

“Explorando”



An Erasmus+ & YMCA Intercultural Youth Exchange

5th – 17th October 2015

San Giorgio del Sannio, Benevento, Italy

Dear Friends,

we are glad to invite You to our intercultural youth exchange

“Explorando”

organised by YMCA Parthenope ONLUS,

co-financed by the ERASMUS+ Programme.

Join & live this adventure with us!

The 13 days program will take place in San Giorgio del Sannio,
a lovely town of Benevento, close to Naples, Italy.

In this letter You will find all you need to know about its goals,
programme and information about the practical arrangements.

We will gladly answer all your questions!

Looking forward to meeting You in Italy!

About this intercultural youth exchange...

"Explorando" expresses the willingness of the project partnership to get to know and explore cultures, knowledge and identities of the participating countries & people representing respectively Italy, Latvia, Lithuania, Poland, Romania & Turkey.

The specific themes of this youth exchange are:

- 1) "Health & Well-being"
- 2) "Creativity & Culture".

Therefore, we will hold morning workshops dedicated to creating good cooking, original atmospheres, environmental improvements, evening activities, audio-visual products and extra support where needed. In the afternoon, instead, we will hold workshops such as physical activities varying from yoga to dance, from volunteering to theatre, from toponomastic researches to singing with body percussions. The evenings will be dedicated to each of participating countries & people who will share home videos, typical & traditional games, music & dances.

We will also visit other local associations who have managed to transform their passion and hobbies into a working occupation and target the local youth in a public event to share our international dimension, send out important messages to the community and explain what European opportunities are around us.

To be concise, our objectives are:

1. Take care of participants through workshops of health, well-being & inter-culture.
2. Break stereo-types and shed light on the participating countries & people.
3. Offer participants the opportunity to prepare, lead and evaluate group activities also while keeping in mind potential work occupations.
4. Inform participants about further opportunities provided by the Erasmus+ Sub-Programmes: YOUTH (intercultural exchanges, volunteering, training courses), VET vocational working training abroad; UNIVERSITY study abroad.
5. Spread healthy values such diversity, brotherhood, inclusion, sharing, well-being.
6. Promote non formal education, very functional for youth activation.
7. Invest in the follow-up activities brainstormed and structured by participants.

Who can participate

The project “Explorando” is an intercultural youth exchange involving 30 young people from Italy, Latvia, Lithuania, Poland, Romania & Turkey. They can be:

- 1) Students, boys and girls, aged 18-25 year old, attending University, therefore following a formal study path but also loving the informal learning typical of youth associations and the workshops organized by them. In this intercultural exchange the youth interests and needs orbit the themes of health, well-being and inter-culture meant also as future occupation on the long run, hopefully after the University.
- 2) Students, boys and girls, aged 18-25 year old, who have completed their statutory education and are now searching for an occupation or are carrying out temporary or seasonal jobs and are actively participating in the associational life and its workshops. In this intercultural exchange the youth interests and needs orbit the themes of health, well-being and inter-culture meant as future occupation on the short and medium run.



Partner organizations and their representatives

Country:	Partner:	How many:	Contact:
Italy	YMCA Parthenope ONLUS	5	info@ymcaparthenope.eu
Latvia	Jaunatnes organizaciju apvieniba "IMKA Latvija"	5	cofa@hotmail.lt
Lithuania	JAUNIMO ASOCIACIJA "COFA"	5	linda@imka.lv
Poland	Stowarzyszenie Artystów BLISKI WSCHÓD	5	wojtowiczluk@gmail.com
Romania	Asociatia D.G.T.	5	d.g.t.ngo@gmail.com
Turkey	Karasu Genclik, Sanat ve Spor Kulubu Dernegi	5	erselaydin@hotmail.com

When

Dates of the intercultural youth exchange: 5th – 17th October 2015.

Arrival by	16.00	05/10/2015
The program starts at	20:00	05/10/2015
The program finishes at	23.30	16/05/2015
Departure after	09.00	17/05/2015

We expect you to participate in the whole program in order to benefit from the Erasmus+ Programme financial contribution.

Where

The project will take place in San Giorgio del Sannio (Benevento), about 50km from Naples. The accommodation is “Convento Franciscano”, a Franciscan catholic monastery which offers several services to the communities especially to immigrants, poor people and associations of diverse types focusing on social work. Here is their website to know more: <http://www.ofmsangiorgiodelsannio.it/2010/home.html>. Rooms can host from 4 to 8 people and have bathrooms and showers in the corridors. The place has a theatre and common areas where the group can work together. Part of the project starts from leading activities inside the monastery and complete them outside in the town of S. Giorgio with the youngsters of the community. Therefore we invite to consider the monastery as a home and cradle of our inspiration. The aim of “**Explorando**” is to bring the impact of an intercultural dimension in town.



How to get there

Please buy your ticket ONLY after you get the confirmation from us!

How to get to San Giorgio del Sannio?

First of all, it is essential to know what time you land in Italy. We strongly advise you to land in the morning. Here are the most common routes:

1) From the Airport in Naples (Napoli)

you can take the bus (ALIBUS) to the train station “Napoli Centrale”, there you can find the Regional TRENITALIA train or bus (EAV) to Benevento (about 1 hour trip). Let us know what time you will arrive in Benevento and we will send our staff members to pick up you by car and take you to San Giorgio del Sannio.

<http://www.anm.it/default.php?ids=15>

<http://www.trenitalia.com/>

<http://www.eavsrl.it/web/it/content/orario-autobus>

2) From both the Airports in Rome (Ciampino or Fiumicino)

you can take the TRENITALIA train or TERRAVISION bus to Roma Termini Train station. In Roma Termini you can take the train to reach Benevento Centrale in about 3 hours. Let us know what time you will arrive in Benevento Centrale and we will send our staff members to pick up you by car and take you to San Giorgio del Sannio.

<http://www.trenitalia.com/>

<http://www.terravision.eu/>

3) From Fiumicino Airport only in Rome

you can take the TRENITALIA train Roma Tiburtina Train station. Exit in Roma Tiburtina Bus station and take the direct MAROZZI or CAPUTO buses reaching San Giorgio del Sannio in about 3 hours. Let us know what time you will arrive in San Giorgio del Sannio Benevento Centrale and we will meet you at the bus stop.

<http://www.trenitalia.com/>

<http://www.marozzivi.it/web.aspx>

<http://www.caputobus.it/>

Contact numbers to call on arrival:

Gianluca Iacuvella 0039 340 7821363

Giampaolo Vicerè: 0039 338 7867309

Daniela Caliendo: 0039 324 8839534

We will send the latest train and bus timetables in July 2015 to support you.

Please feel free to ask us if you need advice about any travel arrangements ☺

The financial conditions

Food, accommodation and project costs are fully covered and free for the participants.

As for the travel, we can reimburse up to 100% (maximum) of the costs below.

Country	Max. travel reimbursement
Italy	20 €/person
Latvia	170 €/person
Lithuania	170 €/person
Poland	170 €/person
Romania	170 €/person
Turkey	170 €/person

As for insurances, the European medical insurance card is valid also in Italy and all participants coming from EU country must bring it with them.



Here is a sample of an Italian medical insurance card.

Participants coming from Turkey will be reimbursed up to € 80 in total per person both for their medical insurance and visa costs.

Very important: your tickets are a proof of your travel that we must keep and present to the ERASMUS+ Program, the main funders of the project. If you cannot provide your original tickets and invoices clearly stating the travel company, your name, all the trip details and the exact costs covered, we will not be able to reimburse you.

What to bring (essential)

- Passport or other official identification
- Tickets, insurance, visa
- Comfortable clothes for living outdoor & indoor (no washing facilities available)
- Towel
- Medicine, if you take any
- Your own Art Kit (musical instruments, dancing outfit, costumes, etc.)
- Something typical for your national evening (food, drinks, special items, etc.)
- Smiles, willingness and good mood ☺!



How to Apply

If you want to join us in the training, send your application form to Gianluca Iacuvella luca2310@hotmail.com and Daniela Caliendo caliendodaniela@gmail.com.

You will find the application form in an attachment with this info-letter.

We are looking forward to meeting You in Italy!

See you soon, the YMCA Team

Learning to play, playing to learn: the experiential methodology

Learning by experience, personalised workshops and theatre plays are working methods which all have one thing in common for us: playing. Playing allows us to access a state of freedom, creativity and exploration that is associated with the natural learning of childhood. Role-plays, structured experiments, simulation, and theatre are examples of games with experiential learning opportunities. Games can create a play frame, which makes the act of learning a dynamic and enjoyable process, which recalls the carefree playing time of childhood. Experiential activities can transform learning into adventure. Learning in this way is an emotional, physical as well as a cognitive experience. Movement and feelings stimulate the learning process. Playing involves both mind and body and can provoke an emotional response during the exercises. The exercises are designed to use social skills and make clear / illustrate concepts and theories. Almost any topic can be explored through games. Learning processes that involve the development of skills and behavioural change, such as group dynamics, communication, leadership, problem solving, teamwork, coaching, co-operation and decision-making are very suitable for gaming. Gaming is a working method which might create a paradoxical situation in which participants or a group might lose themselves. The objective of using gaming in this kind of training is to get more knowledge and skills to work with groups in the field of youth work and social work. Although this working method may seem enjoyable, it is not "only a game". It allows the players to use the freedom to experiment with new approaches and new behaviour and to acquire skills and knowledge. The players are asked to look at how they behave in the play. Therefore feedback and reflection are an essential part in this way of working. Playing games as a tool for learning is a serious play or 'playful seriousness'. Our working method is based on learning by experience. In our approach we invite participants to point out where they find themselves at that moment in the learning process, what they want to learn and how they want to develop themselves. It is focused on the experience of the individual and it is connected to the specific needs and the level of learning of the participant at that moment. The program is a tool for the participant and not the other way around.

No matter how logical this may sound, in many formal learning situations the usual form of acquiring knowledge is 'learning from lessons'. The knowledge should be reproduced / copied by the student, without any personal interaction. 'Learning by experience' is different since it starts from the person him/ herself, his/her behaviour, reactions and emotions. This method is often used in youth work and informal education. And more and more this method is being used in formal education and trainings for companies. The way, in which we like to organize and perform this international projects, means that main objectives of the exchange have to be clear to the participants, as well as the outlines of the program and the target group. In this way we create a playing field for participants and leaders where we can play to learn and learn to play. Within the given group, you participate in the training for yourself and with yourself as an individual. The exercises (called 'workshops' in our project context) will be done alternately alone, in pairs or in a group. The leaders will prepare the ground by giving plenary lectures. Some processes may involve talking, others listening or visualizing certain thoughts with your eyes closed. Exercises will be provided in combination with music, dance or play. Many processes will contain an element of surprise, the exact nature of which is not known in advance. In this way questions can only be answered by the participant him/ herself, namely by experiencing his own reactions. With this approach there is room for the experiences and wishes of the participants to influence the content of the program while it is taking place. We create the playing field and the participants make the play.

