with the objective of reflecting about active citizenship and its different meanings, creating a European network to share best practices.

After the year 2000s, with the economic crisis of 2008 and the consequent decrease of the resources, the breakout of Covid-19 pandemic and an increasingly digital context, there have been a major decrease in opportunities in the formation of one's own identity in youth, that is usually realized through direct confrontation with the community of reference, institutions, and through interaction with adults.

That's why the aim of this project is to directly involve young people in concrete activities with local associations, to make them reflect about different meanings and ways of participation at a local, national, and European level.

In this way, participants will have the opportunity to trace their experiences, with the possibility to later share it with their peers.

# ACTIVITIES PROGRAMME

<p><b>DAY 1 - 19/06/2023</b> Arrival and welcome</p>	<p>Arrival of participants Accommodation and welcome activities Welcome dinner</p>
<p><b>DAY 2 - 20/06/2023</b> Getting to know each other</p>	<p>Ice breakers and refreshments Getting to know each other Official Opening of the Youth Exchange Intro about the Youthpass Daily evaluation Italian and Lithuanian Intercultural evening</p>
<p><b>DAY 3 - 21/06/2023</b> What is participation</p>	<p>Energisers and ice breaking games What "participation" means to me, Treasure hunt to discover the nature Slovakian and Romanian Intercultural evening</p>
<p><b>DAY 4 - 22/06/2023</b> Volunteering - part 1</p>	<p>Energisers and ice breaking games Volunteering with local associations Planning participatory activities (for Day8) Booklet preparation Daily evaluation German and Spanish Intercultural evening</p>
<p><b>DAY 5 - 23/06/2023</b> Volunteering - part 2</p>	<p>Energisers and ice breaking games Volunteering with local associations Planning participatory activities (for Day8) Booklet preparation Daily evaluation Environment night</p>

# ACTIVITY PROGRAMME

<b>DAY 6 - 24/06/2023</b> Excursion	Energisers and ice breaking games trekking in the mountains with Le Guide Daily evaluation Movie night
<b>DAY 7 - 25/06/2023</b> Discover day	Discovering the Veneto Region (active free day)
<b>DAY 8 - 26/06/2023</b> Volunteering - part 3	Energisers and ice breaking games Implementation of the volunteering activity thought for local teenagers Presentation of the booklet Youthpass and official closing ceremony Final evaluation Farewell party
<b>Day 9 - 27/06/2023</b> Departure Day	Departure of participants

## ADVANCE PLANNING VISIT

A preparatory meeting is foreseen between the leaders of each national group on the days **24-26 May 2023**

We expect 1 leader from each organization.

# PARTICIPANTS

We expect **5** participants **aged 15-19** + **1 youth leader** (preferably older than 23 yo and no upper age limits) from each partner, taking into consideration the gender balance.

We are looking for young people who are interested in the topic, motivated, with a proactive attitude.

A good level of English is not required to expand access to the greatest number of young people and is not required a previous theatrical experience. Instead, it is desirable that the leader has a good level of English and that he/she has gained some previous experience in projects Erasmus+, in order to ensure an expert figure able to guide and support their group throughout the whole process, from preparation to the end of the dissemination activities.

# GENERAL RESPONSIBILITIES OF PARTICIPANTS

- Behave **responsibly**;
- Be able to actively attend the **entire duration** of the youth exchange;
- Be able to attend **100%** of the program;
- Be able to **respect timetable** of the educational activities;
- Settle all the agreed **obligations regarding travel costs**;
- Promote **healthy lifestyles**;
- **Respect others** and ensure basic rights and freedoms to participants and facilitators that all people are entitled to regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or other status;
- **Respect time and content** framework;
- Be willing to transfer knowledge to the members of his/her organization;
- **Take care of working space** and materials;
- Be responsible for personal and others **safety**;

The organizational team keeps the right to **exclude participants** from the exchange or reduce/cancel the reimbursement of the travel costs of the participant **in case that participant does not respect the rules** and responsibilities of the exchange.

# BASIC RULES YOU NEED TO RESPECT

During the exchange, **smoking, drinking alcohol or consuming any other harmful substance is forbidden.** So please, be aware of the space and take care of it!

Rules:

- Participants will have to bring their own **towels** and **bed sheets** or **sleeping bag** (we will provide pillows and blankets)
- There is no possibility to extend your stay at Hotel Isola.
- It is **forbidden to smoke** inside the building.
- It is **forbidden** to consume **alcohol** inside the building.
- Participants have to **behave appropriately** towards the Hotel installations, rooms and common areas. If they break something they will pay for that.
- It's **forbidden to consume food in the rooms** or to take food out of the common dining room.
- Participants are **not allowed to move furniture.**
- It's **forbidden to make noise** after 11 at night and before 8.00 in the morning.



# WHAT TO BRING WITH YOU:

- **Yourself** (of course!!!), your motivation to enjoy the exchange and the life and your best curiosity to meet other cultures!!
- Your **passport** or **ID** card
- Your European Health **Insurance** Card  
<https://ec.europa.eu/social/main.jsp?catId=559>
- All your travel **tickets** (if you want the reimbursement; for what concerns the flight ticket, remember to keep the **boarding pass** -> "A boarding pass is a document provided by an airline during check-in, giving a passenger permission to board the airplane for a particular flight. As a minimum, it identifies the passenger, the flight number, and the date and scheduled time for departure. In some cases, flyers can check in online and print the boarding passes themselves");
- Surgical **Masks** (we won't provide them), just in case the COVID situation should get worse and the use of masks would become compulsory on public transports.
- **Medicines** - if you need them (anti-allergy pills, pain killers, aspirin etc.)
- Your own water **bottle**, so we can avoid the use of plastic as much as possible.
- **All** the necessary for **personal hygiene**, like shampoo, towels (sheets will be provided by us), hair dryer, etc... and comfortable warm clothes and raincoats and **trekking shoes** (or at least gym shoes). The programme foresees walks and activities in the woods, be prepared for that!
- Other stuff you might need (camera/film, toilet things, etc.)

# GROUP PREPARATION

For the best preparation for the activities we ask each participants will have the following tasks:

- Start a **reflection** with your national group on the good practices of "taking care of environment" you want to share from your local context and express the results through the preferred method (e.g. drawing, diagram, performance, video, etc.)
- Prepare the **intercultural evening** dedicated to their country with typical food and entertainment
- Prepare some **ice-breaking games** and energizers to be offered at the beginning of each day

# HOW TO REACH RECOARO

The Youth Exchange will take place in **Recoaro Terme**, a town in the province of Vicenza, Veneto, in the north of Italy, that is known for its mineral spring waters.

Let's make it simple and divide your trip in 3 fundamental steps:

1. Get to **Vicenza** train station from the airport,
2. Get to **Recoaro's** bus station from Vicenza,
3. And finally get to the **Hotel Isola** from Recoaro's bus station.

The nearest airports are:

- Verona: [www.aeroporto.verona.it/passeggeri\\_t5](http://www.aeroporto.verona.it/passeggeri_t5)
- Venice: [www.veniceairport.it](http://www.veniceairport.it)
- Venice-Treviso: [www.trevisoairport.it](http://www.trevisoairport.it)

A bit farther but still fine (your flight should land not after 15.00):

- Milano-Bergamo: [www.sacbo.it/Airpor/portalProcess.jsp](http://www.sacbo.it/Airpor/portalProcess.jsp)
- Milano-Malpensa: [www.milanomalpensa-airport.com/it](http://www.milanomalpensa-airport.com/it)
- Milano-Linate: [www.milanolinate-airport.com/en/](http://www.milanolinate-airport.com/en/)
- Bologna: <https://www.bologna-airport.it/en>

# HOW TO REACH RECOARO

## FROM VERONA "CATULLO" AIRPORT

From Verona airport you have to take the **bus** to **Verona Porta Nuova** (railway station).

The Aerobus service from the airport to the train station runs every 20 minutes, every day of the week. To check the bus connections to the train stations of Verona Porta Nuova:

[http://www.aeroportoverona.it/en/aerobus\\_t2](http://www.aeroportoverona.it/en/aerobus_t2)

The ticket to Verona costs 6€

Then you will have to take a **train** from Verona Porta Nuova to **Vicenza**.

There are several trains every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices vary from €6,25 to €21,00. The regional trains are cheaper than Frecciarossa, but your travel time will be a bit longer.

# HOW TO REACH RECOARO

## FROM TREVISO "CANOVA" AIRPORT

To reach Recoaro from Treviso's airport you have two options:

### **Option 1** (Cheaper and faster!!)

From TREVISO airport you have to take **bus N.6** to the train station **Treviso Centrale**. Bus stop is on **Via Noalese**, to the right of the airport exit.

Tickets are available at the airport / train station (€ 1,30) or on the bus (€ 2,50, the driver is not obliged to give change). Bus stops are in **front** of the airport and train station.

Here you can find the timetable

<https://www.mycicero.it/mom-tv/TPWebPortal/it>

Then you will take a **train** from Treviso Centrale to **Vicenza**.

There are direct trains from Treviso Centrale to Vicenza every hour, anyway you can check the website of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <https://www.trenitalia.com/en.html>

The price of a ticket for regional trains is €6,25 and it will take you a bit more than 1 hour to get to Vicenza.

# HOW TO REACH RECOARO

## FROM TREVISO "CANOVA" AIRPORT

### Option 2

From TREVISO airport you'll have to take the **bus** to the train station of **Venezia-Mestre**:

[http://www.atvo.it/index.phplang=en&area=23&menuid=36&view\\_pc#](http://www.atvo.it/index.phplang=en&area=23&menuid=36&view_pc#)

here you have the **timetable**

<https://www.atvo.it/it-orari-e-autolinee.html>

The ticket costs 12€ one way (return ticket 22€ with 10 days validity).

You can buy it online (they say that you have a discount but it is not true... it costs the same also in the automatic ticket machine), or on board on Ryanair flights or in the automatic ticket machine/ticket office inside the airport.

Then you will have to take a **train** from Venezia-Mestre to **Vicenza**.

There are several trains from Mestre to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices vary from 6,25€ up to 22,00€... The regional trains are cheaper than Frecciarossa,

and it takes about 30 minutes more to get to Vicenza (or if you manage to buy a ticket for "regionale veloce" (RV), the travel time will be the same (about 33 minutes) but the price will be much lower than for Frecciarossa).

# HOW TO REACH RECOARO

## FROM VENICE “MARCO POLO” AIRPORT

From Venice Marco Polo airport you'll have to take the **bus** to the train station of **Venezia - Mestre**:

<http://www.atvo.it/index.php?lingua=en&area=menustandard&idpadre=23&idmenu=35>

Here you can see the timetable:

[https://www.atvo.it/allegati/linee/linea\\_8\\_a\\_fer\\_new\\_3.0\\_dal\\_5.09.22\\_al\\_10.06.23.pdf](https://www.atvo.it/allegati/linee/linea_8_a_fer_new_3.0_dal_5.09.22_al_10.06.23.pdf)

The ticket costs €10 (€ 18 round trip). You can buy it online (then you will have the price of €18 for a round trip) or in the automatic ticket machine/ticket office in the airport.

Then you will have to take a **train** from Venezia-Mestre to **Vicenza**.

There are several trains from Mestre to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices vary from 6,25€ up to 22,00€... The regional trains are cheaper than Frecciarossa, and it takes about 30 minutes more to get to Vicenza (or if you manage to buy a ticket for “regionale veloce” (RV), the travel time will be the same (about 33 minutes) but the price will be much lower than for Frecciarossa).

# HOW TO REACH RECOARO

## PAY ATTENTION!!

For the following airports you should land before  
**15:00** to be able to reach Recoaro Terme with  
public means of transport!!

### FROM MILANO-BERGAMO "ORIO AL SERIO" AIRPORT

From Milano-BERGAMO (Orio al Serio airport) you have to take the bus „**Orio shuttle**“ to **Milano Centrale** (railway station). The bus leaves from the Arrivals, **Platform 2** every half an hour and it takes about 50 minutes to arrive in the Milano Centrale train Station.

The ticket costs 10€ (the price of the tickets bought online) and €12 (if the ticket is bought before the boarding).

You can check the timetable and you can also buy it online at this website [http://www.orioshuttle.com/\\_eng/](http://www.orioshuttle.com/_eng/)

Choose the **yellow one (number 1)** ,“Orio al Serio > Milan Central Station“

Then you will have to take a **train** from Milano to **Vicenza**.

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <http://www.trenitalia.com/>

Prices go from 15,90€ up to 40,00€... The regional trains are cheaper than Frecciarossa, but sometimes you can find special offers also for Frecciarossa tickets.

Another option is to buy a **FLIXBUS** ticket. FlixBus gets you to your destination with their buses. All FlixBus buses are equipped with free Wi-Fi and power outlets.

You can check the tickets in here: <https://www.flixbus.it/>



# HOW TO REACH RECOARO

## FROM MILANO MALPENSA AIRPORT

From MALPENSA airport you have to take the **Malpensa express**, the train goes to **Milano Centrale** (railway station) 20 times every day. The ticket costs 13€ one way (return ticket 20€ with 30 days validity). You can check the timetable and you can also buy it online at this website

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

choose "on-line ticket" from "Milano Aeroporto" to "Milano Centrale".

Then you will have to take a **train** from Milano Centrale to **Vicenza**. There are trains from Milano to Vicenza every hour, anyway you can check the website of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices go from 14,30€ up to 40,00€... The regional trains are cheaper than Frecciarossa, but sometimes you can find special offers also for Frecciarossa tickets.

Another option is to buy a **FLIXBUS** ticket. FlixBus gets you to your destination with their buses. All FlixBus buses are equipped with free Wi-Fi and power outlets.

You can check the tickets in here: <https://www.flixbus.it/>

# HOW TO REACH RECOARO

## FROM MILANO LINATE AIRPORT

You have **2** options to get to Milano Centrale:

- You can buy a “**Terravision**” bus ticket here that will take you from the airport to Milano Centrale (railway station). The price is 10€ and it takes about 50 minutes.

<https://www.omio.com/searchfrontend/results/EF523E7D03912499FB618F4B8BF7DA4A8/bus?locale=en>

- You can also take a **bus** from the airport to **Milano Lambrate**, which leaves every 2 hrs, and from there take the **metro** (Lambrate Fs) to Milano Centrale (Centrale Fs) that leaves every 5 min. The price is about 10€.

Once you arrive at the railway station you have to take the **train** to **Vicenza**. There are trains from Milano Centrale to Vicenza every hour, anyway you can check the website of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices go from 14,30€ up to 40,00€... The regional trains are cheaper than Frecciarossa, but sometimes you can find special offers also for Frecciarossa tickets.

# HOW TO REACH RECOARO

## FROM BOLOGNA AIRPORT

From BOLOGNA airport you will have to take the **bus “BLQ line”** to **Bologna Central train station**. Aerobus tickets can also be purchased on board.

One way Aerobus ticket from/to Airport is € 6,00. It takes about 20 minutes to arrive at the train station by bus. You can check the timetable online at this website (2nd page, AEROPORTO - BOLOGNA STAZIONE.CENTRALE)

[http://www.tper.it/sites/tper.it/files/ORARI/tper\\_Bo040.pdf](http://www.tper.it/sites/tper.it/files/ORARI/tper_Bo040.pdf)

Then you will take a **train** from Bologna to **Vicenza**.

There are trains from Bologna to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com>

Prices go from 13,05€ up to 29,00€... The regional trains are cheaper than Freccia trains, but sometimes you can find special offers also for Freccia tickets.

# WHAT TO DO ONCE YOU ARE IN VICENZA

Once you're in Vicenza's train station, you have to take a **bus** to **Recoaro**.

You have to get out of the station, turn to the **left** and walk about 150m to get to the bus station.

You can buy the ticket at the ticket's office or in the tabaccheria inside (a small shop with a lot of things).

To ask for the ticket you can say in Italian

**"Vorrei un biglietto per MONTECCHIO SAN VITALE per favore"**,

or just use English, they usually get it.

The bus that you are going to take is **Linea 1** to Valdagno/Recoaro Terme and will leave from **box 5**. There is a bus almost every 30 minutes, and it takes less than 1,5 hour to arrive in Recoaro.

Here you can check the timetable:

<https://www.svt.vi.it/orari-percorsi/ricerca-orari-percorsi>

You could also download this **app** and buy your ticket here:

<https://www.mycicero.it/downloadApp/index.html>

Or create an **account** in the website:

<https://www.mycicero.it/signIn/mycicero/Registrazione/RegistrazioneMyCicero>

# IF YOU ARRIVED IN RECOARO TERME YOU ARE IN THE RIGHT PLACE!

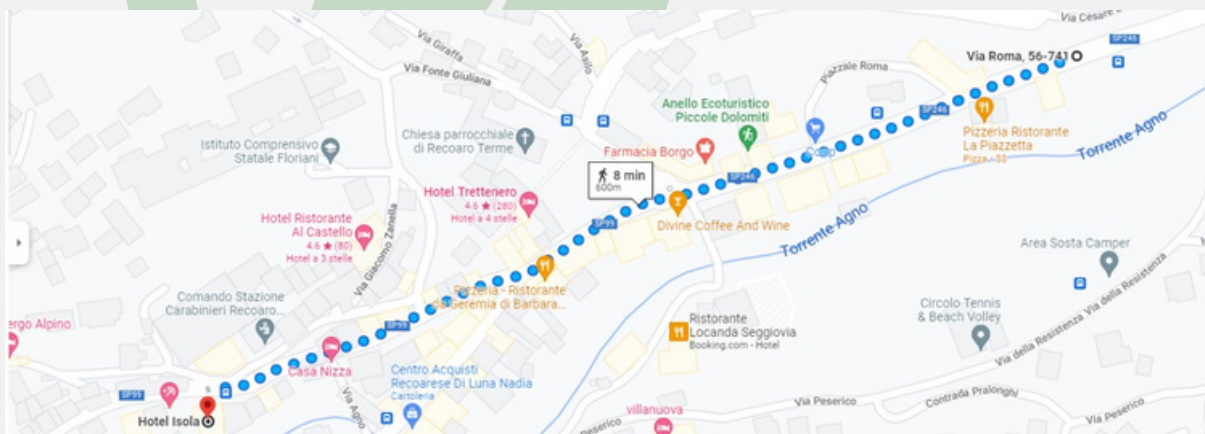
Once you are already on board, after **1 hour** you should be in **Valdagno**, it means that you are getting closer to **Recoaro (15 more minutes)**, so keep your eyes open.

Recoaro bus station



Valdagno bus station

The hotel **Isola** is in **Via Campogrosso 35**, so just walk 600m straight ahead and you will find your accommodation.



# WEATHER

Before leaving your home country please check the **weather** forecast at:

<https://www.ilmeteo.it/meteo/Recoaro%20Terme>


Usually in summer, the weather is warm but in the evening the temperature can get lower so bring some warmer clothes just in case of bad weather.

# FINANCIAL CONDITIONS

All accommodation and food **costs** will be covered by the project.

Travel costs will be **reimbursed** according to the distance band fixed by the European Commission. You will receive back your travel costs up to the amount stated by the European Commission according to the distance band (see the table below), by giving us all your **tickets, boarding passes** and **bills** related to the travel. The reimbursement will be paid **ONLY** by **bank transfer** after receiving all the tickets.

The reimbursements for each country is up to **€ 275,00** according to the distance band.



**For any information, please write to  
[progettazione@studioprogetto.org](mailto:progettazione@studioprogetto.org)**

**Can't wait to meet you!**

*START ME UP staff*

