



FOOD FOR INCLUSION YOUTH EXCHANGE

3-15 OCTOBER 2017, PASSIGNANO SUL TRASIMENO, ITALY



"Food for Inclusion" Youth Exchange will offer the participants the opportunity to discuss migration-related issues in contemporary Europe and promote social inclusion and tolerance. 35 participants from Bulgaria, Estonia, France, Italy, Lithuania, Spain and Turkey will reflect and discuss the topic of inclusion and intercultural dialogue through food, used as a tool to share traditions and learn about each other.

Activities will include cooking classes and workshops from all the participating countries, debates, non formal education activities, visits to cultural attractions, intercultural presentations and dinners.

Associazione di promozione sociale Kora

Via Campagna 26, 06065 Passignano sul Trasimeno, Italia,

www.associazionekora.it

C.F. 94157630545

Tel. +39 349 9574536

Email: info@associazionekora.it



PARTNERS

Associazione Kora – Italy

Associació Juvenil Adalet - Spain

Association de Développement pour le Haut Cabardès - France

Association “WalkTogether“ - Bulgaria

Eski Avrupa Gönüllü Hizmeti Gönüllüleri Gençlik Derneği
(Turkish Ex- European Voluntary Service Volunteers’ Association, “TRES”) - Turkey

VŠĮ “Jaunimo ambasadoriai” - Lithuania

Without Borders MTU - Estonia

WHAT TO PREPARE BEFORE THE EXCHANGE:

- Energisers for your national day: 1 session of 30 minutes for the morning, 1 session of 5 minutes for the afternoon
- Cooking classes: decide 3 dishes from your country and/or participants’ countries that you will cook on your national day with the other participants, make a list of the ingredients with quantities for 10 people and send it to joe@associazionekora.it by 22 September
- 20 minutes interactive presentation of your country (it can be a PowerPoint presentation, a quiz, traditional dances and music, snacks and drinks... keep it creative and interactive!)

TRAVEL DATES

Participants are expected to arrive on 3 October 2017 before 7 pm. They will leave on 15 October 2017. The project activities will start on 3 October after dinner and they will end on 14 October after dinner.

Arrival and departure dates are slightly flexible: participants can decide to arrive maximum 2 days before the exchange and/or leave 2 days after the exchange (you can earliest arrive on October 1 and leave latest on October 17; accommodation costs are not covered outside of the official dates of the project).

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ACCOMMODATION:

The participants will be hosted on the educational farm Buona Terra (for pictures please check www.buonaterra.org), where they will stay in the big house. The rooms will be shared (5 or 6 per room) and will have mixed nationalities. Please keep in mind that the venue is 15 minutes walk from the first shop. The address of the farm is:

Via Campagna 26, 06065 Passignano sul Trasimeno, Italy.



The farm gives great importance to self responsibility and respect of nature.

Guests are asked to be responsible of:

- the spaces they use both indoors and outdoors (by using ashtrays for cigarette buds and the bins for rubbish/trash),
- the farm (visiting the animals without permission is not allowed because it could be dangerous; being quiet after midnight shows respect to the ones who are sleeping; both other guests and families with children living in the farm)
- their environmental impact (saving electricity and water is fundamental. The farm is not connected to the town water system, it uses water from the well: if everybody takes long showers and more than one a day, water will finish and we will be left without for a day, the time needed to go and buy it from town).

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TRANSPORT:

The closest international airports to Passignano sul Trasimeno are:

Perugia (PEG): 38 km	Rome Ciampino (CIA): 225 km	Rome Fiumicino (FCO): 240 km
Florence (FLR): 142 km		
Bologna (BLQ): 223 km		

Once in Passignano we will come and pick you up by car/van, and we will drive you to the farm (5 minutes by car). If you don't find trains to Passignano, check trains for Terontola-Cortona and we'll come and pick you up there.

LOCAL TRANSPORT AND AIRPORT TRANSFER:

From Perugia airport

If you arrive to Perugia airport please contact us as we need to arrange pick-up (10 Euro per person each way).

From Florence airport:

Take Busitalia Nord bus to central station (Firenze Santa Maria Novella).

There is a bus every 30 minutes. One-way ticket is 6 € and return 10 €, and tickets can be bought online or directly on the bus. The travel time is 30 minutes.

From Firenze Santa Maria Novella take regional train towards Foligno and get off in Passignano sul Trasimeno.

The tickets costs: 12,30 one-way

Direct train departure times: 8:02; 12:13; 14:13; 16:13; 18:13; 20:13.

From Bologna airport:

Take Aerobus bus to central station (Bologna centrale).

There is a bus every 11 minutes. One-way ticket is 6 €, and tickets can be bought online or directly on the bus. The travel time is 25 minutes.

From Bologna Centrale take train to Passignano sul Trasimeno; there are no direct trains, you will have to change once or twice according to the time of the day. Prices also vary according to the time of the day, ranging from 27 EUR to 38 EUR.

Please check <http://www.trenitalia.com/tcom-en>

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From Rome Ciampino and Fiumicino

Take airport bus to Roma Termini train station. Buses leave from the airport when they are full. Terravision is the cheapest company (4€ one-way, tickets can be bought on the bus). The travel time is 60 minutes.

From Roma Termini train station take regional train towards Firenze Santa Maria Novella and change in Terontola-Cortona and take train towards Foligno. Get off in Passignano sul Trasimeno.

Departure times from Roma Termini to Terontola-Cortona: 7:28; 8:58; 14:58; 17:12; 18:58 (direct).

Please let us know if none of the train solution match as there can be other options as well. Bear in mind that the last train option to Passignano leaves at 18:58 from Roma Termini.

Price: 12,05 €

*Note about train tickets in Italy. Tickets must be bought from the ticket office or ticket vending machine (see figure 1 below) of Trenitalia. All tickets must be stamped in the machine (see figure 2) prior to getting on the train! If not a penalty of 100€ can be required.



Figure 1



Figure 2

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REIMBURSEMENT:

It is fundamental that you give to your leader all originals travel documents: tickets, boarding passes... The reimbursement can't be made without these documents. Participants will be reimbursed up until a maximum amount granted by the European Commission. When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself:

COUNTRY:	MAXIMUM REIMBURSEMENT PER PERSON (TO ITALY AND BACK):
Bulgaria - Estonia	275 €
France - Lithuania	
Spain - Turkey	

Participants will be reimbursed maximum one month after the end of the youth exchange, after providing all the travel documents, including the train, bus and shuttle tickets that have to be sent by post to the following address:

Associazione Kora, Via Campagna 26, 06065 Passignano sul Trasimeno, Italy.

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WHAT TO BRING:

- Work shoes (shoes that you are comfortable walking in and that you don't mind getting dirty)
- Work clothes (old t-shirts, old pants...)
- Outdoor clothes
- Warm clothes
- Waterproof shoes
- Slippers (we'll always take off our shoes to get in the activity room and in the house where we'll sleep)
- Flashlight (if you want to go for walks in the dark!)
- Towels
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Personal drinking bottle (so you can use your own instead of always having glasses all around the place!)
- Chargers (if you bring your camera, phone, laptop, etc)
- If possible: traditional clothes, national flag, typical objects from your country
- Whatever you feel you would need for any time spent away from home (cigarettes, chocolate... the venue is in a rural area 15 minutes away from the first shop, and coming back means walking up quite a steep hill!)
- Yourself! ☺



GOOD TO KNOW / DOS / DON'TS:

- Living cost: For a living cost comparison between your country and Italy, please visit <https://www.numbeo.com/cost-of-living/comparison.jsp>
- Weather: in October temperatures in Passignano usually vary from 10 to 18 °C. Please check <https://en.climate-data.org/location/115169/> for more information.

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CONTACTS OF THE STAFF:

Giulio (project coordinator):

+39 346 5219924 / giulio@associazionekora.it

Joe (president of Kora and responsible for cooking activities):

+39 349 9574536 / joe@associazionekora.it

Daniele (Buona Terra):

+39 366 3534135

EMERGENCY CONTACTS:

Emergencies : 118

Police : 112

Fires and rescues : 115

Hospital in Passignano: 075 8298702, via della Pieve 4

We look forward to seeing you all soon!!!

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