

Piano Terra – Plan Earth

23 – 30 July (+travel days)

Prizzi, Sicily, Italy

Info Pack

Description of the project

Participants' profile

Community living and artful participation principles

Venue and activities

Travel info and administrative aspects

Checklist

Description of the project

FORME was born with the aim of **bridging the gap between formal education and the labour market, providing training and education through non-formal education**. Our primary target group has been young NEETs and in general young people who need **counselling and competence updates and development** for being able to find or create a job for themselves. Among the activities the group is organising are: education on the topics of **eco-sustainability**, on **social entrepreneurship regards to jobs linked to rural areas** and nature (agriculture, handcraft, working with animals), **interculturality** and **community living**.

The general objective of the project is:

- Contribution to **decreasing the number of unemployed youth** in the EU

The specific objectives of the project are:

- Developing **entrepreneurial spirit and skills** of young people linked to activities in **rural areas**;
- Sensitizing about and interiorizing the value of **green, sustainable practices and healthy lifestyle** in young people's life and in work environments;
- Building **supporting communities of young people** where young people can feel safe, included, encouraged and recognized as valuable members of those communities;

To reach these objectives, the project will utilize **outdoor and environmental education, entrepreneurship education, animal assisted activities** and **community living** as methodologies within the frame of non-formal education.

Through educational and social activities assisted by horses, and through non-formal activities triggering **group dynamics** and **raising awareness about eco-sustainable practices**, young people can reconnect with themselves and with others, **creating a community** which appreciates all diversity that composes our world.

Our eco-sustainable **community living** where all participants and facilitators take on daily responsibilities such as cooking, cleaning, caring for the animals, proposing ice-breaking activities will directly and indirectly contribute to the promotion of environmentally sustainable and responsible behaviour among participants, raising awareness about the importance **to reduce or compensate for the environmental footprint** of mobility activities.



Profile of participants

The following countries are participating in the project: Italy – Greece – France - Hungary.

From each country **5 young people**, between the **age of 18 and 30** will be selected by the sending organisation. If you would like to participate, please **contact the organisation** responsible for selection in your country:

Italy: FORME mobility.forme@gmail.com

Greece: CoLab House colabhouse.info@gmail.com

France: Parcours le Monde - Sud Ouest contact.sudouest@parcourslemonde.org

Hungary: Fiatalok a részvételért Egyesület firepv2011@gmail.com

Commitment of participants

The Erasmus+ youth exchange is an **educational programme** for young people who would like to get out of their comfort zone, experience an intercultural environment and open their view on different topics that can contribute to their **personal and professional development**. However, there are cultural programmes included, participants are expected to be **active and committed to the educational programme** of the exchange. Please discuss with your sending organisation your **expectations, learning goals** and your possible **contribution** to make this experience as rich as possible, for all! 😊

Youth leaders

Each organisation will select **one youth leader (+18)** who will accompany the group to the youth exchange.

The role of the youth leader is **to participate** in the **Advanced Planning Visit (APV)** in Prizzi, which takes place on the **29th and 30th of May**. This meeting will be important to discuss administrative and logistic issues, the profile and the needs of participants, and the activities foreseen.

Besides, youth leaders will be responsible for not just their national group, but for the **whole group's dynamics**, for which they will work together as **a team of youth leaders**, in order to ensure that each participant is put in the conditions to actively participate in the exchange in an **inclusive, safe environment**. To achieve this, the team of youth leaders will have **daily meetings** during the exchange, to monitor the participants' well-being and their learning process.



Community living and artful participation principles

The youth exchange will be an opportunity to experience how to live and work together in an intercultural group. To make this experience closer to reality, to really put our competencies in practice, we use a **community living approach** which basically a normal, **daily life experience enriched with activities to create a collective intelligence**. This means that participants will take on **daily tasks**, sharing responsibility for cleaning, cooking, helping facilitators in time-keeping, proposing energizers etc.

Community living as we see it

Since we will live and learn together for a week, we (including youth leaders) will need to work on the **group dynamics** together, considering personal needs and also the needs of the group, which is a **challenging experience**. One objective of the project is to reinforce a **holistic mindset**, leaving individualism behind, and starting to practice a collective lifestyle.

We will aim to create an **inclusive environment** where everyone can feel free to **express his or her views and needs, without being judged**. We will ask participants to get out of their comfort zone, practice **active listening, patience, observation, empathy and solidarity** towards the others – only if we can implement it in our small group, we can take a step to the bigger picture!

For the functioning of the community, there are daily, **practical things** (keeping the venues in order, cleaning, cooking, preparing breakfast, caring for the plants and animals etc.) that need to be taken care of. For a **fair distribution of tasks**, participants will **take turns** to facilitate these daily tasks. We will do it **in groups**, so you can already prepare for a *dancing-cooking class* or for a *creative moment* to make the accommodation more homey – daily tasks can be funny and enjoyable if we transform them into a **collective, joyful experience!** 😊

Artful participation

Artful Participation is a concept that helps people reflect on **how they can contribute the best to the situation they are in**. It is a practice to assess our personal needs and to see how these needs link with the collective needs, and how our resources can contribute the best to the community. Artful Participation is to ask yourself this question:

“Is my behavior in the moment the greatest contribution I can make to the effectiveness of this collaboration?”

It is a practice to evaluate when we should just listen and observe, when we should be more active, when we should withdraw from the process because there might be other, more important needs to take care of. **It is a process to take responsibility for our own needs and for the needs of the group, finding a balance between the two.**

Animal care

Our little community during the exchange will be composed of not only humans, but animals as well. We expect respect and empathy towards the animals, an open mind and as little prejudice as possible. Horses act as horses do, dogs do like dogs do, and so on – any time you are annoyed by or not understanding a behaviour, try to reflect on the whys, and ask the owner! We will organise a session about horse behaviour before the youth exchange, so you can arrive already prepared.

Animals are not allowed to be fed by the participants – it can be dangerous if it triggers competition for food, or some of them can have allergies or need special treatment because they are ill, so any extra and different food given can cause serious problems.

Important: HORSES WILL NOT BE RIDDEN! Our activities will focus on interaction and observation, getting to know better these majestic animals and reflecting on what emotions they trigger in us.

We will also teach you **how and when to touch and when not to touch the animals**.

Sustainability

During our stay we will promote and put in practice a sustainable approach to daily life. We will aim to **reduce waste** as much as possible; recycle and differentiate the trash.

We will welcome you with a kit in which you will find natural soap, shampoo and a lotion and we will have a session on how to make **natural cosmetics**.

Food will be **mainly vegetarian** and ingredients will be **seasonal and local** products.

Venue and activities

Accommodation and activity venues

We will be hosted at Azienda Agricola Traina <https://www.facebook.com/AziendaAgricolaTraina> nearby the town of Prizzi, among the Sicani Mountains in Sicily. The farm is surrounded by beautiful hiking routes, medieval villages, ancient historical venues, rivers and forests. The family has been breeding horses for over 35 years and growing olives, tomatoes and grain.

We will be **staying in tents that participants will share**. Besides, we will use the farmhouse that was a railway station in old times – we will have access to the bathrooms, the living room and the kitchen. We will also have outdoor showers.



Safety and well-being

Allergies and medical conditions that can influence the well-being of the participant, need to be shared with the group of youth leaders and organisers, also in order to be able to organise the menu and other logistics.

Participants need to have the European **Insurance** Card or insurance with the same validity.

Foreseen activity programme and topics

During the APV we will finalize the exact activity programme, which you will receive before the exchange. The **foreseen timetable** is:

8:00-9:00 Breakfast

9:15 Energizer & Presentation of the day

9:30-13:30 Activities (with a break)

13:30-15:00 Lunch (+ cleaning)

15:00-17:00 Siesta

17:00-20:00 Activities (with a break)

20:00 Reflection on the day

21:00 Dinner

+ evening activities

The schedule might be flexible according to the activities foreseen and the needs of the group – any change will be decided collectively, all together. Also, we will adjust the time schedule on the base of weather conditions.

Cooking teams

Each day a **group of participants will be responsible for cooking the lunch or the dinner**, with the help and supervision of a youth leader. This activity is **part of the educational programme**: the cooking team will learn about ingredients, recipes, how to cook for a big group of people, how to measure the ingredients per person, how to work together. They will be **helped by another group** who sets the tables and cleans the dishes. **Each participant will take part in the cooking and/or the cleaning team on one of the days.** (If you don't have experience with cooking, do not worry! You will have help 😊)



Preparatory activities

Participants will be asked to bring with themselves some things, to **contribute to the activities** of the project. The preparatory activities will be sent to you together with the defined activity programme, after the APV.

Besides, FORME facilitators will organise **2 online international meetings** with the participants before the youth exchange which is part of the programme and where participation is obligatory.

Travel info and administrative aspects

APV – youth leaders

For the APV the **arrival day to Palermo** is the **28th of May**. It is important to arrive on this date, because on the 29th morning we will move to Prizzi altogether. Departure day is the **31st of May**. In case necessary, you can take a flight on the 30th of May, but only in the late afternoon/evening.

Youth Exchange – participants and youth leaders

The arrival day to Palermo is the **22nd of July** and departure is on the **31st of July**. Participants can arrive 2 days before **OR** leave 2 days after the youth exchange; they have to cover themselves the costs of the stay for the extra days.

As for the APV, also for the youth exchange the groups **need to arrive to Palermo and depart on these exact dates**, because we will organize a bus between Palermo and Prizzi.

Administrative issues

Before booking any tickets, please consult your sending organisation! They will confirm with the hosting organisation the itinerary, and after you can purchase the tickets.

As a participant, please remember to keep any kind of receipt and/or tickets as well as your boarding passes. Otherwise, we can **NOT refund** your transportation. If you **check-in on your phone** for your flight, make sure you **do a screenshot** of your boarding pass, because after the travel it might disappear!

All travel costs will be reimbursed with one bank transfer to the sending organisation, after we received all travel documents. Your sending organization will then reimburse your travel costs, **up to 275 euro maximum**.

How to get to Palermo

There are three international airports in Sicily: Palermo, Catania and Trapani. There are often cheap connections through Rome, Florence, Venice or Milan Bergamo.

From Palermo airport – you can take Taxi Sharing (9-10 euro/person), metro or shuttle bus (name of the company: Prestia e Comandè) to Palermo Railway Station (Stazione Centrale, last stop) where we will welcome you.

From Catania airport – you can take the bus of the company called SAIS which takes you to Palermo Central Station as well.

From Trapani – take the shuttle bus of the company Terravision till Palermo Central Station.

Please send us a message on whatsapp or sms when you are on the bus, metro or taxi, so we know when you arrive and come and pick you up! Dora's number: +39 324 866 1228

Checklist

Don't forget to bring:

- European Health Insurance Card
- Sunscreen and hat (very important!)
- Swimming suit and towel
- Refillable water bottle
- Medicine, if you need any
- Comfortable clothes, shoes for hiking
- Small/medium size backpacks or fanny packs (for keeping your water bottle and most important things with you)

See you soon! 😊

