

H2EVOLUTION

Youth Exchange

**30 April - 9 May
2024**

Recoaro Terme - Italy

PROJECT DESCRIPTION

Man & Water

Who is really a man without water? And who becomes man through the presence of water? The inhabitants of the Agno Valley feel the flow of water from the Agno Stream in their veins. It's an uncultivated, wild place that finds vigor and development through the empowerment of water power.

This is a journey that runs from the parched heights of Campogrosso (between shepherd's cottages called "malghe" and war relics) where man and animal protect the meager water of the mountain pasture.

It then descends to find the clear and free water of the contrada fountains, a founding element for the rural community of these places, a space for gathering, sharing and popular culture.

At the end of this journey one arrives in the center of the Manchester of Italy, where all the small aquifer veins connect and channel into the great stream and Roggia that gave birth to factories, woolen mills, and a human structure founded on the value of water of its strength.

Who is a man without water?
Who becomes man because of water?

AIMS

To **deepen the knowledge** related to **water** by taking part in a **interactive experience** that goes from its evolution to the impact it has on human life

To further understand how man coexist with nature by **visiting and experiencing the "Contrada"**, a concept typical of Veneto where people created an autonomous and self-sufficient system comparable to an ecosystem

To learn more about how water played a **key role in the economic development** by visiting historical factories that made use of such a valuable resource



PARTICIPANTS



We expect **5** participants **aged 16 - 20** and **1 youth leader** (preferably older than 23 y.o and no upper age limits) from each partner, taking into consideration the gender balance.

We are looking for young people who are **interested** in the topic, **motivated**, with a **proactive** attitude.

A good level of **English** is not required to expand access to the greatest number of young people. On the other hand, 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.

At least the **60%** of participants need to be people with fewer opportunities (ex: geographical barriers)

PARTICIPANT COUNTRIES



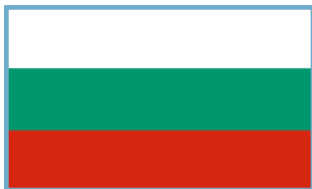
**Noored Ühiskonna Heaks
ESTONIA**



**Y.O.P.A.
HUNGARY**



**Grupo de Desarrollo Rural
Valle del Guadalhorce
SPAIN**



**The Starry Start of Talents
BULGARIA**



**Honkajoen lukio
FINLAND**



**Studio Progetto
ITALY**

GENERAL RESPONSIBILITIES OF PARTICIPANTS

- Behave **responsibly**;
- Be able to actively attend the **entire duration** of the youth exchange;
- Be able to attend **100%** of the program;
- Be able to **respect timetable** of the educational activities;
- Settle all the agreed **obligations regarding travel costs**;
- Promote **healthy lifestyles**;
- **Respect others** and ensure basic rights and freedoms to participants and facilitators that all people are entitled to regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or other status;
- **Respect time and content** framework;
- Be willing to transfer knowledge to the members of his/her organization;
- **Take care of working space** and materials;
- Be responsible for personal and others **safety**;

The organizational team keeps the right to **exclude participants** from the exchange or reduce/cancel the reimbursement of the travel costs of the participant **in case that participant does not respect the rules and responsibilities** of the exchange.

WHAT TO BRING WITH YOU:

1. **Yourself** (of course!!!), your motivation to enjoy the exchange and the life and your best curiosity to meet other cultures!!
2. Your **passport** or **ID** card
3. Your European Health **Insurance** Card
(<https://ec.europa.eu/social/main.jsp?catId=559>)
4. All your travel **tickets** (if you want the reimbursement; for 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");
5. **Medicines** - if you need them (anti-allergy pills, pain killers, aspirin etc.)
6. Your own water **bottle**, so we can avoid the use of plastic as much as possible.
7. All the necessary for **personal hygiene**, like shampoo, towels (sheets will be provided by us), hair dryer, etc... and comfortable warm clothes and raincoats and **trekking shoes** (or at least gym shoes). The programme foresees walks and activities in the woods, be prepared for that!
8. **Other** stuff you might need (camera/film, toilet things, etc.)



Attention!!! We need to know in time if you have particular necessities regarding food (vegetarian/vegan) and allergies. We prepared an online form to collect all this info, so if you haven't filled in it yet, please provide it as soon as possible!



GROUP PREPARATION

For the best preparation for the activities we ask each participants will have the following tasks:

1. Start a **reflection** with your national group on the good practices of "use of water" you want to share from your local context and express the results through the preferred method (e.g. drawing, diagram, performance, video, etc.)
2. Prepare the **intercultural evening** dedicated to their country with typical food and entertainment
3. Prepare some **ice-breaking games** and energizers to be offered at the beginning of each day
4. **FILL IN THE REGISTRATION FORM** (all participants must do it): <https://forms.gle/YCqrsHuKhRfCr6cK8>



ACCOMMODATION

During the Youth Exchange participants will be lodged in a **hostel in Recoaro Terme**, in **Vicenza province**.

The hostel is a former Hotel with **double/triple/quadruple** rooms with a bathroom.

You will **share a room only with representatives of the same gender**.

We rented the whole building so there is no Hotel service.

Pillows and blankets are provided,
but **DON'T forget to bring your TOWEL & LINEN**
since they are not provided. There is no wi-fi in the hotel.

The address is Hotel Isola, Via Campogrosso, 35 - Recoaro Treme (Vicenza) - ITALY.



More pictures and the detail information here:

<https://www.hotelisola.it/>

Accommodation and meals will be covered by the project, same as the foreseen activities.

BASIC RULES YOU NEED TO RESPECT

During the exchange, smoking, drinking alcohol or consuming any other harmful substance is forbidden.

So please, be aware of the space and take care of it!

Rules:

- Participants will have to bring their own towels and bed sheets or sleeping bag (we will provide pillows and blankets)
- There is no possibility to extend your stay at Hotel Isola.
- It is forbidden to smoke in the building.
- It is forbidden to consume alcohol in the building.
- Participants have to respect the Hotel installations, the rooms and the common areas. If they break something they will pay for that.
- It's forbidden to consume food in the rooms or to take food out of the common dining room.
- Participants are not allowed to move furniture.
- It's forbidden to make noise after 11 at night and before 8.00 in the morning

HOW TO REACH RECOARO

The Youth Exchange will take place in Recoaro Terme, a town and comune in the province of Vicenza, Veneto, in the northern of Italy, that is known for his mineral spring waters.

Following, you will find all the information on how to arrive in Recoaro from all the nearest airports.

We recommend you to buy all the tickets you need, especially the train ones, online **before** the arrival.

Let's make it simple and divide your trip in 3 fundamental steps:

- Get to Vicenza train station from the airport,
- Get to Recoaro's bus station from Vicenza,
- And finally get to the Hotel Trettenero from Recoaro's bus station.

The nearest airports are (send us the options you find, in order we can tell you if it is manageable to reach the venue):

Verona www.aeroporto.verona.it/passeggeri_t5

Venice www.veniceairport.it

Venice-Treviso www.trevisoairport.it

A bit farther but still fine (your flight should land not after 16.00/17.00):

Milano-Bergamo www.sacbo.it/Airpor/portalProcess.jsp

Milano-Malpensa www.milanomalpensa-airport.com/it

Milano-Linate www.milanolate-airport.com/it

Bologna www.bologna-airport.it/en

HOW TO REACH RECOARO

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:
www.aeroporto.verona.it/en/aerobus_t2

The ticket costs 6€.

There are trains from Verona to Vicenza every hour. When you arrive to Vicenza, need take a regional train to Schio. 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: www.trenitalia.com/en.html

Prices go from 7,80€ up to 16,00€... The regional trains are cheaper than Frecciabianca, and it takes only 15 minutes more. From Vicenza to Schio the price is 2,30 or 4,60€.

HOW TO REACH RECOARO

FROM TREVISO "CANOVA" AIRPORT

OPTION 1 (CHEAPER!!)

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

Tickets are available at the airport / train station (€ 1,20) or in bus (€ 2,50, the driver is not obliged to give change). Bus stops are in front of the airport and train station.

Here is the timetable

<http://www.mobilitadimarca.it/en/p/routes-and-timetables/treviso-airport>

Then you will take a train from Treviso Centrale to Vicenza. There are trains from Treviso Centrale to Vicenza very often.

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: <https://www.trenitalia.com/en.html>

Prices go from 8,30€ up to 9,70€.

HOW TO REACH RECOARO

FROM TREVISO

"CANOVA" AIRPORT

OPTION 2

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

[http://www.atvo.it/index.php?
lang=en&area=23&menuid=36&view_pc#](http://www.atvo.it/index.php?lang=en&area=23&menuid=36&view_pc#)

Here you have the timetable

[https://www.atvo.it/allegati/aeroporti/aereoporto_di_treviso_\(tv-ve\)_dal_1.09_al_30.09.21.pdf](https://www.atvo.it/allegati/aeroporti/aereoporto_di_treviso_(tv-ve)_dal_1.09_al_30.09.21.pdf)

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 Ryanair flights or in the automatic ticket machine/ticket office in the airport.

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

There are trains from Mestre to Vicenza very often, 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:

<https://www.trenitalia.com/en.html>

Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than

Frecciabianca, and it takes about 30 minutes more.

HOW TO REACH RECOARO

FROM VENICE "MARCO POLO" AIRPORT

From Venice airport you have to take the bus to the train station of
Venezia – Mestre:

[www.atvo.it/index.php?
lingua=en&area=menustandard&idpadre=23&idmenu=35](http://www.atvo.it/index.php?lingua=en&area=menustandard&idpadre=23&idmenu=35)

here you have the timetable

[www.atvo.it/allegati/aeroporti/linea_35_b_-_
dal_13.09_al_2.10.2021.pdf](http://www.atvo.it/allegati/aeroporti/linea_35_b_-_dal_13.09_al_2.10.2021.pdf)

The ticket costs €8 (€ 15 round trip). You can buy it online (you can have a discount but only if you buy more than one ticket), or in the automatic ticket machine/ticket office in the airport.

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

There are trains from Mestre to Vicenza very often, 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: www.trenitalia.com/en.html

Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.

HOW TO REACH RECOARO

FROM MILANO-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 leave from 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€.

You can check the timetable and you can also buy it online at this website http://www.orioshuttle.com/_eng/ choose the yellow one (number 1) "Orio alSerio > Milan Central Station"

Then you will 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: <https://www.trenitalia.com/en.html>

Prices go from 17,55€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

If you are lucky you can catch a cheaper Flixbus (only one per day arrives straight to Vicenza). Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://global.flixbus.com/>

Another good option is to check travel schedules and options on the Trainline website: www.thetrainline.com

The site is useful for leaving Bergamo airport, but also for all other airports

HOW TO REACH RECOARO

FROM MILANO

MALPENSA AIRPORT

From Malpensa airport you have to take the Malpensa express, the train goes to Milano Centrale (railway station) 20 times every days. The ticket costs 13€ one way (return ticket 20€ with 30 days validity).

You can check the timetable and you can also buy it on line at this website

<http://www.malpensaexpress.it/en/>

choose "on-line ticket" from "Milano Aeroporto" to "Milano Centrale".

Then you will 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: <https://www.trenitalia.com/en.html>

Prices go from 17,55€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

If you are lucky you can catch a cheaper Flixbus (only one per day arrives straight to Vicenza). Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://global.flixbus.com/>

HOW TO REACH RECOARO

FROM MILANO LINATE AIRPORT

Milano Linate you have 2 options to get to Milano Centrale:
You can buy a "Terravision" bus ticket here that will take you from the airport to Milano Centrale ((railway station). The price is 10€ and it takes about 50 minutes.

<https://www.omio.com/search-frontend/results/EF523E7D03912499FB618F4B8BF7DA4A8/bus?locale=en>

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

Once you have arrived at the railway station you have to take the train 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 14,30€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

HOW TO REACH RECOARO

FROM BOLOGNA AIRPORT

From Bologna airport you have to take the bus "BLQ line" to Bologna Central train station.

Aerobus tickets can be purchased on board. One way Aerobus ticket from/to Airport is € 6,00. The bus takes about 20 minutes to arrive at the train Station.

You can check the timetable on line at this website (2nd page, Aeroporto - Bologna Stazione Centrale

http://www.tper.it/sites/tper.it/files/ORARI/tper_Bo040.pdf

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

Prices go from 13,05€ up to 29,00€... The regional trains are cheaper than Freccia trains, but sometimes you can find special offers also for Freccia tickets.

WHAT TO DO ONCE YOU ARE IN VICENZA

Once you're in Vicenza's train station, you've to take a **bus to Recoaro**. You have to walk out the station and go to the left and walk about 150m to reach the bus station.

You can buy the ticket at the ticket's office or in the tabaccheria inside (a small shop with a lot of things!). To ask for the ticket you can try to ask it in Italian saying "Vorrei un biglietto per Recoaro 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.

The bus leaves almost every half hour, and takes less than ,1,5 hour to arrive in Recoaro.

Here you can check the timetable:

<http://www.svt.vi.it/orari-percorsi/ricerca-orari-percorsi>

You could also download this app and buy your ticket here:

<https://www.mycicero.it/downloadApp/index.html>

Or create an account in the website:

<https://www.mycicero.it/signIn/mycicero/Registrazione/Registrazione>
[MyCicero](#)

HOW TO ARRIVE IN RECOARO TERME

Once you are already on board, after 1hour you should be in Valdagno, that means that you are getting closer to Recoaro (15min no much more), so **keep your eyes open**.



Ex stazione Valdagno (VI), 18/02/2007 - Ivan Eurlanis

Valdagno Bus Station



Recoaro Bus Station

HOW TO GET TO RECOARO HOTEL

The hotel *Isola* is in **Via Campogrosso 35**,
so just walk around **600m (8 minutes according to Google maps!)** straight ahead and
you will find a passage on



FINANCIAL CONDITIONS

All accommodation and food costs will be covered by the project. Travel costs will be reimbursed according to the **distance band** fixed by the European Commission. You will receive back your travel costs up to the amount stated by the European Commission according to the distance band (see the table below), by giving us all your tickets, boarding passes and bills related to the travel. The reimbursement will be paid ONLY by bank transfer after receiving all the tickets.

| DISTANCE BAND | AMOUNT OF MONEY REIMBURSEMENT | GREEN TRAVEL* |
|--------------------------|-------------------------------|---------------|
| Between 100 and 499 KM | 180 € | 210 € |
| Between 500 and 1999 KM | 275 € | 320 € |
| Between 2000 and 2999 KM | 360 € | 410 € |
| Between 3000 and 3999 KM | 530 € | 610 € |

***GREEN TRAVEL:** travel that use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling (instead of plane) receive a bigger amount of reimbursement.) receive a bigger amount of reimbursement.

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For any information, please write to
progettazione@studioprogetto.org

We are waiting for the participants list as soon as you can, fill in the
following online registration form:

<https://forms.gle/YCqrsHuKhRfCr6cK8>