



Key action 1 - Learning Mobility of Individuals

# MIRROR

## Non formal Education and Graphic tools to Raise Awareness on Diversity and Anti Racisms

### INFOSHEET of the TRAINING COURSE

**DATES:** 5<sup>th</sup> March 2023 – 11<sup>th</sup> March 2023 (7 days)

**ARRIVAL DAY:** 4<sup>th</sup> March 2023

**DEPARTURE DAY:** 12<sup>th</sup> March 2023

**During the project won't be accepted exceptions like late arrivals (not in the scheduled arrival day) or early departures (before than the scheduled departure day).**

**MEETING POINT:** between the 4:00 PM and the 6:30 PM CET on the arrival day (Central European Time) in **Passignano sul Trasimeno railway station**.

**VENUE:** La Buona Terra - Località Campagna 26, Passignano sul Trasimeno (PG), Italy. The place is managed by the local association "La Buona Terra". For more information, Facebook: <https://www.facebook.com/FattoriaLaBuonaTerra/>.

**ACCOMMODATION:** The hosting place has a professional kitchen, shared bedrooms mainly provided with bunk beds, shared toilets and showers both inside and outside the building. The meals will be prepared by our kitchen staff. Food will be mostly vegetarian or vegan based, prepared with seasonal and local ingredients. There is a workshop room in which most of the activities will be done, but also a beautiful outside space that can be used if the weather is good. Please consider the building is set in a marvellous place but in the countryside, so it is a bit isolated (30 minutes from the city of Perugia), **the local association members manage the place following sustainable practices** (such as community life, garbage recycling, responsible water use, responsible electricity use, etc.) **that participants involved in the project are invited to follow**. Hot water will be available, but it is really important to save as much water as possible. **Participants are invited to collaborate in the daily maintenance tasks**, such as the cleaning of the common spaces and to support the kitchen management (cleaning dishes, setting the tables, etc.).

**We kindly remind everybody to inform us about any specific needs concerning food or allergies and to do it via e-mail!**

Also, since the place is in the countryside, the internet connection of smartphones cannot run like it does in the city center.

# PROJECT

**AIM:** To develop tools and working methods, among youth workers, educators and group leaders, to fight racism and raise awareness on diversity.

## SPECIFIC OBJECTIVES OF THE TRAINING COURSE

- to develop social competences and skills as youth workers and youth leaders
- to better explore the issues around racism and migration
- to develop, test and assess methods, and tools to raise awareness on racism and diversity

**GENERAL REMARKS:** Since the training course program schedule is fully completed with intense activities, it won't be possible to visit the city of Perugia.

## COVID-19 PREVENTION MEASURES

**\*\*\* PLEASE, READ AND AGREE WITH ALL, BEFORE COMING \*\*\***

### Before the activity

- Lunaria strongly advises participants to insure their travel (both outbound and return) against unforeseen events related to the Covid-19 virus.

### During the activity

- Anyone presenting a **symptom** will receive a rapid test in the facility by Lunaria's staff.

In case of a positive result, the test will be repeated in a Public Health Service and/or a pharmacy and the official procedure will be followed:

- For cases that have always been asymptomatic and for those who have been symptom-free for at least 2 days in any case, isolation may end 5 days after the first positive test or the beginning of symptoms, regardless of whether antigenic or molecular testing is performed
- For cases that have always been asymptomatic, isolation may end even earlier than 5 days if an antigenic or molecular test performed at the health facility/pharmacy proves negative.

According to regulations in effect as of December 31, 2022 and available in Italian language at the Ministry of Health website:

<https://www.salute.gov.it/portale/nuovocoronavirus/archivioNormativaNuovoCoronavirus.jsp?lingua=english>:

- Persons who had close contact with confirmed SARS-CoV-2-positive individuals are obliged to apply the self-surveillance. This condition includes the requirement to wear FFP2-type respiratory protective equipment, indoors or in assemblies, until the fifth day after the date of the last close contact. If symptoms attributable to Sars-Cov-2 infection occur during the self-surveillance period, immediate antigenic or molecular testing for SARS-CoV-2 detection is recommended.
- In case you need a **test for the return journey, please let us know in advance** (possibly via e-mail to [scambi@lunaria.org](mailto:scambi@lunaria.org) before the beginning of the project), to allow the staff to better plan it before departure.

### After the activity

- Participants commit to communicate with Lunaria if they get symptoms or test positive for Covid one week after the arrival home.
- In the above mentioned case, Lunaria will warn the other participants and their sending organizations.

## IMPORTANT REMARKS CONCERNING TRAVEL:

### WHAT TO BRING WITH YOU?

- **Original validated tickets (bus and train) and airline boarding passes (printed boarding passes, no electronic ones from the mobile phone)**
- warm clothes and waterproof jacket
- your own warm sleeping bag (or you can rent a blanket for 5,00 € in cash)
- towels, shampoo, toothbrush and toothpaste
- slippers (as shoes are not allowed in indoor spaces and... the floor is cold)
- easy to remove shoes (the activity room, dormitory and dining room are in different buildings, so we'll have to move outdoor from one to another frequently)
- water bottle
- medicines, cigarettes, anything you'll need away from home (there will not be time to go to shopping)
- typical music and games from your country
- typical food (it will not possible to cook for the intercultural buffet, therefore packaged food is more than welcomed)

### ALSO, DON'T FORGET TO BRING...

- ... your curiosity to learn from different situations you might experience in the training course and be open minded especially with the different realities you might encounter;
- ... yourself! Try to be yourself despite the differences you may have with the group members;
- ... your active participation for the entire duration of the training course;
- ... a collaborative attitude with your fellow adventurers!

### FINANCIAL CONDITIONS:

<b>TRAVEL COSTS FOR TC</b>				
<b>ORGANIZATION</b>	<b>COUNTRY</b>	<b>DISTANCE BAND</b>	<b>STANDAR TRAVEL</b>	<b>GREEN TRAVEL (no airplane)</b>
LUNARIA	ITALY	Between 100 and 499 KM	<b>180,00 €</b>	<b>210,00 €</b>
COMPAGNONS BÂTISSEURS	BELGIUM	Between 500 and 1999 KM	<b>275,00 €</b>	<b>320,00 €</b>
ELIX	GREECE			
CONCORDIA MIDI-PYRÉNÉES	FRANCE			
OTRA ESCUELA	SPAIN			
YOUTHFULLY YOURS	SLOVAKIA			
DOPE	GERMANY			
<b>FOOD AND LODGEMENT COSTS for TC</b>				
Covered by the coordinating organization at 100% by the project				

**IMPORTANT REMARK:** The travel cost (please, see table above) are refunded depending on countries and are calculated according to the Travel Distance Calculator of the EACEA. **The travel amount is anticipated by participants and then refunded upon the presentation of the**

### travel documents.

We will refund directly all the sending organizations after the end of the project, once we have received all the tickets and air boarding passes A/R in original. The bank transfer will be done to the bank account of the sending organization that afterwards will forward them to the participant's bank account.

**NOTE: normally the refund process can take, approximately, 4-6 months.**

**FOR THE ARRIVAL DAY:** Don't take flights landing in the evening because it might not be any kind of transport to arrive at Passignano sul Trasimeno (PG) and it won't be possible to pick you up from any station around that area. We would like to pick up you between the **4:00 PM and the 6:30 PM CET** (Central European Time) in Passignano sul Trasimeno railway station.

**FOR THE DEPARTURE DAY:** please find flights leaving from Italy in the afternoon/evening for better logistic management. We would like to drop you to Passignano sul Trasimeno train station between the **8:00 AM and the 9:30 AM CET (Central European Time)**.

**Please, note that Passignano sul Trasimeno is on average 3 hours by train from Rome, so please check all your travel connections (train + plane).**

**FOR ALL:** Send an email to Maria ROSLYAKOVA (scambi@lunaria.org), with the object "**MIRROR\_TC\_Surname\_tickets**", presenting your complete journey (date, time, price). Please, wait for the confirmation before purchase any tickets.

**PLEASE, after the flight purchase print a paper copy of your electronic boarding passes. Once there, hand it out to the logistic support of Lunaria with all the original tickets (bus, train, flights, etc.).**

### FOOD FOR THOUGHTS:

Before selecting your means of transport, we kindly ask you to reflect on the impact of our way of traveling. Please, calculate your carbon footprint for your expected flight to come to this mobility: <https://flightfree.org/flight-emissions-calculator>

Of course, feel free to choose the travel solution that fits the best with your needs, but please take also in consideration, where possible, to have a greener travel solution (eg. carpooling, train, bus).

### HOW TO GET THERE:

#### FROM ROME FIUMICINO AIRPORT TO ROME TERMINI RAILWAY

**STATION:** <https://www.adr.it/web/aeroporti-di-roma-en/pax-fco-bus>

- you can take the train LEONARDO EXPRESS from the platform inside the airport, direction: Roma Termini train station. There is a train each approximately 40 minutes, the duration of journey is around half an hour and the price is 14,00€.  
For more information about Trenitalia: <http://www.trenitalia.com/tcom-en>
- you can take the bus COTRAL, direction: Roma Termini train station. There are several buses during the day, the duration of journey is around one hour and the price is 5,00€. Don't purchase the ticket inside the bus, but in the ticket office, otherwise the price will be 7,00€.  
For more information about COTRAL: [www.cotralspa.it](http://www.cotralspa.it)
- you can take the bus SIT BUS SHUTTLE, direction: Roma Termini train station. There are several buses during the day around one each hour, the duration of journey is around one hour and the price is 6,50€.  
For more information about SIT BUS SHUTTLE: [www.sitbusshuttle.it](http://www.sitbusshuttle.it)
- you can take the bus TERRAVISION, direction: Roma Termini train station. There are several buses during the day around one each hour, the duration of journey is around

one hour and the price is 8,00€.

For more information about TERRAVISION: [www.terravision.eu](http://www.terravision.eu)

Buses leave from the airport when they are full. Terravision is the cheapest company (4€ one way, tickets can be bought on the bus). The travel time is 60 minutes.

#### **FROM ROME CIAMPINO AIRPORT TO ROME TERMINI RAILWAY STATION:**

<https://www.adr.it/web/aeroporti-di-roma-en/pax-cia-bus>

- you can take the shuttle bus TERRAVISION SHUTTLE, direction: Roma Termini train station. There are different buses during the day, the duration of journey is around 45 minutes and the price is 6,00€.

For more information about TERRAVISION: [www.terravision.eu](http://www.terravision.eu)

- you can get a shuttle bus ATRAL, direction: ANAGNINA METRO STATION. There are different buses during the day and the cost is 1,20€.

For more information about ATRAL: [www.atral-lazio.com](http://www.atral-lazio.com).

From there please take the metro line A direction Battistini and get down to Rome Termini Railway Station.

**METRO IN ROME:** If you travel by metro, please remember to keep with you the validated tickets and the eventual receipts (especially for the rechargeable tickets) in order to include them in the total reimbursement.

**FROM ROME** In Roma Termini train station take a regional train towards Firenze Santa Maria Novella and change in Terontola-Cortona and take a train towards Foligno. Get off in Passignano sul Trasimeno. For more information: <https://www.trenitalia.com/it.html>

**FROM PERUGIA AIRPORT** If you arrive to Perugia airport take the Umbria Mobilità bus to Perugia Fontivegge train station. One-way ticket is 2,50 € if bought at the airport bar, 3,50 € if bought on board. **From Perugia train station** take regional train towards Passignano sul Trasimeno. Price: 3,60 €.

**FROM FLORENCE AIRPORT** Take Busitalia Volainbus to BUSITALIA Bus Station nearby the Florence SMN Railway Station. The travel time is 20 minutes and ticket cost: 6,50€. There is also an option to take tramway from Florence airport to city centre (Piazza dell'Unità Italiana) The ticket cost: 1,50€.

**FROM FIRENZE SANTA MARIA NOVELLA** take regional train towards Foligno and get off in Passignano sul Trasimeno. The ticket costs: 12,40€ one-way. From Ancona airport Reach Castelferretti train station, then take a train to Ancona, then to Passignano sul Trasimeno (you might have to change train in Foligno).

**FROM BOLOGNA AIRPORT** Take Aerobus bus to central station (Bologna centrale). There is a bus every 11 minutes. One-way ticket is 6 €, and tickets can be bought online or directly on the bus. The travel time is 25 minutes. From Bologna Centrale take train to Passignano sul Trasimeno; there are no direct trains, you will have to change once or twice according to the time of the day. For all train timetables check <http://www.trenitalia.com/tcom-en>

**FROM PISA AIRPORT** Take the direct shuttle bus from Pisa airport to Firenze Santa Maria Novella. During the day, the bus runs to Guidoni tram stop (from Guidoni you can reach the center of Florence with tram line T2) in the evening and at night the bus terminates at central station Firenze SMN. At the airport, bus tickets may be purchased at the Information Desk (Arrivals Area). One-way ticket is 14 € and return 28€. The Bus Area (P6) is located just outside the Passenger Terminal Arrivals Area. The travel time is 60 minutes. \*Note about train tickets in Italy. Tickets can be bought from the ticket office, online or ticket vending machine of Trenitalia. All tickets (not digital) must be validated in the machine prior to getting on the train! If not a penalty of 100 € can be required.

## INSURANCES

Lunaria provides insurance during the training course period for civil liability (only for possible accident in project activities or those caused by participants).

Participants are required to bring their own Health Insurance Card if they have one. However, it's strongly recommended that all the participants organise their own personal health and travel insurance before they leave their home country. However, participants are not insured for personal belongings, and neither the host nor Lunaria can be held responsible for their personal belongings during the project.

Added to the standard insurance coverage provided, we suggest participants to purchase a Travel/Covid Insurance (in case the departure date should be postponed and to cover the board and lodging costs for the extra stay in case of quarantine). Before purchasing any insurance or travel tickets, show the costs, terms and conditions of the insurance and the travel itinerary in one email to Lunaria, with the object "MIRROR\_TC\_Surname\_insurance". Then please wait for our confirmation before purchasing them.

Costs beard without fulfilling this procedure might be considered not eligible and therefore not refundable.

**CONTACTS:** Confirmation and further information **Maria ROSLYAKOVA** and **Alice DI PAOLO**  
[scambi@lunaria.org](mailto:scambi@lunaria.org)

**Lunaria office: + 39 68841880**

**Lunaria mobile phone:** it will be communicated via e-mail and will be active only from the evening before the arrival day to the end of the training course.