



YOUTH EXCHANGE

BE A SOLUTION FOR POLLUTION

GALBIATE, ITALY

APV: 12-14 JANUARY 2024

YE: FEBRUARY 19-28, 2024

INFOPACK



1 About the Youth Exchange



Through this youth exchange, we will put European young people at the centre of the debate and of the search for solutions to the problems related to pollution in Europe. Thus, we want to make young people aware of the role they play in the conservation of the planet and of the excessive pollution generated.



- Offering young people a space to share, debate and search for solutions to the problems related to environment and pollution.
- Promoting awareness of the detrimental effects of different types of pollution; noise, water, air and light on the environment and on human health.
- Exploring different ways of approaching environmental education among young people, by utilising non-formal education methods as laboratory experiments, outdoor activities and upcycling workshops.



- Providing tips and tools to reduce the individual impact on the environment in daily life.
- Involving young people in nature and rural areas by highlighting the advantages of a cleaner environment and healthier lifestyle.
- Planning local and transnational action to promote the conclusions reached by the project, as well as the methodologies that will be developed.



The activities will start on February 20th, in the morning. Every day we will have about 6 hours of activities, divided by coffee breaks and lunch, followed by a reflection group.

The details of the activities will be defined together with the group leaders during the APV planned in January 2024.



Participants' Profile



Each partner organisation will involve 5 participants (18-25 years-old) and 1 group leader (25+)

Group leaders MUST participate in the Preparatory Visit of January 2024.

Considering the topic and to foster the peer-to-peer exchange, we aim at involving both (ideally 50% of each profile):

- young people who already have a base in environmental education or have a strong interest for the topics of environment, nature and ecology;
- young people who have never been involved in this kind of activities but that could benefit from them.

For the same reason, each national team should involve at least 2 participants facing fewer opportunities (in particular: social barriers, cultural differences, economical obstacles, educational difficulties).

Participants should be motivated and interested in the topic of the project and willing to get involved in pre-departure, dissemination and follow-up activities.



Pre-departure and follow-up

We expect each organization to implement at least 1 pre-departure meeting (in person or online) with their national team and the group leader. The meeting will aim at allowing participants to get to know each other, sharing fears and expectations about the project, discussing the activities of the project, preparing activities for the Youth Exchange (if needed).

We also expect each organization to implement 1 follow-up meeting, that will aim at: evaluating the global experience of the project, reflecting on the learning outcomes to fill the Youthpass, discussing and preparing dissemination activities. Additionally, we expect at least 1 dissemination event organized by each partner, that will be documented and sent to Associazione No Borders within one month.



What to bring

- Comfortable, warm and waterproof clothes
- Waterproof and warm shoes
- Winter jacket, beanie, scarf and gloves
- Cantine/bottle (water here is drinkable)
- Hygiene products (ecological, ex. natural solid soap)
- Socket Adapter (Italian plugs are as the one in the picture)
- Health insurance card or private medical insurance
- Board games/cards
- Snacks and drinks for the Intercultural Night



The Youth Exchange will be hosted in Galbiate, at "Ostello Parco Monte Barro". The venue is almost 1 hour far from Milan and Bergamo. The building is managed by the organization "Legambiente Lecco", which organizes activities for young people, mostly on the topic of environment and sustainability.

During the youth exchange, participants will be divided into multinational 2 or 3 people rooms, according to their self-declared gender.



For more information, please visit their website: <http://www.ostelloparcobarro.it/>

The menu will be structured according to the participants' diets, allergies and pathologies, communicated in advance, through filling in the Registration form.

Furthermore, as we count on motivated participants willing to step into a complete learning experience, to get out of the comfort zone and interact with people from other countries as much as possible, respecting the others, the timetable (punctuality) and the organizing team, and not on a spirit of vacation or focus on tourism and exhausting night parties, rotating groups will be created to help and keep common areas clean, while promoting active participation.



Travel costs will be covered in the framework of Erasmus+ travel bands.

- Italy: 23€ (green travel)
- Hungary, France: 275€ (traditional travel) | 320€ (green travel)
- Spain: 275€ (traditional travel)
- Turkey: 275€ (traditional travel) + 100€ (visa costs support)
- Cyprus: 360€ (traditional travel)

To reach Galbiate, the best option is to fly to Milan or to Bergamo.
Please,

- for the **ARRIVAL** search for flights landing **by 4PM** on **FEBRUARY 19th**
- for the **RETURN** search for flights taking off **from 2PM** on **FEBRUARY 28th**.

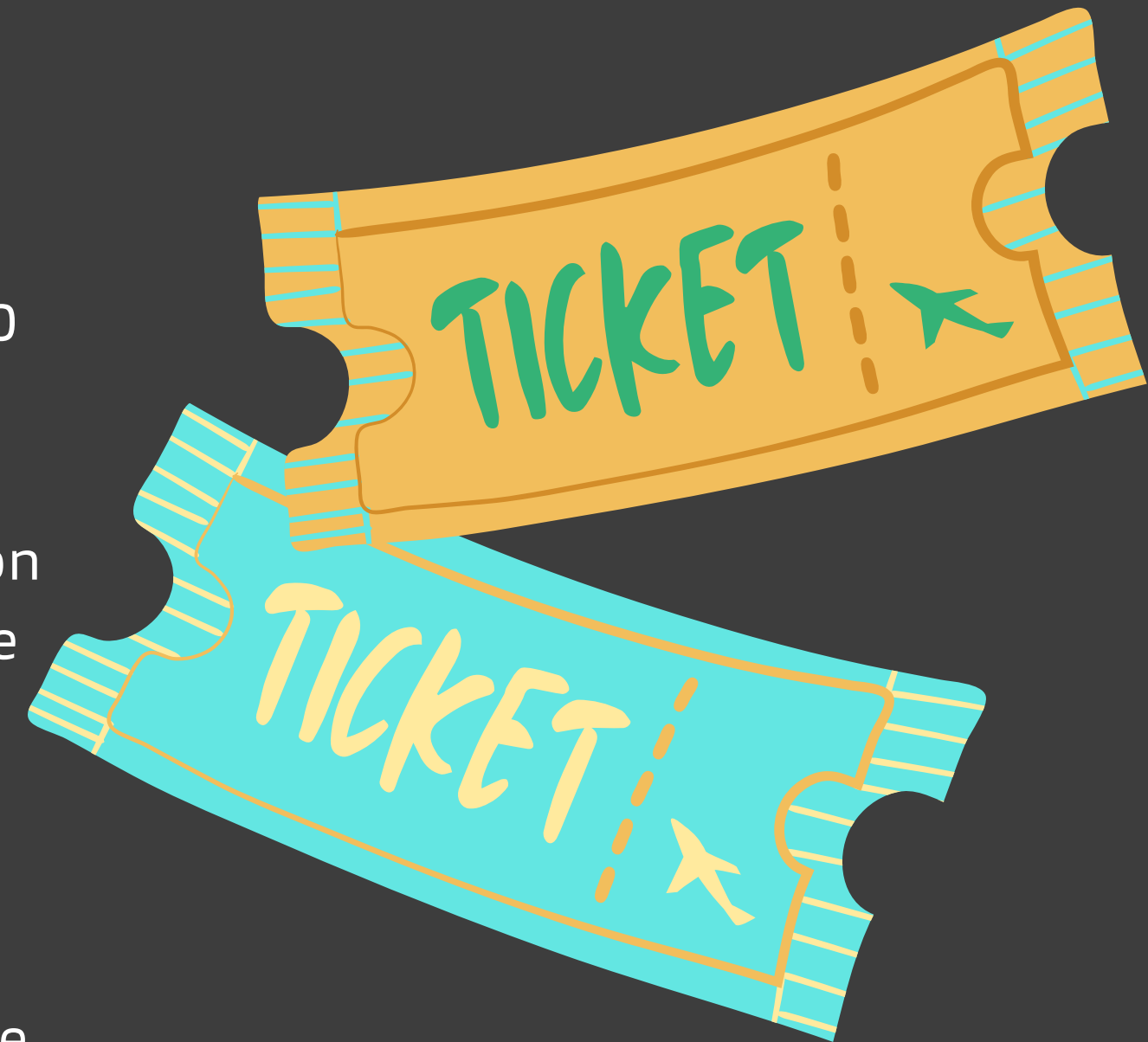
Since it is not possible to reach the accommodation with public transport, we will need to organise a private transport. This cost, together with the 6€ tax for bedsheets and towels, will be covered with a deduction up to 20€ on the travel budget.

E.G.: if your travel budget is 275€, please consider it as 255€.



FROM BERGAMO ORIO AL SERIO AIRPORT:

- At the airport, catch the bus "line 1" to the CENTRE OF BERGAMO and stop at the Railway station (1 stop).
- Catch the train to LECCO (there is a train each hour at :07. The trip lasts 40 minutes and costs 4€).
- Once in LECCO, catch the train to SALA AL BARRO - GALBIATE (the direction of the train is Milano Porta Garibaldi). There is a train each hour at :07. The trip lasts 10 minutes and costs 1,90€.
- A car or a mini-bus will pick you up at the railway station.
- For more information, check the schedule and buy the tickets, you can use this website: <https://www.trenitalia.com/en.html>



FROM MILANO MALPENSA AIRPORT:

At the airport of MALPENSA, catch the train to MILANO PORTA GARIBALDI. There is a train about each 30 minutes. The trip lasts 50 minutes and costs 13,00€.

In Milano Porta Garibaldi, catch the train directed to Lecco. This train will stop also in SALA AL BARRO - GALBIATE. This is where you will need to get off the train. There is a train every hour at :17. The trip lasts about 1 hour and 20 minutes and costs 5,2€.

A car or a mini-bus will pick you up at the railway station.

For more information, check the schedule and buy the tickets, you can use this website: <https://www.trenitalia.com/en.html>



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**If you have any questions, please do not hesitate
to contact us!**

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