

ICE-BREAKERS

be breath

TRAINING COURSE
MOBILITY
OF YOUTH WORKERS



Co-funded by the
Erasmus+ Programme
of the European Union

Centro Anidra
Borzonasca (Genoa)
ITALY

27th January
4th February
2024





Project Overview

The project aims at raising awareness of the connection between body and mind through the practice of the Wim Hof and the Oxygen Advantage methods and through a deep focus on Mindfulness meditation.

Ice-breakers is meant to provide concrete tools to support us to cope with stress, from daily stress to the acute stress resulting from cold exposure.

Activity timeline



ARRIVAL: 27th January 2024

PROGRAM DAYS: 28th January – 3rd February 2024

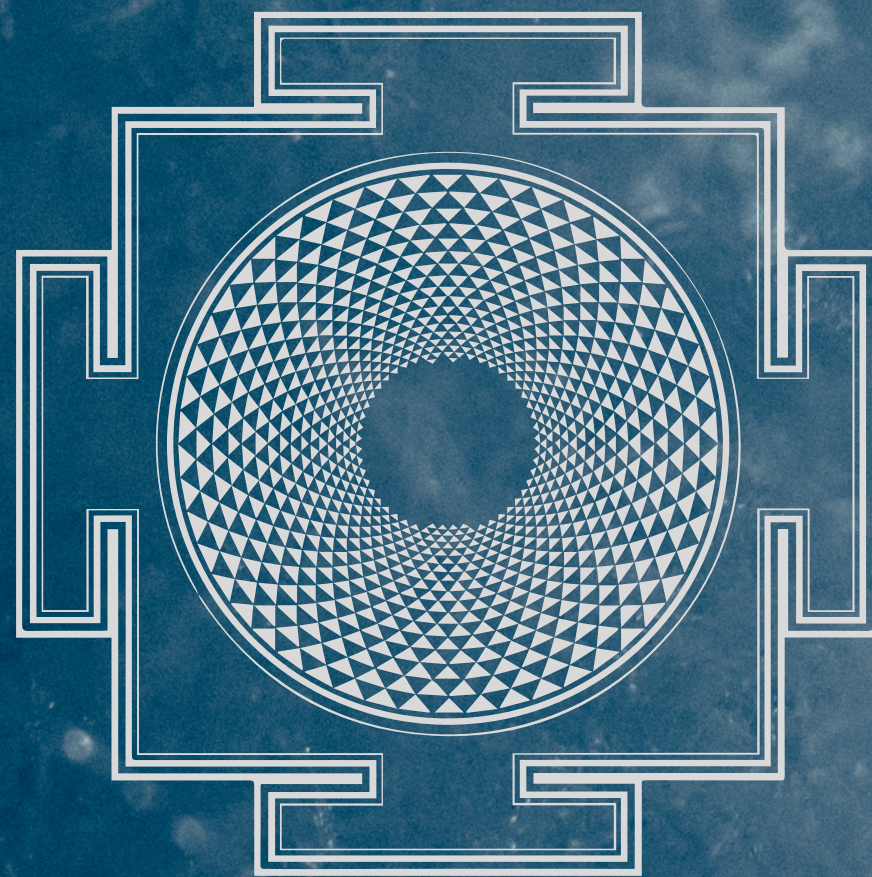
DEPARTURE: 4th February 2024

FOLLOW-UP ACTIVITIES: February – March 2024

CLOSING: 15th March 2024

ONLY IF you choose green travel, you are allowed to travel 3 days before or after the program days. If you do not choose green travel, you are allowed to travel 2 days before or 2 days after the program days.

Agenda



27.01.2024 * Arrival day

* Introduction

* Mindfulness

* Wim Hof method day 1

* Wim Hof method day 2

* Be in nature

* Gratitude and
compassion

* Mudita

04.02.2024 * Departure day



Follow UP activities

The organization and implementation of 6 local events, 1 in each local community where the participants of the projects are active, that involve local organizations and institutions in a discussion on the importance of supporting young people to achieve physical, mental, and social well-being, and in the planning of coordinated actions in cooperation.



VENUE

The venue is located in Borzonasca in the province of Genoa. The place is an **ecovillage** situated 30 minutes by car from the sea and surrounded by nature.

At our disposal, there will be a huge room activity and a few wooden bungalows with **shared** bathrooms. The cosy rooms will be organized to host 4 people and could be **mixed by gender**. Half of the shared bathrooms are in a bungalow **separate** from the rooms (less than **1 min** walk). Bungalows are heated with **wood stoves**, so the temperature is not constant (it could be hotter in the evening than in the early morning). The rooms are 4/5 minutes away on foot from the Activity Room and you will have to climb some stairs. If you have any needs please tell us in the application form.

Being located in the nature internet connection could be weak, but there is WiFi in the dining area.

The meals will be simple and made with local products.



FOR MORE INFORMATION AND CURIOSITIES visit the website of the venue



When you will arrive there will not be the possibility to reach stores, so please if you need something, purchase it before the arrival.



VENUE PICTURES



Rooms and toilettes



Map of the Eco Village

Activity Room





VENUE

Centro Anidra has a wellness area including a Finnish sauna (7 euros per participant). This service is **NOT** mandatory and costs are **NOT** included in the project





Near the venue

Cinque Terre



Portofino

San Fruttuoso



How to get there

BY TRAIN / BUS:

- **To arrive at Genova Piazza Principe**
- **Those who choose to travel by train (with or without GREEN TRAVEL)** can evaluate the interrail for 4 days -> <https://www.interrail.eu/en/interrail-passes/global-pass>

WITH AIRPLANE:

- **To land at Genova airport (BEST CHOICE for airplane)** -> take the bus from Genova airport to Genova Piazza Principe train station (<https://www.amt.genova.it/amt/biglietti-e-abbonamenti/acquisto-online/volabus/?lan=EN>)
- **To land at Pisa airport** -> take the train from the airport to Pisa train station and then to Genova Piazza Principe train station (<https://www.trenitalia.com/en.html>).
- **To land at Milan / Bergamo airport** -> take the shuttle to Milan central station and then the train to Genova Piazza Principe (<https://www.trenitalia.com/en.html>)
- **To land at Turin airport** -> take the shuttle to Turin Porta Nuova train station, then, the train to Genova Piazza Principe (<https://www.trenitalia.com/en.html>)



A private bus will pick you up at Genova Piazza Principe train station at 19:30, please arrive there 15 minutes before the departure.

For the return, the bus will pick you at Genova Piazza Principe around 9:00 in the morning.



Max. reimbursement amount

--> For this training, **we have a clear preference: green travel!**

This means that instead of flying we can:

- take international trains
- take international busses
- come by car, travelling together with at least 1 other person.

If you choose one of these travel options you have the right to:

- a higher reimbursement
- additional travel days



Keep in mind that we have already kept 50€ from your Travel Reimbursement amount in order to pay for the bus from Genoa - Centro Anidra and back. In this way, you will have no extra costs.

	TRAVEL	IN CASE OF GREEN TRAVEL
ITALY	50	160
SPAIN	225	270
POLAND	225	270
CYPRUS	310	NO GREEN TRAVEL
TURKEY	225	NO GREEN TRAVEL
PORTUGAL	225	270

TRAVEL DAYS -
NO GREEN TRAVEL
26-27 January
4-5 February

TRAVEL DAYS -
WITH GREEN TRAVEL
25-27 January
4-6 February



Cost and Reimbursement

The project is co-funded through the Erasmus+ program, **which means that accommodation, food, materials, the program, and travel costs up to the maximum allowed amount are fully covered.**

As a training course, **we ask for a participant's contribution of 60€ per person**, to be paid in cash upon arrival at the location. We consider this as a symbolical contribution to your learning and it will be used to cover some of the project costs.

According to the rules of the Erasmus+ program, if your travel costs are higher than the maximum reimbursable amount explained in the previous slide, the difference is covered by you.

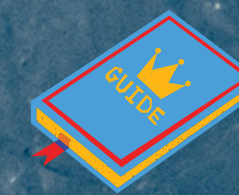
To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes, and invoices (originals). ONLY if you have the travel tickets, boarding passes, and invoices we can reimburse your travel cost.

The reimbursement is done usually approx. 2-3 months after the project, once you send us the originals of the tickets and took part in all the phases of the project.

We will only reimburse your travel costs if you participate in the whole training, the follow-up, and the evaluation after the project.



Keep your invoices, tickets and boarding passes



We will require these documents for the reimbursement of your travel costs, without INVOICES, TICKETS AND BOARDING PASSES the reimburse will not occur.

Electronic documents are preferred (you don't have to print anything).

We need Boarding Passes of the flights. Be careful because they expire from your phone app after the flight. Screen shots for are valid for BP. Also PDF or physical formats.

TRAVEL RULES:

- 2nd class is mandatory.
- Transfer by Taxi/Uber (or similar) is not eligible for reimbursement unless there is no other option by public transportation.
- Only one baggage per person (besides the backpack) is eligible for reimbursement. Seat allocation is not eligible for reimbursement.
- To get the reimbursement the travel is to be done during the travel days.



The TEAM



Leonardo Pelagotti is an expert Level 3 Instructor of the Wim Hof® Method, the first MASTER Instructor Oxygen Advantage® in France, a Breathing Coach, a black belt in Kung-Fu, a former national gymnast in Italy and a training engineer. He has accompanied thousands of people in Europe to regain control of their breathing and their mental health, such as the best athletes, the Italian special forces, business executives and anyone who wants to express the best of themselves.



Emiliano Ippolito is an improv actor, stand-up comedian, and director with a diploma in comedy writing and performing. When he's not teaching theatre, he immerses himself in nature photography, cooking, and playing music. He has provided his expertise to several Erasmus+ projects, conducting workshops on mindfulness, improv theatre, public speaking, body awareness, stress management, and group building.




Francesco Cavicchioli, Chairman and co-founder of Maek APS, holds a degree in Sports and Health Sciences and a Master's in Psycho-pedagogy and Inclusion Education. With a rich volunteer history in central-northern Africa, eastern and southern Europe, Brazil, Bulgaria, and Thailand, Francesco actively contributes to international projects funded by Erasmus+. He also serves as a socio-cultural educator in a Lunigiana social cooperative committed in community welfare.



WHAT TO BRING?



- **Valid passport or ID card**
 - **Travel and health insurance valid in Italy**
(we strongly recommend getting an extra travel insurance, not only EU health card)
 - **Any medicine you take on a regular basis**
 - **Warm and comfortable clothes for indoor and outdoor activities**
 - Water bottle
 - **Good walking winter shoes (waterproof)**
IMPORTANT!!! There may be snow
 - **swimsuit and swimming towel**
 - Raincoat
 - Backpack
 - Towel and flip-flops
 - Hygienic kit
 - Notebook
- 

PARTICIPANTS' PROFILE



3 participants for each country

- To be 18+ years old
- Youth worker who are interested in explore new technique of physical, mental and social health
- **Are motivated** to take part in all the phases of the project (preparation, mobility, followup)
- Would like to bring the results to your local community
- **To hold the European Health Card** (or similar insurance)
- To live in one of the **partner countries**
- **Good level of English**
- **Pregnant women**, people suffering from **epilepsy** and **serious heart problems** are not recommended to participate.

The project is related to increasing awareness about mental and body connection. Therefore, the profile is motivated to discover the topic, being willing to have active participation, to be able to contribute to the project.



CLICK HERE TO APPLY

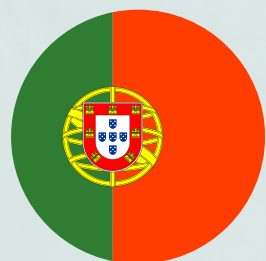


PARTNER ORGANIZATIONS



Youth Dynamics group

youthdynamicscy@gmail.com



Pó de Ser

info@podeser.pt



Ticket2Europe

info@ticket2europe.eu



Youth Act

youthactpoland@gmail.com



ULUDAG UNIVERSITESI AOSD

uludaguaogrenci@gmail.com

About Guitare Actuelle



resonatingeurope@gmail.com

www.musinode.it

The project is designed by the association Guitare Actuelle.

Founded in 2010, Guitare Actuelle goes beyond the ordinary conception of the musical school and didactics aimed at studying the instrument; is a non profit cultural association that aims to bring the greatest possible number of children, teenagers and adults closer to music as a language of the emotional sphere. An educational project, born from the innovative methodological concept which interprets music as a root to creativity, cooperation and sharing.