SWEET & SUSTAINABLE

ERASMUS+ YOUTH EXCHANGE

PREPARATORY VISIT 15-18 MARCH 2025

FUSCALDO (ITALY)

WELCOME PACK

Preparatory visit: 15–18 March 2025

Youth Exchange: 23 April – 2 May 2025

FUSCALDO (ITALY)

Arrival day

Arrival (car transfer from Fuscaldo train station to the venue)

Initial orientation & accommodation

Dinner

Day 1

S1: Update on preparations. Review activity schedule

S2: Participants profile (strengths and weaknesses to have in mind). Special needs, fewer opportunities.

S3: Meetings with local stakeholders who collaborate in the project.

Update activity schedule if necessary .

Day 2

S1: Budget and reimbursement management. Documentation (travel, learning agreements, etc)

S2: Meals and room allocation

S3: Insurance and security measures

S4: Update infopack (in case any new information is decided during the PV).

Visibility of the project.

Departure day

Departure in the morning. Car transfer by car to the train station in Fuscaldo before your train departure time

Participants in this visit should be prepared to discuss:

- profile of participants in your team and any aspects or possible difficulties to have in mind in order to facilitate their participation
- dietary needs, allergies, etc.
- travel details
- preferences of your teams regarding the sessions to be assigned to each team during the PV (in green on the next page)
- updates on the preparation of your team

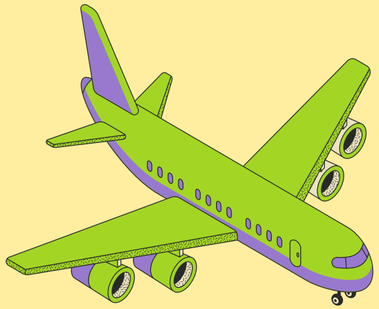
PROGRAM DRAFT

Date Time	23.04 Wed	24.04 Thu	25.04 Fri	26.04 Sat	27.04 Sun	28.04 Mon	29.04 Tue	30.04 Wed	01.05 Thu	02.05 Fri
08:00-09:15		Breakfast								
09:30-10:00		Daily Kick Off								Depar-ture
10:00-11:00		Getting to know each other. Program Q&A	Intro to Sustainability and SDGs	Transportation situation in my country	Visit from stakeholders	Meeting with the stakeholder Fuscaldo Splende	Urban Regeneration workshop	Urban regeneration workshop part III	Local festival	
11:00-11:30		Break								
11:30-13:00		Expectations, fears. Team alliance.	Intro to the topic of the YE	CONT.	Transport of goods / products	Preparing to Regenerate	Urban Regeneration workshop part II	Urban regeneration - closing activity	Dissemination & Follow up plan	
13:00-15:30		Lunch & break								
15:30-17:00	Arrival of partici-pants.	Erasmus+ and YouthPass.	Visit from stakeholders	Visit from institutional stakeholders	Transport of people	Preparing to Regenerate part II	Digital brochure: how to & ideas workshop	Visibility of the action: editing video and finishing brochure.	YouthPass and Final evaluation	
17:00-17:30		Break								
17:30-19:00	Accom modati on & initial orienta tion	Team building game	Visit from stakeholders p.II. Daily tasks. Reflection.	Conclusions & daily tasks. Reflection.	Mid-term evaluation & daily tasks. Reflection.	Self-managed time for team building & daily tasks. Reflection.	Digital brochure - editing. Reflection.	Visibility of the action: editing video and finishing brochure. Daily tasks. Reflection.	YouthPass ceremony	
19:00 - 19:30		Reflection groups								
19:30 - 21:00		Dinner								
21:00 - 23:00	Welcome evening	Informal team building and socialization	1st Intercultural Evening	Self-managed evening	2nd Intercultural evening	Self-managed evening	3rd Intercultural evening	Self-managed evening	See you soon evening	

Assigned to 1 national team to facilitate | All teams prepare information about it | Organized by Italian & Spanish teams & facilitators

THINGS TO BRING FOR THE PREPARATORY VISIT

- **Clothes for changing weather** (we recommend bringing layers that you can put on or take off depending on the temperature)
- Bring your **EU Health Card** (or other type of health/travel insurance)
- Bring **personal hygiene items** (except shampoo, shower gel and towels which will be provided in the flats)
- **Good vibes & open minds :)**



AIRPORT TRANSFERS

Rome

Take one of the airport buses that go directly from Fiumicino and Ciampino airports to Roma Termini train station. They are much cheaper than the Leonardo airport train and run all day (during the night also). If you book online the bus tickets are even cheaper than buying in the bus, you can buy online easily even 5 min before you take the bus (when you are in front of the bus and see which company it is, there are many). And you get an e-ticket which is more comfortable for the reimbursement. If you have any paper tickets you will have to email them by post to Paolab. **Do not use Leonardo or any other trains between airport and train station in Rome**, we will not reimburse them. Check the infopack for more info.

Here are links to some of the airport buses (many more bus companies are available, you can take them as well):
Terravision https://www.terravision.eu/ , Tambus https://www.tambus.it/en/rome-fiumicino/ - this one goes at night as well

Naples

Take the **bus called Alibus between the airport and the Napoli Centrale train station**. The stop is just 2 min walk straight ahead outside of the airport. Ride takes 10-15 min. Cost is 5 euro, buy online here in advance or just before you get on the bus. It´s possible to pay to the driver as well, but reimbursement will be faster and simpler with e-ticket.

Lamezia Terme

Buy **one combined ticket from Lamezia Terme airport to Fuscaldo directly** in the Trenitalia website. The ticket includes 3 parts: bus from airport to train station in Lamezia, just show your e-ticket to the driver; train Lamezia-Paola; train Paola-Fuscaldo.

THE SWEET & SUSTAINABLE YOUTH EXCHANGE PROJECT IS CO-FUNDED WITH THE SUPPORT OF THE EUROPEAN UNION IN THE FRAME OF THE ERASMUS+ YOUTH PROGRAM

PAOLAB

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