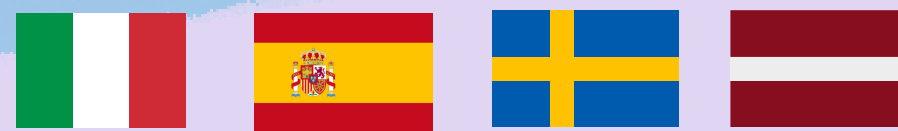


Youth Exchange

Culture flows in (E)U



19-27 July 2024

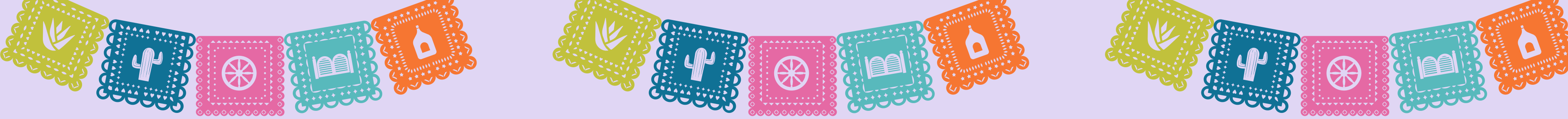


Chiari (BS) - Italy



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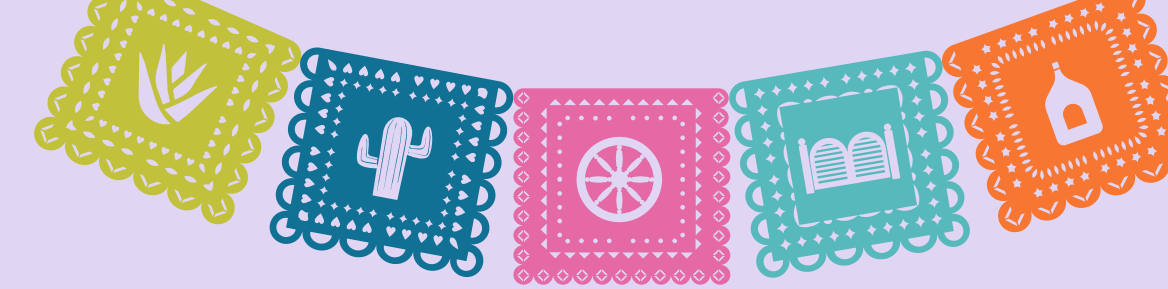
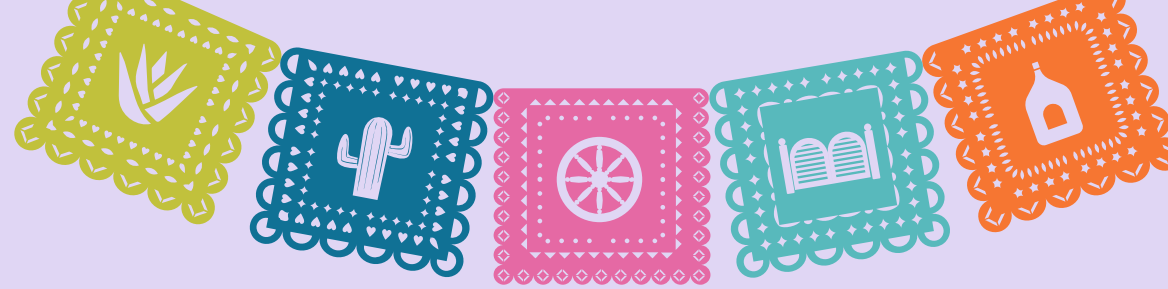
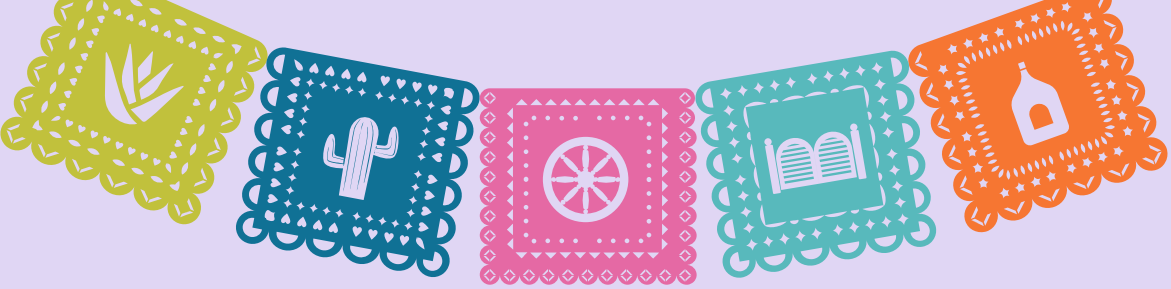




Welcome to the YE Culture flows in (E)U!

The aim of the YE is to exchange cultures, traditions and lifestyles among different countries and to understand how these can have a positive impact on the daily lives of young people.





THE PROJECT

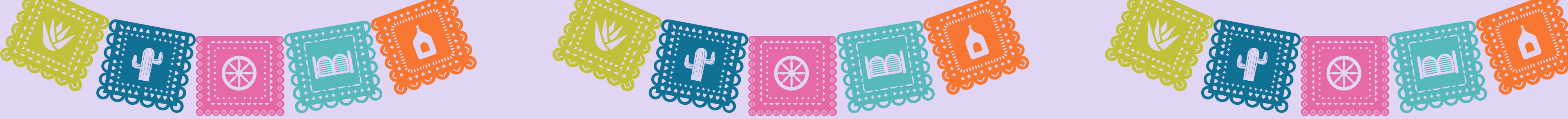
The title 'Culture flows in E(U)' is linked to the objectives we want to achieve through this project. Indeed, each nation, and each of us, has traditions that flow within us and impact our habits. At the same time, our national cultural heritage, which seems so different from the ones from other nations, can have many similarities that lead us to have a shared cultural heritage in Europe based on common values.



OUR OBJECTIVES:

- ✿ To discover the cultures of other countries, specifically in those aspects that are not explored at school, such as music, traditions and especially food.
- ✿ To exchange healthy practices and good examples from different cultures, which can impact young people in their daily lives.
- ✿ To raise awareness of shared European values.





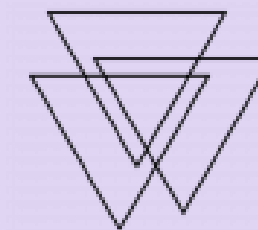
PARTICIPATING COUNTRIES



5 PARTICIPANTS



5 PARTICIPANTS



Mindful Journeys

5 PARTICIPANTS



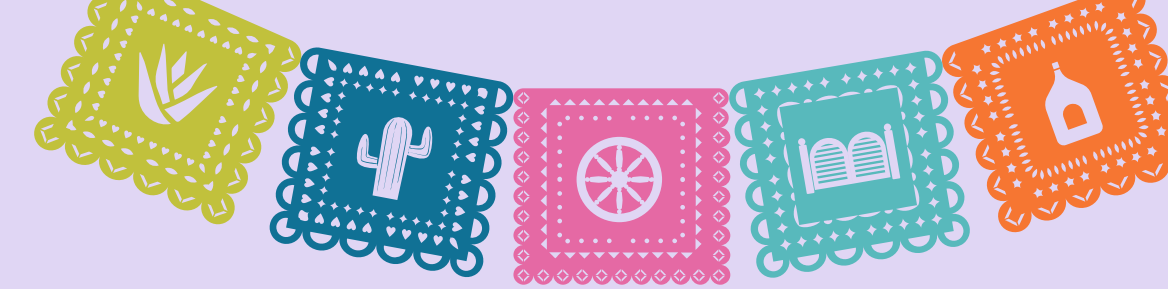
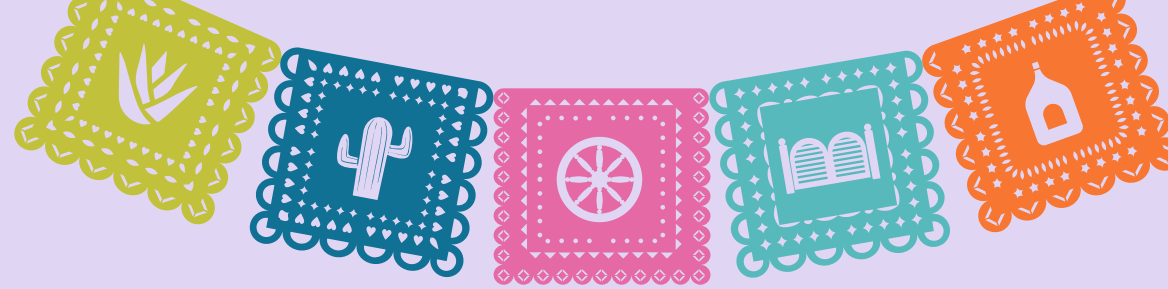
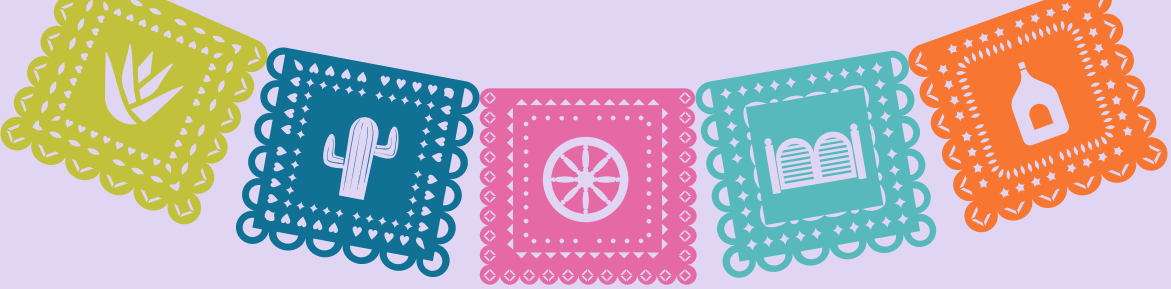
5 PARTICIPANTS



✿ The activities of the project will have English as the main communication language. It is therefore a participation requisite to have an English level good enough to be able to follow the activities and actively engage in them.



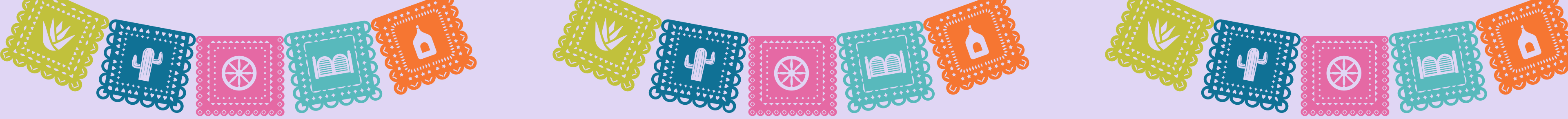
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PARTICIPANT'S PROFILE

- ✿ Young people (age preferably 18-25)
- ✿ Resident/citizen of Italy, Latvia, Spain or Sweden
- ✿ Volunteers/members or young people involved in NGOs
- ✿ NEETS
- ✿ Youth with fewer opportunities will have a priority in the selection process
- ✿ Group leaders: previous experience in the sector/organisation (age preferably 25+)





VENUE/ACCOMODATION

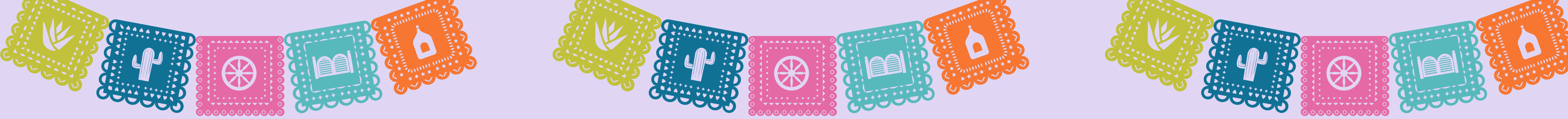
The hosting venue of the project is the Youth Centre CG2000 of Chiari (BS).

Chiari is a small town in the north of Italy in the province of Brescia.

The town is near and reachable from Brescia, Milan and Verona.

In the city centre you can find restaurants, bars, shops and markets.





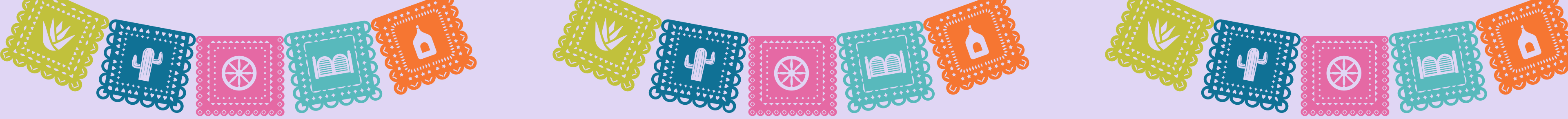
VENUE/ACCOMODATION

The Youth Centre CG2000 of Chiari (BS) is equipped with:

- ✿ 10 rooms
- ✿ a kitchen
- ✿ a big conference room
- ✿ a meeting/workshop room
- ✿ an enormous open area
- ✿ a parking space



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VENUE/ACCOMODATION


The participants will be placed in rooms of persons representing different countries. Sharing rooms with other participants is a great way to interact and make new friends!


All the activities will be carried out at the Youth Centre CG2000 and depending on the weather some activies will be held outside.



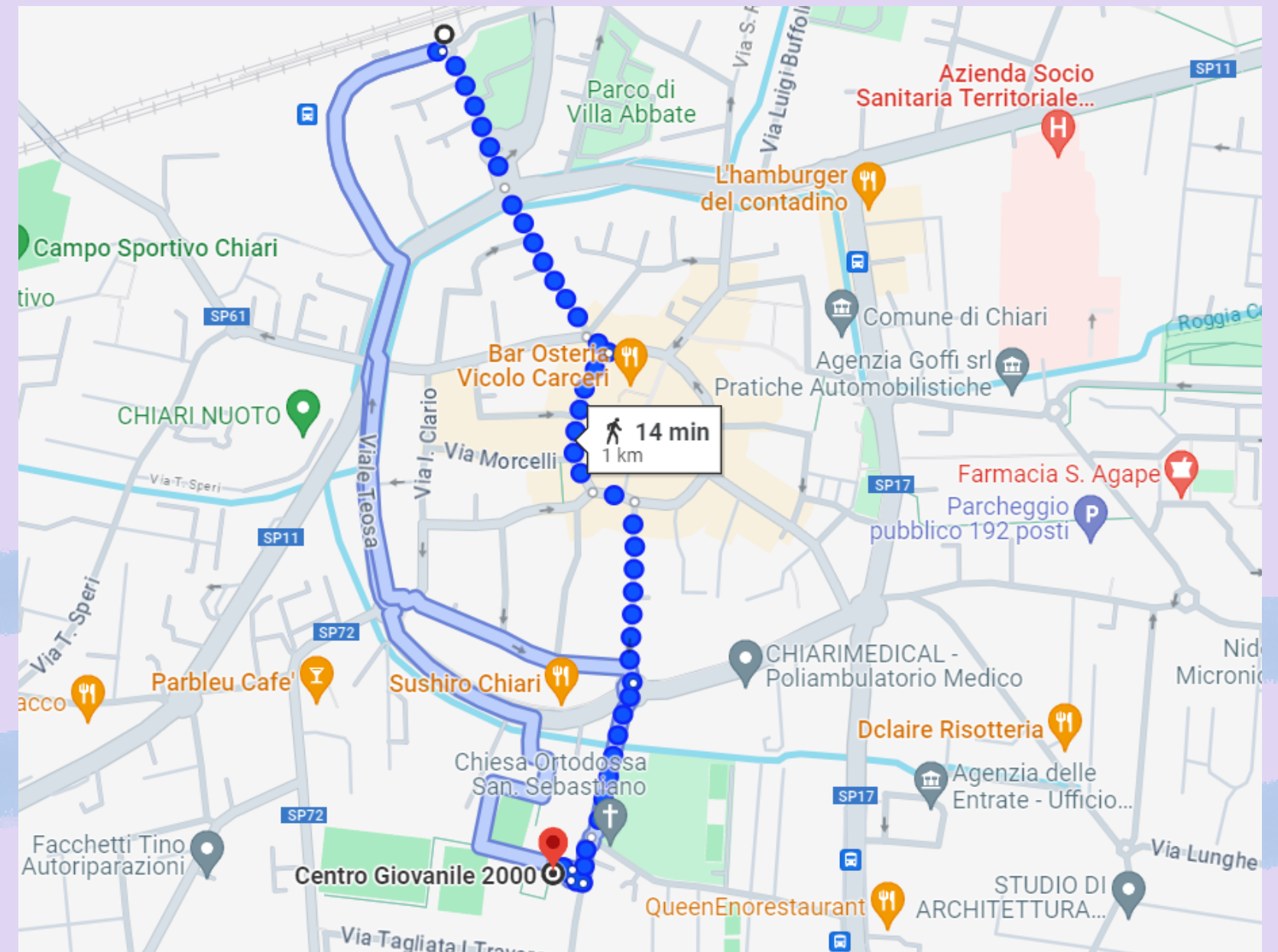
HOW TO REACH THE VENUE

The Youth Centre CG2000 is located 15 mins away from Chiari train station.

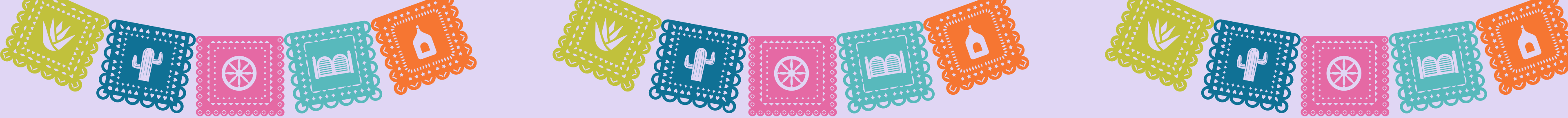
 Stazione di Chiari, Viale Marconi, 25032 C


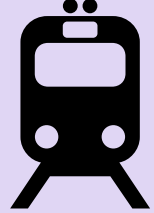
 Centro Giovanile 2000, Via Tagliata, 2, 25032 C

To reach Chiari, the closest airports are Milano Bergamo (Orio al Serio), Milano Linate, Verona and Milano Malpensa. Here you can find instructions on how to get to Chiari from each of these airports.



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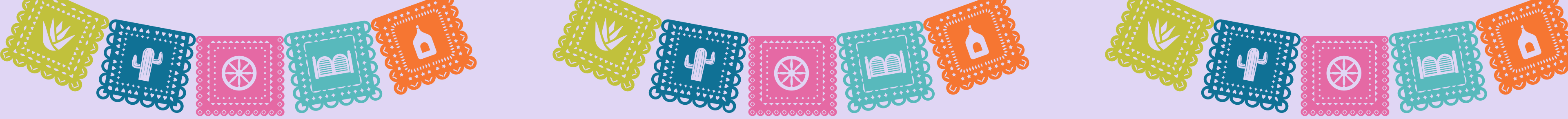
- ✿ Option 1: from Milano Bergamo (Orio al Serio)  **
- Take Bus 1 (Stazione - Città Alta) and arrive to Bergamo train Station (Stazione p.le Marconi).
 - Once you arrived to Bergamo train Station take R2 train to Treviglio station*.
 - At Treviglio station change train and take the “RE6 Verona Porta Nuova” train and get off at Chiari train station.

Bus ticket: <https://www.atb.bergamo.it/en> or directly at the airport/on the bus (€ 3,50)

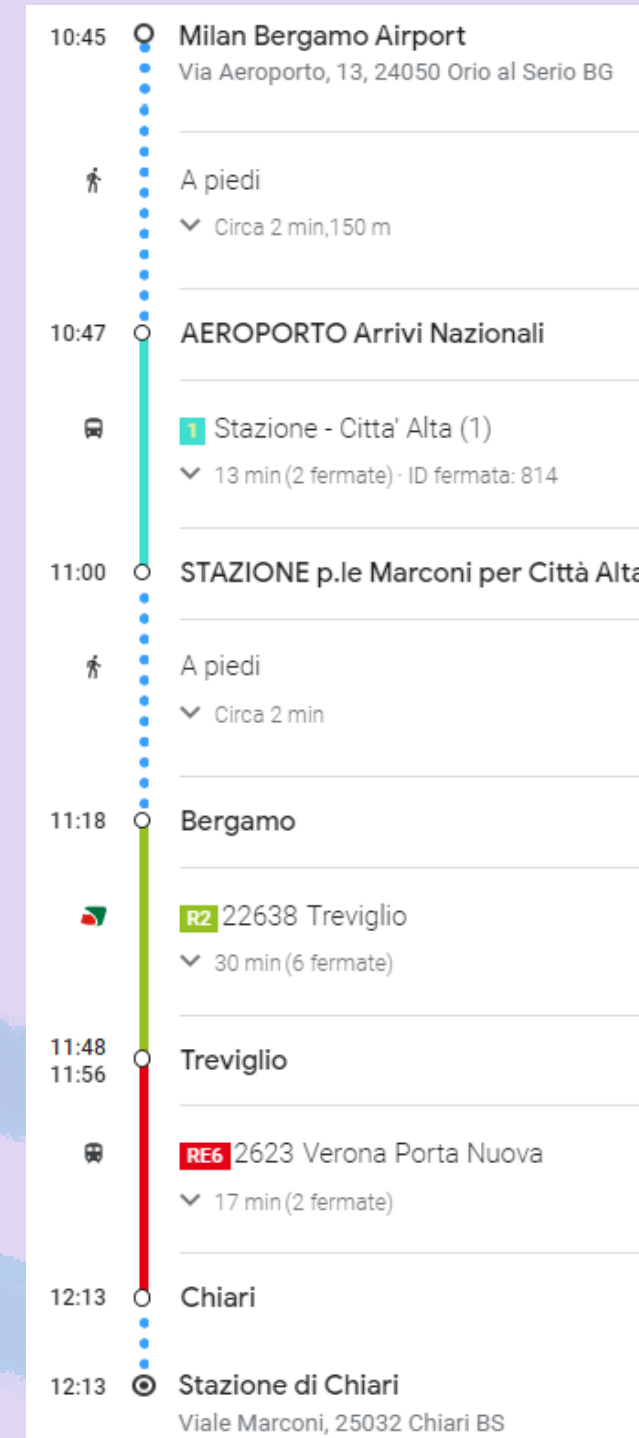
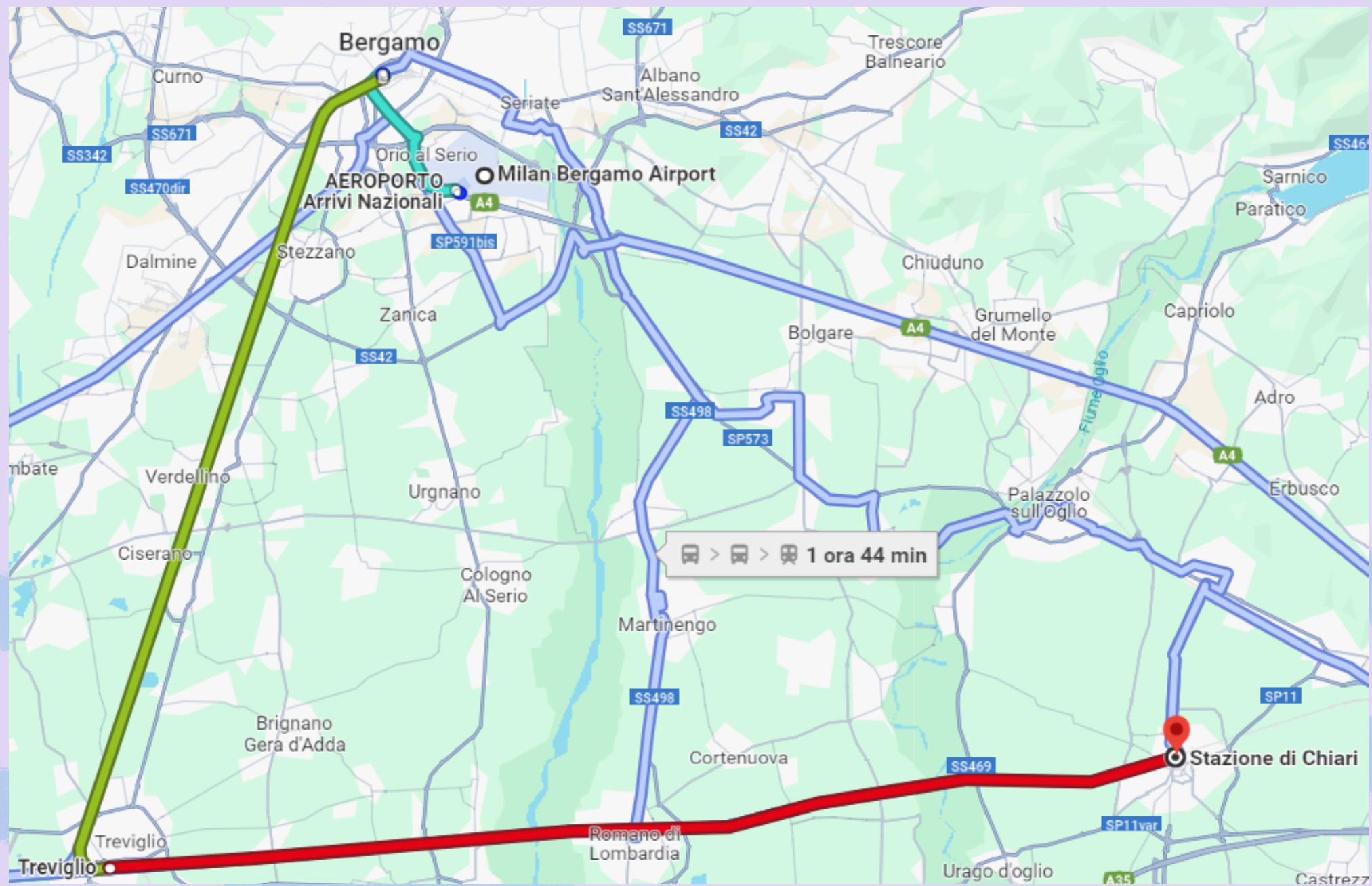
Train ticket: <https://www.trenitalia.com/en.html> or directly at the train station (€ 5,20)

*Depending on the time you arrive, there could be different train solutions you can consider.
Check them on Google Maps or at Bergamo train station.

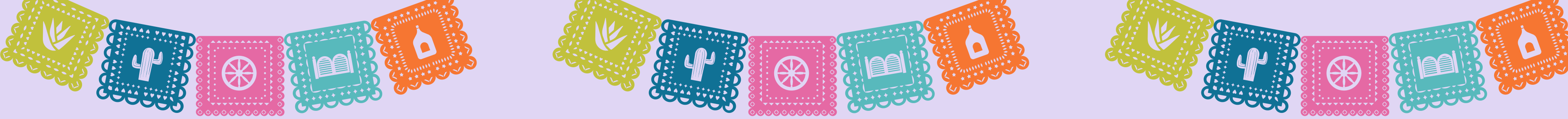




Option 1: from Milano Bergamo (Orio al Serio)



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☀ Option 2: from Milano Linate   

- Take Bus “Autostradale 144 - Milan Central Station”*.
- Once you arrived to Milan Central Station take the “RE6 Verona Porta Nuova” train and get off at Chiari train station.

Bus ticket: <https://autostradale.it/?lang=en-GB> or directly at the airport (€ 5,00)

Train ticket: <https://www.trenitalia.com/en.html> or directly at the train station (€ 6,00)

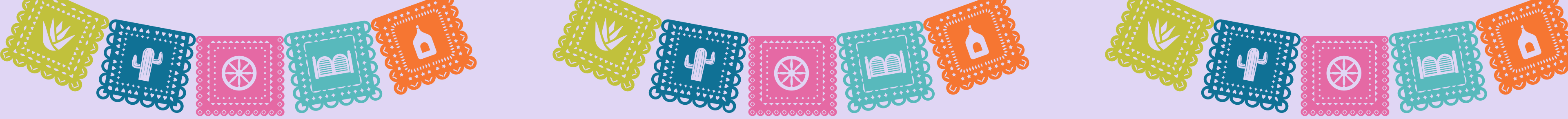
*To get Milano Centrale you can also take the underground from the airport, but you need to change line twice.

Blue Line: Aeroporto Linate - San Babila (7 stops)

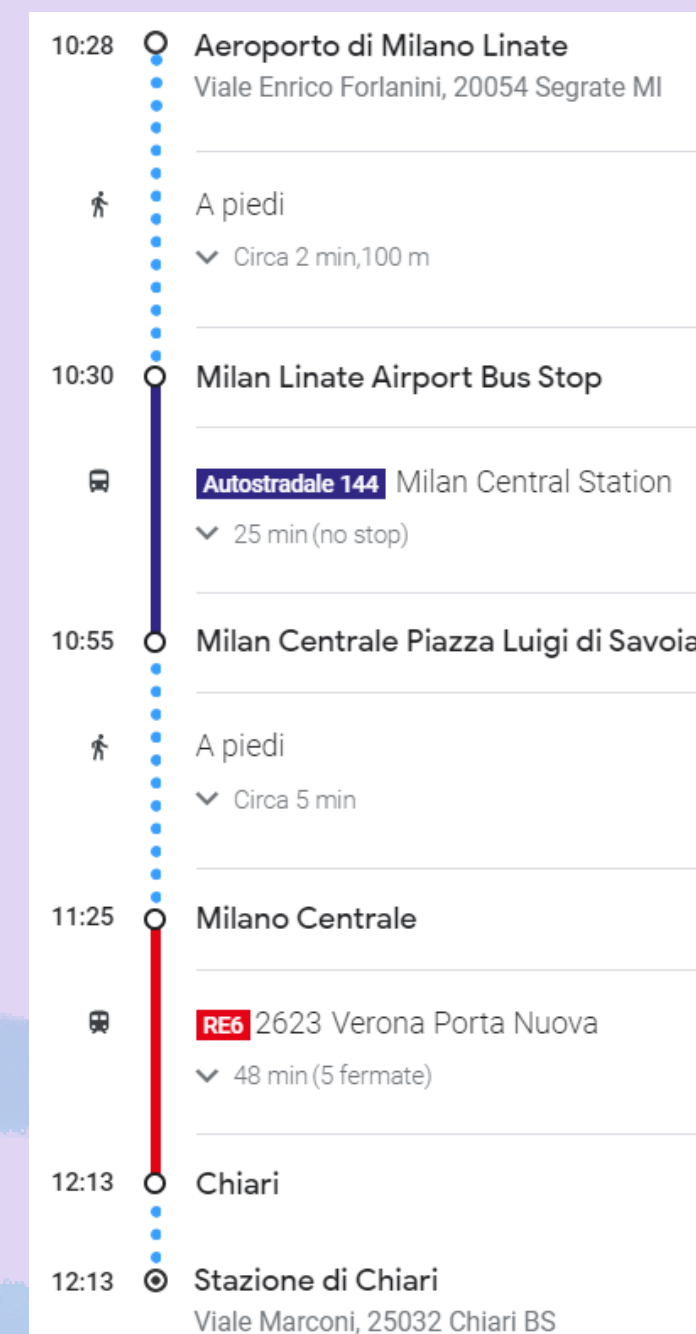
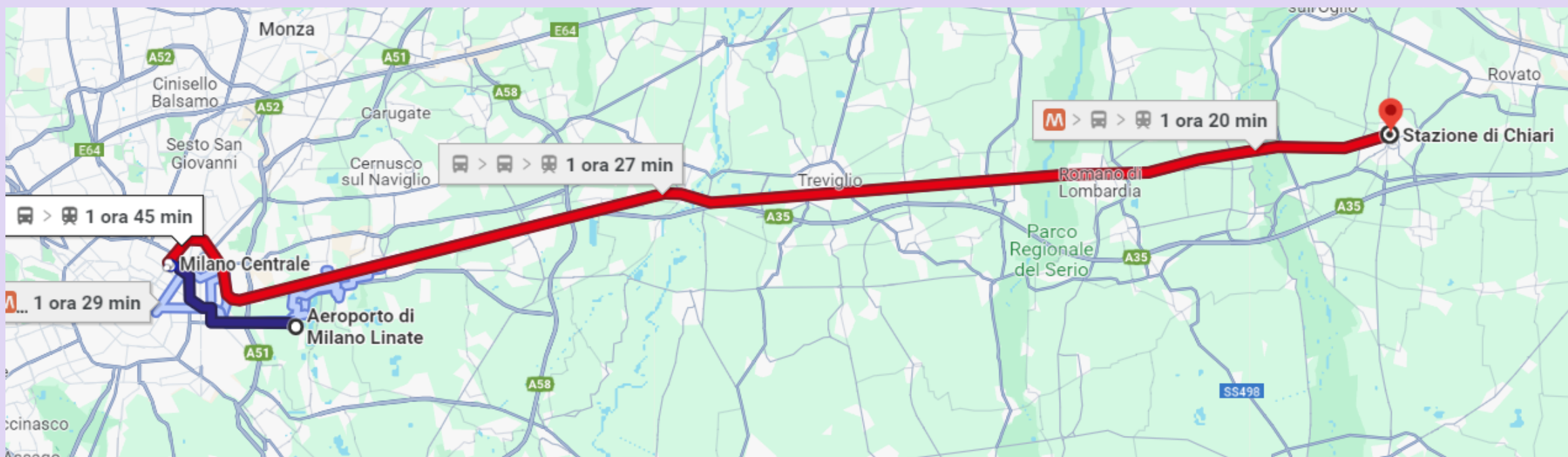
Red Line: San Babila - Duomo (1 stop)

Yellow Line: Duomo - Centrale (4 stops)

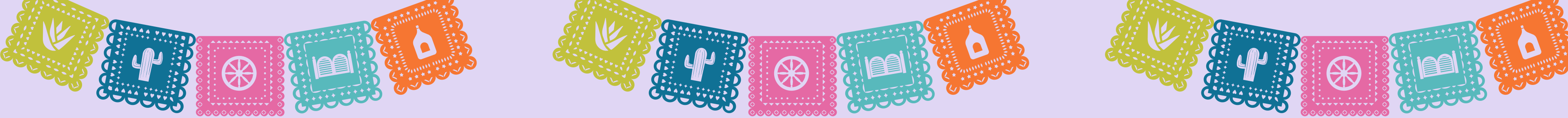





🌸 Option 2: from Milano Linate



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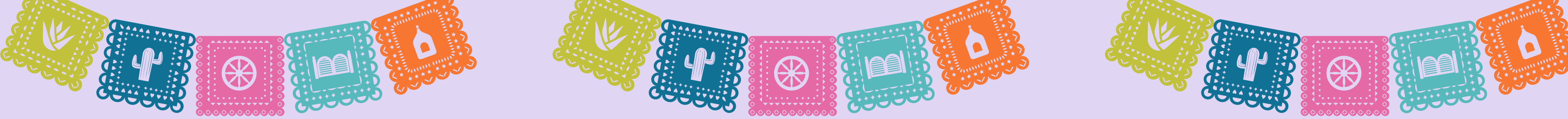
✿ **Option 3: from Verona Catullo Airport**   

- Take Bus 199 (Stazione Porta Nuova E1) and arrive to Verona train Station.
- Once you arrived to Verona Porta Nuova station take the “RE6 Milano Centrale” train and get off at Chiari train station.

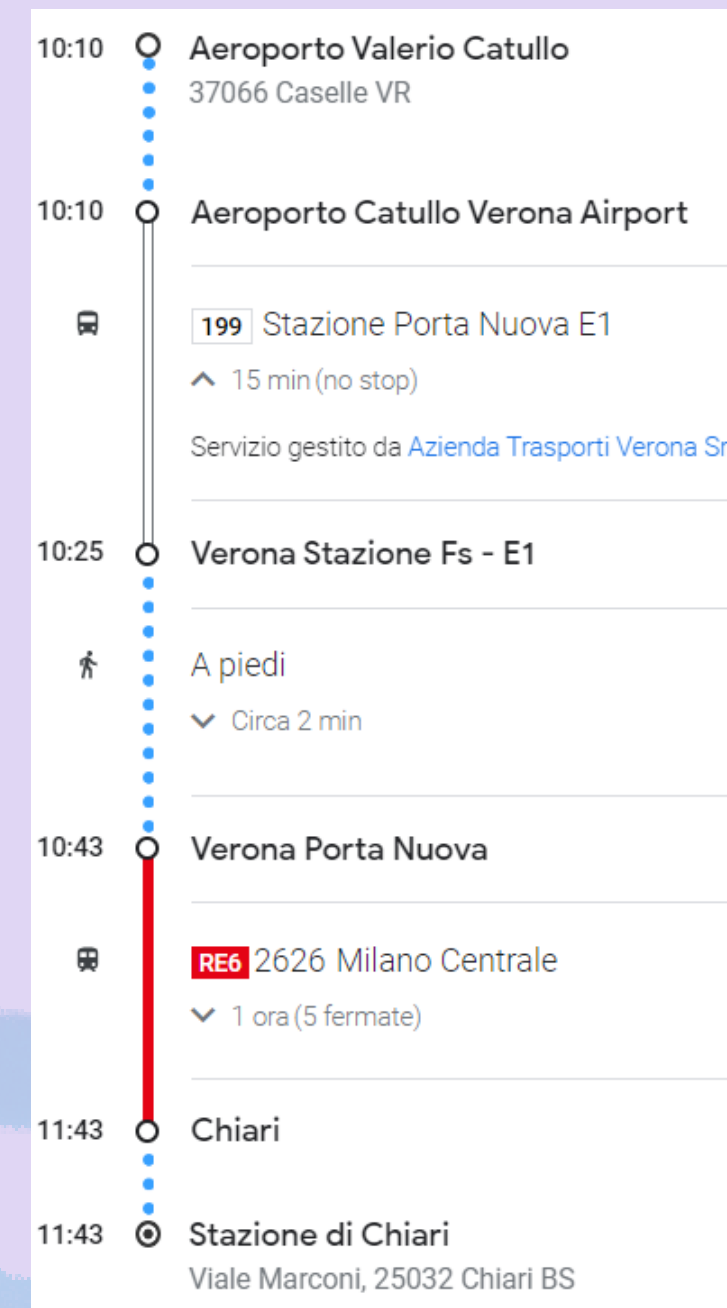
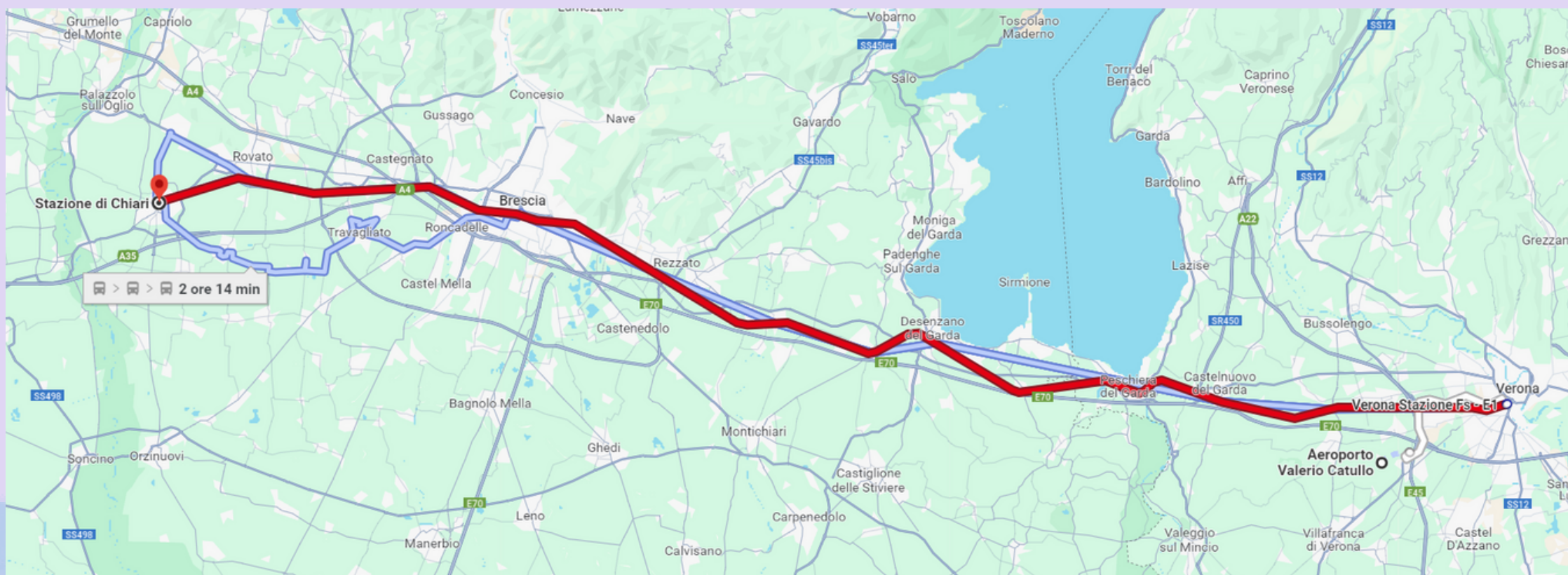
Bus ticket: <https://www.atv.verona.it> or directly at the airport/on the bus (€ 7,00)

Train ticket: <https://www.trenitalia.com/en.html> or directly at the train station (€ 12,75)

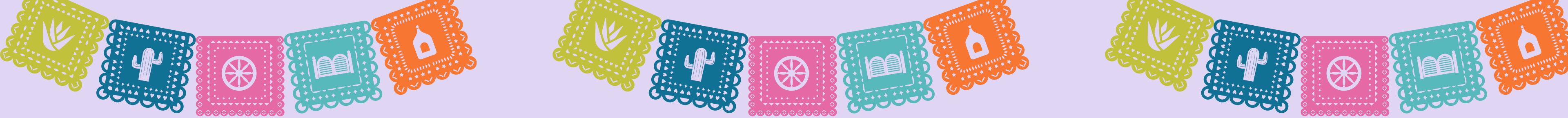




☀ Option 3: from Verona Catullo Airport



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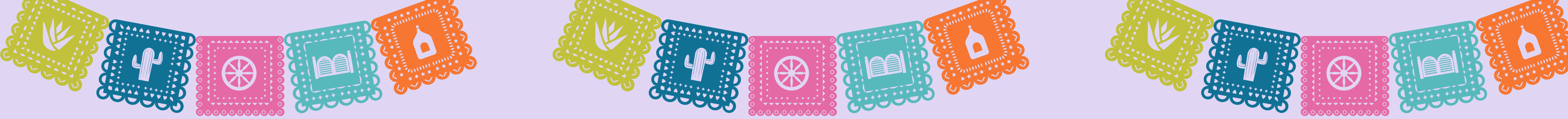
 **Option 4: from Milano Malpensa**  

- Take Malpensa Express Train and arrive to Milano Centrale station.
- Once you arrived to Milan Central Station take the “RE6 Verona Porta Nuova” train and get off at Chiari train station.

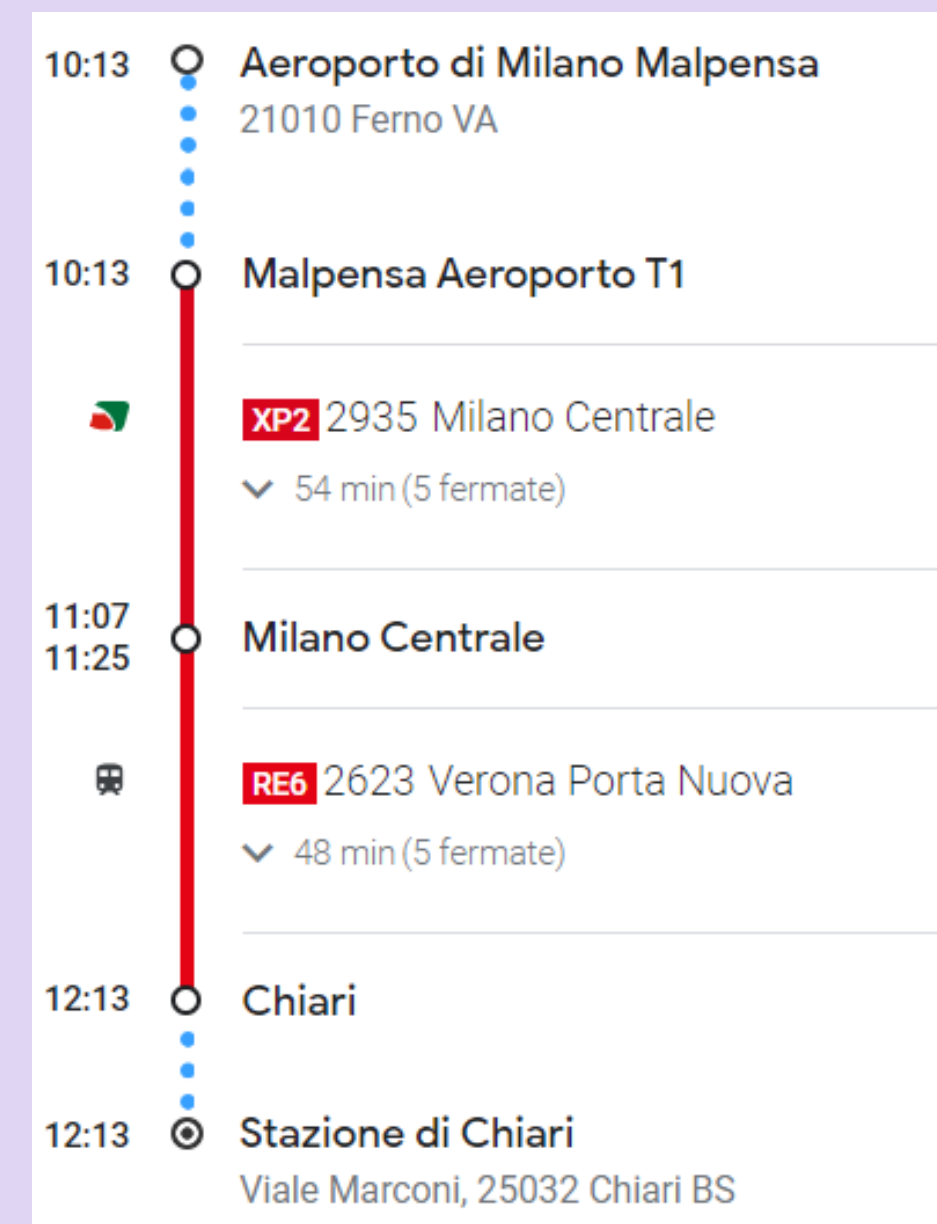
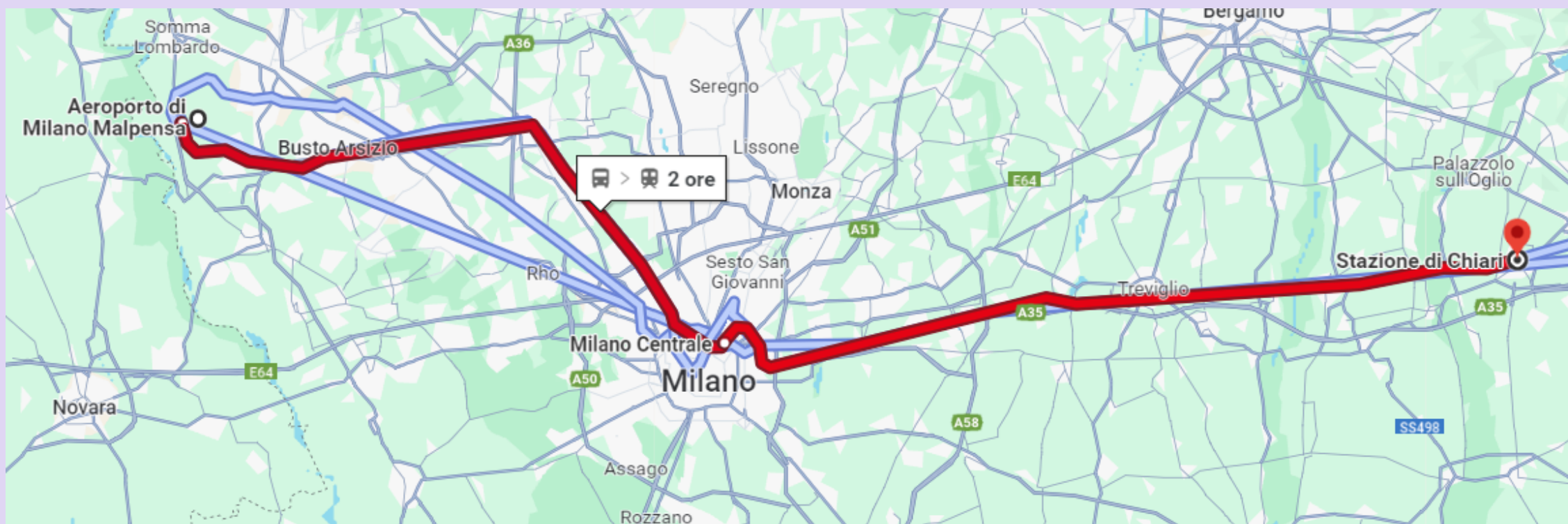
Malpensa Express: <https://www.malpensaexpress.it/en/> or directly at the airport (€ 13,00)

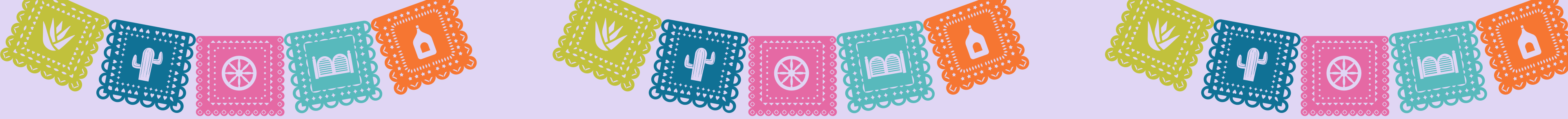
Train ticket: <https://www.trenitalia.com/en.html> or directly at the train station (€ 6,00)



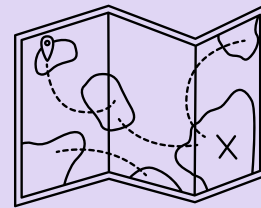


☀ Option 4: from Milano Malpensa





TRAVELING DAYS



- ✿ **Arrival Day: 19 July 2024***
Please arrange tickets in a way to reach the venue no later than 7 PM.
- ✿ **Departure Day: 27 July 2024***

TRAVELING GRANTS

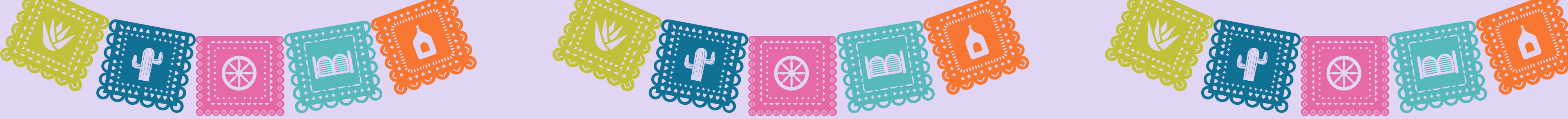
Spain: €275
Sweden: €275
Latvia: €275
Italy: €23

To get your tickets reimbursed you have to get our confirmation before you buy tickets. So, please send the tickets you select to the email address: yomoreaps@gmail.com, get confirmation and only after this you can purchase them.

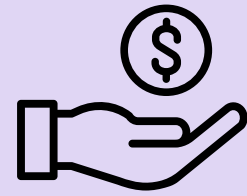
*You are allowed to come to Italy maximum 2 days before the event or leave maximum 2 days after the event. During these periods you're not subsidized by the project - so, you will be responsible to cover your accommodation and food expenses for the extra days.



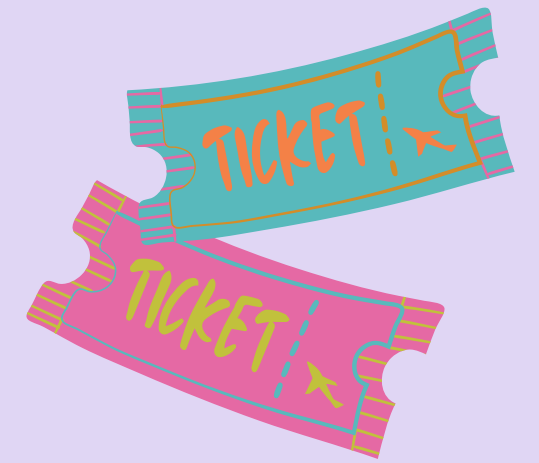
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REIMBURSEMENT

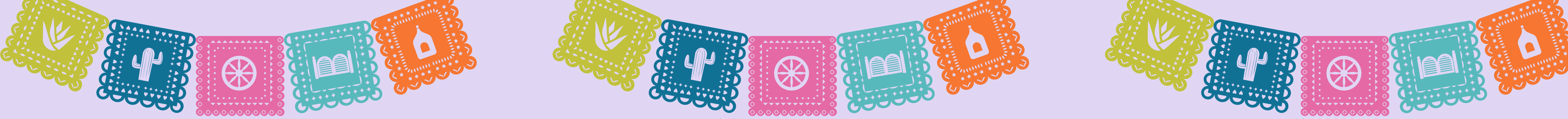


All expenses have to be discussed and approved by us in advance. You need to collect all documents related to your traveling from your place of living to the project venue.



- ✿ Airplane - booking confirmation/ e-Ticket, invoices and boarding passes
- ✿ Bus - receipts and tickets
- ✿ Train - receipts and tickets
- ✿ Tram/metro - receipts and tickets
- ✿ You are only allowed to have Economy class tickets with no extra services except luggage.





DO NOT FORGET



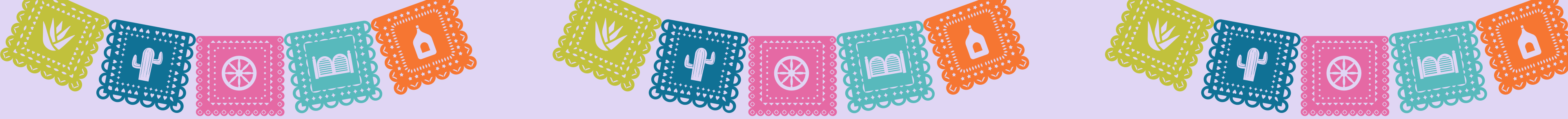
- Supplies for the intercultural days. Each day will have a country as protagonist and various activities will be carried out to get to know the culture and traditions of that country.
We ask you to think a traditional recipe and let us know in advance about ingredients you need to prepare a traditional meal from your country.
- Passport/ID card
- European health insurance card or any other insurance
- Basic personal hygiene cosmetics and towels
- Summer clothes
- Cultural food, drinks, souvenirs ... **BE CREATIVE!**
- A cup/mug to exchange



**REMEMBER TO BRING YOUR
GOOD MOOD AND ENTHUSIASM!**



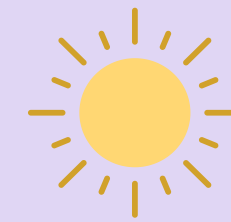
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OTHER INFO



☀️ The weather in Chiari in July is hot. You can check the forecast [here](#).



☀️ You can contact the emergency services in Italy by calling the pan European emergency number (112) from any telephone.

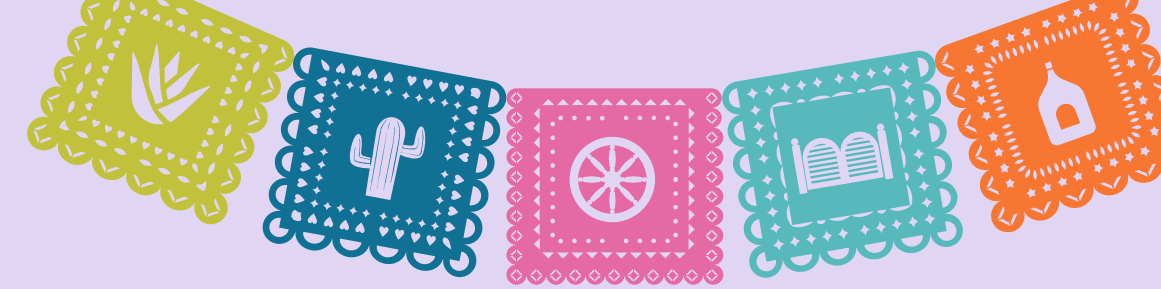
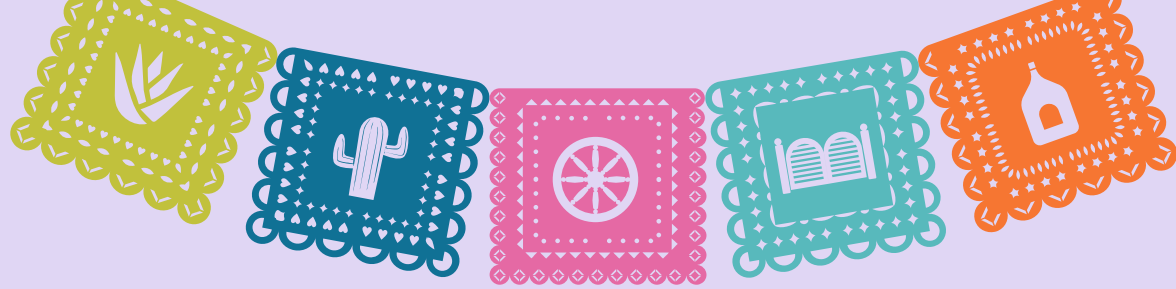
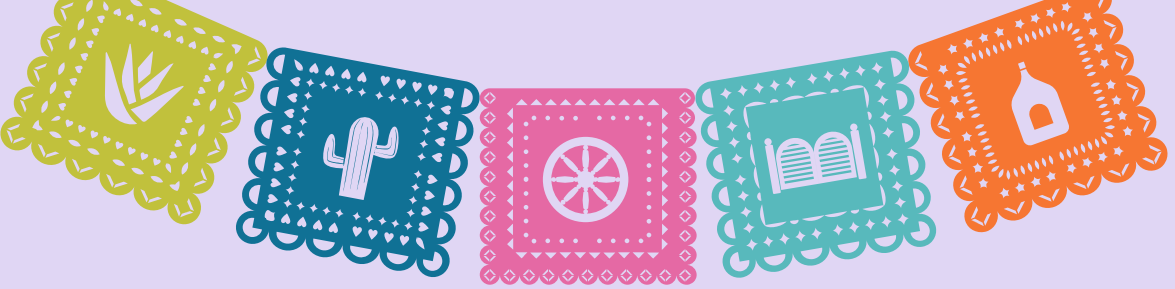


☀️ Italy is in the UTC +1 time zone.



☀️ The local currency in Italy is Euro. You can pay by card almost everywhere, but we suggest you to have some cash with you.





THE TEAM

- ✿ Youmore APS is a new organisation, led by young people who have grown professionally from the Fondazione Istituto Morcelliano over almost ten years of European projects, coordination of EVS and ESC and management of the Eurodesk Local Agency in Chiari.



Paola Baiguini



Giulia Parente



Sona Arevshatyan