



## KEY ACTION 1: LEARNING MOBILITY OF INDIVIDUALS

**“With slow and careful step, between limits and borders,  
in the path of disabilities”**

2020-2-IT03-KA105-019009– ACTIVITY 1

Training Course

**22 - 30 May 2022**

Orvieto Italy

**DATES:** Arrival day: 22<sup>nd</sup> of May 2022 - **Departure day:** 30<sup>th</sup> of May 2022

**PLACE:** House laboratory Cerquosino, località San Faustino 22 Morrano 05018, Orvieto (TR), Italy, 130 km away from Rome.

**COORDINATING ASSOCIATION:** Artemide Association - Italy

### **PARTNER ASSOCIATIONS:**

*Qendra Open Doors*, from Albania

*Támaszpont MOPKA*, from Hungary

*NGO THY*, from Kosovo

*SPPMD Council for Prevention of Juvenile Delinquency*, from North Macedonia

*Helsinki Committee for human rights in Republika Srpska*, from Bosnia and Herzegovina,

*Break the Borders*, from Greece

*TBC Vsi “Tarptautinis bendradarbiavimo centras”*, from Lithuania

*Universitatur* from Romania

**PARTICIPANTS:** 22

**AGE:** 18 +

**WORKSHOP LANGUAGE:** English

**TARGET GROUP:** the project is addressed to youth-social workers, volunteers and activists of the association that have the values or integration, the respect for minorities, the fight against discrimination, the recognition of the rights of people with disabilities as their Mission.

## WHAT TO BRING:

### Equipment:

- Bring a **medium** rucksack or suitcase as a luggage: in the bedrooms there is not a lot of space and considering that you are going to share the room with other participants it's better to save as much space as possible.
- Sleeping bag and pillow case.
- Little torch

### Clothes and shoes:

- Comfortable white trousers, t-shirt (**complete white** if it's possible) for theatre activities
- Comfortable clothes and shoes: remember we are in the wood...

### Toiletry:

- Towels;
- Toothpaste, soap and shampoo
- Air dryer

### Others:

- Personal medicine;
- Traditional food, songs, dance or whatever you like to share with us during the Intercultural Evenings in order to present your community and country.
- Traditional poems, lullaby or songs (that can be sang).
- Case studies on conflicts you lived in your daily life and in your work related to the topic of the project: help relationship, dis-ability
- A USB device where you can save music, photos, materials, video... at the end of the training.

**Important:** at the House laboratory Cerquosino there are **NO internet line and washing machine.**

### ACCOMODATION, MAP AND AREA INFORMATION:

The area where the project takes place is called Elmo Melonta's Natural Park, which is situated on the mountains around the city of Orvieto, in Umbria region, in the centre of Italy. Orvieto is 130 km far from Rome, but it's easily reachable by train.

The accommodation of the exchange is part of a social eco-village, the house laboratory "Il Cerquosino", is managed by Artemide Association.

The accommodation is an old stone farmhouse which was restructured by the members of the Association following, wherever it was possible, methods of "green building" such as a phyto-purification system for the drain water disposal and it focuses very much on the principles of recycling and reuse of materials.

For all these reasons we take care of the environment that hosts us, paying lot of attention to the use of resources such as electricity, water, heating and everything we borrow from the nature.



We invite all the participants involved in the projects to live, the days they are here with us, to follow the same sustainable practices (community life, garbage recycling, responsible water and electricity use ...)



The house laboratory II Cerquosino from the outside

The house has got a large kitchen, a common room with tables and couches for spending free time, a big activity room, a shared bathroom with sinks, six showers and five toilets (boys and girls use the same restroom) and five bedrooms (dormitory) and two little loft.



The activity room



One of the bedroom

## **FINANCIAL CONDITIONS:**

**Food and lodgement:** 100% covered by the project;

**Travel expenses** anticipated by the participants will be refunded at the end of the project upon receipt of the travel documents in original and as soon as the Italian N.A. has paid the 1st instalment.

**Very important:** all the participant are requested to keep their travel tickets (boarding pass included) and then give it to Artemide staff during the exchange: there will be a specific moment.

**TRAVEL COST FOR EVERY COUNTRY:** the budget for the travel of each participant is calculated with the European Distance calculator:

Participants from **Italy** 180 euro each participant

Participants from **Greece** 275 euro each participant

Participants from **Lithuania** 275 euro each participant

Participants from **Kosovo** 275 euro each participant

Participants from **North Macedonia** 275 euro each participant

Participants from **Albania** 275 euro each participant

Participants from **Bosnia and Herzegovina** 275 each participant

Participants from **Hungary** 275 each participant

Participants from **Romania** 275 each participant

all the expenses exceeding that sum are not refunded.

Please note the price includes the return tickets (flight + 2nd class train + bus).

In principles taxis cannot be refunded, exceptions can be admitted but an authorization should be required.

If you are interested in visiting Rome you can come 1 or 2 days before or leave 1 or 2 days after, the accommodation and food will not be covered by the project.

**TRAVEL INFORMATION:** To arrive to “Il Cerquosino” (Orvieto) you need to fly to Rome. In Rome there are two airports: Ciampino and Fiumicino.

We ask you to arrive in Rome on the arrival day (**22<sup>nd</sup> of May**) not later than **3 pm** and to book a flight on the **30<sup>th</sup> of May** that leaves not earlier than **2 p.m.**

From both Fiumicino or Ciampino Airport you have to reach one of the two main train station of Rome: Rome Termini station or Rome Tiburtina station. There are several ways to reach them from the airports, it depends on what time you will arrive.

Let us know in which one you will fly to and at what time you will arrive and we will send you the time schedule with the train/bus details in order to reach Orvieto for the meeting point that will be in Orvieto Station. Someone of the Artemide staff will come to pick you up and bring you to the House Laboratory Il Cerquosino by car/van.

**As soon as all the participants will buy their e-ticket and travel details there are requested to send it by e-mail at the address: [ilcerquosino@gmail.com](mailto:ilcerquosino@gmail.com), so we can organize the meeting point. For logistic issue we will fix only 1 meeting point in the afternoon of the 22<sup>nd</sup> of May at about 6,30 P.M., to gather all of you together.**

**Simona whatsapp: +39 392 9321147**

**Carlotta whatsapp +39 338 7028737**

## **PROJECT DESCRIPTION**

### **AIMS AND OBJECTIVE**

The theme of the project is social inclusion, the analysis of the situation of people with any kind of disability or fewer opportunities, and fight against discrimination. We are going to analyse the concept of dis-ability: the concept of different abilities, which is more and more used to describe the innovation of intervention models for territorial development, concerns third sectors organizations as well, in particular those that are engaged with local communities to solve problems and emerging needs.

The **objective** we intend to provide new tools and new methodologies to the social workers and volunteers, working on the integration of people with disabilities and fewer opportunities, to effectively implement their competences in the help relationship and refine strategies for inclusion of people with disabilities and fewer opportunities. Relating to disability presupposes the orientation to experimentation, and the willingness to manage processes and changes of perspective in a flexible way.

The **goal** is to experiment the encounter with dis-ability, contact and the search for commonalities and the abatement of stereotypes and fears towards the "different from us". The concept of inclusion leads to the recognition of a right as a form of contrast to its opposite: exclusion

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he training therefore aims to:

- Explore the cultural differences and explore how different Countries have addressed issues of disabilities and fewer opportunities.
- Examine the issues from different perspectives with regard to disabilities, marginality and the concept integration: stereotypes and prejudice
- Analyse how gender, male and female, can affect group dynamics and how it can contribute to exclusion, with particular attention to the double discrimination of disabled women.
- The dynamics of power, as people exercise power over others: how it is used consciously and unconsciously in the group and everyday life;
- Share and develop new tools in order to provide new methodologies to the social workers working about integration with people with disabilities and with fewer opportunities, in their social contest, to effectively implement competences in the help relation, civil rights and strategies about inclusion of people with disabilities and fewer opportunities.

- Develop different communication styles, aiming to facilitate discussions and decisional procedures.
- Develop personal knowledge's about discrimination, stereotypes and prejudices: this work will help a better understanding of dynamics that are behind discriminator behaviours

Expected skills, a better understanding of the dynamics behind discriminating behaviours, develop listening and an attitude open to diversity, share the different working methods adopted in each country to facilitate the balance between disabled people and not disabled once, value oneself, face reality, know one's limits, sense of responsibility, confront one another, understand the fertility of error, learn from experience, do not be afraid to change, not be afraid to try.

Particular attention will be paid to the issues of different abilities to the processes of creation of prejudices and stereotypes and possible activities that contribute to their deconstruction level both individually and collectively. We will go and explore the differences and similarities between countries and through the direct testimony of the social workers, will deepen the theme of being "in-between" between different social and cultural contexts and the possibilities social inclusion.

**METHODOLOGIES:** we propose an interactive methodology using the tools promoted by the non-formal education. An innovative approach will be adopted with the combination of non-formal education, theatre, workshops on the recognition of personal resources, storytelling, visual facilitation, and photography linked to narration. We will work on the theme of listening and empathy, stimulating that attitude, which we all have, of establishing empathic relationships with the other, to mature not a technique, but an inner attitude.

**PLANNED ACTIVITIES / WORKSHOP PROGRAMME:.**

There are team building activities, role playing, simulations, debates and theatre workshops because they are interactive tools that stimulate the active involvement of participants. In the course of the project the exchange of knowledge and technical tools will be constantly monitored through specific sessions on rating systems before and after:

- meeting between the participants and the trainers: mutual discovery
- workshops, discussions and presentation of case studies on the aim of disability and fewer opportunities
- processing of non-violent methods of conflict management and sharing of work methods usually used in their local context;
- workshops of general introduction to theatrical techniques;
- the realization of an open performance, without a fixed end

For more information about the workshop you can write to: [Simona Acqualagna ilcerquosino@gmail.com](mailto:Simona.Acqualagna@ilcerquosino@gmail.com)

## **ASSOCIAZIONE ARTEMIDE - CASA LABORATORIO "IL CERQUOSINO":**

Artemide Association A.p.s., - house laboratory "il Cerquosino" is born in 1996, in one of those disadvantaged and poorly productive areas that are nearly preserved intact until today.

The House Laboratory "Il Cerquosino" has been restructured following bio building construction techniques focusing the attention on energy critical consumption: waters' herbal purification system, wood storage heater as well as to the principles of recovery and recycle materials; construction with local stone.

The association Artemide for years proposes itself as crossroad of experiences in the educational field, the EDUC-active project has as primary objective the education to the independence, the young people, above all if carriers of uneasiness, are stimulated and motivated asking them to be active part in the process of theoretical construction and practice of the activities. In this way they appreciate the responsibility of an assignment to acquit, the knowledge is assimilated in the best way when it is combined to artistic practical activity, ecological, handicraft. The responsibility towards the whole world becomes an obvious consequence. Idea is to connect experiences and different knowledge.

Add Value of this experience:

- Protect the natural environment from the touristic speculation of the area
- Increase the value of a disadvantaged rural area that has been constantly abandoned from the local population in the last 20 years
- To put in practice the ideology of Ecology
- To invent new solutions related to traditional practice and creativity

Since 1996 Cultural Artemide association is working in the field of disadvantaged youth, working actively on the cause of social exclusion, discrimination, racism and gender.

Since many years the Cultural Association Artemide is collaborating with juvenile centres of aggregation, with communities of recovery addicts, with houses family and many social associations.

Since 1999 Artemide Association works with the Italian Youth National Agency organizing Training Courses and Youth Exchanges for social workers and young people coming from over Europe and beyond.

Since 1999 organize Workshops and seminar focused on non formal education, peace conflict resolution, social theatre, theatre of the oppressed, Living theatre, Aikido, Tango, African dance and drum, Clown, Taiko Japanese drum, The use of the voice, Auto constructions of solar panel.

### **CONTACT and more information:**

ilcerquosino@gmail.com

<http://www.cerquosinoartemide.org/>

facebook: Cerquosino Artemide

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