

# FAIRLY DRESSED CHOCOLATE

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21/07/2021 – 01/08/2021



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THERE IS NO REASON TO SAVE THE PLANET IF WE DO NOT SAVE OURSELVES WITH IT

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The project aims at raising awareness of youth on how to commit for a sustainable individual and community life does not simply involve attention to ecology and the care of nature, but also the care of other human beings. In fact, sustainability means a spread culture and practice of balancing the giving and taking among humans, toward nature and according to an ethic politics and economy of feasible and fair development that is possible to practice in everyday life. Coherently, Fairly Dressed Chocolate offers some practices to adopt in daily life for 'making the difference'. This difference is a fundamental step to take to walk in the direction of Peace: reducing the dependence on resources (resizing consumerism) and choosing what to consume (redefining consumption). Especially, the YE stimulates participants to find their own solutions for being more sustainable and become vehicles of dissemination of such important values in their communities. In fact, they will explore not only the problems but solutions to adopt in a feasible and sustainable criteria of selection, thanks to input given by facilitators, peer to peer exchange among participants and experiences in local youth realities with local community.





## THE PROJECT IN FEW WORDS

Many times, young people already enrolled in sustainable lifestyle, maybe volunteering for cleaning forests of beaches, caring about storing the garbage properly and reducing the use of plastic, and much more, are consumers – or consumerists- of fast fashion (cheap pieces of cloths) and colonial goods (i.e. chocolate, coffee and spices) not aware of the unsustainable chain of exploitation and abuse which such items produce and to which they become supporter without even knowing it. By simply reducing the shopping of such clothes, for example buying second hands ones and by using fair trade chocolate and coffee, they can actively grow a fair economy which guarantees justice to people. Together with the care for nature and the reduced use of natural resources, youth can lead their communities toward a fully sustainable future.

During the YE, participants will explore the meaning of holistic sustainability, focusing on clothing and colonial goods, knowing their history and contemporary situation. They will commit with volunteering actions in local organisations active in the sector, like a fair trade shop, a social garden and others. So they will see how they can practice sustainability by having fun, learning new things and offering their service to others. In addition, they will have several chances of meeting the local community to promote sustainability with creativity and openness, by opening traditional intercultural dinners and nights to citizens and local partners and by creating activities for the community of Perugia to spread awareness and actions for a sustainable life.

## MAIN SUBJECTS

- Sustainability.
- Consumption/consumerism.
- History and effects of fast fashion.
- History and effects of 'colonial goods' trade.
- Collaborative consumption, 5 Rs (Refuse Reduce Reuse Repurpose Recycle), online shopping, fair trade, second hand shopping, exchange.
- Awareness - action - dissemination.

## OBJECTIVES

- Boost the understanding of all meanings of sustainability and sustainable lifestyle.
- Increase the awareness on own life style and how it relates to sustainability.
- Encourage competences (knowledge, attitudes, skills) and practices for being more sustainable in life as well as being vehicles of disseminations of such purpose and action.
- Grow awareness and action on own consumerist/consumer attitude and its effect on sustainability.
- First, get to know what fast fashion and colonial goods mean and wonder about their sustainability, ethic, political and economic value. Then, widen the awareness on production chains of fast fashion and colonial goods and relative effects.
- Give several chances of volunteering for local organisations of Perugia enrolled and committed in sustainability in a holistic perspective.

**Associazione di promozione sociale Kora**

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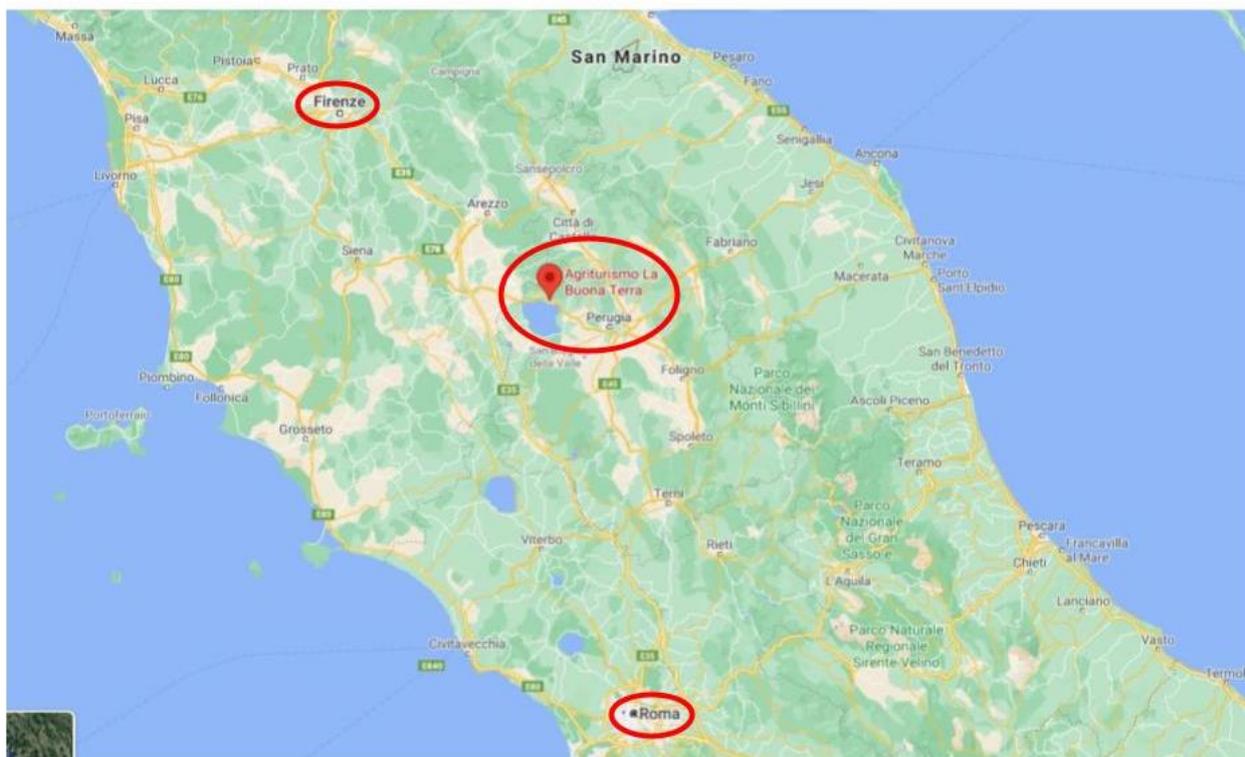
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## PARTNERS

- Associazione di Promozione Sociale Kora – Italy
- Association pour le Developpement du Haut Cabardes – France
- Asociatia Puzzle OptimEast Tg. Neamt – Romania
- Asociacion Brujula Intercultural – Spain
- Asociacija Jaunimo Europa - Lithuania

## LOCATION



The participants will be hosted on the educational farm [Buona Terra](#), where they will stay in a big house. The rooms will be shared (5 or 6 per room) and will have mixed nationalities. Please keep in mind that the venue is 30 minutes walk from the first shop.

The farm gives great importance to self responsibility and respect of nature. Some ground rules will be given during the stay, in order to respect the place, inside and outside, to respect people living in the surroundings, to respect the animals, to control the environmental impact (water, electricity...) and to create a safe and enjoyable environment for the whole duration of the project.

The address of the farm is: Via Campagna 26, 06065 Passignano sul Trasimeno, Italy.

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Figure 1 - The view from the farm on the Trasimeno lake.

## PARTICIPANTS PROFILE

*6 Participants + 1 Group leader per partner.*

*35 People in total.*

The participants should be preferably between 18 and 25 years old. Anyway, younger participants (16+) and older ones (25-30) can also participate if really motivated: in this case be sure to inform Kora about it, in order to have an overall age balance. The group leader should be aged 18+, preferably under 30 years old. Each national group has to be formed by 1 group leaders + 6 participants. Participants with fewer opportunities (geographical, financial, social or cultural obstacles) should have the priority to participate in the project. At least 3 participants should have a English level good enough to actively participate in discussions and to write simple articles. They can also act as translator for the ones who have more difficulties with the language. In general, participants should be open to learn about sustainability, to participate in practical workshops, to learn about new cultures and differences and to cooperate with young people. We are looking for energetic, smiling people, eager to feel part of a more intercultural, fair and progressive society.

## WHAT TO PREPARE

- Each national group should prepare a presentation/workshop about his country for the Intercultural Night. It can include theatre sketches, traditional dances, songs, quiz about national culture and history or/and local food. Be creative!
- Participants should take clothes for any type of weather condition and activity. Keep in mind that during the youth exchange we will be in the countryside, in a farm. Bringing sport clothes will help participant to feel more comfortable during the activities.
- Take your ID documents and keep your travel documents like tickets, boarding pass etc. Take really care about travel documents, without them, it will NOT be possible to get the reimbursement of travel costs.

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- The final programme and any other practicality will be discussed during the online APV meeting, so participants will be informed about any news from the group leader after the meeting.

## TRAVEL DATES

**Ground rule:** contact Kora (for contacts see below) before buying flight tickets. Kora is not responsible for tickets purchased without consult.

For the Youth Exchange participants are expected to arrive the **21<sup>st</sup> of July 2021** before 8 pm. It is possible to arrive later if transportations are cheaper, but Kora should be informed in advance. Departure day is the **1<sup>st</sup> of August 2021**. The project activities will start the 22<sup>nd</sup> of July after breakfast and will end the 31<sup>st</sup> of July after dinner.

Arrival and departure dates are flexible if participants want to visit Italy after the official dates (visiting before the project is not allowed because of covid safety). If this is the case please read carefully: participants have the possibility to travel up to 2 days extra from the official dates of the project and still get the travel reimbursement. Meaning: participants can arrive in Italy the 21<sup>st</sup> and leave the 3<sup>rd</sup> of August. For the extra days, Kora *does not* provide food and accommodation.

Keep in mind that if travel itinerary does not respect these rules, there will be no reimbursement. Contact us for any doubt: we will support you planning your trip.

## TRANSPORTS

**Arrival point:** Train station of Passignano sul Trasimeno.

Once in Passignano sul Trasimeno train station we will come and pick you up by car/van, and we will drive you to the farm (5 minutes by car). If you don't find trains to Passignano sul Trasimeno, check trains for **Terontola-Cortona** and we'll come and pick you up there.

Official website for **train** transportation: [Trenitalia](https://www.trenitalia.com)

Connections by **bus**: [Flixbus](https://www.flixbus.com)

The closest international **airports** are:

- Perugia (PEG): 30 km
- Florence (FLR): 163 km
- Rome Ciampino (CIA): 188 km
- Rome Fiumicino (FCO): 205km
- Bologna (BLQ): 250 km

- From **Perugia airport**:

If you arrive to Perugia airport please contact us as we need to arrange pick-up.

- From **Florence airport**:

Take Busitalia Nord bus to central station (Firenze Santa Maria Novella).

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There is a bus every 30 minutes. One-way ticket is 6 € and return 10 €, and tickets can be bought online or directly on the bus. The travel time is 30 minutes.

From Firenze Santa Maria Novella take regional train towards Foligno (or Spoleto) and get off in Passignano sul Trasimeno.

Direct train departure times: 8:02; 12:13; 14:13; 16:13; 18:13; 20:13.

Please double check these information because schedule and prices can change. Contact us for any doubts.

- 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. Prices also vary according to the time of the day.

Please double check these information because schedule and prices can change. Contact us for any doubts.

- From **Rome Ciampino:**

Take airport bus to Roma Termini train station. 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 Roma Termini train station take regional to Passignano sul Trasimeno. Please let us know if none of the train solution match as there can be other options as well. Bear in mind that the last train option to Passignano sul Trasimeno leaves at 18:58 from Roma Termini.

Please double check these information because schedule and prices can change. Contact us for any doubts.

- From **Rome Fiumicino:**

Go to the train station inside the airport. Here you can take a train to Roma Tiburtina for 8 €. Travel time is around 40 minutes.

From Roma Tiburtina you can take another train to Passignano sul Trasimeno. Bear in mind that the last train option to Perugia leaves at 18:25 from Roma Tiburtina.

Please double check these information because schedule and prices can change. Contact us for any doubts.

\*Note about train tickets in Italy. If you don't have electronic tickets (as PDF), the ticket must be bought from the ticket office or ticket vending machine (see figure 3 below) of Trenitalia. All tickets must be stamped in the machine (see figure 4) prior to getting on the train! If not a penalty of 100€ can be required.

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Figure 2



Figure 3

## TRAVEL REIMBURSEMENT

It is fundamental that you keep all your original travel documents: bus and train tickets, invoices, boarding passes... The reimbursement cannot be done without these documents. Participants will be reimbursed up until a maximum amount granted by the European Commission.

When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself. Buying tickets in advance will help you avoid that scenario.

|           |       |
|-----------|-------|
| Italy     | 0 €   |
| France    | 275 € |
| Romania   | 275 € |
| Spain     | 275 € |
| Lithuania | 275 € |

Participants will be reimbursed after the end of the youth exchange, once they provided all the original travel documents, including the train, bus and shuttle tickets of the return trip, which have to be sent by post if they are not digital. Further and detailed instructions will be given during the YE.

## ADDITIONAL INFORMATION COVID RELATED

- At the moment, to enter in Italy you need to present in the airport a negative PCR or antigen test done maximum 48 hours before the arrival time of the flight in Italy. [More information here](#)
- COVID tests are refundable as travel costs, so they can be included in the travel documents and will be reimbursed until the maximum of 275€ per person.
- Participants will not be allowed to travel before the arrival date. We need to avoid people going around Italy and then coming to the project.
- Participants are allowed to travel back home up to 2 days after the departure date (1st of August). Food and accommodation is on them, they cannot stay in the farm.
- Everyone at the farm will be tested 1 or 2 days before the starting of the project, to create a covid safe bubble here at the farm.

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KORA

## WHAT TO BRING

- Towels
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Comfortable shoes and clothes (keep in mind that you will live in a farm)
- Warm clothes (weather in spring can be unpredictable)
- Torch (if you want to go explore the surroundings in the night!)
- Slippers (or indoor shoes)
- Chargers (if you bring your camera, phone, laptop, etc)
- Personal drinking bottle
- Whatever you feel you would need for any time spent away from home (cigarettes, medicines, chocolate... Consider that you will not be allowed to go to shop for safety reasons)
- If possible: traditional clothes, national flag, typical objects, food or drink from your country.

## CONTACTS

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