

# Home is your new Destination

Youth Exchange  
30th of April - 6th of May  
2019  
Nurri, Cagliari, Italy

**ang**  
AGENZIA  
NAZIONALE  
PER I GIOVANI



Co-funded by the  
Erasmus+ Programme  
of the European Union



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## **APPLICANT ORGANIZATION**

The Association Sardiniera Onlus, established in Cagliari in 2011 has its focus particularly on the promotion of the local territory and Cultural and Environmental Heritage.

The Sardiniera has designed and implemented several initiatives aimed at enhancing the cultural, environmental and productive municipalities and mountain communities.

Thanks to its work in the fields of culture and preservation of tradition, the organisation has developed a number of contacts and projects with Sardinian local organisations from rural areas.

## **SUMMARY OF THE PROJECT**

“Home is your new Destination” is a Key Action 1 project under the Erasmus+ program. The project will address the problem of social exclusion of youngsters from rural and isolated areas, offering them a possibility for personal and professional development. Tourism will be used as a tool for bringing life and new jobs to rural and isolated areas, for social inclusion, self development and support youngsters with geographical obstacles.

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## OBJECTIVES



- Develop transferable skills and knowledge in participants, in order for them to apply to future employment opportunities, particularly in the tourism sector;
- Address the challenge of depopulation and impoverishment of the rural areas by developing new ways to support youngsters and include them in the economic growth of their areas;
- Inclusion, diversity and acceptance of different backgrounds and abilities;
- Promote the activation of social economic changes in the regions involved in the project;
- Promotion of participants' confidence and willingness to participate actively in society;
- Stimulate the spirit of entrepreneurship of the participants and their inclusion in society;

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## WORKING METHODS

All the training will be done through the methods of non-formal education. The activities will be for example brainstorming, plenary discussions, simulations, role plays, team building, energizers, ice breakers and many others. We remind you that Non-Formal education is voluntary, non-hierarchical and all its methods are based on the concept of learning by doing.



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## PARTICIPANT'S PROFILE

fewer opportunities: geographical obstacles and economic difficulties

currently living or originally from rural areas but they moved for work/study

Interest in tourism

Age: 18-25

At least 60% should have never taken part in a Erasmus+ project

No particular knowledge in English

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## **PARTICIPANT'S PROFILE**

The project will engage 36 participants (5 + 1 Group Leader) from 6 countries: Italy, Spain, Slovakia, Greece, France and Bulgaria.

We want to be aware of any participant's needs and basic personal informations, therefore we will need every applicant to fill in the official Application Form of the project.

You can find the application form to fill here:

[https://docs.google.com/forms/d/1XRHskY8LJ5Po3CcXDfTFmz3CocrIMeef-VqvFhmw\\_48/edit?ts=5ca35e62](https://docs.google.com/forms/d/1XRHskY8LJ5Po3CcXDfTFmz3CocrIMeef-VqvFhmw_48/edit?ts=5ca35e62)

Deadline for the Selection of participants is on the 8th of April 2019.

The gender balance will be one of the criteria considered for the selection.

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## TRAVEL REIMBURSEMENT PROCEDURE

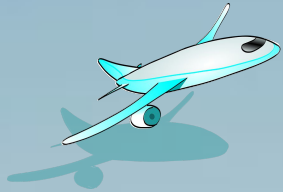
**NOTE:** Project dates are from 30th of April, which is the Arrivals day, to 6<sup>th</sup> of May, which is the Departures day.

**Do NOT buy any ticket without our confirmation or permission!!!**

Before buying the ticket, you should always send us the Travel plan of the participant and ONLY after our authorization you can proceed.

The Italian National Agency is not accepting any stopover in city around Europe or in Italy, so in case you would like to book a ticket to arrive before or stay more time, it has to be agreed with the hosting organisation.

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## **TRAVEL REIMBURSEMENT PROCEDURE**

- Each participant will receive 100% of the total reimbursement within the limit of the box below and **ONLY** after the presentation of all the official documents (Boarding Passes, e-tickets and Invoices), and right after they have concluded the follow-up activities, dissemination of results and the mobility report has been filled;
- Be Aware that the reimbursement will be calculated according to the travel costs of participants, from their place of origin to the venue of the activity and return;
- The reimbursement will be made by bank transfer to the bank account of the NGO partner in the project;
- Tickets can be bought only after have signed the Participant agreement provided by the Hosting Organisation;



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## FINANCIAL PROCEDURE

Country	Partner	Participants	Travel grant for participant
France	CENTRE DU SPORT ET DE LA JEUNESSE CORSE	6	180€
Greece	HELLAS FOR US	6	275€
Slovakia	SOCIAL INNOVATION AND ENTREPRENEURSHIP DEVELOPMENT ASSOCIATION OF SLOVAKIA	6	275€
Spain	ASOCIACION PARA EL DESARROLLO Y FOMENTO DE LAS CINCO VILLAS	6	275€
Bulgaria	ARAT-KORITEN	6	275€

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## **COMMUNICATION AND DISSEMINATION**

This part is very important because will help understand our work and results, those who haven't attended the project in person. Each participant and partner will have to help on dissemination of results and follow the visual identity rules for the overall project. In order to share pictures, video and other materials please, while sharing them on social media, use the following hashtag:

**#HOMEISYOURNEWDESTINATION**

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## WHAT TO BRING



- Bathrobe or towel
- Flip flops
- Personal care products
- A personal mug, in order to reduce the use of plastic glasses, to use during the coffee breaks
- Swimsuit and sunscreen
- Comfortable clothes for outdoors activities
- Hiking shoes
- Mosquitoes repellent
- By the agenda is also planned a Intercultural night and we suggest to bring some of your typical food and drinks, your country flag and to prepare some games, dances or a small presentation to present your country
- Brochures, flyers, posters and any other kind of material that can be useful to represent your organization to the others
- Health insurance (or E111 card if you are from an EU country).
- Don't forget to bring with you any medicine you might need even if we hope it will not be necessary.

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## ABOUT THE VENUE

Istellas Hotel is located in Nurri, one hour by car far from Cagliari, Italy.

It is situated on the shore of Lake Flumendosa, set in beautiful countryside in a area which boasts a rich heritage, art and traditions.

It is 5km far from the city centre, around 40 mins by walk. The Hotel as Restaurants, conference rooms and a big outdoor pool.

There will be included 3 meals (international breakfast, lunch and dinner) every day. All the meals will respect the Italian and Sardinian cuisine culture. There will be also provided two coffee breaks, one in the morning and one in the afternoon.

Participants will be accomodated in triple, quadruple and quintuple rooms and divided by gender.



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## HOW TO GET THERE

Istellas Hotel it's around one hour distance by car from Cagliari.

The Hosting organization will arrange a bus which will bring all the participants to Nurri on the 30th of April and then back to Cagliari on the 6th of April.

The bus will leave on the 30th at 19pm from Cagliari, so we suggest to all the participants to arrive by 18pm so that we can leave all together. Take in consideration that on the departure day we also have first to come back to Cagliari so we suggest to book the flight on the 6th of May with Departure time from Cagliari after 10am.

## WEATHER



Average temperatures in the end of April and beginning of May are around +20 degrees during the day but it gets colder at night with average temperatures around +6/7 degrees.

<https://www.ilmeteo.it/meteo/Nurri>

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For more informations email us at:

[homeisyournewdestination@gmail.com](mailto:homeisyournewdestination@gmail.com)

**SEE YOU  
SOON  
IN NURRI!**

