

# From Nature We Learn

## *From Nature We Learn*



**Place:** Sorbo San Basile, Italy

**Work language:** English

**Countries:** Greece, Italy, Latvia, Poland, Spain, Turkey

**Participants:** 31 participants aged 18+

*YOUTH INFORMATION CENTER, MUNICIPALITY KORDELIO EVOSMOS (Greece): 3 participants*

*EXCMO. AYUNTAMIENTO DE PURCHENA (Spain): 3 participants*

*Fundacja Tale Euro Est (Poland): 3 participants*

*Karaman Genclik Merkezim Genclik Kulubu Dernegi (Turkey): 3 participants*

*Daugavpils novada Kulturas parvalde (Latvia): 3 participants*

*Stowarzyszenie Inicjatyw Regionalnych (Poland): 2 participants*

*Still running (Latvia): 2 participants*

*AEGEE EVROPOLIS (Greece): 2 participants*

*Ticket2Europe (Spain): 2 participants*

*Aydin kulturel gelisim dernegi (Turkey): 2 participants*

**Activities' Dates:** from 11 to 16 June 2016

**Travel days:** 10 June– 17 June 2016

**Dear partner,**

**This infosheet contains a lot of tools and tips that will help you for the Youth Exchange “From Nature We Learn”.**

**Please, read it carefully according a special attention to “Reimbursement” and “Travelling tips” parts.**

**We are looking forward to meeting you!**

**Yours,**

***Associazione Demetra and In Progress Staff***

The project will take place in Sorbo San Basile, Catanzaro department (ITALY).

The project's topic is teaching through nature. The activities will be carried out behind the fabulous Sila National Park; rich of evergreen forests, quilted by large clearings, crossed by crystal streams that form waterfalls of spectacular beauty, and lakes set like gems in the green mountains.

Each day is planned in order to achieve one or more specific objectives through the proposed activities. We want to collect and promote, in a context of non-formal learning, fun and interactive, innovative ways to acquire knowledge and skills.

The objectives of this training course are:

- improve knowledge of the theoretical background and teaching outdoor education and nature and the methods of experiential learning
- introduce training methods experiential, outdoor / nature-based and understand their effectiveness as tools for youth empowerment and active participation

# From Nature We Learn



- explore, understand, analyze and improve the quality of experiential learning and the tools used, as educational methods
- provide space to the participants for discussion, sharing of best practice and develop their soft skills and training skills
- improve knowledge of the Erasmus+ program as a tool to improve the quality and strengthen the international dimension of youth work through outdoor activities and activities based on the nature
- improve the ability to transfer the methods based on the nature and concepts of experiential learning to young people in the projects funded by the Erasmus+.

The objectives will be achieved easily by using the non-formal learning methodology during the implementation of the activities, through the practice of "learning by doing". The young people will play simulation games, practical activities, interaction with the local community, discussions, practical action. The topics require not only formal knowledge, but also reflection on values and attitudes, non-formal education will be used in a casual and multicultural environment.

The activities that aim to introduce the participants in to the project and get them socialize with each other and find set of rules for intercultural coexistence are:

- 📌 **Ice Breaking Activities & Presentation Agenda Explanation, Hopes & Fears, Team Building Games:** aimed at creating the international atmosphere and let the participants know each other;
- 📌 **Erasmus Plus:** to learn more about the opportunities offered by the Erasmus + Programme, more in depth we will talk about Key Action 1, giving ideas, info and explanations on Youthpass Certificate and Europass Language Passport
- 📌 **Warm Up:** used to keep up the team spirit and positive approach to the days. Every day one country has to introduce the day by WARM UP (energizers) and it takes 30 min. (more or less 3 games).
- 📌 **Evaluation: (Pre/After)** Questionnaire on individual skills and about the group experiences.
- 📌 **International Evening:** during which each country will show to the group traditions, habits, and prepare some typical local dishes.
- 📌 **Sharing Moments** is a moment during which participants will feel free to express their opinion and feelings about the exchange. We need to have this moment in order to adjust our staff work if required and it aims to satisfy participants' needs and expectations.
- 📌 **Leaders Meeting** is a meeting, during which leaders and staff meet each other and speak about the ongoing exchange, i.e. the results of Sharing Moments.

## TRAVELLING TIPS TO SORBO SAN BASILE

YOU NEED TO ARRIVE NOT AFTER MIDNIGHT ON THE DAY 10 June AND TO LEAVE NOT AFTER MIDNIGHT ON DAY 17 June to have covered the contribution for your tickets.

We come to pick you up at the station or at the airport.

Please, consider that for the transfer you need to save 12€ for arrival and 12€ for departure, in total 24€. To have this service you will have to become In Progress member, so, the cost is not refundable. According to Italian law we can offer the transfer service just to our association's member.



Reimbursement are based on:

- 1) **Original tickets –electronic ticket and boarding pass-** (please don't forget to safe and send them to us) with visible date and cost of travel (name of the traveler if possible)
- 2) If the date or the price is not written on the ticket – **the invoice with the name** of the person is required
- 3) **For plane** travelers: invoice with the name of the traveler and original boarding cards are required
- 4) The tickets will be reimburse only after giving us tickets.

Please, it is absolutely important that you hold all tickets, e-tickets and boarding pass need being delivered to the hosting association.

## REIMBURSEMENT

Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the distance from your location of residence to the location of the project. These distances must be calculated using the distance calculator supported by the European Commission.

To reimburse you up to 100% of your travel expenses you have to provide us with all documentation, included **Boarding Passes (go/back) and Invoice / Receipt**. Keep your bus / train tickets as well! Travel by taxis is not reimbursed.

**As soon as we receive ALL original travel documents we will send you the reimbursement per bank transfer.**

If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provided all the necessary travel documents, we will be unable to reimburse you

It is in your interest to print all documentation required before your arrival in Italy.

During project's activities we won't have easy access to printers!!!

## TRAVEL REIMBURSEMENT UPPER LIMITS

Greece: 275,00€

Latvia: 360,00€

Poland: 275,00€

Spain: Ticket2Europe- 360,00€ Ayuntamiento de Purchena- 275,00€

Turkey: 275,00€

## IMPORTANT!

The **tickets will be reimbursed** only **AFTER** giving us tickets. We will send the reimbursement to the Group Leader (or another participant) by bank transfer, no cash will be given during the project days.

Please, it is absolutely important that you hold all tickets, e-tickets and boarding pass need being delivered to the hosting association.

## NOTE:

- **Lodge&Board are fully covered by organizers.**

**For arriving where the exchange takes place:**

- **the closer train station is Lamezia Terme Centrale or Vibo Valentia Pizzo**
- **the closer airport is Lamezia Terme (SUF)**

# From Nature We Learn



In any case, we advise you to check flights on [www.skyscanner.net](http://www.skyscanner.net)

## To LAMEZIA TERME

### By Plane:

If you arrive to LAMEZIA (SUF) airport you should change plane in Rome or Milan. We have also low cost direct flights:

- By **Ryanair** from Milano-Bergamo, Bologna, Pisa, Barcellona Girona, Francoforte-Hahn, Dusseldorf-Weeze, Londra-Stansted <http://www.ryanair.com/it> ;
- By **Easyjet** from Milano-Malpensa <http://www.easyjet.com/it>
- Also **Alitalia** operates flight to Lamezia Terme

**By Plane + Train:** If you arrive to **Rome Airport** and you want to take the train, please check this link: [www.trenitalia.com](http://www.trenitalia.com) and choose **LAMEZIA TERME CENTRALE** as final destination.

**By Bus from Rome:** <http://www.lirosilinee.it> or <http://www.venuslinee.it/>

PLEASE BEFORE BOOKING TICKETS I HAVE TO CONFIRM YOUR TRAVEL PLAN, SO WRITE IT TO ME:  
[ass.demetra@hotmail.com](mailto:ass.demetra@hotmail.com)

### ACCOMMODATION

All the participants will be hosted in this hotel "Parco Hotel GRANARO"  
<http://www.parcotelgranaro.com>

### FOOD

If you have special diet needs (allergies, vegetarian, etc.) please communicate it.  
You will have the chance to taste the Italian food from breakfast to dinner.

### WHAT TO TAKE WITH YOU

- You should bring the usual stuff that you take with you when you go in travel (**don't forget your bath towels**).
- Don't forget to take something with you from your country for the international evening... and your amazing flag!
- minimum 1 laptop for group. If you can bring more is better.

Contact Person:

If you have some questions, doubts or comments don't hesitate to write to:

**Vittoria** at [ass.demetra@hotmail.com](mailto:ass.demetra@hotmail.com)

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## VENUE

