

# Disconnect to Reconnect

07 - 17 August 2021

Passignano sul Trasimeno, Italy



Associazione di promozione sociale Kora

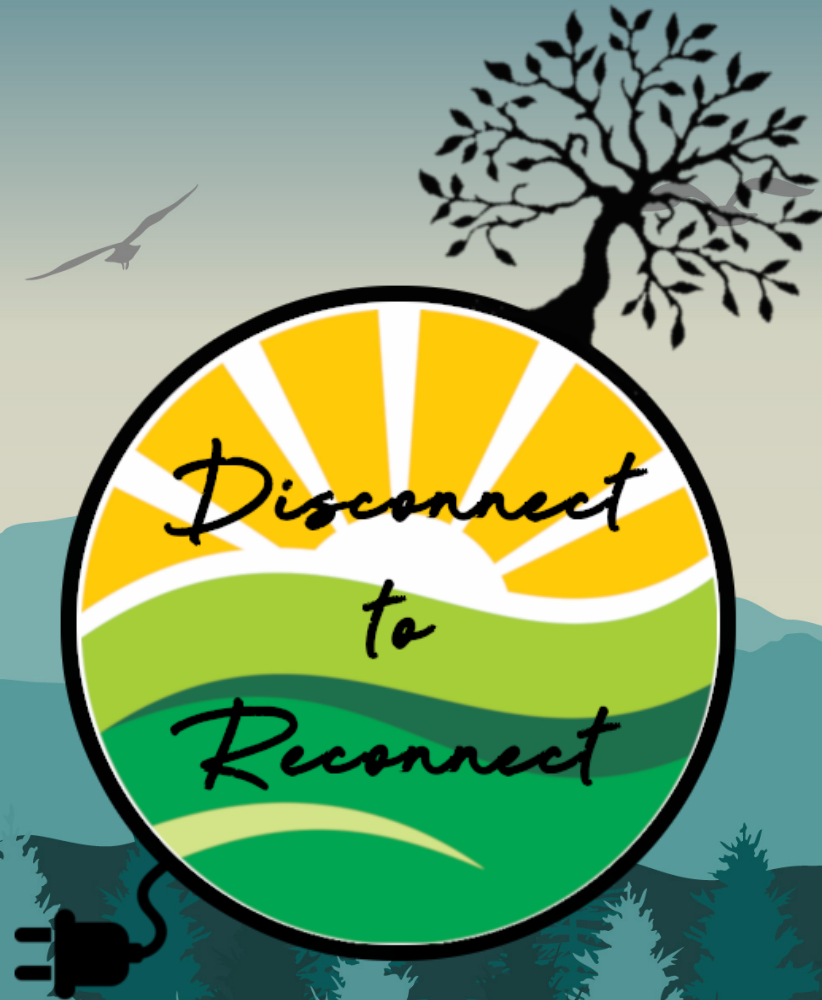
Via Campagna 26, 06065 Passignano sul Trasimeno, Italia

[www.associazionekora.it](http://www.associazionekora.it)

C.F. 94157630545

Tel. +39 349 9574536

Email: [info@associazionekora.it](mailto:info@associazionekora.it)



# The Project

"DISCONNECT TO RECONNECT" is a 10 days' youth exchange thought-out for 36 young participants between 18 and 30 years from six different countries, that seeks to prevent an abusive and wrong use of new technologies, which, hand in hand with an abandonment of a more harmonious way of life with nature and the planet opting for more modern forms of life typical of urban post-industrial societies, can lead to mental diseases such as stress, depression or nomophobia, and also other chronic diseases caused by an extremely sedentary lifestyle, such as obesity.

During the YE, the participants will be provided, through non-formal education activities, with tools to face these problems present in our societies and be able to have more healthy technological habits, and to develop a more harmonious way of living, with a deeper connection with the nature, the world that surrounds them, and with their own emotions and instincts as human beings.

**Be prepared for leaving your technological devices aside for a while, and to start to rediscover yourself and the planet you stand on!**

**"If you live in harmony with nature you will never be poor; if you live according what others think, you will never be rich."**

**Seneca**

## Objectives

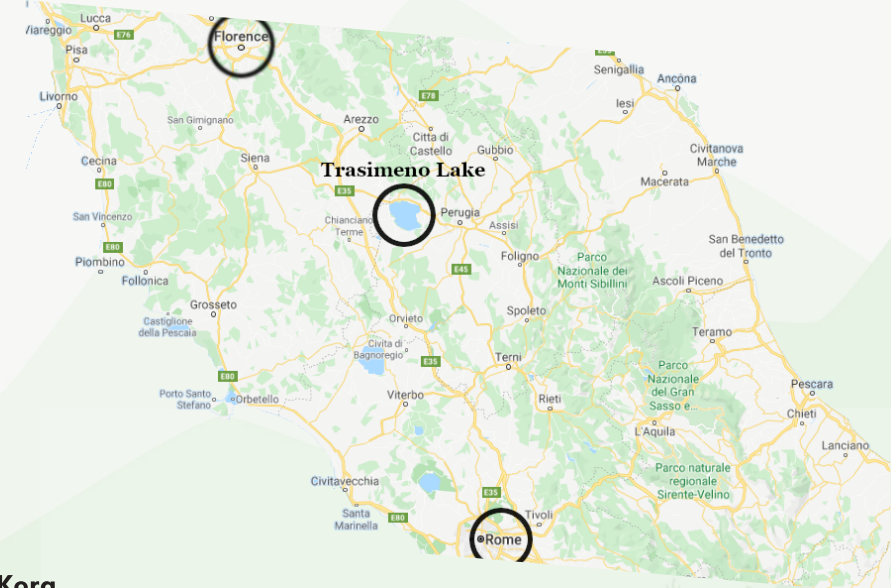
- To make a temporary technological disconnection to move away from the pernicious uses of technology and be able to have a wider overview of the opportunities and threats that it represents.
- To redefine the relationship that participants have with technologies as virtual users, to generate a healthier way of using these new tools.
- To allow participants to reconnect with the surrounding environment, with nature, and with themselves.
- To present a vital alternative more harmonious with the planet and nature, that can provide tools to face the problems that the society in which we are immersed has, while still maintaining good mental health and an emotional balance.
- To enhance knowledge about different artistic and body expression, manual works, and mental health preservation techniques.
- To enhance knowledge about nature and the environment.

# Participants' profile

The participants should be preferably between 18 and 30 years old. Younger participants (16+) can also participate if really motivated: in this case be sure to inform Kora about it, in order to 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 + 5 participants. Participants with fewer opportunities should have the priority to participate in the project. At least 3 participants should have an English level good enough to actively participate in discussions. 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 healthy life and technological good practices, 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.

## Partners

- **Associazione di Promozione Sociale Kora** - Italy
- **Asociación Brújula Intercultural** - Spain
- **ASSOCIATION POUR LE DEVELOPPEMENT DU HAUT CABARDES (ADHC)** - France
- **Youthfully Yours SK** - Slovakia
- **ACT O'Clock** - Romania
- **Liepājas Bērnu un jaunatnes centrs** - Latvia



Location of Passignano sul Trasimeno in Italy's map

## Location

The participants will be hosted on the educational farm Buona Terra, located in the town of Passignano sul Trasimeno, besides the Trasimeno lake, 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.

# Preparation

- Each national group should prepare a presentation/workshop about their 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!
- Each national group should also collect testimonies from their relatives, friends, etc., about how people used to live in their countries in the past, which will be used in an activity in which we'll compare the different ways of living in different cultures, and how they've changed.
- Moreover these two activities, there will also be an activity about myths and fables of each culture. Participants will have the opportunity of telling them to the other participants, while sitting around the fire. Music, painting, and any kind of expression will be welcomed, so, again, be creative!
- Each participant should bring a personal object that represents something for them, which will be used in an activity.
- Also participants are encouraged to bring any kind of musical instrument they can, which will be used during the project.
- 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.

## What to bring

- Bed sheets or sleeping bag (blankets will be provided)
- 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)
- **Music instruments!**
- Personal drinking bottle (less plastic, more fun)
- Whatever you feel you would need for any time spent away from home (cigarettes, medicines, chocolate... Consider that participants will not be allowed to go shopping alone, for covid safety)
- If possible: traditional clothes, national flag, typical objects, food or drink from your country.
- **Good vibes!**

# Travel dates

Participants are expected to arrive the 7th of August 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 17 of August 2021. The project activities will start on the 8th of August after breakfast and will end on the 16th of August after dinner.

Arrival and departure dates are flexible if participants want to visit Italy *after* the official dates. If this is the case please read carefully: participants have the possibility to travel up to 2 days extra after the official dates of the project and still get the travel reimbursement. Meaning: participants can arrive in Italy on the 7th of August and leave on the 18th or 19th of August. For the extra days, Kora does not provide food and accommodation. Keep in mind that if your 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: <https://www.trenitalia.com/>

Connections by bus: <https://www.flixbus.it/>

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). 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 picture below on the left) of Trenitalia. All tickets must be stamped in the machine (see picture below on the right) prior to getting on the train! If not a penalty of 100€ can be required.**



# 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€**

**Spain - 275€**

**France - 275€**

**Slovakia - 275€**

**Romania - 275€**

**Latvia - 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. Further and detailed instructions will be given during the YE.



**KORA**

## Contacts

**Simone Lollini**

**simone@associazionekora.it**

**+393338833570**

