



KA105 YOUTH MOBILITY  
YOUTH EXCHANGE

FIRENZE, ITALY  
APV 2-3 SEPTEMBER 2022  
YE 1-7 OCTOBER 2022



GREEN

YOURSELF!

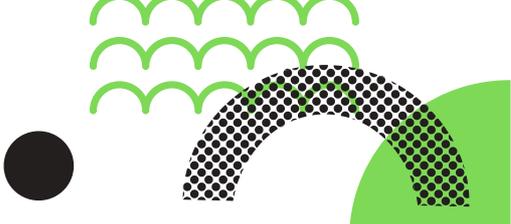
FLORENCE

VOL 2



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





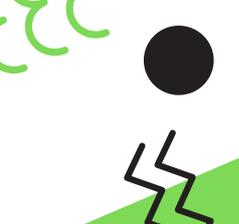
# WHAT IS "GREEN YOURSELF!" ABOUT?

*"Young people are key players in raising awareness, conducting educational programs, promoting sustainable lifestyles, conserving nature, supporting renewable energy, adopting environmentally friendly practices and implementing adaptation and mitigation projects. [UNFCCC]"*

Young people are usually more aware and ready to act but may feel disoriented and without practical guidance. Our project "Green-Yourself" aims to reduce this distance by increasing awareness and critical thinking on environmental issues, developing concrete actions to positively and daily impact the environment.



For this reason, we have created a 7 days youth exchange program, with the desire to impact the participants is to increase their self-esteem and to achieve an awareness of the important role they can play in their local communities if they actively participate in collective life.



A small gesture, such as recycling and reuse, can be transformed into something bigger!





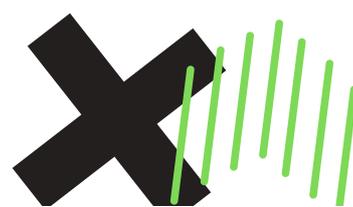
# ALSO...

Every day participants will focus on different aspects of environmental conservation, linked to daily human activity (such as recycling, reuse, conscious consumption...) using non-formal learning methods (role-play, brainstorming, art workshops, learning-by-doing).

Then, they will learn how to self-produce or reuse in a creative way tools and objects used daily.

Each national group will develop an aspect of the theme or propose reuse techniques during the workshops. Local NGOs and institutions will intervene during the exchange to share their good practices and knowledge.

To spread what participants learn every day, they will create a blog where they will write how to make eco-friendly and do-it-yourself products. Photos and video tutorials can be included to further encourage people to follow the blog and learn how to adopt greener behaviours. Along with the tutorials, green tips collected during discussions and meetings can be included in other posts.



# WHEN & WHERE?

## Advanced Planning Visit

- **When:** 2/3 September 2022
- **Where:** Florence, Italy
- **Participants:** 1 participant per country (usually the Group leader)

## Youth Exchange

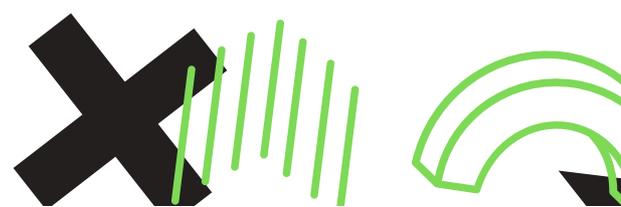
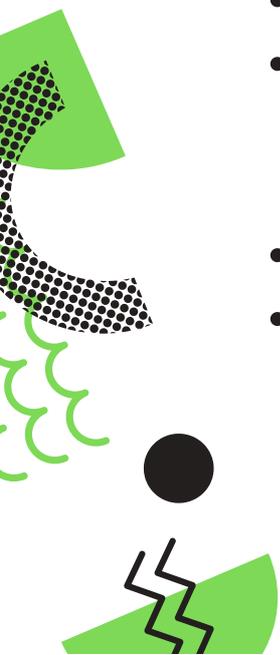
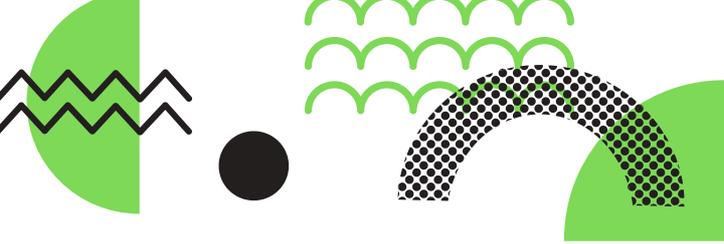
- **When:** 1/7 October 2022
- **Where:** Florence, Italy
- **Participants:** 30 (5 participants+1 group leader each country)

## Participating Countries

- Italy, Spain, Greece, Estonia, Austria

## Activities

- Recycling and reuse workshops
- Insights on environmental issues through non-formal learning methods (role-play, brainstorming, learning-by-doing)
- Visits in the local context
- Creation of a blog on the project topic



# ICSE&CO. TEAM



**ICSE&Co.** is a non-profit organization linked to the Political Sciences Department of the University of Florence. Since 2010 we have worked in three main sectors:

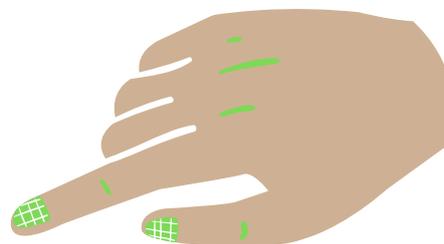
- Sustainable development: promoting sustainable social development, especially in the Mediterranean area, mainly through lifelong learning tools.
- Young people and intercultural issues: analyzing and advocate for intercultural activities and projects to enhance the opportunity of development in civil societies in Europe, in particular, we continue offering young people opportunities to develop their professional and personal skills in a multicultural and international environment;
- Institutional social project development: through social research focusing on the constantly changing characteristics of society.

Office: Vicolo di Santa Maria Maggiore, 1 (Zona Aromatica Protetta) Piano 2°, Florence. Italy

# PARTNERS

- ICSE&Co - Italy
- AEiG Santa Eulàlia - Spain
- Active Green Solution - Greece
- Rabarada - Estonia
- EMOTiC - Austria

# TRAVEL

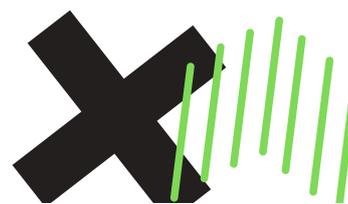


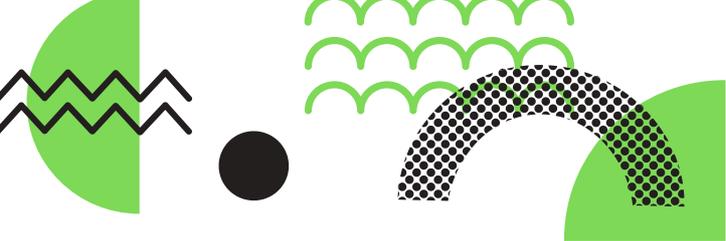
# ARRANGEMENTS

Participants are expected to make the cheapest travel arrangements available to Florence. Travel costs will be reimbursed until the budget limit, set by the Erasmus+ Programme, **based on the real costs** of the tickets.

Reimbursement will be done by bank transfer only after all participants send their original boarding passes, receipts, invoices and tickets to the organizers by post and via e-mail (original & scanned versions) to **info@icse-co.org**.

So try to be responsible!





# COSTS COVERED

**Accommodation, food and activities costs:** The costs of accommodation and meals (breakfast, lunch and dinner) for all duration of the project and activities will be covered by the receiving organization ICSE &Co.

**Travel cost: You will be reimbursed for your** travel costs from your home city to the venue and back. Reimbursement will only be done upon presenting all original tickets (including return tickets), receipts/invoices and boarding passes.

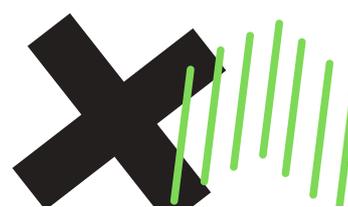
## Travel cost limits

- Italy: 23 €
- Spain, Greece, Estonia, Austria: 275 € in case of Green Travel 320 €

\*Green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

PLEASE KNOW THAT THE TOTAL DURATION OF THE EXTRA STAY SHOULD NOT EXTEND 2 DAYS - MEANING 1 DAY BEFORE AND 1 AFTER, OR 2 DAYS BEFORE OR 2 DAYS AFTER. Extended for 4 days for green travel.

**TICKETS WITH LONGER EXTRA STAYS WILL NOT BE REIMBURSED.**





# COSTS NOT COVERED

**Extra nights and meals:** For those who come earlier or/and leave later than the established dates, unfortunately, the project cannot cover the extra nights and food. We can always help you to find the most affordable solution.

**Private transport and taxis:** including Bla Bla car, Uber, and such – will not be reimbursed. Please note that additional services on your bookings won't be reimbursed (extra legroom in the plane, checked-in bags, additional bags, etc.).

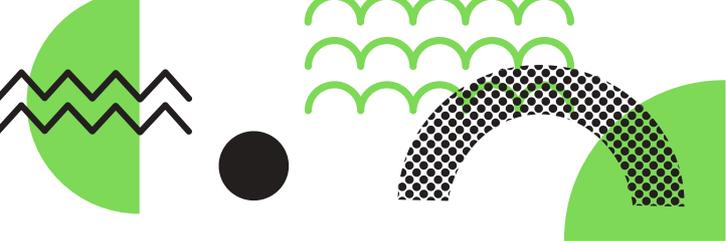
# ACCOMMODATION

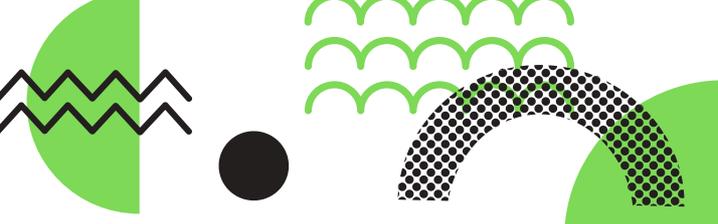
Participants will be accommodated in the **Hostel of Bigallo** in double/quadruplets rooms. The hostel is located in the countryside of the Metropolitan City of Florence.

**Address:** Via del Bigallo e Apparita 14, 50012 Bagno a Ripoli, Florence, Italy

**Public transport:** until 23.15, bus ATAF nr. 23B from Piazza Indipendenza nearby Santa Maria Novella railway station (5 min. on foot), up to the last bus stop, 'Croce a Varliano'. Last part on foot (about 20 min., uphill). **We will organize the transport for this last part.**







# ARRIVING TO FLORENCE

## Arriving at the airport

Florence has one main airport, Florence Airport Peretola – Amerigo Vespucci (FLR) and the Pisa airport is often also listed as serving Florence. To get from the Florence airport to the city center, you have 2 choices: the tram, or the taxi. The tram line is very new and super convenient. It goes from the Florence Airport (FLR) to the Florence Train Station (SMN) and it leaves often – about every ten minutes. The ticket costs 1,50 euros and the line T2 connects the airport with the city center.

Taxis from Florence airport. You will find the taxi stand in front of the arrivals terminal. There is a set fare of 22€ plus a 1€ supplement for each item of luggage. It takes about 15 minutes to get to the city center depending on traffic.

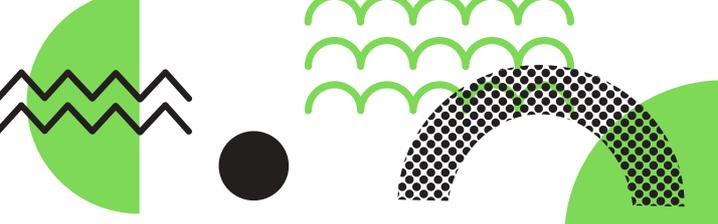
Other airports: Pisa, Bologna, Roma, Milan

## Arriving at the train station



The most central train station in Florence is Santa Maria Novella Train Station (Stazione di Santa Maria Novella), which is serviced by the Frecciarosa and Frecciabianca, as well as the Italo train, fast train service connecting the main cities of Italy (Rome, Venice, Milan, Naples, Bologna, and so on). From the station is 10 minutes walking or you can take the bus n° 6/11/12/17/23





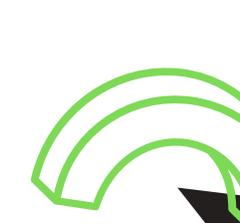
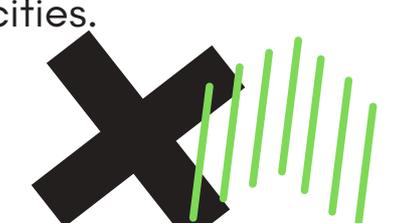
# WELCOME TO FLORENCE

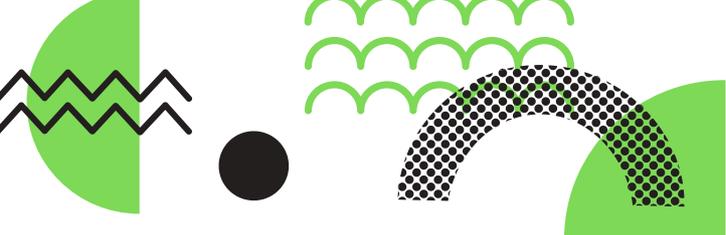
Florence (Italian: Firenze) is a city in central Italy and the capital city of the Tuscany region.

It is the most populated city in Tuscany, with 383,084 inhabitants and over 1,520,000 in its metropolitan area. Florence was a centre of medieval European trade and finance and one of the wealthiest cities. It is considered by many academics the birthplace of the Renaissance. Its turbulent political history includes periods of rule by the powerful Medici family and numerous religious and republican revolutions. From 1865 to 1871, the city served as the capital of the Kingdom of Italy (established in 1861).

The Florentine dialect forms the base of Standard Italian. It became the language of culture throughout Italy due to the prestige of the masterpieces by Dante Alighieri, Petrarch, Giovanni Boccaccio, Niccolò Machiavelli.

The city attracts millions of tourists each year, and UNESCO declared the Historical Centre of Florence a World Heritage Site in 1982. Due to Florence's artistic and architectural heritage, Forbes has ranked it as one of the world's most beautiful cities.





# COVID AWARENESS

## **!! Remember:**

in light of the coronavirus outbreak, restrictive measures to limit the spread of the virus may be implemented in the country hosting the project and may alter the activities' regular running.

Travel regulations between participating countries may also be subject to change. We recommend keeping up to date with the different governments' measures by consulting the official websites of local authorities. For updated information on rules and conditions for entering Italy, please visit the national website:

<http://www.salute.gov.it/portale/nuovocoronavirus/dettaglioContenutiNuovoCoronavirus.jsp?lingua=english&id=5412&area=nuovoCoronavirus&menu=vuoto>

During the project, every participant must follow the accommodation and organization's safety standards. The protocol will be established based on the regulations dictated by the Ministry of Health in Italy when the project takes place.





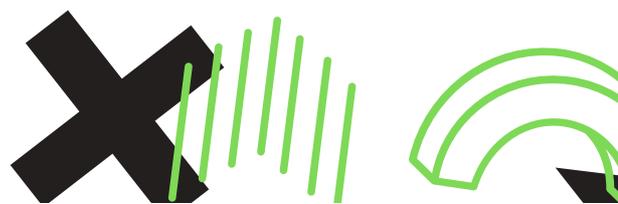
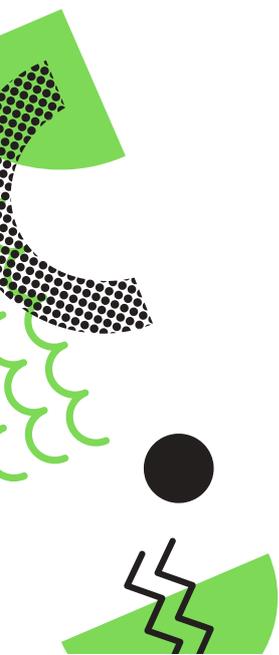
# HOMEWORKS :)

## **Intercultural night**

Please bring with you some local products (drinks, food), dances or themes to present your culture. Try to present it in a non-formal way and BE CREATIVE!

## **National Workshop**

Each national group will prepare a workshop on the topic of the project, you will receive more info about it from your sending organization!



# INFORMATIONS & CONTACTS

All participants are going to receive the Youthpass Certificate after the implementation of the project

More info, as well as the activities programme, will be given to the selected participants...  
For any question regarding the project, please contact us at:

Elisabetta

[e.meconcelli@icse-co.org](mailto:e.meconcelli@icse-co.org)  
+39 3297786989

Janice

[janicemarchalsoto@gmail.com](mailto:janicemarchalsoto@gmail.com)  
+34 615379922

