



The Greench

TRAINING COURSE

26 February - 6 March 2025

“La Scala di Giacobbe” -

Castelletto di Cuggiono (MILANO) - Italy

26 February Arrival Day

6 March Departure Day

Na tento projekt pojeděš s

•mladi!nfo
www.mladiinfo.cz



Vyslající organizací pro české účastníky je Mladiinfo ČR. Co to znamená?

- Na tvé cestě tě budeme podporovat a se vším ti pomůžeme.
- S vybranými účastníky si domluvíme společný videocall, kde se česká skupina seznámí, vymění si kontakty a naplánuje společnou cestu.
- Společně vymyslíme plán propagace projektu, např. příspěvky na sociálních sítích či na našem webu.
- Kontaktovat nás můžeš na **kancelar@mladiinfo.cz**.

Neustále hledáme nové dobrovolníky!

Baví tě psát články, sleduješ trendy na sociálních sítích, zajímáš se o chod neziskové organizace jako je Mladiinfo? Neustále **hledáme šikovné lidi**, kteří mají zájem se zapojit. Dej nám o sobě **vědět**



ABOUT YOUNG EFFECT



Young Effect Association is a non-profit organization created in 2009. Our goal is to promote:

- **youth mobility in Europe and the rest of the world;**
- **non-formal education on intercultural youth dialogue and human rights;**
- **Inclusion of youth in the civil society independently of their race, religion, gender;**
- **interest in development of historical, environmental, cultural and economic resources in the local territory;**
- **training, seminars or similar activities at local, national and international level.**

The Association is composed of Counsellors with specialist backgrounds in social policies and youth education; members of the association also have great experience in European projects development. The Association is working with a specific methodology; the youth involved come from small communities, where social and cultural opportunities are few. Moreover we have many partnerships with local cultural, art, theatre and sport associations as well with several groups of youngsters.

<https://www.youngeffect.org>



ABOUT THE GREENCH



Training course “The Greench” is an education mobility for youth workers and professionals working with young people, focusing on sustainability, environmental consciousness, and green innovation. This project aims to empower participants with the skills, knowledge, and networks needed to address pressing environmental challenges and inspire young people to take action toward a sustainable future.

Through the activities implemented during the training course, participating youth workers will gain essential knowledge and tools to help young people understand the value of nature and its preservation, as well as practical methods that anyone can easily adopt by incorporating sustainable and green practices into their daily lives.

Participants will also explore critical environmental issues and develop practical strategies for integrating sustainable practices into youth work.



ABOUT THE GREENCH



Through a blend of sessions, study visits, and reflective discussions, the project fosters a deep understanding of the role youth workers play in promoting green initiatives at local and global levels.

Key themes include the challenges of urban and rural sustainability, community-based green solutions, and innovative eco-friendly project designs. Participants will also learn about successful green practices through case studies and study visits to sustainable projects.

The project prioritizes building connections between organizations, enhancing inter-organizational cooperation, and creating a strong network of eco-conscious youth workers. In addition, participants will gain insights into funding opportunities such as Erasmus+ and other EU programs, enabling them to develop new, impactful green projects in their own communities.



ABOUT THE GREENCH



Objectives:

- analyze challenges faced by youth workers while promoting sustainable behaviour among youth in the communities;
- improve youth workers' skills in enhancing ecological responsibility among youth: educating youth on sustainable practices and the importance of reducing carbon and digital footprints;
- discover innovative practices for reducing food waste through reusing and recycling methods, and explore how to apply these approaches effectively when engaging and working with young people;
- develop strategies and methods for integrating sustainability into daily youth work activities, fostering an environmentally conscious mindset among young people;
- contribute to the recognition and visibility of green practices and new methods/strategies used to promote green practices among youngsters;
- give information about Erasmus+ and other programs and give opportunity to make new projects, give to the NGOs working in rural areas the opportunity to share their experiences, and establish an inter-organizational net.



LOCATION

Castelletto di Cuggiono (ITALY)

Evocative hamlet on the Naviglio Grande banks, it is rich of awe-inspiring villas and historical buildings (it has been also location of some films over the years). The hamlet is situated in the territory of Parco del Ticino, which is an area particularly lush and verdant with sumptuous oaks and many water meadows. Through woods and vast different cultivation fields the quiet secondary branches of the river Ticino twist and turn.

The Ticino Valley Natural Park, Europe's first river park, covers an area of about 91,800 hectares, of which about 20,500 are protected as part of a nature park. It comprises 47 municipalities between Lake Maggiore and the Po River in the provinces of Varese, Milan and Pavia. Thanks to its wealth of ecosystems, it boasts a heritage of biodiversity with no equal in the Po Valley: between animals, plants and fungi, there are over 6,235 recorded species.

The Park territory is criss-crossed by over 750 kilometres of cycle and pedestrian paths, including over 100 kilometres along the canal banks, which allow visitors to explore long-distance itineraries of natural, religious and cultural interest.



ACCOMODATION

“La Scala di Giacobbe”



- Participants will stay in multiple rooms 3-4 beds. Each room has its own bathroom. No single rooms are available.
- Breakfast, lunch and dinner will be served in the guest house and are prepared by our volunteers.
- Guest house facilities: bed-linen and towel.
- Traditional Italian food will be prepared by our volunteers and will be the same for all the participants. Therefore we cannot guarantee specific dietary differentiation with the exception of vegetarian food and not pork.

Weather in February-March



March in Italy marks a pleasant transition period. Expected daytime temperatures 5-13°C. While it's generally fresh, but sunny, be prepared for occasional rain.



PROFILE OF PARTICIPANTS



We expect participants:

- Youth workers, youth leaders and social workers, especially those who are involved in work on the topic of sustainability among youth and interested in youth work innovations and ready to share them with their organization and local stakeholders through follow-up.
- Who can share their experience and want to develop new methods of working.
- Good knowledge of English.
- Active participation (this is not building sandy castle and getting up late every day. It is an intensive training course, but of course with enough fun during the project).
- The age of the participants should be 18+ (target group 20-35 years old).
- Gender balance is a must.



Financial Conditions

Travel Costs



Only the most economical tickets will be approved.

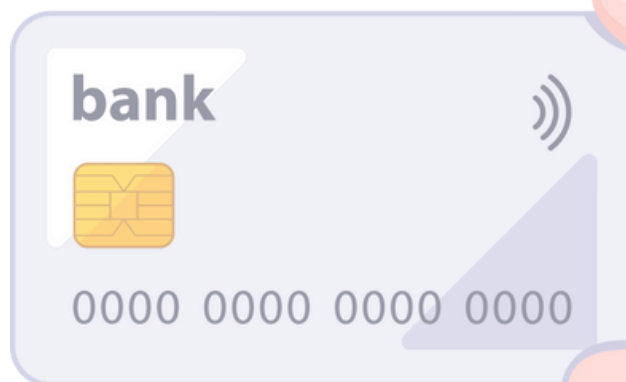
VERY IMPORTANT:

- 1. Before buying any tickets, you are obliged to receive an approval of your travel plan by APS Young Effect.**
- 2. You can receive approval ONLY for the most economical tickets option! No exceptions can be made!**
- 3. ONLY tickets approved by Young Effect will be reimbursed.**
- 4. ONLY basic ticket fare is approved (e.g. bag pack & 10 kg trolley).**
- 5. Additional services (e.g. insurances, additional luggages etc.) cannot be reimbursed.**



REIMBURSEMENT. PART 1

The organizers will reimburse 100% of participants' travel costs (with cheapest means of transportation (economy class, basic fare), no taxi, upon presentation of original tickets, invoices and boarding tags. On all documents the price, currency, name of the passenger, date of purchase and travel should be clearly visible, otherwise we will be unable to reimburse the costs.



Participants will receive reimbursements by bank transfer after the training and upon sending of return travel documents and international bank details.

No exception to this rule will be done. (Please do only online check-in).



REIMBURSEMENT. PART 2

Reimbursement will be done **in EURO**, regardless of the currency indicated on the ticket and receipt/ invoice. Any tickets purchased in a local currency other than EURO, will then be converted and calculated according to the exchange rate.

Commission web-site at: <http://ec.europa.eu/budget/inforeuro>

Young Effect **is not responsible** of specific money tax taken from foreign bank according to their contract.

Every participant must receive approval of the travel plan by APS Young Effect before buying the tickets.



ALL THE ROADS LEAD TO CASTELLETTO



If you arrive at Milan Malpensa Airport:

We will pick you up by car at the airport (our location is just few minutes away from Malpensa airport).

If you arrive at Orio al Serio (Bergamo) Airport:

STEP 1 - Go to Milano Central Railway Station. In order to do it, take a bus. Bus Bergamo - Milano Centrale is around 50 minutes. You can buy the tickets in the airport or on the bus or online.

STEP 2 From Milano Centrale to Molino Dorino Metro Station.

STEP 3 From Molino Dorino Metro Station to Cuggiono by BUS (We will send you specific information once we will know your arrival in Bergamo).

If you arrive at Milano Linate Airport:

Contact us and we will give you the specific informations.



Please before buying the ticket ask confirmation to
erasmus@youngeffect.org



Health Insurance

The health insurance for the participants from non-EU countries has to be provided by participants. The participants from EU-countries are asked to use their European health insurance card.



TOURISTIC TAX FEE: 1 Euro per day for a person.

(This is a compulsory tax that every person staying in a touristic city in Italy needs to pay individually). It will be collected by Young Effect during your stay in Castelletto. For more info about this tax: <https://iheartitaly.co/italian-tourist-tax/>



WHAT TO BRING



- 1) Comfortable sport clothes/shoes for long walks and activities outside.
- 2) Proof of all the travel expenses:
 - **Tickets (there must be price and name of the person stated on it).**
 - **Bank details (Account number, Iban, swift, bank name)**
 - **Boarding passes (DON'T LOSE THEM)**
- 3) Traditional music, clothes, snacks and drinks for intercultural evening (you will have about 5 minutes to present your country)
- 4) Information about your organization (if you have materials you want to share, present, introduce)
- 5) Please prepare a small oral presentation of your organization (Max 5 minutes).
- 6) Get informed about "sustainable and green practices" in your country.





A LITTLE BIT OF ITALIAN

Hi!	Ciao!
Good morning!	Buongiorno!
Good evening!	Buona sera!
Welcome! (to greet someone)	Benvenuto!/ Benvenuta! (female)
How are you?	Come stai?/ Come state (polite)?
I'm fine, thanks!	Bene, grazie!
And you?	e tu? e lei? (polite)
Good/ So-So.	Bene/ così e così.
Thank you (very much)!	Grazie (molto)!
You're welcome! (for "thank you")	Prego!
Hey! Friend!	Ciao! Amico!
I missed you so much!	Mi sei mancato molto!
What's new?	che c'è di nuovo?
Nothing much	Non molto
Good night!	Buona notte!
See you later!	A dopo
Good bye!	Arrivederci!



CONTACTS FOR FURTHER INFORMATION



+393891411797 (also by Whatsapp)
(Tiziano Tomassini, responsible for
general logistic)



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IN CASE OF ANY EMERGENCY CALL THIS NUMBER

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<https://instagram.com/youngeffectaps?igshid=MjEwN2lyYWYwYw==>



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