



Co-funded by  
the Erasmus + Programme  
of the European Union

# Info-pack

## CULTURAL BRIDGE



**Youth Exchange**  
**Manerba d/G. Italy 19/12/2023 - 23/12/2023**  
(including travel days)

## **Youth Exchange**

Through this project developed from the field of non-formal education, we want to give young people aged 17-30 the opportunity to immerse themselves in cultural learning that will allow them to learn about different cultures, traditions, experiences and life stories of diverse people, making them get out of their own comfort zone, and face their prejudices and fears.

We intend that the participating people develop a capacity for critical analysis that allows them to get rid of the stereotypes that determine the social interrelations of their day to day.nge.

The project promotes youth empowerment through intercultural learning, creativity, and active citizenship.

# **YE objectives and methodology**

Through the project we intend to develop a cultural learning process that makes us understand and internalize that:

- Intercultural learning contemplates deep processes and changes in attitudes and behaviors.
- Intercultural learning involves dealing almost all the time with the invisible forces of culture, those that lie below the surface.
- It is a discovery process that implies personal commitment and questioning by both parties.

## **Network: coordinator**

**About ARCUS**, is an independent youth association 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 opportunity and equal rights.

# Daily programme

TIME	19.12	20.12	21.12	22.12	23.12
7:00-9:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10:00-11:30		Getting to know each other: Name games, passport game, envelopes and secret friend	Evolving Expressions: A Journey through Culture and Creativity - I part	Building Bridges, Not Barriers _ interactive Lab	CHECK OUT
11:30-12:00		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	DEPARTURE
12:00-13:30		Mission impossible and Fears, expectations, contributions	Evolving Expressions: A Journey through Culture and Creativity - II part	Erasmus + Fair and Youthpass Game	
14:00-15:00		LUNCH	LUNCH	LUNCH	
15:00-17:30	ARRIVAL	The Sharks' Island	"Trakking to the Rocca di Manerba"	Cultural visit	
17.30 - 18.30		Reflection Groups	Reflection Groups	Reflection Groups	
18:30-19:00		Free time	Free time	Free time	
19:00-20:00	DINNER	DINNER	DINNER	DINNER	
AFTER DINNER		Intercultural evening - France	Intercultural evening - Spain	Farewell party and Arcus Awards	

## **Involved countries:**

- ❖ Italy
- ❖ France
- ❖ Spain

## **Participants**

Age: 17-30 years old

Participants per Country: 8 participants + 1 Team Leader

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

Language: English Intermediate

Willingness to disseminate the know-how through social media and local workshops

# Preparation

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 and basically every evening will belong to a different country. Unfortunately, we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets...
- ✓ Spread the Culture For activities, you can bring with you: traditional games from your country or region, photos, cultural objects from your region/town videos, music only for the Intercultural exhibition evening...

# 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, we suggest you to buy an insurance for travel, the INSURANCE IS MANDATORY, but we suggest you to buy it.





## Erasmus +

The project Creativity and Solidarity in Symbiosis for Active Citizenship (CreActive) is co-funded through Erasmus+ Programme, coordinated by European Commission and, in Italy by Agenzia Nazionale Giovani.

Erasmus+ is the EU programme 2021-2027 for Education, Training, Youth and Sport.

The Erasmus+ programme aims to boost skills and employability, as well as modernising Education, Training, and Youth work.

Erasmus+ will support transnational partnerships among Education, Training, and Youth institutions and organisations to foster cooperation and bridge the worlds of Education and work.

**Youth Pass** certificate will be provided at the end of the training.

## Location

You will be staying in a lovely Hostel located in Manerba d/G. The Hostel is mostly used for touristic purpose, lovely rooms, great surroundings and next to Garda Lake beaches. **IMPORTANT:** Each participants need 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. Meals will be prepared by a chef. 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 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**.

We will organise a transport to pick you up at the train station of Desenzano del Garda.

# 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; All other transportation-related bills.

Please note: Sending organizations are responsible to collect all participants travel documents and present it well organized to Hosting Organization for travel reimbursement. Please keep in mind that reimbursement will be done with one transfer after the project (not an individual transfers).

**BEFORE booking:** Please, inform us about the details of your travel via email to [calzolari.irene@gmail.com](mailto:calzolari.irene@gmail.com) (Irene). 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

# What to bring with you

- Necessary documents such as passports, travel documents, Green pass or negative Covid Test results (according to the Italian law, if requested), etc.
- 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.)

## 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. createits 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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