

Training Course COUNTRY ROADS

8 October - 14 October 2022
8 October Arrival day – 14 October Departure day
Arma di Taggia (SANREMO), Italy



About Young Effect

Young Effect Association is a non-profit organization created in 2009. It is an independent association and undertakes to carry out the following prerogatives:

Promotion of youth mobility in Europe and the rest of the world. Non-formal education on intercultural youth dialogue and human rights. Inclusion of youth in the civil society independently of their race, religion, gender and level of instruction. Promotion of interest in development of historical, environmental, cultural and economic resources in the local territory. Offer training, seminars or similar activities at local, national and international level.

Young Effect Association is officially recognized by the municipality of Magenta in Lombardia region, Milano district of Italy. The Association is composed of Counsellors with specialist backgrounds in social policies and youth education; members of the association also have great experience in European projects development. The Association is working with a specific methodology; the youth involved come from small communities, where social and cultural opportunities are few. Moreover we have many partnerships with local cultural, art, theatre and sport associations as well with several groups of youngsters.

During the last years Young Effect was involved in more the 80 international projects in Europe, Asia and Africa and it was promoter in Italy of 3 international projects about rural development, immigration and conflicts resolution. From 2017 Young Effect has been the official promoter of the programme "Erasmus for Young Entrepreneurs" for Milano Metropolitan City and started a cooperation with the Youth Centre of Milano (Informagiovani) in order to implement local initiatives.

About the Project

Half the world's people currently live in rural and remote areas. The problem is that most health workers live and work in cities. This imbalance is common to almost all countries and poses a major challenge to the nationwide provision of health services. Its impact, however, is most severe in low-income countries. The same is valid for EU countries. People who live in rural and remote areas are more vulnerable to social exclusion. Social inclusion has long been a key part of the European Union's policies.

Our TC is designed to develop knowledge, skills and attitudes of youth workers and youth leaders working with a main target group: young people in rural and suburban areas struggling with social exclusion, poverty, unemployment and so develop in them a new spirit for challenges and initiatives, we want to let those youth workers understand the importance of reflection that must become concrete action in the young people that they are leading, starting for example by re-evaluation and developing of their ideas in a natural environment, to be used in a functional and sustainable way in their local with the other youngsters during their youth work

Objectives:

- analyze the problems of those living in rural areas but also see the potentiality of sustainable development;
- improve youth workers attitude providing them with methods, tools and motivation techniques, which will enable them to work efficiently with the target groups in the rural areas;
- support youth work in rural areas, to improve its quality;
- reflect on sustainable work and rural entrepreneurship possibilities exploiting rural resources; - contribute to the recognition and visibility of good practices and new

- methods/strategies used to deal with youngsters living in rural areas reached through the study visits and by means dedicated dissemination material on Youth work in rural areas, that will be elaborated by Youth Workers, in an innovative way;
- give information about Erasmus+ and other programs and give opportunity to make new projects, give to the NGOs working in rural areas the opportunity to share their experiences, and establish an inter-organizational net.

Location: Arma di Taggia (Sanremo) – Liguria Region – Italy



Taggia is a comune (municipality) in the Province of Imperia in the Italian region Liguria, located about 110 kilometres (68 miles) southwest of Genoa and about 15 km (9 mi) west of Imperia. It has around 13,000 inhabitants. Taggia borders the following municipalities: Badalucco, Castellaro, Ceriana, Dolcedo, Pietrabruna, Riva Ligure, and Sanremo.

What does Taggia remind you? Probably the variety of olives that takes its name from the town 10 kilometers from Sanremo: precisely the Taggiasca olives, the most famous of Liguria. But Taggia is also an enchanting town, divided into two parts: Arma di Taggia, a paradise for seaside holidays, and Taggia, which, due to its urban layout, monuments and environment, is one of the most interesting centers in the entire Liguria region.

Accomodation: HOTEL VILLA SACRA FAMIGLIA ***

Participants will stay in double/triple rooms. Each room has its own bathroom. Breakfast will be served in the hotel as well as lunch and dinner.

Hotel facilities: bed-linen and towel.

For more information: http://www.guglieviaggi.it/diano_marina/



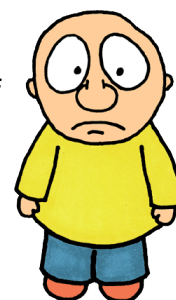
Weather in October

The temperature in October in Italy is still pleasant so be prepared to 22-23° during the day and bit fresh during the night 13-15°. It can be rainy as well.

Profile of Participants

We expect participants:

- youth workers, youth leaders and social workers including those who work with young people with fewer opportunities or with mix group and who can share their experience and want to develop new methods of working.
- Good knowledge of English.
- Active participation (this is not building sandy castle and getting up late every day. It is an intensive training course, but of course with enough fun in the evenings).
- The average age of the participants will be from 20 to 35 years old. At the same time we do not want to set up age limits as in the first place we are looking for the experienced and well- motivated participants. + 18 is a must . **Gender balance is a must.**



Health Insurance

The health insurance for the participants from non-EU countries has to be provided by participants. The participants from EU-countries are asked to use their European healthy insurance card.

We strongly suggest you to buy a COVID-19 insurance before traveling to Italy. Unfortunately we cannot cover the costs of your travel insurance.

Financial Conditions

Partner Country	Number of pax	Total max costs per pax (100%)
Italy (Young Effect)	5	180

Bulgaria (SDRUZHENIE BALGARSKI MLADEZHKI FORUM)	3	275
Greece (Roes Cooperativa KOIN.S.EP.)	2	275
Croatia (Udruga za razvoj zajednice "Kreaktiva")	2	320 (Green travel)* 275 (No green travel) * No plain, only bus or train)
Romania (Asociatia Comunitatilor Interculturale)	2	275
Poland (STOWARZYSZENIE PROJEKTOW MIEDZYNARODOWYCH INPRO)	2	275
Slovenia (ACADEMIA, izobrazevanje in druge storitve d.o.o.)	2	320 (Green travel)* 275 (No green travel) * No plain, only bus or train)
Hungary (Fiatalok a részvételért Egyesület)	2	275
Portugal (Enzonas - Associação de Caminheiros de Bragança)	2	360
Spain (CABILDO INSULAR DE GRAN CANARIA)	2	360

TOURISTIC TAX FEE 5 Euro (This is a compulsory tax that every person staying in a touristic city in Italy needs to individually pay) It has to be payed to the hotel administrator during the project and you will receive an invoice for that.

Reimbursement

The organizers will reimburse 100% of participants' travel costs (with cheapest means of transportation (economy class and 10 kg hand luggage maximum), **no taxi**, within limits set by Erasmus+ Programme upon presentation of original tickets, invoices and boarding tags. On all documents the price, currency, name of the passenger, date of purchase and travel should be clearly visible, otherwise we will be unable to reimburse the costs.

If you buy extra services such as extra 20 kg luggage, seat, flight insurance etc. it is not reimbursable by Erasmus+.



We prefer the standard boarding pass you receive with online check-in in order to receive the reimbursement.

If you want to use the APP facilities PLEASE do the normal online check-in before on your computer, save the boarding pass and send to us: erasmus@youngeffect.org

Flight companies delete the boarding pass once you fly so it's very risky if you don't save it on your computer or by screenshot.

!!!Participants will receive reimbursements by bank transfer to the sending organization

after the training and upon sending of return travel documents and international bank details. No exception to this rule will be done. (Please do only online check-in).

!!!Please note that participant's travel costs should not exceed the travel budget limits which are approved by the Italian National Agency of the Erasmus+ Programme and the travel route and dates should also be in accordance to it. If you have problems to stay within the indicated travel limits please contact the organizers.

!!!Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/ invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate.

Commission web-site at: <http://ec.europa.eu/budget/foreuro>

Young Effect is not responsible of specific money tax taken from foreign bank according to their contract.

Participants that arrive and depart before 8 October or stay after 14 October have to be approved by Young Effect (so, don't buy any ticket before our approval).



All the Roads Lead to Taggia

Please before buying the ticket ask confirmation to erasmus@youngeffect.org

If you arrive at Nice Airport (France)

Contact us and we will give you the specific informations.

If you arrive at Milan Malpensa Airport:

STEP 1 - Go to Milano Central Railway Station: You can take the bus.

- BUS: Time expected to get to Milano Central is 50 minutes. You can buy the tickets in the airport or on the bus. The buses that you can take are:
 - a. "Malpensa Shuttle": 12 euro one way
 - b. "Autostradale": 12 euro one way

STEP 2 Train from Milano Centrale to Taggia Arma:

Train direct	Departure time from Milano Centrale	Arrival time at Taggia
Intercity 675 DIRECT	17,05	20,32

WE WILL BUY A GROUP TICKET FOR EVERYBODY

STEP 3 From Taggia railway station to hotel: our staff will transfer you by car.

If you arrive at Orio al Serio (Bergamo) Airport:

STEP 1 - Go to Milano Centrale Railway Station. Take the bus for Milano Centrale "Orio Shuttle" or "Autostradale"; the ticket cost 12 euro or depending on offers. It takes about 50 minutes.

STEP 2 and STEP 3 (same as before)

If you arrive at Milano Linate Airport:

Contact us and we will give you the specific informations.

TO GO BACK TO MILAN CENTRALE:

Train direct	Departure time from Taggia	Arrival time at Milano Centrale
Intercity 655 (Direct to Milano)	05,14	09,35
Intercity 681 (Direct to Milano)	17:26	20:57

WE WILL BUY A GROUP TICKET FOR EVERYBODY

**!!! In case of any emergency call this number
+393891411797**

Yes! And there will be free time ...



What to bring

- Towel for the beach
- Swim clothes
- Proof of all the travel expenses:

Tickets (there must be price and name of the person stated on it).

Bank details (Account number, Iban, swift, bank name)

Boarding passes (DON'T LOSE THEM)

- Traditional music, clothes, snacks and drinks for intercultural evening (you will have about 5 minutes to present your country)
- Information about your organization (if you have materials you want to share, present, introduce)
- Please prepare a small oral presentation of your organization (Max 5 minutes).

A little bit of Italian

Hi!	Ciao!
Good morning!	Buongiorno!
Good evening!	Buona sera!
Welcome! (to greet someone)	Benvenuto!/ Benvenuta! (female)
How are you?	Come stai?/ Come state (polite)?
I'm fine, thanks!	Bene, grazie!
And you?	e tu? e lei? (polite)
Good/ So-So.	Bene/ così e così.
Thank you (very much)!	Grazie (molto)!
You're welcome! (for "thank you")	Prego!
Hey! Friend!	Ciao! Amico!
I missed you so much!	Mi sei mancato molto!
What's new?	che c'è di nuovo?
Nothing much	Non molto
Good night!	Buona notte!
See you later!	A dopo
Good bye!	Arrivederci!

I'm lost	Mi sono perso/ persa (feminine)
Can I help you?	Posso aiutarti?/ posso aiutarla (polite)?
Can you help me?	Potresti aiutarmi?/ potrebbe aiutarmi? (polite)
Where is the (bathroom/ pharmacy)?	Dove posso trovare (il bagno/ la farmacia?)
Go straight! then turn left/ right!	Vada dritto! e poi giri a destra/ sinistra!
I'm looking for john.	Sto cercando John.
Hold on please! (phone)	One moment please!
How much is this?	Quanto costa questo?
Excuse me ...! (to ask for something)	Scusami!/ Mi scusi! (polite)
Excuse me! (to pass by)	Permesso
Come with me!	Vieni con me!/ Venga con me! (polite)

Contacts for further information

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