

INFO-PACK

# YOUTH EXCHANGE

**Manerba del Garda, Italy**  
**22-30 May 2024 (travel included)**



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

## Empowering Youth for Future

TAKE THE  
LEAD!  
YE ERASMUS+

**Fostering Social  
Entrepreneurship and Inclusive  
Communities**

# YOUTH EXCHANGE

It's a seven-day Youth Exchange on the topic of harnessing creativity, self-improvement, and employability tools to nurture innovative, job-ready youth. This Erasmus-funded Youth Exchange aims to enhance participants' social skills and intercultural communication, preparing them for international opportunities while focusing on youth social entrepreneurship and innovation in local communities.



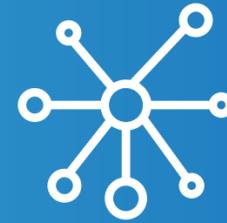
# Objectives

By implementing TAKE THE LEAD we will combine creativity, self improvement workshops and employability tools.

The main objectives are:

- To promote active participation in youth social entrepreneurship,
- To educate and acquaint participants with the features, advantages, values, and success factors associated with entrepreneurship;
- To familiarize participants with the social business concept and the ideals that support it;
- To exchange national resources and educate about European ones

# Network partners



- **SYTEV, Slovakia**
- **ASSOCIACAO SOCIAL RECREATIVA JUVENTUDE VILA FONCHE, Portugal**
- **LOVE AND CARE FOR PEOPLE, Ireland**
- **SEIKLEJATE VENNASKOND, Estonia**

# 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;
- With a valid residence permit in one of the organizations ' countries (see Partners section);
- 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 activity in dissemination and follow-up activities, through social media and local workshops.

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

# Once selected....

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

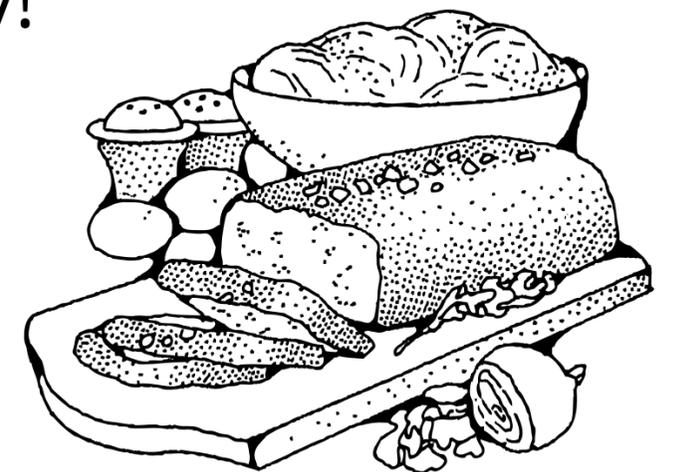
- The programme of the activities and some tasks will help you to become more prepared for the Youth Exchange;
- Some practical information (how to get there, weather, currency etc);
- A form where you can share with us your dietary requirements, other preferences and emergency contacts;
- An invitation for a preparatory on-line meeting
- An invitation for the Facebook group of the project, where we will start getting in touch with everyone.

# 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 you the expenses made for the things that you are bringing, 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 organisation respective to their country.

Within two months of the training course each participant, individually or in teams, should arrange follow-up workshops/meeting focused on the training topic. Partner organizations will support them in the process.

Please note that the reimbursement process will not begin until the dissemination phase has been completed.

# 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 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 (or underground in you land in Milan) from the airport (from each airport there area shuttles each 20 minuts) 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 participants 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 transfer back. Please keep in mind that reimbursement will be done with one transfer to sending organisation after the project (not an 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



- Estonia € 275
- Ireland € 275
- Portugal € 275
- Slovakia € 275

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 project coordinator

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.

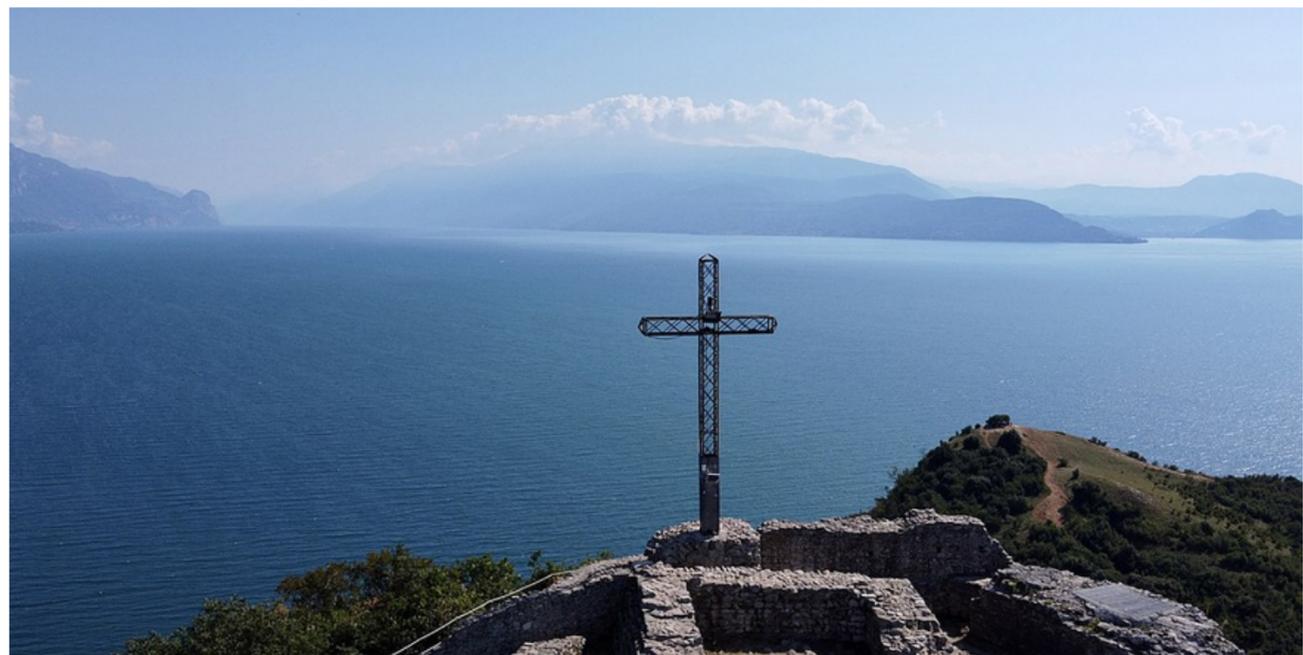
# About lake Garda

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!

Project staff:

[info.associazionearcus@gmail.com](mailto:info.associazionearcus@gmail.com)

Whats app: +39 3204244449

