



Erasmus+



Agenzia Italiana
per la Gioventù

Young
Effect
Association



The extreme side of U

TRAINING COURSE

1 July - 9 July 2024
Marina di Massa (Tuscany, ITALY)

1 July Arrival Day
9 July Departure Day

ABOUT YOUNG EFFECT



Young Effect Association is a non-profit organization created in 2009. Our goal is to promote:

- **youth mobility in Europe and the rest of the world;**
- **non-formal education on intercultural youth dialogue and human rights;**
- **Inclusion of youth in the civil society independently of their race, religion, gender;**
- **interest in development of historical, environmental, cultural and economic resources in the local territory;**
- **training, seminars or similar activities at local, national and international level.**

The Association is composed of Counsellors with specialist backgrounds in social policies and youth education; members of the association also have great experience in European projects development. The Association is working with a specific methodology; the youth involved come from small communities, where social and cultural opportunities are few. Moreover we have many partnerships with local cultural, art, theatre and sport associations as well with several groups of youngsters.

<https://www.youngeffect.org>



The extreme side of U



The extreme side of U is Erasmus+ training course which idea comes from the vision on the violent context that nowadays Europe is suffering. There are several extremist movements and groups, visible all around EU, that are attracting more and more youngsters. Young people are exploding anger, against diversity, against society, against minorities. In this context, mixed with the priority of international migration and the necessary inclusion of refugees and migrants into the European society, foster sustainable integration and prevent the radicalization of young people is vital.

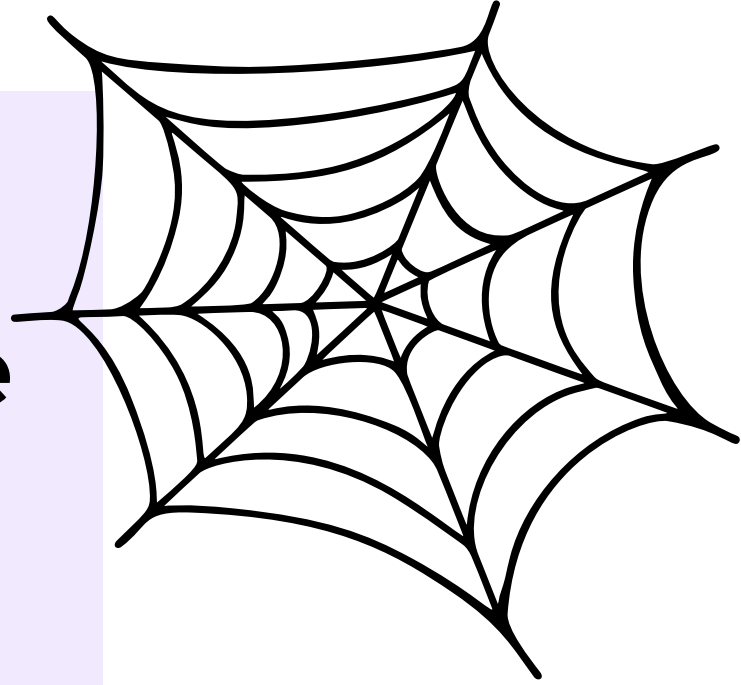
“The extreme side of U” aims to promote active participation of youth in prevention of radicalization of youngsters phenomena and finding ways to combat them through youth work and non-formal education.

Extremism carries such elements like xenophobia, discrimination, violence, social conflict, nationalism. Overcoming this current condition requires active participation of a varied group of key actors.

According to the latest study led by Radicalization Awareness Network the role of youth workers is critical -“Youth workers can provide young people with the necessary life skills and human rights values, contribute to a positive identity development, make them resilient against extremist ideologies and ensure their personal well-being”.



The extreme side of U



The extreme side of U is Erasmus+ training course aiming to:

1. Give participants a theoretical framework about working with young people at risk of radicalization and prevention of this phenomenon on the local, regional and national levels.
2. Teach participants how to identify the first signs of radicalization and use non formal education methods and techniques for prevention of further radicalization.
3. Create space for the discussion and open dialogue about extremism and radicalization in the different European countries.
4. Equip participants with tools and methods designed to support and empower marginalized young people in their local communities.
5. Enhance communication skills, soft skills and develop creative thinking for addressing issues connected with radicalization of young people, especially those coming from the marginalized communities.
6. Show how to use digital tools for raising awareness about the issue.
8. Inform the participants about opportunities to develop new projects under the Erasmus+ Programme.



LOCATION

Marina di Massa (TUSCANY, ITALY)

With the Ligurian Sea on the horizon, expanses of golden sand as far as the eye can see and the rugged Apuan massif behind it, this is the unique area that frames Marina di Massa, near the border with Liguria.

The area in which Marina di Massa is located has been swampy, and for this reason little frequented, for many centuries. The first settlements date back to the sixteenth century, or when the first swamp reclamation interventions were started.

To see a real development of the center it is necessary to go as far as the nineteenth century when the reclamation was finally completed. Between the end of the 19th and the beginning of the 20th century, Marina di Massa established itself as a seaside resort, becoming one of the most popular destinations on this stretch of coast.

Marina di Massa ended up becoming a holiday seaside destination in keeping with trends of the time, involving a flow of aristocrats who bequeathed numerous buildings and villas in liberty and decò style. Marina di Massa offers amazing seaside view in the shade of the beautiful coastal pine forests as well as hosting a lively nightlife. These is high quality fresh food, especially fish, and wine.



ACCOMODATION

CASA PER FERIE "SACRO CUORE"



- Participants will stay in multiple rooms. Each room, has its own bathroom.
- Breakfast, lunch and dinner will be served in the hotel.
- Hotel facilities: bed-linen and towel.

[For more information click here](#)

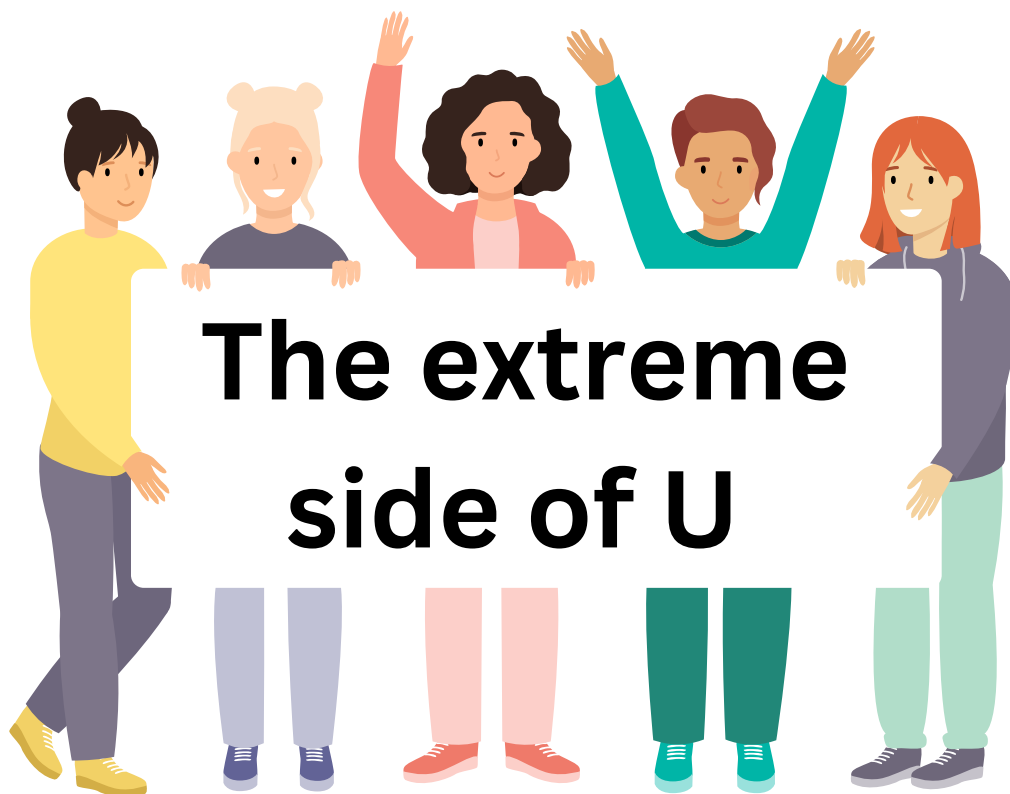
Weather in July



July is one of Tuscany's hottest months of the year (next to August), the average daily maximum is 30 C and the average daily minimum is 20 C. It's a great time of year to swim in the sea, with the water at an average temperature of 26 C.



PROFILE OF PARTICIPANTS



We expect participants:

- Youth workers, youth leaders and social workers including those **who work with young people with fewer opportunities, marginalized young people or with mix group.**
- Who can share their experience and want to develop new methods of working.
- Good knowledge of English.
- Active participation **(this is not building sandy castle and getting up late every day. It is an intensive training course, but of course with enough fun in the evenings).**
- The age of the participants should be 18+ (without limit).
- Gender balance is a must.



Financial Conditions

Travel Costs



**Maximum travel reimbursement 275 euro.
Only the most economical tickets will be approved.**

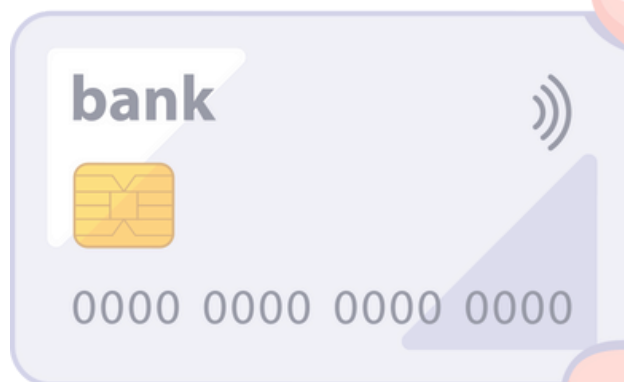
VERY IMPORTANT:

- 1. Before buying any tickets, you are obliged to receive an approval of your travel plan by APS Young Effect.**
- 2. You can receive approval ONLY for the most economical tickets option! No exceptions can be made!**
- 3. ONLY tickets approved by Young Effect will be reimbursed.**
- 4. ONLY basic ticket fare is approved (e.g bag pack & 10 kg trolley).**
- 5. Additional services (e.g. insurance, additional luggage etc.) cannot be reimbursed.**



REIMBURSEMENT. PART 1

The organizers will reimburse 100% of participants' travel costs (with cheapest means of transportation (economy class), no taxi, within limits set by Erasmus+ Programme upon presentation of original tickets, invoices and boarding tags. On all documents the price, currency, name of the passenger, date of purchase and travel should be clearly visible, otherwise we will be unable to reimburse the costs.



Participants will receive reimbursements by bank transfer after the training and upon sending of return travel documents and international bank details.

No exception to this rule will be done. (Please do only online check-in).



REIMBURSEMENT. PART 2

Please note that participant's travel costs **should not exceed** the travel budget limits which are approved by the Italian National Agency of the Erasmus+ Programme and the travel route and dates should also be in accordance to it. If you have problems to stay within the indicated travel limits please **contact the organizers**.

Reimbursement will be done **in EUR**, regardless of the currency indicated on the ticket and receipt/ invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate.

Commission web-site at: <http://ec.europa.eu/budget/inforeuro>

Young Effect **is not responsible** of specific money tax taken from foreign bank according to their contract.

Every participant must receive approval of the travel plan by APS Young Effect before buying the tickets.



ALL THE ROADS LEAD TO MARINA DI MASSA



If you arrive at Pisa Airport:

STEP 1 - From the airport go to Pisa Centrale train station and take a train to Massa Centro. Right in front of the station Massa Centro, there is a bus L62 - take it until the station Rossini/Sacro Cuore Dir.Ovest (bus ride takes around 25 minutes. On the next page, it is written how to buy the tickets for the bus. Our hotel is just in front of the stop Rossini/Sacro Cuore Dir.Ovest.

If you arrive at Milan Malpensa Airport:

STEP 1 - Go to Milano Central Railway Station. In order to do it, take a bus. Bus Milano Malpensa Airport - Milano Centrale is around 50 minutes. You can buy the tickets in the airport or on the bus. The buses that you can take are:

- a. "Malpensa Shuttle": around 12 euro one way
- b. "Autostradale": around 12 euro one way

STEP 2 - Train from Milano Centrale to Massa Centro

WE WILL BUY A GROUP TICKET FOR THE TRAIN FOR EVERYBODY !!! :)

STEP 3 From Massa Centro railway station take a bus to the hotel: Massa Fs Urbano - Rossini/Sacro Cuore Dir.Ovest. On the next page, it is written how to buy the tickets for the bus. :)

If you arrive at Orio al Serio (Bergamo) Airport:

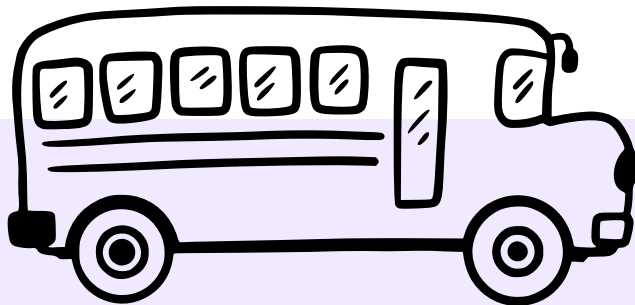
STEP 1 - Go to Milano Centrale Railway Station. In order to do it, take a bus. Bus for Milano Centrale "Orio Shuttle" or "Autostradale"; the ticket cost 12 euro or depending on offers. It takes about 50 minutes.

STEP 2 and STEP 3 (the same steps as for those coming from Malpensa Airport, read information above)

**Please before buying the ticket ask confirmation to
galya@youngeffect.org**



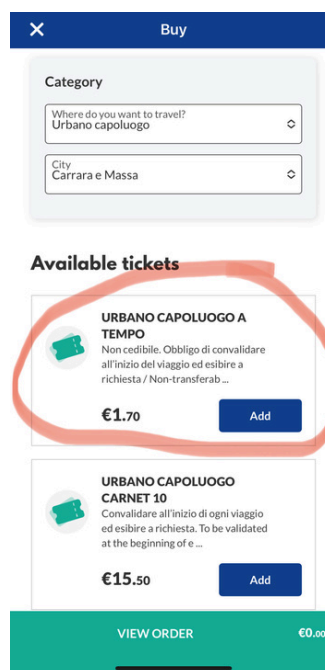
HOW TO BUY THE TICKETS FOR THE BUS MARINA CENTRO-OUR VENUE



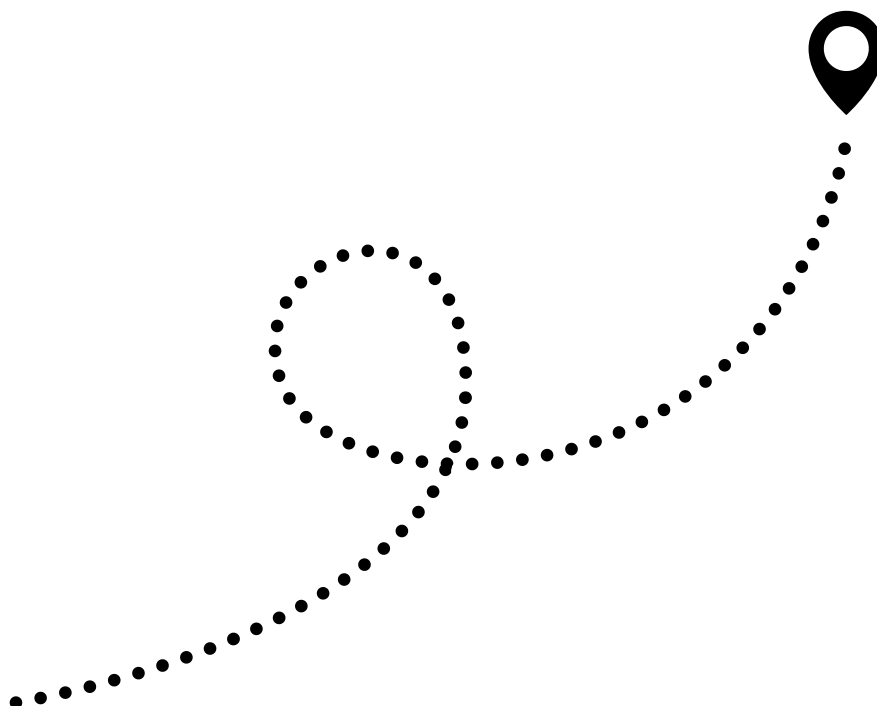
Download the mobile APP AT BUS and register your profile.



Register your profile and proceed buying the ticket, select:
URBANO CAPOLUOGO - CITY MASSA-CARRARA



The ticket costs 1,70 Euro and you need to activate it when entering the bus



Health Insurance

The health insurance for the participants from non-EU countries has to be provided by participants. The participants from EU-countries are asked to use their European health insurance card.



TOURISTIC TAX FEE: 1 Euro per day for a person.

(This is a compulsory tax that every person staying in a touristic city in Italy needs to pay individually). It will be collected by Young Effect during your stay in Marina di Massa.

For more info about this tax: <https://iheartitaly.co/italian-tourist-tax/>

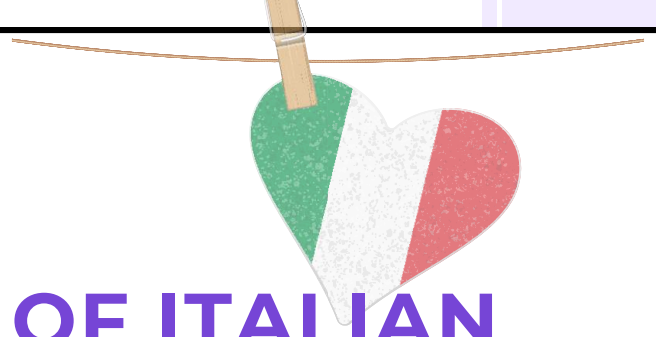


WHAT TO BRING



- 1) Towel for the beach (Yes! And there will be free time ...)
- 2) Swim clothes
- 3) Proof of all the travel expenses:
 - **Tickets (there must be price and name of the person stated on it).**
 - **Bank details (Account number, Iban, swift, bank name)**
 - **Boarding passes (DON'T LOSE THEM)**
- 4) Traditional music, clothes, snacks and drinks for intercultural evening (you will have about 5 minutes to present your country)
- 5) Information about your organization (if you have materials you want to share, present, introduce)
- 6) Please prepare a small oral presentation of your organization (Max 5 minutes).
- 7) Get informed about radicalization phenomenon in your country.






A LITTLE BIT OF ITALIAN

Hi!	Ciao!
Good morning!	Buongiorno!
Good evening!	Buona sera!
Welcome! (to greet someone)	Benvenuto!/ Benvenuta! (female)
How are you?	Come stai?/ Come state (polite)?
I'm fine, thanks!	Bene, grazie!
And you?	e tu? e lei? (polite)
Good/ So-So.	Bene/ così e così.
Thank you (very much)!	Grazie (molto)!
You're welcome! (for "thank you")	Prego!
Hey! Friend!	Ciao! Amico!
I missed you so much!	Mi sei mancato molto!
What's new?	che c'è di nuovo?
Nothing much	Non molto
Good night!	Buona notte!
See you later!	A dopo
Good bye!	Arrivederci!



CONTACTS FOR FURTHER INFORMATION

 +79853823152 (What's App only)
(Galya Karpenko, responsible for education and general logistic)

 galya@youngeffect.org

IN CASE OF ANY EMERGENCY CALL THIS NUMBER

+ 3 9 3 5 1 7 1 0 2 2 1 3



FOLLOW US IN INSTAGRAM

<https://instagram.com/youngeffectaps?igshid=MjEwN2lyYWYwYw==>



@YOUNGEFFECTAPS

