INFO2PACK

Bullying Inside, Conflict Aside

Erasmus+ KA1 – Mobility for youth workers

Morfasso, Italy

Arrivals 15th June (around dinner time)

Departures 24th June (after breakfast)

Remember, remember…

The time for the training is near and soon we'll meet!

Hope your motivation, enthusiasm and positive attitudes are at a high level.

Less than one month left and more than enough time for the last preparations:

#Book the flights as a team and share your arrival times on the Facebook group (***https://www.facebook.com/groups/1964821343780605/***), so you can eventually meet up in advance with one or more of the other teams. Keep all of your traveling tickets/documents.

#Complete the app forms! ***https://goo.gl/forms/touTvvE9Sx332Mk6***

#Make a creative/fun presentation video of your team and post it on the facebook group in order to start getting to know each other.

#Feel free to share on the group information about your association, your talents, thematic materials, presentation of your country/culture, etc (videos, photos, PowerPoint presentations and others). Besides the presentation of the short-video(s) created during the training course, we'll make poor or even none use of the video projector.

Next step: The meeting point – Fiorenzuola d'Arda

1. Arriving from the Milano aiports to Milano Centrale :

a. Bergamo or Linate
- the return bus tickets to/from Milan Centrale is 9euro (or 5euro each separately) and you can buy it inside the terminal
- the bus station is just outside the terminal
- each of the bus companies, besides the drivers, have a person that helps you with the luggage. As there are several bus companies, ask them if they are the same as your tickets (or is the following bus)
- It take about one hour and most of the times stops in another train station from Milan, so don't get out there. You'll know you are at Milano Centrale when you'll see a very big train station and a square with many buses

b. Malpensa
- More or less the same, with the main difference the return ticket is 16 euro (or 10 separately)

2. Arriving from Milano Centrale to Fiorenzuola (train station):
- once at the train station you can buy your tickets to Fiorenzuola. At the ground floor there are Tickets machines with menu in English (and other languages)
- direct trains to Fiorenzuola costs 8.75euro one way and it takes about one hour
- once you have the ticket, go upstairs (where the trains come and go)
- the trains to Fiorenzuola normally have as final destination Bologna or Parma (so look for these destinations on the main timetable in order to find the train line). Usually are amongst the last lines 18-24
- in front of each line there is some kind of machine meant to validate the tickets! Don't forget to do it before getting in the train!
- Fiorenzuola is the first stop after Piacenza (about 10-15 minutes from there)
- please let us know when you are in the train: +39 329 3760515 (Ture)
- you can check in advance the trains schedules here: http://www.trenitalia.com/

3. If you arrive to Bologna airport, take the train directing to Milano Centrale and get out at Fiorenzuola!

4. We meet up at Fiorenzuola train station and later one we'll go by car to Morfasso!

What to bring?

Accommodation and atmosphere

Even though you might feel full of motivation, enthusiasm and positive vibes, try to bring some extra for the others… just in case! Prepare yourself to get out of your comfort zone, to learn and grow, to share and care, to meet the bull inside you and inside the others and create new friendships!

We expect an active and participative group that will give the best to make this project rich and enriching in terms of inspiration, attitudes, competences, knowledge, outcomes and future episodes.

Community spirit, collaboration and flexibility will be the main keys of success, so we are going to share the rooms, the bathrooms, the facilities, ideas, experiences, cultural aspects, abilities and disabilities, strengths and weaknesses. The youngest participant, Anita, is 3 months old and eager to learn as much as possible!

However, bring your own **towels and toiletries** (you can also buy them from the local shop).

Feel free to "forget" your mobile phone at home or try to disconnect as much as possible from the virtual world (during the training course) in order to connect with the others and with yourself… or at least with the surrounding nature of the place.

There will be internet available only for emergencies… and plenty of tools to spend the free time and informal moments in constructive, social, creative, introspective and interactive ways.

From the accommodation place to the activity room (in the center of Morfasso) it's about 3km, and unless you feel like walking after the breakfast time, we'll be going by car (there are plenty for everybody to fit in).

Activities

Bring with you a notebook in order to keep track of your learning process. Your notes might turn out to be very useful after the training, when you'll have to complete your Youthpass Certificate or when you'll feel like sharing your experience with your association, your friends, your families, your colleagues or to put in practice new ideas, working methods with your target groups, etc.

During the arrival day, we'll make a special dinner, with ice-breaking tasks, so consider the timings for being present for it when you book your flights.

Day 1 will be dedicated to Bullying in general terms, getting to know each other better and our backgrounds, and team-building. The day will end with **an interactive NGOs presentation** (2-3 minutes per association, creative and fun!) and a **common intercultural night**, in which you can share something typical and interactive from your country (no videos, powerpoint, photos, etc. – you have the Facebook group for that).

Day 2 will be focused on emotions and feelings, so try to be open to it.

Day 3 – Conflict management & first interaction with the local community.

Day 4 – We'll go back to Fiorenzuola to meet associations and people that are dealing with Bullying issues. The morning will start with reading some lines (as thematic as better) in our own languages in the local library, from the **book each one of us will bring from home.** After the reading session, we'll exchange our book with some other participant or with a book from the library.

Day 5 – some special guests we'll show us a couple of therapeutic methods to express or manage our feelings (as bulls). The afternoon will be free!

Day 6 & 7 – you can choose one of the 3 workshops (forum theatre, clown or video-making). Their results will be presented during the evening of Day 7 to the local community.

Day 8 – Follow-up (a booklet meant to help young people to defend themselves from the bull inside them will be created, based on the learning and the outcomes of the training course), evaluation & closing.

Comfortable clothes and sun protection will turn out to be very good friends!

If you need help, don't hesitate to **Contact** us:

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