



Erasmus+



## INTERSTELLAR INCLUSION

**APV: 30<sup>th</sup> of August – 2<sup>nd</sup> of September 2019, Perugia, Italy**

**YE: 13<sup>th</sup> – 23<sup>rd</sup> of October 2019, Perugia, Italy**



Associazione di promozione sociale Kora  
Via Campagna 26, 06065 Passignano sul Trasimeno, Italia  
C.F. 94157630545  
Tel. +39 349 9574536  
Email: [info@associazionekora.it](mailto:info@associazionekora.it) [www.associazionekora.it](http://www.associazionekora.it)

## The Project:

The project involves 36 young people from 6 different countries in a multicultural experience where they reflect and learn more about inclusive behaviors, empathy and astronomy. Problems as xenophobia, racism, nationalism and fear of the unknown find their origin in the difficulty of understanding the other and therefore the creation of walls, obstacles for the inclusion. That is where the project wants to act: create a safe environment where people with different backgrounds, cultures, origins and traditions can share experiences, learn and appreciate the differences, increase inclusive attitudes and skills. The metaphor of an interstellar journey of the participants to a different world, far from ours, where society, traditions and culture are different will be the path to introduce youngsters into the main topic of the project.

## Objectives:

- To promote a more inclusive and equal society, especially regarding people who migrate
- To involve people with fewer opportunities (first and second generation migrants)
- To develop tools and good practices to facilitate the understanding of the differences (put oneself in else's shoes)
- To fight racism and xenophobia through peer-to-peer experiences
- To improve intercultural awareness
- To empower youngsters and raise their employability through activities related to both the Europass CV and the Youthpass certificate
- To discuss European values such as inclusion, identity and freedom of expression
- To develop cooperation and teamwork skills
- To enhance knowledge about science and astronomy (the solar system in particular)
- To promote self-awareness and soft-skills learning

## PARTICIPANTS' PROFILE

**APV:** One participant per organisation will take part in the APV meeting. The participant should be the person who is going to be the group leader during the Youth Exchange, s/he can be aged 18+, preferably under 30 years old.

**Youth Exchange:** The participants should be preferably between **18 and 25 years old**. Anyway, younger participants (16+) and older ones (25-30) can also participate if really motivated: in this case be sure to inform Kora about it, in order to to



Associazione di promozione sociale Kora  
Via Campagna 26, 06065 Passignano sul Trasimeno, Italia  
C.F. 94157630545  
Tel. +39 349 9574536  
Email: [info@associazionekora.it](mailto:info@associazionekora.it) [www.associazionekora.it](http://www.associazionekora.it)

have an overall age balance. The group leader should be aged 18+, preferably under 30 years old. Each national group has to be formed by **1 group leaders + 5 participants**. To have a quality project, it is important that **half of the participants** (at least 2, better if it's 3) have a **migration background**, meaning 1<sup>st</sup> or 2<sup>nd</sup> generation migrants. In general, participants should be open to **learn** about **new cultures** and **differences**, **empathetic** and willing to **cooperate** with young people. We are looking for energetic, smiling people, eager to feel part of a more intercultural and progressive society.

## PARTNERS

- Associazione di Promozione Sociale Kora - Italy
- Mostar Friedensprojekt EV - Germany
- StepEurope ry - Finland
- Karaman Youth Club Association – Turkey
- Eurocivis – Spain
- Youth Center of Epirus - Greece

## WHAT TO PREPARE BEFORE THE EXCHANGE TOGETHER AS NATIONAL GROUP

- Prepare a 20 minutes **presentation/workshop** about migrants situation in your country. Can be anything, it does not have to be an official report, it can include articles, statistics, fun facts, personal stories, etc... Group leaders will support the group on this task.
- Each national group should prepare a **presentation/workshop** about his country for the Intercultural Night. It can include theatre sketches, traditional dances, songs, quiz about national culture and history or/and local food. **Be creative!**
- Participants should take clothes for any type of weather condition and activity. Bringing sport clothes will help participant to feel more comfortable during the activities.
- Take your **ID documents and keep your travel documents** like tickets, boarding pass etc. Take really care about travel documents, without them, it will **NOT** be possible to get the **reimbursement** of travel costs.
- Take positive energy and big smile!



Associazione di promozione sociale Kora  
Via Campagna 26, 06065 Passignano sul Trasimeno, Italia  
C.F. 94157630545  
Tel. +39 349 9574536  
Email: [info@associazionekora.it](mailto:info@associazionekora.it) [www.associazionekora.it](http://www.associazionekora.it)

## TRAVEL DATES

For the Youth Exchange participants are expected to **arrive** the 13<sup>th</sup> of October 2019 before 8 pm. It is possible to arrive later if transportations are cheaper, but please contact Kora before purchasing the tickets. **Departure** day is the 23<sup>rd</sup> of October 2019. The project activities will start the 14<sup>th</sup> of October after breakfast and they will end the 23<sup>rd</sup> of October after dinner.

Arrival and departure dates are slightly flexible: participants have the possibility to travel up to **2 days extra** from the official dates of the project and still get the travel reimbursement. Meaning: participants can arrive the 11<sup>th</sup> and leave the 23<sup>rd</sup> OR arrive the 13<sup>th</sup> and leave the 25<sup>th</sup> OR arrive the 12<sup>th</sup> and leave the 24<sup>th</sup> of October. For the extra days, Kora does not provide food and accommodation. Please **contact us** before buying tickets for any doubts or for more information.

## ACCOMMODATION

The participants will be hosted in a former abbey in Perugia. The rooms will be shared and will have mixed nationalities. Please keep in mind that the venue is 10 minutes walk from the first shop.

The address of the venue is:

14 Strada S. Galigano-s. Lucia, Perugia, 06125.



Associazione di promozione sociale Kora  
Via Campagna 26, 06065 Passignano sul Trasimeno, Italia  
C.F. 94157630545  
Tel. +39 349 9574536  
Email: [info@associazionekora.it](mailto:info@associazionekora.it) [www.associazionekora.it](http://www.associazionekora.it)

## TRANSPORT

The closest international airports to Perugia are:

Perugia (PEG): 16 km

Florence (FLR): 163 km

Rome Ciampino (CIA): 188 km

Rome Fiumicino (FCO): 205km

Bologna (BLQ): 250 km

Once arrived in Perugia (by bus or train) we will pick you up by car, and we will drive you to the accommodation (5 minutes by car).

## LOCAL TRANSPORT AND AIRPORT TRANSFER

### **From Perugia airport:**

If you arrive to Perugia airport please contact us as we need to arrange pick-up.

### **From Florence airport:**

Take Busitalia Nord bus to central station (Firenze Santa Maria Novella).

There is a bus every 30 minutes. One-way ticket is 6 € and return 10 €, and tickets can be bought online or directly on the bus. The travel time is 30 minutes.

From Firenze Santa Maria Novella take regional train towards Foligno (or Spoleto) and get off in Perugia.

The tickets costs: 14,65 € one-way.

Direct train departure times: 8:02; 12:13; 14:13; 16:13; 18:13; 20:13.

Please double check these information because schedule and prices can change. Contact us for any doubts.

### **From Bologna airport:**

Take Aerobus bus to central station (Bologna centrale).

There is a bus every 11 minutes. One-way ticket is 6 €, and tickets can be bought online or directly on the bus. The travel time is 25 minutes.

From Bologna Centrale take train to Perugia; there are no direct trains, you will have to change once or twice according to the time of the day. Prices also vary according to the time of the day.

Please check <http://www.trenitalia.com/tcom-en>

Please double check these information because schedule and prices can change. Contact us for any doubts.



Associazione di promozione sociale Kora  
Via Campagna 26, 06065 Passignano sul Trasimeno, Italia  
C.F. 94157630545  
Tel. +39 349 9574536  
Email: [info@associazionekora.it](mailto:info@associazionekora.it) [www.associazionekora.it](http://www.associazionekora.it)

### **From Rome Ciampino:**

Take airport bus to Roma Termini train station. Buses leave from the airport when they are full. Terravision is the cheapest company (4€ one-way, tickets can be bought on the bus). The travel time is 60 minutes.

From Roma Termini train station take regional to Perugia. Please let us know if none of the train solution match as there can be other options as well. Bear in mind that the last train option to Perugia leaves at 19:04 from Roma Termini.

Price: 11,70 €

Please double check these information because schedule and prices can change. Contact us for any doubts.

### **From Rome Fiumicino:**

Go to the train station inside the airport. Here you can take a train to Roma Tiburtina for 8 €. Travel time is around 40 minutes.

From Roma Tiburtina you can take another train to Perugia. Bear in mind that the last train option to Perugia leaves at 19:13 from Roma Tiburtina.

Price: 11,30 €

Please double check these information because schedule and prices can change. Contact us for any doubts.

\*Note about train tickets in Italy. If you don't have electronic tickets (as PDF), the ticket must be bought from the ticket office or ticket vending machine (see figure 1 below) of Trenitalia. All tickets must be stamped in the machine (see figure 2) **prior to getting on the train!** If not a penalty of 100€ can be required.



1



2



Associazione di promozione sociale Kora  
Via Campagna 26, 06065 Passignano sul Trasimeno, Italia  
C.F. 94157630545  
Tel. +39 349 9574536  
Email: [info@associazionekora.it](mailto:info@associazionekora.it) [www.associazionekora.it](http://www.associazionekora.it)

## REIMBURSEMENT

It is fundamental that you keep all your original travel documents: bus and train tickets, invoices, boarding passes... The reimbursement cannot be done without these documents. Participants will be reimbursed up until a maximum amount granted by the European Commission.

When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself:

| COUNTRY | MAXIMUM REIMBURSEMENT PER PERSON (TO ITALY AND BACK): |
|---------|---|
| Germany | € 275,00  |
| Turkey  | € 275,00  |
| Spain   | € 275,00  |
| Greece  | € 275,00  |
| Finland | € 360,00  |
| Italy   | € 0   |

Participants will be reimbursed after the end of the youth exchange, once they provided all the original travel documents, including the train, bus and shuttle tickets of the return trip, which have to be sent by post (address would be given during the youth exchange).

## WHAT TO BRING

- Bed sheets or sleeping bag.
- Towels
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Comfortable shoes
- Outdoor clothes
- Warm clothes (you never know)
- Sunscreen (you never know)
- Slippers (or indoor shoes)
- Chargers (if you bring your camera, phone, laptop, etc)
- If possible: traditional clothes, national flag, typical objects, food or drink from your country.
- Yourself!



Associazione di promozione sociale Kora  
Via Campagna 26, 06065 Passignano sul Trasimeno, Italia  
C.F. 94157630545  
Tel. +39 349 9574536  
Email: [info@associazionekora.it](mailto:info@associazionekora.it) [www.associazionekora.it](http://www.associazionekora.it)