



Città di  
Montecchio Maggiore

# YOUTH EXCHANGE

# ThisABILITY

**9 - 18 May 2023**

**Montecchio Maggiore - ITALY**

**To participate, please APPLY here:**  
**<https://bit.ly/thisABILITY>**



## DEAR PARTICIPANTS,

Welcome to the YE “**ThisABILITY**” hosted by the Municipality of **Montecchio Maggiore** (VI), ITALY.

Here you will find all the information you need about how to reach us and how to fully enjoy this experience and make the most out of it.

After reading this document, if you still have any questions please don't hesitate to contact us.

Best wishes and see you soon,

**Studio Progetto Team**

Facilitator and contact person:  
Lara, [progettazione@studioprogetto.org](mailto:progettazione@studioprogetto.org)  
mobile **+39 3453496143**





## AIMS AND THEMES

The "ThisABILITY" youth exchange project is a unique initiative focused on **disability** and **inclusion**, with a special focus on discovering the **hidden abilities** and **inner riches** of each participant.

The project brings together young people from different countries to experience firsthand the challenges and rewards of disability and social marginality.

Through a series of activities, workshops, and discussions, participants will gain a deeper understanding and appreciation of diversity, as well as develop their empathy, communication, and leadership skills.

The **goal** of ThisABILITY is to develop a path with young people towards a more inclusive and equitable society, where everyone is valued for their unique abilities and talents.

### **APV - Advance Planning Visit**

A preparatory meeting is foreseen between **the youth leaders** of each national group on **April 13 (arrivals) - 15 (departures) 2023**.

Registration form for youth leaders to the APV:

**[https://bit.ly/thisABILITY\\_APV](https://bit.ly/thisABILITY_APV)**



# Draft activity Program



## Tuesday 9 May

- ✓ Arrival and introduction day

## Wednesday 10 May

- ✓ Getting to know each others  
The concept of "ability"

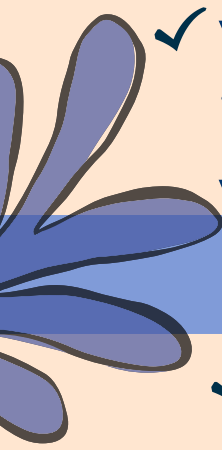
## Thursday 11 May

- ✓ Official Opening  
Workshop at "Villa Zileri"

## Friday 12 May

- ✓ My ability - your ability  
Sharing my ability

## Saturday 13 May

- 
- ✓ Visiting local realities working in the field of disability & volunteering

## Sunday 14 May

- ✓ Visiting  
Team building

## Monday 15 May

- ✓ Planning Participation Activity & final presentation

## Tuesday 16 May

- ✓ Sport & Disability

## Wednesday 17 May

- ✓ Conclusion and plans for the future

## Thursday 18 May

- ✓ Farewell & Departures



## **We are looking for:**

**5 young participants aged 18-30 + 1 youth leader (older than 23 and no upper age limits) from each partner country.**

Participants interested in the topic, motivated, with a proactive attitude.

No language requirements are settled. It is desirable that the leader has a good level of English and that he/she has gained some previous experience in projects Erasmus+, in order to ensure an expert figure able to guide and support their group throughout the whole process, from preparation to the end of the dissemination activities.

## **Partners and countries**

Studio Progetto scs (Italy)

Parcours le monde sud est (France)

European Youth Centre Břeclav (Czech Republic)

Continuous Action (Estonia)

The Starry Start of Talents Foundation (Bulgaria)

Association Imagina (Spain)



## Financial conditions

The food and accommodation will be provided and paid by the organizers, as well as the foreseen activities.

Travel costs will be counted based on the distance calculator of the European Commission and reimbursed by **bank transfer** after the course in euros.

## Reimbursement

Travel reimbursement will be up to **275€** - This applies to all countries except Italy.

To get your reimbursement **PLEASE KEEP ALL YOUR TRAVEL DOCUMENTS** including boarding passes and ticket receipts where the price and date are shown.

Reimbursement will be done within 2 months after the submission of travel documents and receipts from participant's side once you all have filled out the Mobility Tool survey.

The reimbursement will be paid **ONLY** by bank transfer after receiving all the original tickets.

## Accomodation:

During the Youth Exchange participants will be lodged in **Casa SS Trinità**, a very nice and comfortable house in a green area on the hills of Montecchio Maggiore.

Here there are rooms for **4-6** people with private **toilets**, a big **dining room** and **kitchen**. We'll move with private means during the exchange.



## Preparation of the group:

- to prepare the **intercultural evening** dedicated to your country with typical food and entertainment (no power point please!)
- to prepare some **ice-breaking games and energizers** to propose at the beginning of each day
- to think about some of **your abilities** to be shared with the group and prepare **small workshops** to propose during the exchange



## WHAT TO BRING WITH YOU?

- Your **motivation** to enjoy the program
  - Your curiosity to meet other cultures
  - Your **passport** or **ID** card
  - Your European **Health Insurance** Card  
<https://ec.europa.eu/social/main.jsp?catId=559>  
(if you have it) or other health insurance;
  - **Medicines** - if you need them (anti-allergy pills, pain killers, aspirin etc.)
  - a **personal bottle** for water
  - National **snacks**, NON ALCOHOLIC drinks, easy food, specialties for intercultural evening;
  - All necessary for **personal hygiene**, like shampoo, towels, hair dryer, etc...
  - **Bed sheets or sleeping bag** (pillows and blankets are provided)
  - Other stuff you might need (guitar or other music instruments, etc.)
- All your **travel tickets** (if you want the reimbursement; what concerns the flight ticket, remember to keep the boarding pass -> "A boarding pass is a document provided by an airline during check-in, giving a passenger permission to board the airplane for a particular flight. As a minimum, it identifies the passenger, the flight number, and the date and scheduled time for departure. In some cases, flyers can check in online and print the boarding passes themselves");

Attention!!! We need to know in time if you have particular necessities regarding food (vegetarian/vegan) and allergies.

Please, fully complete the application form here:

<https://bit.ly/thisABILITY>





## How to get to Montecchio Maggiore:

Montecchio Maggiore is a small town in the province of Vicenza, Veneto, in the north of Italy.

To get there first of all you have to go to **Vicenza** and from there, take a **bus** to **Montecchio**.

The **9th** (the arrival day) you should arrive after **15.00**.

Once you're travelling please text us your steps so we can be aware of where you are and the time it will take you to get to the place and call us once you're in Montecchio at **+39 3453496143** so that we can come and pick you up.

Before purchasing the flight tickets please ask for our approval.

Here is the **information** on how to arrive in Montecchio Maggiore from all the nearest airports. We recommend you to buy all the tickets you need, especially the train ones, online before the arrival.

The nearest airports are:

Verona [www.aeroporto.verona.it/passeggeri\\_t5](http://www.aeroporto.verona.it/passeggeri_t5)

Venice [www.veniceairport.it](http://www.veniceairport.it)

Venice-Treviso [www.trevisoairport.it](http://www.trevisoairport.it)

A bit farther but still fine (your flight should land not after **15.00**):

Milano-Bergamo [www.milanbergamoairport.it/it/](http://www.milanbergamoairport.it/it/)

Milano-Malpensa [www.milanomalpensa-airport.com/it](http://www.milanomalpensa-airport.com/it)

Milano-Linate [www.milanolate-airport.com/it/](http://www.milanolate-airport.com/it/)

Bologna [www.bologna-airport.it/en](http://www.bologna-airport.it/en)



## FROM VERONA "CATULLO" AIRPORT:

From Verona airport you have to take the **bus** to **Verona Porta Nuova** (railway station).

The Aerobus service from the airport to the train station runs every 20 minutes, every day of the week.

To check the bus connections to the train stations of Verona Porta Nuova:

[https://www.atv.verona.it/Autobus\\_per\\_aeroporto\\_Catullo](https://www.atv.verona.it/Autobus_per_aeroporto_Catullo)

The ticket to Vicenza costs 6€

Then you will have to take a **train** from Verona Porta Nuova to **Vicenza**.

There are several trains every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices vary from €6,25 to €21,00. The **regional** trains are cheaper than Frecciarossa, but your travel time will be a bit longer.



## FROM TREVISO “CANOVA” AIRPORT:

### Option 1 (Cheaper and faster!!)

From TREVISO airport you have to take **bus N.6** to the train station **Treviso Centrale**. Bus stop is on **Via Noalese**, to the right of the airport exit.

**Tickets** are available **at the airport / train station** or **on the bus** (the driver is not obliged to give change). Bus stops are in front of the airport and train station.

Here you can find the information about the ticket price and the timetable

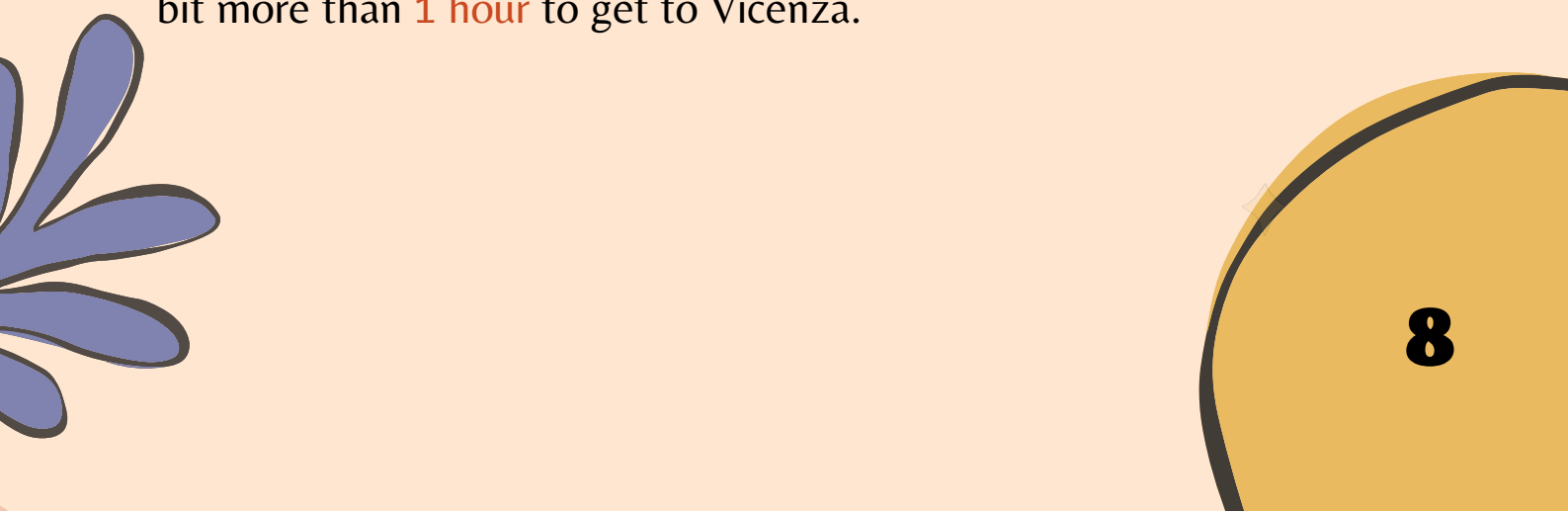
<https://mobilitadimarca.it/p/linee-e-orari/treviso-airbus>

Then you will take a **train** from Treviso Centrale to **Vicenza**.

There are direct trains from Treviso Centrale to Vicenza every hour, anyway you can check the website of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <https://www.trenitalia.com/en.html>

The price of a ticket for **regional** trains is **€6,25** and it will take you a bit more than **1 hour** to get to Vicenza.





## FROM TREVISO “CANOVA” AIRPORT:

### Option 2

From TREVISO airport you'll have to take the **bus** to the train station of **Venezia-Mestre**:

<https://www.atvo.it/it-treviso-airport.html>

The ticket costs 12€ one way (return ticket 22€ with 10 days validity).

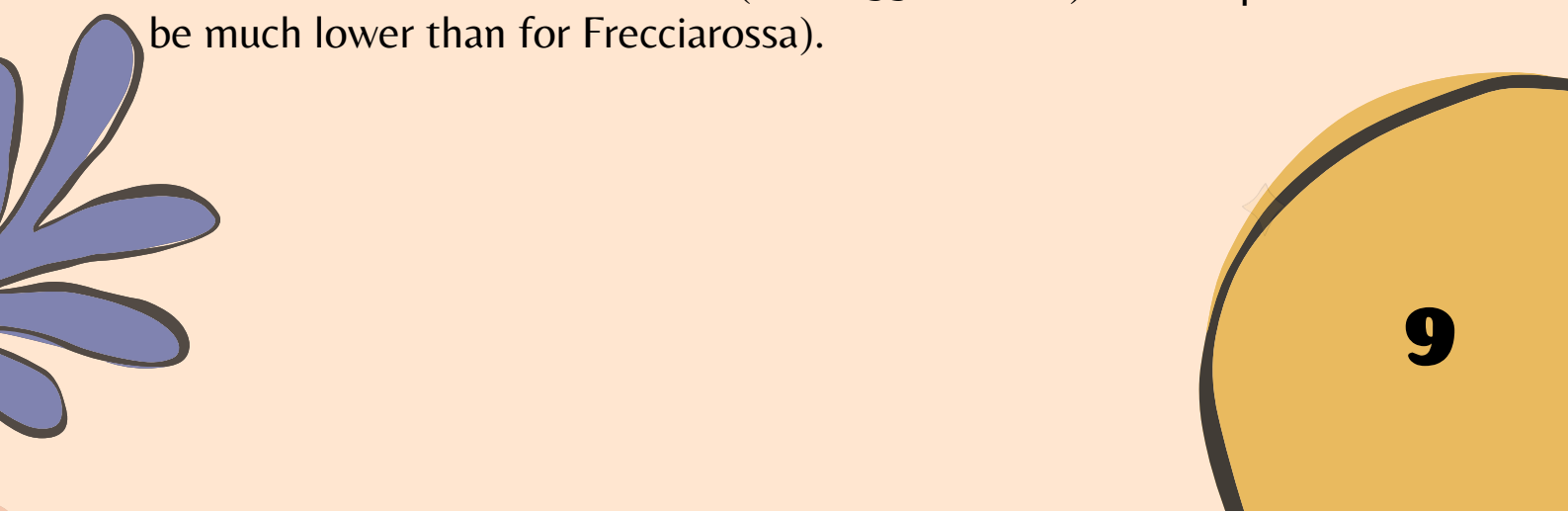
You can buy it online (they say that you have a discount but it is not true... it costs the same also in the automatic ticket machine), or on board on Ryanair flights or in the automatic ticket machine/ticket office inside the airport.

Then you will have to take a **train** from Venezia-Mestre to **Vicenza**.

There are several trains from Mestre to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices vary from 6,25€ up to 22,00€... The **regional** trains are cheaper than Frecciarossa, and it takes about 30 minutes more to get to Vicenza (or if you manage to buy a ticket for “**regionale veloce**” (RV), the travel time will be the same (about 33 minutes) but the price will be much lower than for Frecciarossa).





## FROM BOLOGNA:

From BOLOGNA airport you will have to take the train “**Marconi Express**” to **Bologna Central train station**.

Here you can find more information about the tickets and the timetable:

<https://www.bologna-airport.it/en/from-and-to-the-airport/transfer-from-and-to-the-airport/train-to-the-city-centre/?idC=62594>

Then you will take a **train** from Bologna to **Vicenza**. There are trains from Bologna to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com>

Prices go from 14,05€ up to 30,80€... The **regional** trains are cheaper than Freccia trains, but sometimes you can find special offers also for Freccia tickets.



## FROM BERGAMO "ORIO AL SERIO" AIRPORT:

From Milano-BERGAMO (Orio al Serio airport) you have to take the bus „**Orio shuttle**“ to **Milano Centrale** (railway station).

The bus leaves from the **Arrivals, Platform 2** every half an hour and it takes about **50 minutes** to arrive in the Milano Centrale train Station. The ticket costs **10€** (the price of the tickets bought online) and **€12** (if the ticket is bought before the boarding).

You can check the timetable and you can also buy it online at this website [http://www.orioshuttle.com/\\_eng/](http://www.orioshuttle.com/_eng/)

Choose the yellow one (number 1) ,”Orio al Serio > Milan Central Station“

Then you will have to take a train from Milano to **Vicenza**.

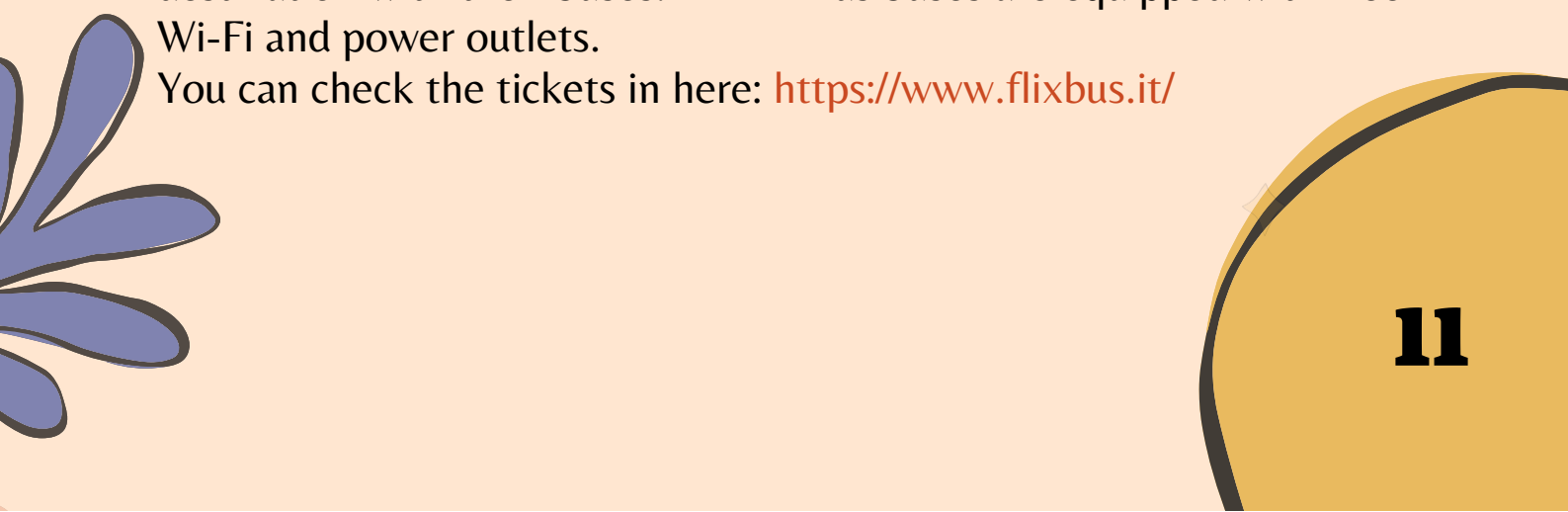
There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <http://www.trenitalia.com/>

Prices go from 11,90€ up to 40,00€... The **regional** trains are cheaper than Frecciarossa, but sometimes you can find special offers also for Frecciarossa tickets.

Another option is to buy a **FLIXBUS** ticket. FlixBus gets you to your destination with their buses. All FlixBus buses are equipped with free Wi-Fi and power outlets.

You can check the tickets in here: <https://www.flixbus.it/>





## FROM MALPENSA AIRPORT:

From MALPENSA airport you have to take the **Malpensa express**, the train goes to **Milano Centrale** (railway station) 20 times every day.

The ticket costs **13€** one way (return ticket **20€** within **30** days validity).

You can check the timetable and you can also buy it online at this website [www.malpensaexpress.it/en/](http://www.malpensaexpress.it/en/) choose “on-line ticket” from “Milano Aeroporto” to “Milano Centrale”.

Then you will have to take a train from Milano Centrale to **Vicenza**. There are trains from Milano to Vicenza every hour, anyway you can check the website of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices go from 11,90€ up to 40,00€... The **regional** trains are cheaper than Frecciarossa, but sometimes you can find special offers also for Frecciarossa tickets.

Another option is to buy a **FLIXBUS** ticket. FlixBus gets you to your destination with their buses. All FlixBus buses are equipped with free Wi-Fi and power outlets.

You can check the tickets in here: <https://www.flixbus.it/>





## FROM LINATE AIRPORT:

You have 2 options to get to Milano Centrale:

You can buy a “**Linate Shuttle**” bus ticket that will take you from the airport to **Milano Centrale** (railway station). The price is 7€.

You can find more information and buy a ticket on this website:

<https://www.milano-aeroporti.it/linate-shuttle/index.html>

You can also take a **bus** from the airport to **Milano Lambrate**, which leaves every 2 hrs, and from there take the **metro** (Lambrate Fs) to Milano Centrale (Centrale Fs) that leaves every 5 min. The price is about 10€.

Once you arrive at the railway station you have to take the **train** to **Vicenza**. There are trains from Milano Centrale to Vicenza every hour, anyway you can check the website of the Italian railway station, there is an English version, so it will not be difficult for you.

The website is: <http://www.trenitalia.com/>

Prices go from 11,90€ up to 40,00€... The **regional** trains are cheaper than Frecciarossa, but sometimes you can find special offers also for Frecciarossa tickets.



## WHAT TO DO ONCE YOU ARE IN VICENZA:

Once you're in Vicenza train station, you have to take a **bus** to **MONTECCHIO MAGGIORE**.

You have to get out of the station, turn to the **left** and walk about **150m** to get to the bus station.

You can **buy** the ticket at the **ticket office** or in the **tabaccheria** inside (a small shop with a lot of things).

To ask for the ticket you can say in Italian

“Vorrei un biglietto per **MONTECCHIO SAN VITALE** per favore”,  
or just use English, they usually get it.

The bus that you are going to take is **Linea 1** to **Valdagno/Recoaro Terme** and will leave from **box 5**. There is a bus almost every 30 minutes, and it takes about **half an hour** to arrive in **MONTECCHIO MAGGIORE - SAN VITALE**.


Here you can check the timetable:

[www.svt.vi.it/it/orari-percorsi/extraurbano](http://www.svt.vi.it/it/orari-percorsi/extraurbano)

You can also download this **app** and buy your ticket here:

[www.mycicero.it/downloadApp/index.html](http://www.mycicero.it/downloadApp/index.html)

Or create an account in the website: <https://www.mycicero.it/signIn/mycicero/Registrazione/RegistrazioneMyCicero>



As soon as you have the exact timetable of your trip please inform us at the following e-mail address in order to manage your welcome!

[progettazione@studioprogetto.org](mailto:progettazione@studioprogetto.org)

**For any information, please write to  
[progettazione@studioprogetto.org](mailto:progettazione@studioprogetto.org)**

**Can't wait to meet you!**

*ThisABILITY staff*