



Participants Info Pack

HI.TE.D. HI-TECH DEMOCRATS

Training course

19 Monday (9 a.m, starts)

23 Friday (6:30 p.m., finishes)

March 2018

Brescia, Italy

Deadline to send participation forms: 20/11/2017
Deadline to book tickets (Mistral need to confirm the flights before participants proceed with the booking): 10/12/2017

The training will be hosted in Brescia, Italy by Mistral Social Cooperative from 19/03/2018 until 24/03/2018 in cooperation with partner organizations from Italy, Bulgaria, Cyprus, Greece, Romania, Lithuania, Poland, Spain, Czech Republic, Portugal, Denmark, Estonia and Slovenia that will be represented by 2 participants each.

	PARTNERS	COUNTRY
1	MISTRAL Società Cooperativa Sociale ONLUS (ORGANIZER)	Italy
2	EUROPEAN CENTRE FOR INNOVATION, EDUCATION, SCIENCE AND CULTURE	Bulgaria
3	CIP CITIZIEN IN POWER	Cyprus
4	USB UNITED SOCIETIES OF BALKANS ASTIKI ETAIREIA	Greece
5	ASOCIACIJA "AKTYVUS JAUNIMAS"	Lithuania
6	BRNO FOR YOU ZS	Czech Republic
7	ASOCIATIA TINERILOR CU INITIATIVA CIVICA	Romania
8	FUNDACJA GLOBAL WAVE	Poland
9	NEXES INTERCULTURALS DE JOVES PER EUROPA	Spain
10	VALORIZA-TE COOPERATIVA CRL	Portugal
11	DANISH YOUTH TEAM	Denmark
12	SEIKLEJATE VENNASKOND	Estonia
13	RCR REGIONALNI CENTER ZA RAZVOJ D.O.O.	Slovenia

About the organizer

Mistral is a non-profit cooperative founded by people with a long term experience in the field of youth mobility, youth policy, tourism, training and vocational guidance.

Mistral aims at the development of democratic dialogue, education and entrepreneurship in Italy and abroad. To achieve these aims Mistral has an ongoing collaboration with the leading universities, NGO's and research organizations in Italy for the development of projects, trainings and educational material.

Mistral provides assistance and services in the field of education, economic and social development, promotes and offers consulting and training services to organizations and individuals in the field of entrepreneurship, democracy, social economy, informal qualifications, vocational education and training etc, through forums, publications, conferences/seminars, networking, collaboration with other institutions and other such activities.



Main goals:

- promotion of a sustainable development of the territory in collaboration with non-profit organizations/ associations, as well as business and production enterprises
- promotion of the cultural and economic growth of young people and disadvantaged youth as well as their placement in the social context.

What we do:

- advisory service on E.U. programmes and management of E.U. projects
- planning and providing socio-touristic services, services of sustainable development and enhancement of territorial resources
- professional training and vocational guidance

In order to achieve its goals, Mistral offers:

- services in international mobility for youth and minors, such as: exchanges, internships, voluntary and au-pair services, including E.U. programmes
- promotion and realization of recreational projects in the field of social and sustainable tourism such as:
 - cultural events, performances, exhibitions, seminars, meetings
 - itineraries and tours of responsible tourism
 - educational activities and training courses on environment and sustainable tourism
- management of accommodating facilities such as: holiday homes, youth hostels, centres for environmental education
- services for social marketing, also by means of computer and multimedia technologies, technical advice, planning and realization of computer communication means and management of related services
- projects in favour of youth aggregation (recreation centres, toy libraries, etc.), information, training and vocational guidance services.

<http://www.mistralcoop.eu/>

The Training Course

Hi Tech Democrats!

The civic engagement of young adults- whether in the form of joining community groups, volunteering to help neighbors, or leading grassroots efforts to gain civil rights- is important to the health and performance of democracy. It is also important for personal growth and identity formation during the transition to adulthood.

Survey researches among adolescents and young adults say that civic engagement is important both for the functioning of democracies and for the growth and maturation of young adults, but opportunities for civic engagement are not evenly distributed by social class or race and ethnicity.

Today's young adults are less likely than those in earlier generations to exhibit many important characteristics of citizenship, raising the question

of whether these differences represent a decline or simply a delay in traditional adult patterns of civic engagement. Whilst inevitably the internet provides the ability to participate in society

online and promotes social inclusion, a special emphasis will be given to the new media society and particularly the Web, as a means of revitalizing civic life and democracy.

Believing that just as the education has promoted democracy and economic growth, the Internet has the potential to benefit society as a whole, one of the main ramifications of the project will be based upon the active citizenship in the digital era. The working method will be based upon non-formal education while the objectives are specially designed in such a way, in order to approach the subject with accuracy and susceptibility.

More specifically we have the following intention-targets:

- To equip youth workers with necessary skills and competencies in order to address the democratic disconnect of young people using innovative techniques.
- To identify those digital mediums that motivates young people to actively participate Online.
- To develop communication techniques interwoven with the social media society that inspires young people to be active citizens.

- To share effective Online tools the participating organizations are currently being using with the intention to engage people in democratic processes.

To strengthen the partners cooperation through the Erasmus + program, in particular in the field of democratic participation of youth.

The training will be hosted in Brescia, Italy by Mistral from 19/03/2018 until 23/03/2018 in cooperation with partner organizations from Bulgaria, Greece, Lithuania, Romany, Cyprus, Czech Republic, Portugal, Denmark, Poland, Spain, Estonia and Slovenia.

The applicant organization of this project has experience in involving young people in democratic matters especially thought the harnessing of structured democratic dialogue. This project proposal was prepared in close partnership with partner organizations.

Working Methods and Language

WORKING METHODS

- The training will be based on non-formal education methods, encouraging active participation of young people involved.
- Ice-breakers, energizers, group-building games.
- Simulations.
- Role plays.
- Intercultural and experiential learning.
- Brainstorming and discussions both in working groups and in plenary.
- Inputs from experts.

WORKING LANGUAGE

English

Eligible Participants

Youth workers

Young people interested at the objectives of this project and they are willing to share what they will learn in their respective organizations

Travel and Finances

Travel expenses are a heavy burden on the budget of this project. Participants are therefore required to arrange their journeys in the most economical manner possible. In order to find the most economic tickets we advise you to visit www.skyscanner.net . Tips for cheap flights <http://www.farecompare.com/travel-advice/tips-from-air-travel-insiders/#/>

-**Orio al Serio International Airport** - has the biggest number of airlines and connections. Closest to the venue, cheap flights by Ryanair and others. (Prefer Orio al Serio's Airport because is close to the venue)

- **Linate Airport** (second airport of Milan, this should be your second option). Cheap flights by Easy jet and others.

-**Verona's Airport**. Cheap flights by Ryanair, Easy jet, Vueling and others.

Please bear in mind that according to the guidelines of our National Agency the travel dates must be plus or minus 2. You can either

- a) arrive one day earlier and leave one day later or
- b) arrive two days earlier and leave on time
- c) or arrive on time and leave 2 days later
- d) or arrive on time and leave one day later
- e) or arrive one day earlier and leave on time.

All this options will be accepted only if they have the same or lower value with the actual travel dates of the training course (start day and last day of the training).

Irrespective of the means of the transport used, participants will be reimbursed on the basis of the least expensive route between their place of residence and the town in which the course is held.

**Please don't book any tickets before receiving
our written confirmation.**

FUNDING CONDITIONS:

ERAMSUS+ Programme, Key Action 1

100% of accommodation and activity costs are covered by the programme

The international travel costs are covered according to the rules of ERAMUS+ YiA KA1

(distance band calculator, 100-499 km = 180 euro, 500-1999 km = 275 euro, 2000-2999 km = 360 euro, 3000-3999 km = 530 euro, 4000-7999 km = 820 euro).

Reimbursement will be provided to the participants who are involved in all the activities of the training, participants can request exception for some of the activities, which can be approved only when is an urgent need and with the provision of evidence.

Participants' travel costs to and from Italy per country (including the cost of airplane, bus, train):

Country	Total Grant per participant
Bulgaria	275
Spain	275
Romania	275
Greece	275
Estonia	275
Cypris	360
Lithuania	275
Poland	275
Pprtugal	275
Czech Republic	275
Denemark	275
Slovenia	180

Please note: eligible airports for landing are the international airport of Orio al Serio, Linate and Verona

Visa: For information contact the embassy or consulate.

After you receive our confirmation for booking your tickets and you're not sure how to book your flight, feel free to ask us, we will be happy to help you.



Documents needed to complete your reimbursement:

In order for the Mistral Coop to precede to your travel reimbursement you must present when requested the following documents:

Invoice or copy of credit card slip of the travel payments.

Boarding pass (please resist throwing them away in the nearest bin after you leave the plane – you will NOT be refunded without them).

Travel reimbursement form (which you should collect in the reception on your arrival).

Relevant tickets or a copy (plane, bus, etc).

For electronic tickets:

Boarding pass (please resist throwing them away in the nearest bin after you leave the plane – you will NOT be refunded without them).

Invoice or copy of credit card slip/ e-banking printout.

Travel reimbursement form (will be provided on the arrival).

Printed travel itinerary.

Travel refund to the participants will be paid by bank transfer (within 45 days) to organizational account/personal account for the whole group after all travel documents will be received by the Citizens in Power.

NOTE that NO electronic tickets will be reimbursed if the original invoice is not be provided.

The reimbursement will be done via bank transfer within 45 days, after the receipt of all travel documents including boarding passes.

Accommodation

Casa Marcolini Facella intends to face a new problem of home emergency, the one resulting from the mobility imposed on many workers by a more fluid labor market. It is an activity promoted by the Fondazione Padre Marcolini, developed on a project shared by the Municipality of Brescia, the Cariplo Foundation and the LA FAMIGLIA Initiative Studies and Coordination Center, which aims to witness the values of acceptance with a recognizable mark in our society, in our culture, in our territory.

The type of housing offer must not only be cheaper, but also different from the one that is exclusively "building" based on traditional interventions.

With **CASA MARCOLINI FACELLA**, they aim to overcome this problem by offering a new opportunity to solve a real problem: a dignified and economical accommodation for those who need temporary accommodation.

CASA MARCOLINI FACELLA

VIA DELLE GRAZZINE 14 - 25128 BRESCIA (Bs)
Tel 030 38 02 90 fax 030 3700727

www.casamarcolinifacella.it
info@casamarcolini@facella.it



ABOUT THE VENUE

The venue of the training course is Casa Marcolini Facella in Brescia (Via delle Grazzine 14), not far from the historic center of the city. The airport di Bergamo- Orio is very close to the Brescia, only 50 Km. away. Brescia is actually a university city full of life, café and restaurants, especially the weekends. More information about the city of Brescia, here

<http://www.turismobrescia.it/it/area-info>



YOUR ROOM

The rooms are double (mostly) e, fully equipped with everything you may need. Towels and bed sheets are included. The rooms are very close to the training venue. We might combine people from different countries in the same room so as all the participants to have the opportunity to get to know each other. Please let us know if you want different arrangement e.t.c.

LAPTOP

You are strongly advised to bring your laptop (if you have one) because we will work on freeware and programs that you can use for dissemination of your activities, project management etc. Please try to bring one laptop per country to use it in some of the sessions.

INTERNET ACCESS

We will have free internet access in the plenary room and in the bedrooms. You can connect with your laptops. There is WI-FI in most areas of the residence.

Information regarding extra Facilities

The residence offer free wi-fi in the common areas as well as in the room.

Few pictures of Brescia



Brescia boasts many beautiful monuments, among which the **Roman Temple** and its surroundings, the largest archaeological site in northern Italy and one of Unesco world's greatest treasures, which represents the ancient city of Brixia, an important regional centre since pre-Roman times.

Also **Santa Giulia Monastery houses**, the city museum with an extraordinary collection of precious objects from prehistory to the 19th century, has been recently included in the World Heritage List by Unesco, it witnessed the Longboard past of the city. Another Medieval monument is the **Castle** from which you can see the whole city.

<http://bresciamusei.com>

WHILE IN BRESCIA IT'S A MUST THAT YOU TRY



Pirlo: is a happy alcoholic drink, generally consumed as an aperitif, origin and consumption of Brescia. It is based in white wine and campari. The fashion of the happy hour also has introduced the use of Perol instead of campari.

Spiedo Bresciano: is an Italian food, typical of the province of Brescia. Consist of pieces of meat of various types, such as pork, chicken and rabbit, poultry and potatoes embossed on long skewers, called locally "ranfie", and cooked very slowly in special rotating ovens for several hours crumbled with abundant butter fused, sage, salt and other flavorings.



Casoncelli: is a typical food of Lombardia, specifically in Brescia and Bergamo. It has a lot of local varieties, but with the inevitable basic ingredients: the filling consists of the meat grated padano and aromatic herbs, while the pasta has a typical half-moon shape. All seasoned with abundant grated garnish, butter, bacon and sage.

Polenta: is an ancient Italian dish based on cereal flour. The evolution of polenta is even more extensive with time and with greater variations; initially it was prepared with herbs and from the Roman Empire it became more common to prepare it with wheat flour. The flower of wheat flour was called pullen.



SAFETY AND INSURANCE

Travel and accident insurance is a responsibility of the participants. You are advised to buy a regular travel and/ or accident insurance during your travel and your whole stay in Italy.

Please do not forget to arrange your travel insurance including the responsibility insurance (in case of causing third party damage). Health insurance is not provided by the organizers, the citizens of the European Union are entitled to the European Health Card. All the participants are strongly advised to bring with them the European Health Card, not to be forced, in case of an emergency, to pay the costs of health care in Italy.

Participation fee/ cost

Food and accommodation is FREE. There is a participation fee of 40 euros which the participants are required to pay in cash during the TC. Please, pay special attention to this point as we will not be able to keep this amount from the money you will get back for your travel expenses.

The participation fee among other organizational expenses covers the cost of dining in a restaurant. It covers also a trip to another city or village.

Food

The breakfast will be prepared in the accommodation, the other meals at a restaurant

If you are a vegetarian or you have any allergy problems, please inform us as soon as possible.

Participants might be asked to choose their food for lunch or dinner (1-2 times only for the whole duration of the training) by themselves so they can eat at a restaurant of their choice in the city center. We will announce during the training the reimbursement limit for eating at the city center.

How to get to Brescia from Aeroporto di Bergamo-Orio al Serio.

Please check the detailed schedule at <http://www.autostradale.it/> and then buy your tickets. A ticket costs 12 Euros. In case you miss the bus, you will not be charged. The booking guarantees you a seat in the bus. You can take either Autostradale from 0530 – 2300.

About your travel details (from the airport to bus station, arrival to Brescia, all the schedules), please contact Mistral by email at info@mistralcoop.eu or by phone at 0039 348 9172967 (mobile phone).

Please note that taxi service is not reimbursed in any case!

Some Practicalities

The price of products and services in Italy varies depending on the season and the location.

Below is an indicative list in Euro:

- A single bus ticket costs around €1,40
- Water (0,5l) from €1 in a local kiosk
- Shower gel from €2.50
- Small juice pack (0,20L) from €0.80 in a supermarket
- Toothpaste from €2.50
- Phone card with €5 of credit from €10.00
- Chocolate from €1
- Fast food from €5.00-7.00
- A glass of beer costs between €5.00 and €7.00
- A ticket to the cinema costs around €7.00 for adults and €5.00 for children
- Dinner at a local tavern (including beer or cold drink) costs around €20.00

COMMUNICATIONS: MAKING PHONE CALLS

In order to make a phone call to ITALY from abroad, dial 0039 and then the eight-digit phone number. If you wish to make a phone call abroad while in Italia, dial 00, followed by the country code and the telephone number.

Money and Currency

The currency of the Italy is the Euro. There are seven denominations in Euro banknotes: 5, 10, 20, 50, 100, 200 and 500 euro. They all have different colour and size, the higher the denomination, the bigger the size. One euro is divided into 100 cent. There are eight euro coins: 1, 2, 5, 10, 20 and 50 cent, €1 and €2. The designs on one side of the coins are common to all the countries of the euro area, while the other side reflects national identities. All euro coins can be used in all euro area countries, irrespective of their national side.

Weather Conditions

Brescia enjoys the temperate climate typical of the middle latitudes, with rains or generally humid in all seasons, with very hot summers. Precipitations are concentrated mainly in the periods between March and May, and between October and November, with some isolated showers in summer.

The winter usually extends between the month of November and the month of March, and is characterized by little rainfall.

What to bring

Spring- summer Clothes.

Medicines if you need.

Musical instruments and other stuff.

Alarm clock.

Athletic shoes.

Motivation and good mood.

Bring also:

For the intercultural night:

Local food and/or drinks. There is a refrigerator in the hotel.

For the Marketplace:

Information material about your country, your organisation, culture and general aspects of the culture that are typical characteristic of the area you belong to. It will be great if you could bring posters, brochures and other small things. Please bring short video or power point presentation of your organisation and/ or country.

Some facts about Italy

Between the Adriatic Sea and the Tyrrhenian Sea is Italy. The capital, Rome, was for centuries the political and cultural center of Western Civilization. The cultural significance of the country is reflected in all its World Heritage, since it has 51, the country with the largest number of the world. In addition, it is the holy city for the Catholic Church.

The most important musical style in Italy is the spectacular opera, which had its beginnings in the 1800s. It was created by the Italians and is one of the many jewels of art that, with much foundation, prides the Italian hearts.

About the food, there are two typical food that have a huge reputation in the country, pasta and pizza.



While in Italy it's a must that you try:

- **Pizza napoletana**, the most famous and delicious dish of Italy, known in the whole world. Is high on the edge and flat in the center, cooked in wood-fired oven. It is not necessary to go to Nàpoles to eat a Napoletana pizza, in almost every city in Italy you will find " napoletana pizzerias"
- **"Spaghetti alla Bolognese"** are spaghettis with tomato sauce and ground beef and it is, like pizza, one of the dishes icons of Italy known and cooked around the world. The region where this dish is best prepared is Reggio Emilia, specifically in Bologna (hence its name) but you will find this dish also in the menu in other places in Italy.
- **Home made ice cream.** Italian ice cream, made by hand, is a true culinary masterpiece. They are made with fruits and dried products. It does not matter if it is winter or summer, any day is a good day to eat an ice cream.
- **Cappuccino.** The coffee in Italy is much more than a simple drink ,it is a whole culture shared in all the country. The typical Italian breakfast is the "cappuccino e cornetto" (cappuccino and croissant).

And of course this is just a short list. There are plenty more tastes and dishes to try! Another important thing about Italia is the social life of italians who normally spend their free time going to the theater and to musical shows. You can check local newspaper or leisure guides to find out what's on the program each month. Very often local churches are used for concerts and performances, and tickets are sold at a lower price than theaters and concert halls.





Please take note of the following conditions that will apply if you are selected to take part in the training

Commit to participate in the whole process, including: to prepare carefully for the training course; to do all remote preparation work the team will ask for; to take part in the full duration of the TC; to participate in the whole evaluation process.


Be aware that obtaining a health and a full travel insurance is your own responsibility and at your own expenses. Understand that the information you provided on your special needs does not remove your own personal responsibility for ensuring your own health.

Authorise National Agencies and the European Commission to publish, in whatever form and by whatever medium, including the Internet, my correspondence address, information about my organisation and work and pictures taken at the seminar.

Useful telephone numbers

112 is the common emergency telephone number that can be dialed free of charge from any fixed or mobile telephone in order to reach emergency services (ambulance, fire and rescue, police) in numerous European Countries including Italia

Some Phrases in Italian

<p>Hello! – Ciao (for one person) Good morning – Buongiorno Good afternoon – Buon pomeriggio Good night – Buona notte Excuse me – Mi scusi Please – Per favore Thank you – Grazie Help – Aiuto Beer – Birra Wine – Vino Water – Acqua Food – Cibo Money – Soldi Restaurant – Ristorante Bus station – Stazione degli autobus I like you – Mi piaci</p>	<p>I am from Cyprus– I sono cipriota. I am from Bulgaria – I sono bulgaro. I am from Italy– I sono Italiano. Where is the toilet? – Dov'è la toilette? You are very kind – Sei molto gentile I want... – Voglio I don't eat meat – Non mangio carne How are you? – Come stai? My name is.. – Mi chiamo.. Can you give me.... – Puoi darmi... It was delicious – Era delizioso How much does it cost? – Quanto costa? How can I go...? – Come posso andare...? Where is the bus station? – Dove si trova la stazione degli autobus? One beer, please – Una birra per favore</p>
<p style="text-align: center;">Contacts</p> <p style="text-align: center;">Skype: mistralcoop LinkedIn: Mistral onlus ital soc coop sociale Twitter: @MistralCoop Facebook: @mistralcoopbs Google +: Mistral coop sociale email: info@mistralcoop.eu Telephone: +39 030 5231164 V.A.T. IT02787220983</p>	<div style="text-align: center;">  <p>This project is funded by the European Union</p> </div>