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# Eu and Me - Let's Clean the World!

Erasmus+ Youth Exchange  
September 30<sup>th</sup> – October 7<sup>th</sup>,  
2023 Cicala, Italy  
Terra Mater Cicala



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**TERRA MATER**

CICALA



Co-funded by  
the European Union



Agenzia Italiana  
per la Gioventù

# About the project

The main objective of our project is to reduce waste production and promote the social initiative of learning to clean areas contaminated by waste. We will continue our work started with our previous project “Cicala Plastic Free-Art!“, given its successful outcomes and the positive impact we have been able to achieve.

Young participants will experience the importance of the European Erasmus+ Program and see how the European Union supports youth initiatives for education and environmental conservation.

The objectives of this project and the learning objectives we aim to achieve are:

- activate young people to protect the environment;
- create awareness of the damage caused by the overproduction of waste and of any disposable material, seeking solutions for this problem;
- promoting creativity as a tool for the defense of the environment;
- to improve young people's level of creative skills;
- to raise awareness among young people on intercultural dialogue and cultural diversity;
- increase the level of key competences of young people certified Youthpass;
- promote intercultural learning and global goals through non-formal education;







# Want to join? Participant profile

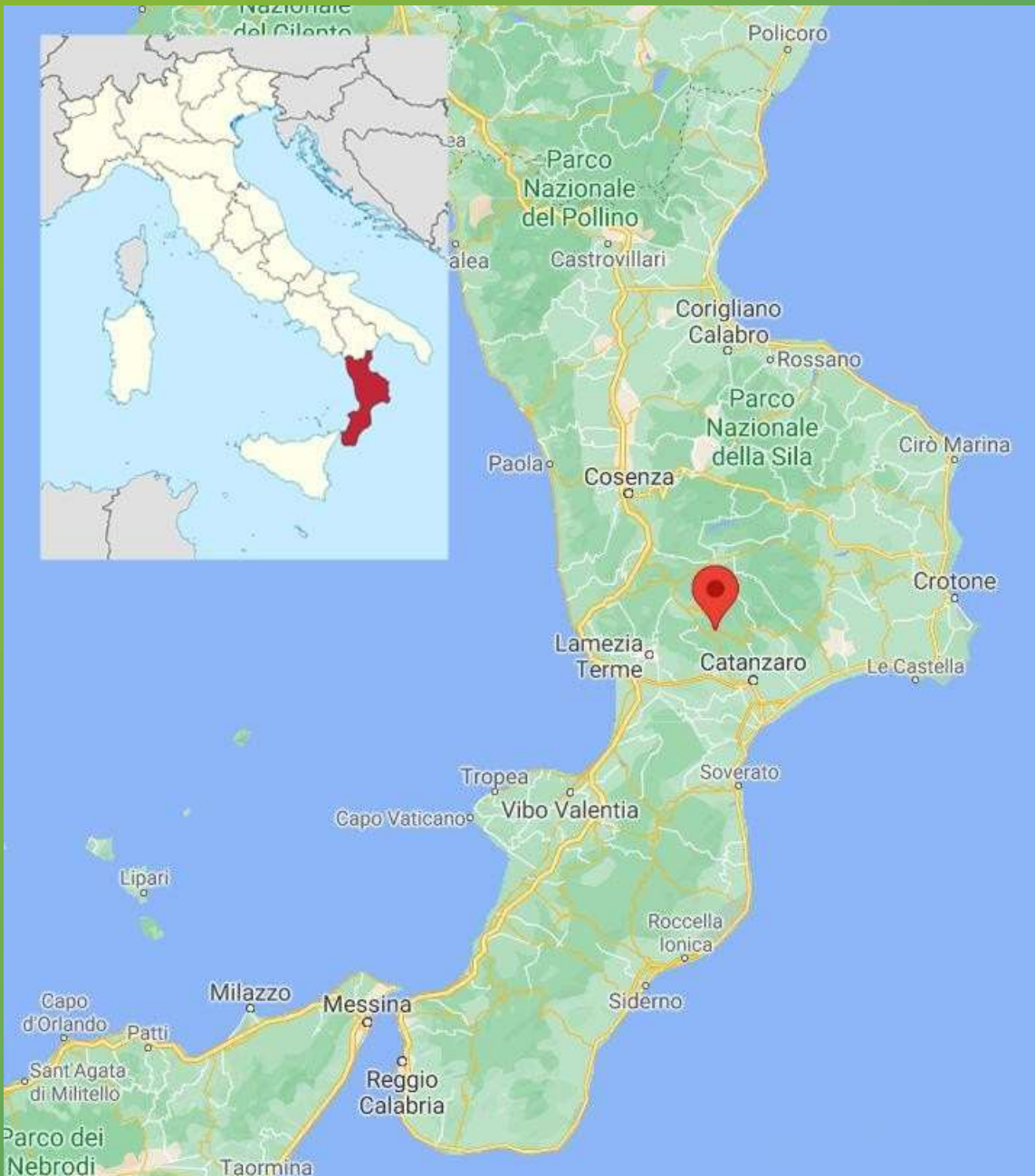
Each partner organization will send 5 participants and 1 group leader (6 people in total). Participants and Leaders must agree to take part in the whole duration of the Youth Exchange: September 30th – October 7th, 2023

## Participant Profile

- Age requirements: between 18 and 30 years old;
- Want to improve their skills towards environmental sustainability;
- Sensitive to the environmental issues;
- Has a basic-intermediate level of English;

## Leader Profile

- Age requirements: older than 18 years old;
- Is able to support his/her group;
- Previously participated as participant and/or leader to any youth project at national or international levels;
- Has high English literacy (B2-C1) level;
- Has previous experience in Youth Working and/or Erasmus+ programme;



# How to get to Cicala?

Choose preferably flights that are landing in Italy in the morning or the day before, so you will have the time and the assured transportation to reach the meeting point on time.



Closest Airport: Lamezia Terme

Do not reserve any train ticket in order to reach Cicala, as we will provide internal transport from Lamezia Terme to the venue. 😊👉

Very important: We will create a pickup point in Lamezia Terme according to your arrivals. It is important that you will assure your presence in Lamezia Terme not later than **18.00** on September 30<sup>th</sup>. Transport will be organized with a bus from the pickup point to the venue of the Youth Exchange, Cicala. **Cost of this bus is 30€ per person**, and it will be covered with the travel budget. This means that if your total reimbursement is 275€, you will be cut out 30€ from the total amount, so it will become 245€ (30€ is for round way trip.) Very important: this bus is already booked so the cost will be cut off from each participant regardless their intention to catch this bus.

After you will communicate to us your arrivals, we will make a schedule that you can follow with information on the exact time and place of the pickup point!

Same goes for the departures, knowing that the organized bus will bring you to Lamezia Terme in the morning of October 7<sup>th</sup>.

# Tickets Guidelines

The following guidelines are very important. Please make sure to read them carefully, and if you have any doubt, please ask us!

## Arrival and Departure days of the Youth Exchange: September 30th - October 7th, 2023

Eligible extra days accepted from the National Agency for extending your stay in Italy and receive your reimbursement for your travel fully by our organization are up to 2 extra days. Please remember that accommodation in Italy cannot be covered for extra days.

**Travel route must be approved by us, so before booking your flights ask us and wait for our approval!**

### Accepted travel days are:

September 30° – October 7°,  
September 29° – October 7°,  
September 28° – October 7°,  
September 30° – October 8°,  
September 30° – October 9°,  
September 29° - October 8°;



**SAVE THE  
DATE!**

## NEEDED TRAVEL DOCUMENTS FOR REIMBURSEMENT

- ✓ Flight tickets – choose second class, cheaper flights. For flight tickets you will have to provide: Ticket Reservation (you receive it online after you buy your flight, on which you find the cost of the ticket) & Boarding pass (for both ways, printed in original or pdf/screenshot).
- ✓ Train, Bus and Shuttle tickets – make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice is better;
- ✓ Transport by taxi or Rent a Car – reimbursement is allowed only if public transport is not available; a personal written declaration will be needed. (Before using it you can speak with us in order to arrange a cheaper solution if possible);
- ✓ Important: Remember to take a screenshot of app or mobile tickets and boarding passes as it will disappear after you travel, so we need to save the proof.

Don't forget to keep all your tickets, receipts, reservations and boarding passes! In case of missing documentation, we will NOT be able to reimburse you!

# Travel Reimbursement & Costs

Project budget covers: 100% costs for accommodation, 100% costs for 3 meals (breakfast, lunch, dinner) & 2 coffee break per day.

Travel costs (from your house to the venue) will be reimbursed up to a maximum of 275€ per participant.

Within this cost: Transport from/to Pickup point to the venue of the Youth Exchange, Cicala. Cost of this bus is 30€ per person, and it will be covered with the travel budget. This means that if your total reimbursement is 275€, you will be cut out 30€ from the total amount, so it will become 245€ (30€ is for round way trip.)

Reimbursement will be done after all travel documents and payment proofs will be collected. Reimbursement will be transferred on the organization bank account.

After having collected all printed original forms, they will have to take pictures/scans and put them together with the digital version of tickets.

Please find in the Drive Folder also an Excel file as Reimbursement guide to fill in.

Very important: Reimbursement will be completed only when all documents are correctly collected.





# The Venue



The venue of the Youth Exchange is Cicala, a quiet small town in Calabria, Italy.

Participants will be accommodated in tiny houses located around the center of the town.

Lunch & Dinner will be cooked by a trained cook who will prepare traditional food from Calabria, so be ready to taste delicious food!

Breakfast & Coffee Break will be organized by host organization... we will try to keep you energized and happy!

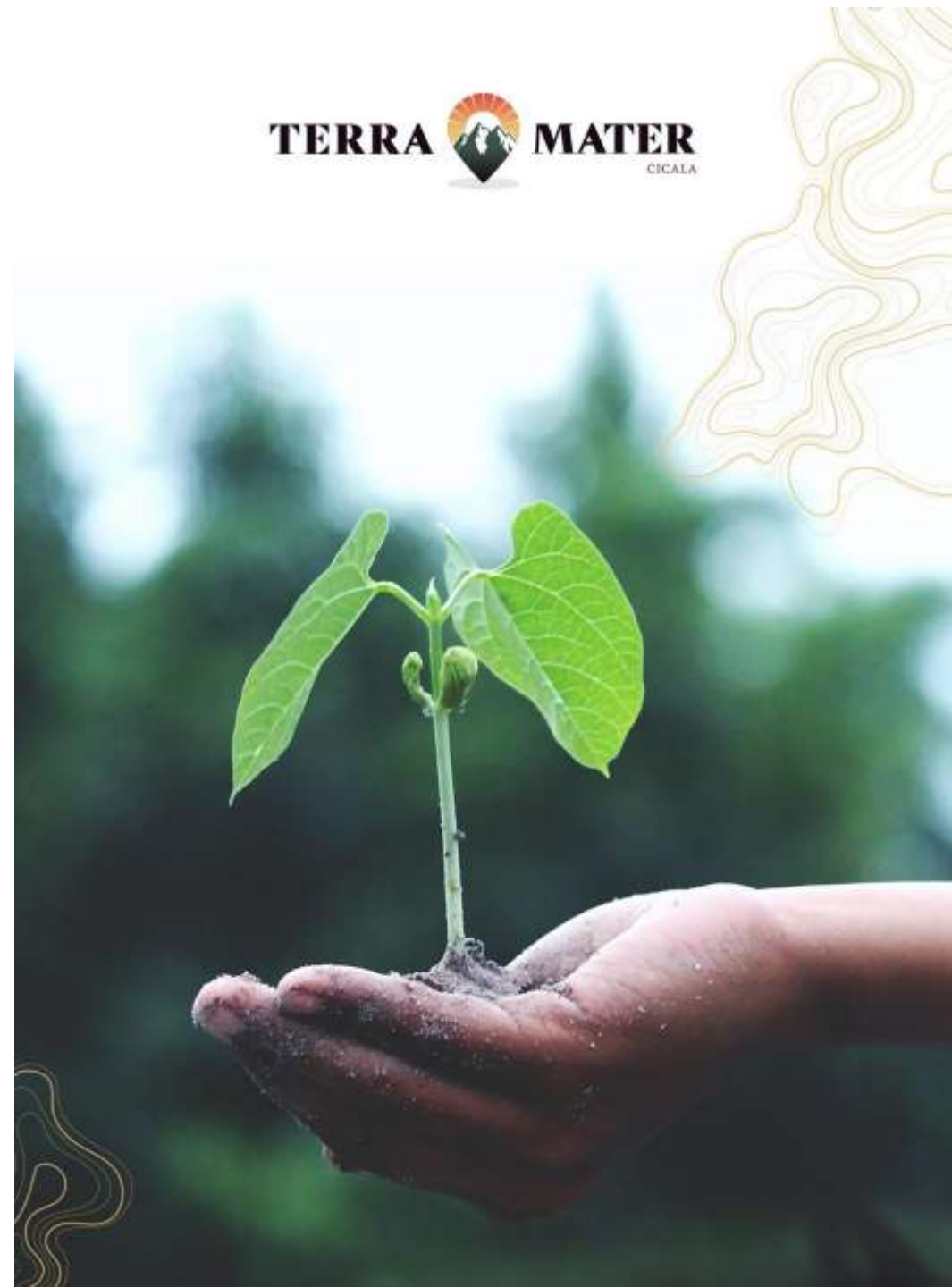




# To Do List ✓

Please make sure to follow the next steps:

- ❑ Prepare yourself on the topic of the project, bringing your creativity and positive energy!
- ❑ Reserve your tickets (after hosting organization approval!) by August 23<sup>th</sup>. Upload your tickets and reservations in our drive, as explained in page 6 of the Infopack.
- ❑ Cultural Night - Every national group of participants from one Country will need to present their culture on the intercultural evening: you can bring some traditional food, show traditional dances and tell interesting facts and stories about your Country. You can also prepare games and quizzes!
- ❑ Safety and Insurance - the project budget will not cover a travel insurance, by the way we highly recommend to get a European Insurance Card.



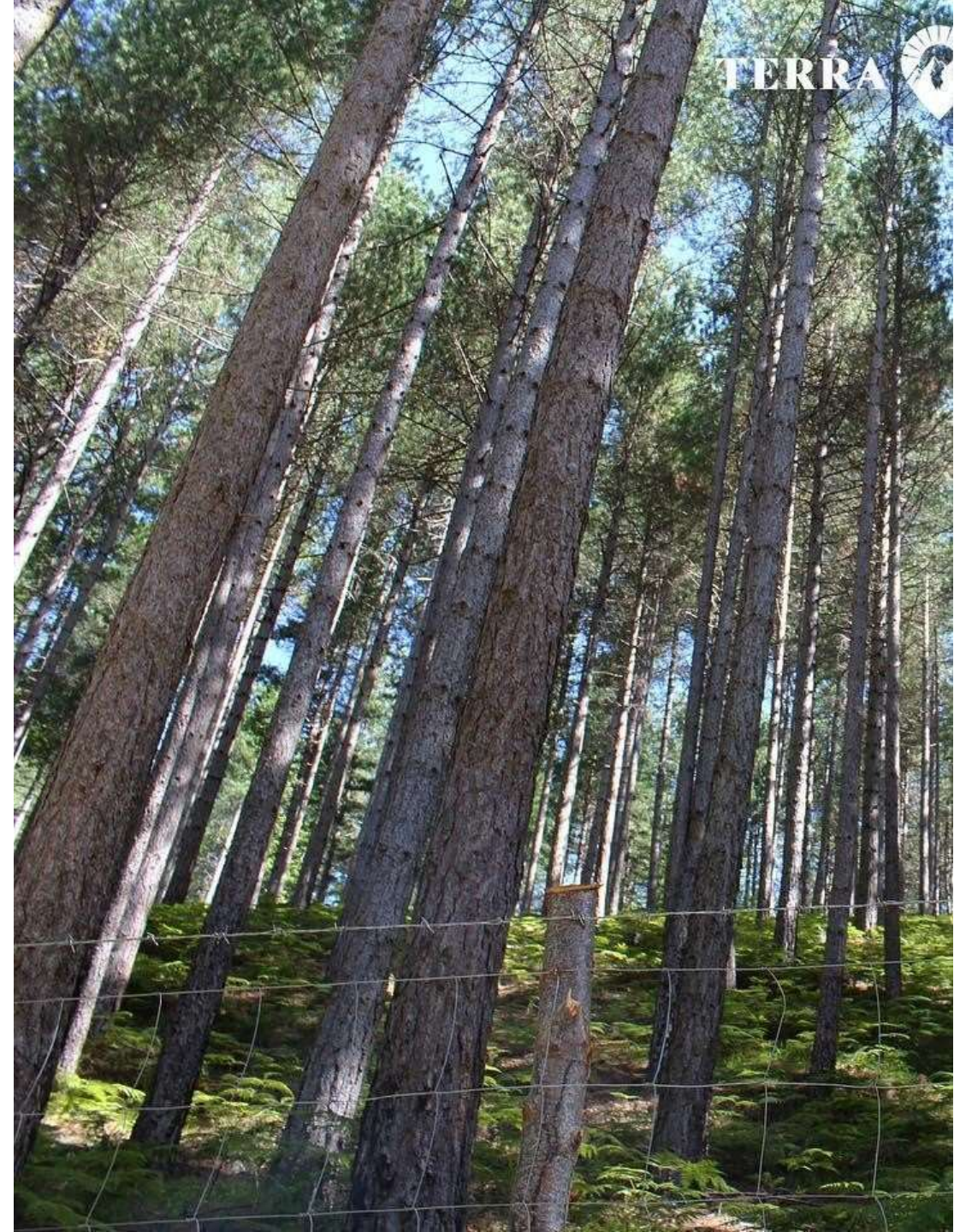


# What To Bring?



Please, don't forget!

- All your travel documents and tickets according to what explained in page 5 and 6
- Personal cup and water bottles, to be refilled and used personally, in order to reduce plastic use and keep your liquids separate from others!
- Personal Towels and hygiene items
- Personal medicines or any unusual personal items
- Snacks and drinks in representation for your Country, for the Intercultural Nights (keep in mind that there will be no kitchen to cook something on the spot, so bring only ready food & drinks....!)





# Contacts

## TERRA MATER CICALA

Facebook Page: Terra Mater Cicala

Instagram: @terramatercicala

Email: [terramatererasmus@gmail.com](mailto:terramatererasmus@gmail.com)





# GRAZIE FOR YOUR ATTENTION!

SEE YOU VERY VERY SOOOOOOOO  
NEXT IN ITALY!