

YOUTH EXCHANGE

# META-DONKEYS

LIGONCHIO (ITALY) - MAY 21-31/2024

INFOPACK



Joint

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



# THE PROJECT

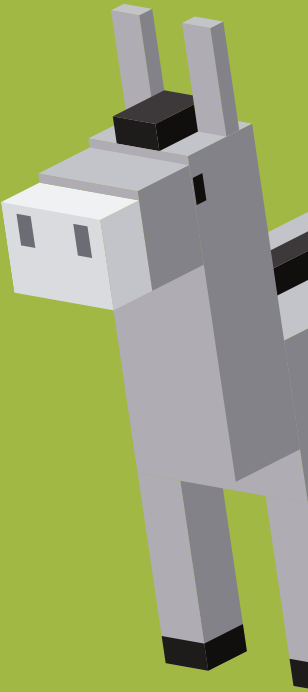
- Meta-donkey stands for “**metaphorical journey with donkeys**” since the trekking will be used to realize and connect to our journey in life.
- The presence of the donkeys will be a metaphor aswell: of **taking care of others and oneself**.
- This project will develop **empathy and cultural understanding** among people by sharing personal stories and experiences.
- It will foster **community and social connection** through collaborative tasks. The participants will work on practical team goals connected with taking care of donkeys, trekking and living in nature.

# THE APV

- During the Preparatory Visit, that took place after the training course for group leaders, from the 7th to the 9th of March in Galbiate (Lecco), the group leaders discussed the following:
  - Profile of the participants
  - Draft of the activities
  - Risk Management
  - Pre-departure, follow-up and dissemination
  - Logistical issues
  - Travel

# OBJECTIVES

- Realize and connect to our **own journey** in life.
- Increase awareness around the importance of **taking care** of others and ourselves
- Develop **empathy** and **cultural understanding** by sharing personal stories and experiences
- Foster **community** and **social connection** through collaborative tasks and goals
- Learn tools and techniques to **face challenges** and to be **solution-oriented**



# TRAVEL

TO REACH LIGONCHIO, YOU CAN FLY TO MILAN OR TO BOLOGNA

## *ARRIVAL*

### MILAN

From Milan (all airports), take the bus to the Central Station (Milano Centrale):

- from Malpensa to Central Station is about 1 hour (10 euro);
- from Bergamo Orio al Serio is 45 minutes (10 euro), from Linate is 30 minutes (1.50 euro).

There are buses every 15 minutes.

### BOLOGNA

If you arrive at Bologna Airport, you can reach the Central Station in 7 minutes (8.70 euro):

<https://www.marconiexpress.it/en/>

From Bologna, take a train to **REGGIO EMILIA**. The train takes about 40 minutes (6 euros).

Please, check the schedule here: <https://www.trenitalia.com/en.html>

**The bus will pick you up around 7PM.**

# TRAVEL

## *DEPARTURE*

### MILAN

**DO NOT** book flights leaving before 2:30 PM. Reaching Milan and then the airport will take about 5 hours.

### BOLOGNA

**DO NOT** book flights leaving before 1 PM. The bus will stop you in Reggio Emilia and then you will need to reach Bologna by train. Mind the train schedule (we will help you with this issue).

# TRAVEL

In order to pay the INTERNAL TRANSPORTS (bus from Reggio Emilia to Ligonchio and way back), (bus from Reggio Emilia to Ligonchio and way back), **we will deduct 30€ from the travel reimbursements.**

Therefore, if your travel reimbursement is 275€, it is better to find flights in a range of 245€. So, the earliest you buy the tickets, the best it is.

For ITALIAN PARTICIPANTS coming the reimbursement can vary from 23 to 180 Euro, according to the distance:

0-99 kilometers: 23 Euro

More than 100 kilometers: 180 Euro

**BEFORE BUYING THE TICKETS, PLEASE WRITE TO**  
**exchanges@associazionejoint.org**  
**AND WAIT FOR OUR AUTHORIZATION.**

# ACCOMMODATION

The youth exchange will take place in **OSTELLO DEI BALOCCHI** in Ligonchio (ITALY) a sustainable enterprise in a rural area.

The structure is in a **mountain area**, surrounded by nature, 4 hours far from Milan.

The accommodation has **shared bedrooms**, a room for the indoor activities and a **yard** for the outdoor activities.





# ACCOMMODATION



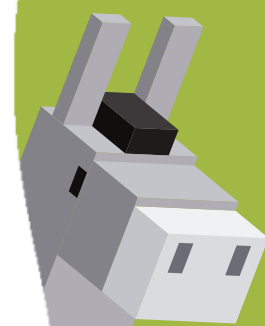


# EQUIPMENT

## WHAT TO BRING:

- Sleeping bag
- Pillowcase
- Towel
- Crocs or slippers
- Warm clothes  
(the temperature can reach 5°C sometimes)
- Trekking shoes
- Headlamp
- Anti-mosquito spray
- Sleeping mask
- earplugs

# PARTNERS



- FRANCE - Parcours le Monde
- SPAIN - Vibia Intercultural
- GERMANY - jugendinfo.de
- ITALY - Associazione di Promozione Sociale Joint
- HUNGARY - Krisztina Academy of Experience  
Élménnyakadémia

Every national team will consist of  
6 participants aged 18-25 and a group leader (18+)

# CONTACTS

For any information about logistics and travels, please contact:  
[exchanges@associazionejoint.org](mailto:exchanges@associazionejoint.org)