

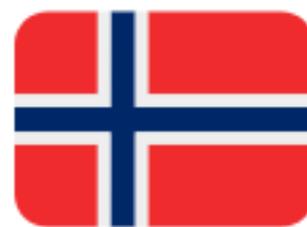
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# Breakfast Culture Club 2



PARTICIPATING COUNTRIES

# WELCOME- PACK

**APV - 3-6 MAY, 2019**

**MAIN ACTIVITY - 15-23 JUNE, 2019**

**CHIARI (BS), ITALY**

Applied by  
ENRGY For SYNERGY (Norway)

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# 1. Project description

**Dear partner organisations and Participants!!**

**Welcome to our Youth exchange Breakfast Culture Club 2.**

**This document contains important information for you and your groups in order to confirm and prepare for the exchange.**

## **Course objectives**

**The idea of this youth exchange was born during a Partnership Building Activity (Making a difference-NORTH meets SOUTH) in Portugal in 2015 among some group leaders of participating organizations.**

**The MAIN AIM this youth exchange is:**

**- TO RAISE THE LEVEL OF UNDERSTANDING AND CULTURE AWARENESS OF THE PARTICIPANTS.**

**-To explore the cultural differences and similarities that are present in the traditional breakfast in each country;**

**- To promote tolerance and understanding among different cultures;**

**- To encourage healthy lifestyle stressing out the importance of the breakfast;**

**- To provide cultural learning opportunities through breakfast habits.**

**Activities in the program are grouped corresponding to two important elements in discovering the concept of culture: it's perception and the relationship between different cultures and, how each person/group can influence or be influenced by culture. Nevertheless, the two groups are interlinked all through the youth exchange, since in reality none of these things can possibly be separated from the other.**

# 2. Participant's profile

**This project is designed for young people aged 18-25, who have strong motivation in discovering new cultures and who are seeking to gather more knowledge about differences and similarities among European nations.**

**The starting point to discover these cultures will be through the very beginning of the day- The Breakfast!**

**Each country should select one motivated group leader (without age limit) who can accompany the group and participate in preparatory activities.**

**This person is ideally a youth worker who has strong knowledge in Erasmus Plus projects and has done different youth exchanges or training courses.**

**He or she should feel confident in guiding the group and be ready for managing any force major situations.**

**However, the group leader is neither the teacher nor the parent of the participants.**

**We are expecting to have 1 group leader and 1 participants from each country for the Advanced planned visit (APV) and 1 group leader and 4 participants for the main exchange.**

## **Working language**

**The working language of the exchange will be English. So be prepared to share your experiences and discuss on different themes. Please bring your dictionaries so you can use them if you cannot express yourself fluently in English. This can also be the chance to practice English and also improve your vocabulary with different terms important in youth work.**

# 3. Preparation for the APV

## TRAVEL DATES

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**Check in- 3 May, until 19.00**

**Check out- 6 May, until 12.00**



## TO DO LIST

DATE: ..... **by 15th of March 2019** .....

### IMPORTANT TASKS

**Choose the group leader and one participant**

**Select flight tickets for APV**

**Book tickets for the APV**

**bring positive energy and ideas**

### WHAT TO PUT IN MY LUGGAGE

- towel
- slippers
- private hygiene items
- ideas about activities
- materials for the breakfast
- food and drink to share
- ideas about participants' profile

## RECOMMENDATIONS

**If you do not have the original travel tickets and boarding passes, we cannot reimburse you.**

**The APV reimbursements will be done after the main youth exchange.**

## What will happen during the APV

**Selection of the exchange activities,  
selection of the methods,  
Discussing follow up activities & evaluating methods  
Discussion about selection of the participants for YE  
Discussion of national breakfasts**

# 4. Preparation for the MAIN Exchange

## TRAVEL DATES

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**Check in -15 June - until 19.00**

**Check out- 23 June - untill 12.00**



## TO DO LIST

DATE: ..... **by the time of the APV** .....

### IMPORTANT TASKS

**Provide the participants profile to the group leader**

**Maintain the gender balance in groups**

**Book tickets for the participants**

**Bring positive energy**

### WHAT TO PUT IN MY LUGGAGE

- towel
- slippers
- private hygiene items
- ideas about activities
- materials for the breakfast
- food and drink to share for the intercultural evening
- Participation fee of 30€

## RECOMMENDATIONS

If you do not have the original travel tickets and boarding passes, we cannot reimburse you.

The reimbursement of the tickets will be done right after the Main activity.

Each participant will get the reimbursement from their sending NGO.

## **IMPORTANT!**

**Once you have booked the flights - please ask your participants to fill in this form**

## **Programme**

**THE PROGRAMME WILL BE DESIGNED DURING THE APV WITH THE SUPPORT OF ALL GROUP LEADERS AND WILL BE PROVIDED IN THE FOLLOWING EMAILS.**

## 5. Travel itinerary and reimbursements

# How do I get to Chiari?



### IF YOU ARRIVE TO

**MILANO BERGAMO** airport (Orio al Serio)

The closest airport is **Milan Bergamo** but also other airports in the area might be a good point to arrive in Italy (Milano Malpensa, Milano Linate, Verona Villafranca, Venezia Marco Polo).

Chiari stands in the middle of Verona and Milan. If you arrive to Milano Bergamo airport, then you should take a bus just in front of the airport to **BERGAMO** train station.

Then from Bergamo train station take the train to reach **CHIARI**. Pay attention that coming from Bergamo you should switch the trains in **ROVATO** or **TREVIGLIO** station in order to reach Chiari.

**MILANO MALPENSA**-once you have taken your luggage and take a breath, the easiest way is to get Milano Express train from the airport to **MILANO CENTRALE** Station (ticket costs 13 €). You can take also Milano Shuttle bus just in front of the airport (ticket costs 10€).

Once you are in Milano Centrale, get to the ticket point and take on way **REGIONAL TRAIN** ticket to **CHIARI (Bs)** (ticket costs 5.50 €, direction Verona Porta Nuova) and get off in Chiari station (the trip takes 50 minutes, here are the stops the train may do **MILANO CENTRALE - MILANO LAMBRATE - PIOLTELLO - TREVIGLIO - ROMANO - CHIARI**).

You can consult the schedule of the trains in the following website -<http://www.trenitalia.com> .

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**MILANO LINATE:** take the bus to Milano Central Station.

Then from Milano Central Station take the REGIONAL train (direction Verona Porta Nuova) and get off in Chiari station (the trip takes 50 minutes, here are the stops MILANO CENTRALE - MILANO LAMBRATE - PIOLTELLO - TREVIGLIO -ROMANO - CHIARI).

**VERONA VILLAFRANCA-** take the bus to get to VERONA PORTA NUOVA station. Once you are in the station, get to the ticket point and take on way REGIONAL TRAIN ticket to CHIARI (Bs) (ticket costs 8.25 €, direction Milano Centrale) and get off in Chiari station (the trip takes 60 minutes, here are the stops the train may do: Verona Porta Nuova- Peschiera del Garda- Desenzano del Garda-Sirmione- Brescia- Rovato-Chiari).

Once you are in Chiari station we will pick you up from the station!

**\*Travel costs will be reimbursed by the maximum amount as indicated in the distance calculator of the EU depending per country:**

**If less then 80% of the programme is attended, the participant will not get reimbursed for the travel.**

Travelling from

- NORWAY- MAX 360Euro
- LITHUANIA - MAX 275 Euro
- PORTUGAL - MAX 275 Euro
- UNITED KINGDOM- MAX 275 Euro

## 6. Accommodation and special needs

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Participants will be accommodated in Youmore Guest House, viale Bonatelli 43, 25032 Chiari (BS).

Everyone will share a room with another 4, 6 or 8 people.

Bathrooms are shared between all of you.

There will be a kitchen for the preparation of your national breakfasts.

Breakfasts and daily meals will be provided by a partner Tavern Drappo Giallo from Chiari which is 200m. far from the guesthouse.

The project will provide also two times daily coffee breaks.

There will also be a surprise evening for all the participants and a guided tour in the city of Brescia.



# 7. Venue



## About CHIARI

Chiari is a small town in the north of Italy in the province of Brescia. It's located at an altitude of 138 meters above the sea and has approximately 18,900 inhabitants. The city covers an area of 38 square kilometers, it's only a few kilometers from the river Oglio, 25 km from Brescia, 35 from Bergamo, 66 from Milan and 90 from Verona while about 20 km to the shore of Lake Iseo.

### VILLA MAZZOTTI

IS A PARK CLOSE TO THE CENTER WHERE YOU CAN TAKE A JOG OR ROLL OUT A BLANKET AND READ A BOOK

### CANALS

ALL AROUND CHIARI THERE'S SMALL CANALS THAT TRANSPORT THE WATER TO THE FIELDS OUTSIDE OF THE CITY

### COSY STREETS

THE STREETS GOING AROUND THE CENTER IS LINED WITH TREES TO MARK THE TOWN CENTER



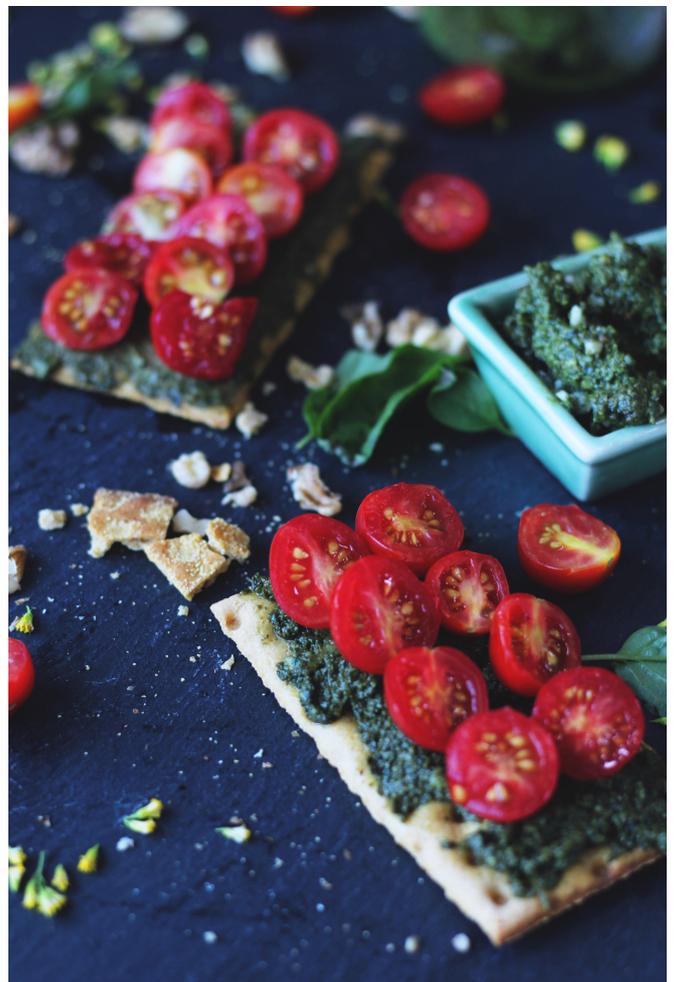
# 8. Intercultural Evening

**Besides your traditional breakfasts, one of the project evenings will be dedicated to the Intercultural Evening. You will present your own cultures-national, regional, personal or any kind of culture you feel you belong to. This presentation/activities should not just be a "lecture", so try to find some creative way to show your culture.**

**A culture may be represented by a song, a story, a poem, a dance, a game, some local special drinks and food, (you will have the opportunity to cook something if you wish), etc.**

**You can bring pictures, music or any instrument you want to.**

**If there are some special requests, please do not forget to mention them in the application form, so that we try to accomplish them.**



## 9. Contacts

**This project has been designed after very strong partnerships and many good projects between the participating organisations.**

**We expect you to fully participate in all the activities, be open minded and tolerant.**

**We remind you that as in all Erasmus plus projects, here also you will be provided by the youthpass certificate.**

**In case you need more info please contact:  
[breakfastcultureclub@gmail.com](mailto:breakfastcultureclub@gmail.com)  
+393312275004 (Sona)**

