TERZOMILLENNIO
LABORATORIO DI UMANA SOLIDARIETÀ

Funded by the European Union

MOBILITY OF YOUNG PEOPLE - KA151-YOU

Environmental creativity

Sustainable community

YOUTH EXCHANGE

PRESICCE-ACQUARICA, ITALY
12 TO 20 OCTOBER 2024

TERZO MILLENNIO - LABORATORIO DI UMANA SOLIDARIETÀ, ITALY

THE PROJECT AND ITS OBJECTIVES

"ENVIRONMENTAL CREATIVITY - SUSTAINABLE COMMUNITY" IS A YOUTH EXCHANGE THAT AIMS TO PROMOTE AND PRESENT "SUSTAINABLE COMMUNITIES AND LIFESTYLES" AS TOOLS TO RAISE AWARENESS OF ENVIRONMENTAL, SOCIAL AND ECONOMIC SUSTAINABILITY IN OUR SOCIETIES.

OBJECTIVES:

- Raise awareness about a Green, Sustainable, Ecological Europe.
- Increase active participation through creative workshops and the direct involvement of Presicce-Acquarica's local community.
- Encourage greater involvement of young people from isolated and suburban areas and develop a sense of belonging to Europe.

THE YOUTH EXCHANGE

The youth exchange will take place in Presicce Acquarica in the province of LECCE, South of Italy, **from 12th to 20th of October 2024,** and will allow young participants to dive into example of sustainable communities and lifestyle in order to raise their awareness and improve active citizenship practices.

ACTIVITIES

Creative and recycling workshops, group activities, non-formal session and meeting with local realities with the aim to get a greater knowledge of the thematic and the territory.

ARRIVALS

12 OCTOBER 2024

DEPARTURES

20 OCTOBER 2024

PARTICIPANTS PROFILE



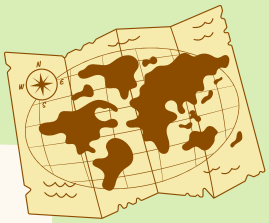
6 YOUNG PEOLPLE for each country + 1 GROUP LEADER

- Interest in the topic of sustainability
- Creative attitude
- Desire to get to know and interact with other young people and other cultures;
- The will to improve their intercultural competences and share a learning experience with an international group
- Able to speak in English

The group leader will support the group during the different phases of the project.

AGE

Young people - between 18 and 30 years old
Group leader - even older than 30



Priority will be given to economically or geographically disadvanteged participants.

REGISTRATION
Each participant must fill in the PARTICIPANT APPLICATION FORM at the following link:
https://forms.gle/HhWSCJxXYNzzXqgz5

THE CITY OF PRESICCE-ACQUARICA



ONE OF ITALY'S MOST BEAUTIFUL "BORGHI"

Presicce-Acquarica is located in Salento, Puglia – aka the "heel" of Italy's famous boot, one of the most beautiful parts of one of Italy. Rises on Cape Leuca in the Serre Salentine hills, about 70 km away from Lecce, The small town of Presicce-Acquarica was formed in 2019 through the merger of two municipalities Presicce and Acquarica del Capo. This town of underground oil mills boasts a charming historical centre, listed as one of Italy's Most Beautiful "Borghi". In past centuries, the town's economy was predominantly agricultural: this is evidenced, among other things, by the numerous *frantoi ipogei* (underground oil mills) interconnected in the town centre.

MAP OF SALENTO
-
Where are we?





TRAVEL INSTRUCTIONS



HOW TO REACH PRESICCE-ACQUARICA

Let's see that together!

Please read our travel recommendations carefully and if you have any doubts, please write to Maria at (project@terzomillenniolab.org)



THE ONLY WAY TO REACH PRESICCE ACQUARICA WITH PUBLIC TRANSPORT IS BY TRAIN.

There are direct train from Lecce to Presicce Acquarica every day (LAST TRAIN LEAVE FROM LECCE AT 7.25 P.M). The price will be around 7€. You can check the schedules on the Ferrovie del Sud est: https://www.fseonline.it/s/?language=it

In case you will not be able to reach the last train to Presicce-Acquarica please let us know!

HOW TO REACH LECCE IN ORDER TO TAKE THE TRAIN TO PRESICCE- ACQUARICA?



Option 1:BY TRAIN

Lecce train station is the main stop station connected with other principal italian city as Milan, Rome, Brindisi, Bari, So if you travel by train you can check the schedule and the time in Trenitalia web site: https://www.trenitalia.com/

Once you arrive in Lecce train station you will just need to change train and get in another one with final destination: Presicce Acquarica. As mentioned before you can check the schedule and the time on the Ferrovie del Sud est: https://www.fseonline.it/s/?language=it



Option 2: BY BUS

The bus station of Lecce is called Piazza Carmelo Bene or City Terminal.

FLIXBUS is the most known company of bus travel in all Europe and if you think you will travel by bus you could have a look of the on the website: https://www.flixbus.it

Once you arrive to the BUS terminal station you need to reach Lecce TRAIN station. From the bus station of Lecce (Piazza Carmelo Bene) to the train station of Lecce you should take a local bus (n°29) that cost 1€ or walk for 25 minutes. You can look on google maps: https://maps.app.goo.gl/UHi3YhFfnT2THhHx8

In Lecce train station you can take a train to Presicce Acquarica. As mentioned before have you can check the schedule and the time on the Ferrovie del Sud est: https://www.fseonline.it/s/?language=it

Option 3: BY PLANE



AIROPORT	**BRIDISI** Brindisi airport - " Brindisi Papola – Casale" is the nearest airport to Presicce Acquarica.	**BARI** Bari is the main city in Puglia, The airport "Bari Palese"	**ROMA** There are two aereoport in Rome Roma Fiumicino Roma Ciampino
From the AIROPORT to the CITY CENTRE	Take a Bus in front of the terminal to Brindisi train station, buy the ticket from a café inside the terminal for 1€. If you buy it on board, it costs 1.50 €.	Take a train for the central station Bari C. le (Centrale). Buy your roundtrip here: https://www.ferrovienordbarese.it/ ONCE YOU ARRIVE you should walk for 5 minutes and change the building to Bari Train Station.	Take TERRAVISION BUS from airport to the principal train straion of Roma: Termini train station. Buy roundtrip tickets in advance: https://www.terravision.eu/italiano/
From the CITY CENTRE to LECCE TRAIN STATION	At BRINDISI train station take a train to Lecce. You can have a look of the schedule on: https://www.trenitalia.com Duration (30 min.) Costs around 5€	At BARI train station take a train to Lecce. You can have a look of the schedule on: https://www.trenitalia.com/ Duration (2h) Cost around 15€	At ROME train station (Termini) take a train to Lecce. You can have a look of the schedule on https://www.trenitalia.com/ Duration (6h)

From LECCE TRAIN STATION to PRESICCE ACQUARICA	**REMEBER LAST TRAIN TO PRESICCE ACQUARICA IS AT 7.25 P.M** Once you arrive in Lecce train station you will just need to change train and get in another one with final destination: Presicce Acquarica. you can check the schedule and the time on the Ferrovie del Sud est: https://www.fseonline.it/s/?language=it Duration (2h) - Cost around 7€

TRAVEL REIMBURSEMENT PROCEDURE

All partners will be reimbursed the exact amount of money the participant has paid for their journey to PRESICCE-ACQUARICA. However, this sum must not surpass the maximum amount of the travel grant defined by the European Commission. Depending on the choice of your travel you will have a different budget amount if you decide to travel in a sustainable way or not.

DISTANCE	Green travel	Non-Green travel
ITALY (10 – 99 km)	56 EUR	28 EUR
GREECE (500- 1999 km)	417 EUR	309 EUR
ROMANIA (500- 1999 km)	417 EUR	309 EUR
SPAIN (500- 1999 km)	417 EUR	309 EUR

**the budget is calculated on distance band criteria and covers round trips*



WE NEED YOUR TRAVEL DETAILS

Please do *not buy your tickets before reciving the approval that your travel proposal is eligible for reimbursement!*

TO PROCESS THE REIMBURSEMENT WE NEED ALL TICKETS AND BOARDING PASSES FROM THE TRAVEL SAVE EVERYTHING

DON'T BUY THEM WITHOUT CONSULTATION !



We suggest that you buy all tickets online,
to the extent possible,
even for local transportation.
A useful site for purchasing tickets
https://www.omio.com/

WE CANNOT REIMBURSE YOU IF:

- you travel in dates different from the dates of the project
- your travel proposal has not been approved
- you don't attend 100% of the YOUTH EXCHANGE
- you don't choose reasonable and economic means of transportation (e.g. cheap airlines, 2nd class trains)

THINGS YOU SHOULD KNOW

ACCOMMODATION AND FOOD



The Erasmus+ Programme provides accommodation and food.

Participants will be accommodated into **small flats** located in different places in the city centre of Presicce Acquarica.
If you have any **allegies or spefic needs** please let us know in the Application form, so we can make your experience as enjoyable as possible.



VITAL INSURANCE AND DOCUMENTS



Insurance FOR THE YOUTH EXCHANGE MUST BE COVERED BY PARTICIPANTS. Be sure that you have YOUR vital insurance card and identity CARD



PLACE OF THE TRAINING



The activities of the training will be organized at

PALAZZO DUCALE

One of the most notable historic building, a beautiful palace that now serves as a cultural center for the town.

***The place will be reach by foot**

PRACTICALITIES

WHAT TO BRING

·INTERCULTURAL EVENING
PREPARE YOURSELVES FOR THE INTERCULTURAL EVENING – PRESENT YOUR COUNTRY, YOUR NATIONAL CUSTOMS AND TRADITIONS, TRADITIONAL DRINKS AND SWEETS FROM YOUR REGION. INTERCULTURAL NIGHTS WILL HAPPEN AND WE ARE LOOKING FORWARD TO SEE WHAT YOU WILL SHARE WITH US. PLEASE DO NOT BRING THINGS THAT NEED TO BE COOKED



·GAMES OR MUSICAL INSTRUMENTS IF YOU WISH FOR THE EVENING





·COMFORTABLE CLOTHES AND SHOES FOR MOVING INDOOR AND OUTDOOR (DON' T FORGET A WATERPROOF CASE).PLEASE CHECK WEATHER FORECAST BEFORE YOUR DEPARTURE



·YOUR TOILETRIES
(TOOTHBRUSH, SHAMPOO AND THOSE KIND OF THINGS)

·EARPLUGS
(YOU WILL BE SHARING
A ROOM WITH OTHER PEOPLE . . .)





WATER BATTLE

ANYTHING YOU THINK YOU WILL NEED DURING YOUR STAY

A FEW WORDS IN ITALIAN LANGUAGE







- HELLO: CIAO
- GOOD MORNING: BUONGIORNO
- GOOD AFERNOON: BUON POMERIGGIO

- IF IN FRONT OF YOU IF YOU HAVE AN ADULT, SAY: " SALVE" MI CHIAMO . . .

- SORRY: SCUSA
- THANK YOU: GRAZIE, AND THEN ANSWER:"PREGO"
- HELP: AIUTO
- I DON' T SPEAK ITALIAN: NON PARLO ITALIANO
- WHERE IS . . . : DOVE SI TROVA . . .
- EXCUSE ME, CAN YOU HELP ME?: SCUSI, PUÒ AIUTARMI?
- PLEASE CAN YOU CALL THIS NUMBER?: SCUSI, POTREBBE CHIAMARE QUESTO NUMERO, PER FAVORE?

CONTACTS

Fabiola Sica

Maria Tritto

0039 3491196906

projects@terzomillenniolab.org

