

EU Food Traditions

Erasmus+ Youth Exchange

July 24th - July 31st 2024

Gimigliano, Italy

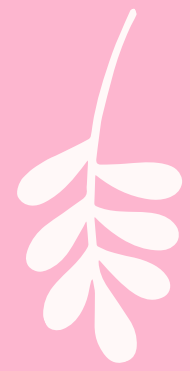


Co-funded by
the European Union

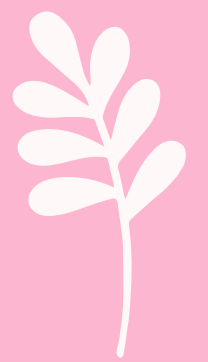


Agenzia Italiana
per la Gioventù





About the project



The "EU Food Traditions" project aims to introduce young people to the culture of food and traditional meals from different European countries, both for intercultural learning, communication and motivation for a healthy lifestyle. The Youth Exchange will offer participants the opportunity to experience and explore other cultures and traditions through food and healthy eating.

The main objective is to stimulate young people to reflect and make it possible to compare with their peers from other cultures on food and different culinary traditions, both from a cultural and health point of view, making food itself the main 'tool' facilitating other cultures and discussing diversity.



Project objectives



The main objectives of the project are

- Inspire young people to develop awareness of the importance of nutrition education;
- Broaden participants' understanding of healthy lifestyles, including eating habits;
- To provide a space for discussion and sharing of best practices among participants;
- Foster knowledge of the culinary traditions of the countries involved among participants and partner associations;
- Enhance participants' capacity to organise activities in their own communities to promote healthy eating and lifestyles;
- Encourage participants to become 'health promoters' in their communities, motivating their peers to lead a healthier life;
- Supporting the active participation of young people, helping them to become agents of positive change in their society and in Europe;
- Raising young people's awareness of intercultural dialogue and cultural diversity;
- Raising the level of young people's key competences as certified by Youthpass;
- Promoting intercultural learning and global objectives through non-formal education;



Who can take part?



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: July 24th – July 31st, 2024

Participant Profile:

- Age requirements: between 18 and 28 years old;
- Want to improve their creative and music skills;
- Sensitive to the social 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 the accommodation?



Before buying any ticket the travel route must be approved by us, so before booking your flights, please ask your sending organization or your group leader to forward your travel itinerary to us. Once you have received their approval, you can proceed with the booking.

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 Gimigliano, 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 July 24th. Transport will be organized with a bus from the pickup point to the venue of the Youth Exchange, Gimigliano. 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: there is no other available public transportation from Lamezia Terme to Gimigliano.

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!

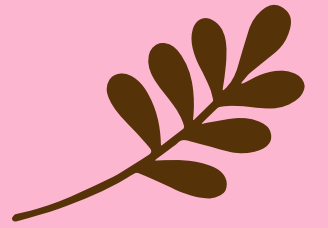
Same goes for the departures, knowing that the organized bus will bring you to Lamezia Terme in the morning of July 31th at 8:00.



Tickets Guidelines - Part 1



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 day of the Youth Exchange are: July 24th - July 31st 2024.

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!

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 the project accommodation cannot be covered for extra days by us.

Once again, the travel route must be approved by us, so before booking your flights, please ask your sending organization or your group leader to forward your travel itinerary to us. Once you have received their approval, you can proceed with the booking.

Accepted travel days are:
July 24th - July 31st, 2024
July 23th - July 31st, 2024
July 22th - July 31st, 2024
July 24th - August 1st, 2024
July 24th - August 2nd, 2024
July 23th - August 1st, 2024

Tickets Guidelines - Part 2



TRAVEL ITINERARY SCHEME:

When you create your travel itinerary, please forward it to your group leader or sending organization following the scheme below as example. This will help us to speed up the process and approve your itinerary as soon as possible! Any other format or screenshots will not be accepted by us as a travel proposal. Thanks for your collaboration!

Example of how a travel itinerary should be written:

(New York - Los Angeles)

Departure:

New York - Los Angeles

Date: 1/03/2023

Departure: 9:00 AM - Arrival: 10:00 PM

Cost: 30 euros (cabin baggage included)

Return:

Los Angeles - New York

Date: 10/03/2023

Departure time: 11:00 AM - Arrival time: 5:00 PM

Cost: 50 euros (cabin baggage included)

Keep in mind to include local transportation to arrive at and depart from Lamezia Terme train station in your travel itinerary!

Accepted travel days are:

June 28th - July 5th, 2024

June 27th - July 5th, 2024

June 26th - July 5th, 2024

June 28th - July 6th, 2024

June 28th - July 7th, 2024

June 27th - July 6th, 2024



Tickets Guidelines - Part 3



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) and reservations invoice.

IMPORTANT: we strongly advise you to choose either checked baggage or carry-on baggage at the time of booking. The travel budget will not cover both options and we can not reimburse both costs.

Remember to take a screenshot of your boarding passes in the app as they will disappear after your travel. Therefore, we need to save the proof.

- 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);

All flight reservations, boarding passes, or any other tickets should be uploaded in PDF format to Google Drive.

Google Drive Link: https://drive.google.com/drive/folders/1s0Yi4wVUS0_61gG4AzRv4ur2x_0mVz1L?usp=sharing

Travel Reimbursement & Costs



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

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

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, Gimigliano. 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.)

Group Leaders must collect all travel document for their group in this Google Drive Folder:

https://drive.google.com/drive/folders/1s0Yi4wVUS0_61gG4AzRv4ur2x_0mVz1L?usp=sharing

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 each Drive folder an Excel file called 'Reimbursement Calculation' to fill in once you have purchased your travel tickets.

TRAVEL COSTS



275€



275€



275€



275€



275€

The Venue



The venue of the Youth Exchange is Gimigliano, 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!

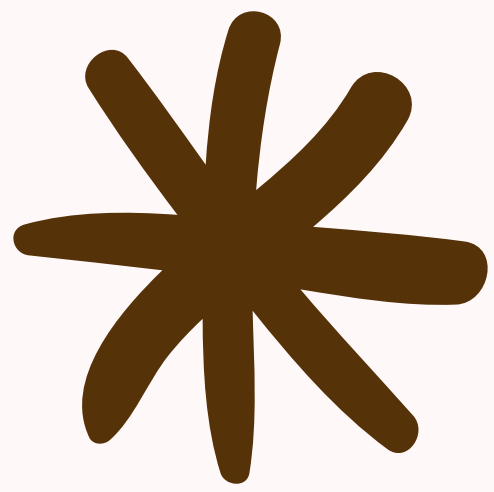
Breakfast & Coffee Break will be organized by host organization and we will try to keep you energized and happy!



To Do List

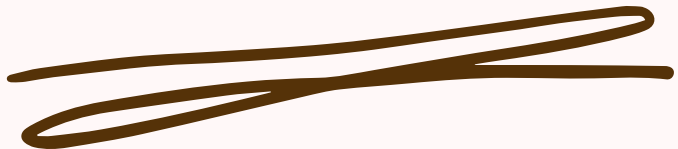
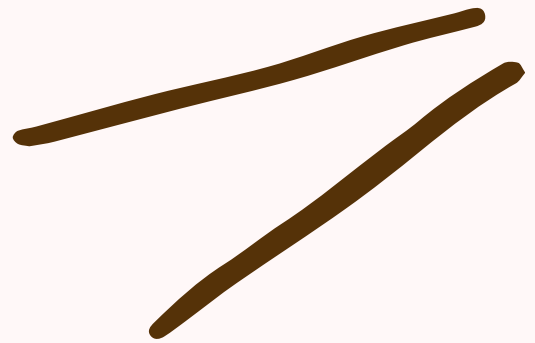
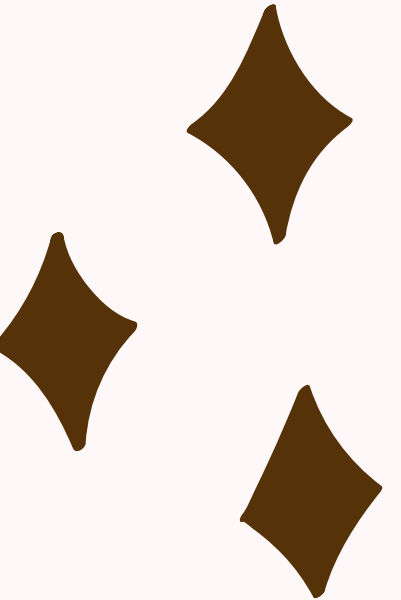
Please make sure to follow the next steps:

- Prepare yourself on the topic of the project, bringing your creativity and positive energy!
- Fill in the following form by June 10TH:
<https://forms.gle/UsSVBFKLn149a81c8>
- Reserve your tickets (after hosting organization approval!) by June 15th. Upload your tickets and reservations in our drive, as explained in page 6, 7 and 8 of the Infopack.
- Join the official Facebook group, where we will share more info and updates about the project:
<https://www.facebook.com/groups/940085487578050/>
- 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?

- All your travel documents and tickets according to what explained in page 6, 7 and 8;
- 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 (there will be a small kitchen available to cook something on spot, but do not bring ingredients for complicated recipes, prefer to bring ready food & drinks...!);



Contacts & Partners

PROLOCO GIMIGLIANO



Facebook Page: Proloco Gimigliano

Instagram: @proloco_gimigliano

Email: prolocogimiglianoerasmus@gmail.com

Phone numbers: (we are using Whatsapp!)

Carmine +39 3897864256 (MAIN NUMBER)

Maria +39 3347825585

Rocco +39 3270096476

Sebastiano +39 3289204124

Our Partners

**Go Alive
Greece**

**VerdeSur Alcala
Spain**

**Just Do It
Poland**

**ATDD
Romania**

**The Nordic Crew
Denmark**