

Whole Lotta Love Youth Workers Mobility (PDA)

Infopack for Participants and Associations

Mobility

**4th- 10th October 2022 (3rd and 11th October Travel
Days)**

Palermo, Italy

**Maghweb (Italy), MCC (Slovenia), Youth Progress
(Czech Republic), Ticket2Europe (Spain), Cinergies
(Greece), Enterprising partners (Lithuania)**

www.maghweb.org

e.esini@maghweb.org

f.cacciatore@maghweb.org

About Whole Lotta Love

Whole Lotta Love is a PDA (Professional Development Activity) for youth workers created by Maghweb in partnership with Slovenia, Czech Republic, Spain, Greece and Lithuania in light of the positive and stimulating impact of high school workshops implemented by youth workers in Palermo during the course of Maghweb's recent project - *Palermo è fimmina*.

Palermo è fimmina aimed to raise awareness of female representation in the urban space and ways of dismantling gender stereotypes, gender violence, toxic relationships and catcalling. During the high school workshops young people expressed the urgent need to receive more non-formal education about sex, relationships, affectivity, gender violence and gender stereotypes from youth workers. In response to these young people, Maghweb proposed the youth worker mobility to its partners as a European-wide opportunity to train a range of youth workers between 25 and 29 years old in non-formal inclusive education about sexual and gender stereotypes, healthy and toxic relationships, affectivity, gender violence, sexual taboos and sexual and reproductive rights.

Through a series of group-led, interactive, professional development activities (roleplay, debates on provocative videos from poets and feminists, sharing of personal experiences, mindmaps) and discussions with sexual education experts, over the course of the week the youth workers will acquire the following:

- Tools: a concrete set of non-formal education methods;
- Skills in: cross-border cooperation with other youth workers; confident and considerate self-expression; speaking English; preparing for and leading discussions; thinking critically and transmitting this skill; empathy; and awareness-raising.
- Knowledge in: the prevention of STIs, sexual and reproductive rights, gender violence, gender stereotypes, affectivity, emotional intelligence, educational inclusivity, the multiple possibilities of European ESC projects.

Materials to prepare for the PDA

Presentation

- **Please prepare a short presentation about your sending organisations, bringing information materials like brochures, manuals, flyers, etc. (anything you'd like to share!).**
- Please feel free to prepare a short presentation of your own personal or work experience of the issues that are being confronted in Whole Lotta Love. For these introductory presentations we strongly recommend that you use an interactive method to present your experience/association (powerpoint presentation, flip charts, quiz games etc.)
- Please have in mind: childhood memories for icebreaker games; an explanation as to how you came to be involved in the project and an idea of what you hope to learn from participating in the week.

Intercultural Evening

Please bring typical food, soft drinks, games and music that speak of your culture and country so that you can share these with the rest of the group and present your country in a non-formal environment at the intercultural dinner and party. There will be no cooking facilities available at the hostel so please do not bring anything that needs to be cooked.

Activities

- **Please bring comfortable shoes which you are happy to walk around in (these will be especially important for excursions such as the urban feminist walk).**

→ Most of the activities do not require preparation as they will require you to react and think within the group, on the spot. However, to make the experience as rich as possible it is recommended that you have in mind a list of resources about the mobility's themes (texts, videos, debates, images, websites related to gender stereotypes and violence, inclusive sexual education, relationships, affectivity) that you can refer to and share with the rest of the group so that there is a rich exchange between participants about the powerful and challenging themes that are being examined throughout the week.

→ If you are willing, please also think of some personal experiences that you are prepared to share that could be illuminating for the themes you are discussing with the rest of the group.

DO NOT FORGET TO BRING WITH YOU

→ Valuables and medicine in your **hand language as well as a change of clothes and essential items like your toothbrush, in case of baggage handling delays.**

→ Printed copies of **ID card or passport and tickets/invoices. These documents are fundamental when it comes to receiving the reimbursement of travel costs. ****Please do not forget to print the boarding passes and to print /send to us the invoices that show the price of the ticket, country of departure and destination and the name of the traveller. Screenshots are only sufficient if you are using an app, in this case make the screenshot BEFORE you take the flight!******

FINANCIAL CONDITIONS

→ Everybody's accommodation and meals are covered during the youth worker mobility days (including the arrival night, if it is on the travel day night between 3rd – 4th October). Accommodation and meals during days out with the exchange must be covered independently by participants.

→ Greek, Spanish, Czech Republican, Slovenian youth workers will receive a refund of up to 275€/participant for travel (flight, trains, buses, etc.) and **Lithuanian youth workers will receive up to 360€**. Up to 360€ or 275€ means that your sending

organisation will refund the exact cost if it is within the limit of 360€ or 275€, if you spend more they will refund you 275 €. Boarding passes and receipts **must be printed in order to get the refund. Reimbursement is available ONLY on travel days or exceptionally one day before/after the mobility days. If only one flight (outbound or return) is during the days available for the refund, please give a receipt that only shows the cost for this flight/mode of transport. In case of travel that is longer than a day, the Italian Agency takes arrival/departure day to/from Palermo into consideration.**

→ Please note that we cannot do refunds if we do not receive boarding passes and the details and proofs of expenses (tickets, invoice, confirmation email, everything with name, date and price. ****PLEASE NOTE: SCREENSHOTS ARE ADMITTED [i.e.BOARDING PASSES DONE THROUGH THE APP] PHOTOS OF PHYSICAL TICKETS ARE NOT****

You will have to send the original tickets and boarding passes of your return journey by regular post mail to Maghweb's office address:

Emilia Esini presso Circolo ARCI Stato Brado
Piazzetta di Resuttano 4, 90133 Palermo (PA)

All reimbursement will be made by bank transfer to associations' bank accounts.

Money transfer to participants or association's members **IS NOT ACCEPTED** by the Italian National Agency. Each partner association will refund their participants. Refunds will be made in 3 weeks from the moment that Maghweb receives all documents from participants/associations.

→ During the exchange, we will ask you to provide printed copies of:

- All original tickets (also buses or trains) and receipts with the price (electronic boarding passes without prices need to be provided with the invoice)
- Outbound and return boarding passes
- Printed copy of your ID card or passport

Q&A About Refunds

Q: I have a PDF boarding pass, can I send it via email?

A: YES, if your boarding pass looks like this:



Q: I took a picture of my train ticket/boarding pass, can I send it via email?

A: NO. If your boarding pass looks like this, you have to hand it out to the staff during the mobility or send it to the office via regular mail:



Q: Can I make a stopover on my way to/back from Palermo?

A: Travel cannot last more than 48 hours, stopovers cannot last more than 24 hours. If a stopover lasts more than the accepted time or your travel lasts more than 48 hours, only travels in the accepted time will be refunded (Eg. You leave your city on 1st and you arrive in Palermo on the 3rd, we consider your travel to be valid for a refund because you arrived on the 3rd, which is a travel day. It does not matter that you start your journey on the 1st. If your journey starts on 30th we will only refund the part of travel that takes place on the 1st and the 3rd. Please bear in mind that this is only acceptable if you do not have any connection flights that are available on the same day. We recommend that travelling out with travel days is avoided as far as possible.)

About Palermo and Accommodation

→ **Weather:** In October, Palermo has an average temperature between 11 and 27 degrees with a low chance of rain, but we recommend you bring a raincoat in case.

→ **Accommodation :** In Palermo accommodation will be in "Hostel Via Zara", located in via Zara, 5. It's in the city centre, very close to stations, bus stops, shops, monuments, theatres, historical markets and other point of interest.

Here you can see the hostel's website
[https://www.facebook.com/pg/viazarapalermo/about/?ref=page internal](https://www.facebook.com/pg/viazarapalermo/about/?ref=page_internal)

Participants will be hosted in double/triple/quadruple (up to 6 beds) bedrooms (single beds) with a shared bathroom. Blankets and sheets will be provided, altogether towels and hairdryers, but please remember to bring your own soap/shampoo. Breakfast will be consumed at the hostel, lunch and dinner in restaurant or in the hostel in case of take away food.

→ **Locations for Activities:** Activities will be held inside the workshop spaces of the BOOQ, a cooperative space managed by an association who works in the historical center of the city. Depending on weather, activities will also take place in outdoor green spaces in the centre of Palermo.

→ Personal safety: Palermo is a safe city, but just like every other city it is wise to avoid backstreets after dark.

COVID-19 and Health issues

→ Allergies, food intolerance, particular diets: If any of the participants have allergies, food intolerance or particular diets, they must communicate it to the staff before the exchange. They can do this via the participant form which will be forwarded to the organisations.

→ COVID-19

IMPORTANT! If these guidelines change, we will promptly contact your sending organisation with an updated version.

Bearing in mind that the conditions are continuously changing and that each country is managing the pandemic in a different way, here you can find some information on what to do before coming to the youth exchange. Should these guidelines change, we will promptly contact your sending organisation with updates. A useful link can be

<https://www.salute.gov.it/portale/nuovocoronavirus/dettaglioContenutiNuovoCoronavirus.jsp?lingua=english&id=5412&area=nuovoCoronavirus&menu=vuoto> the official website of the Italian government, where you can find all the information for travel from/to Italy.

Since the 1st June 2022 the green pass is no more required to enter in Italy from EU Member States and other foreign countries.

VERY IMPORTANT: Since the pandemic situation is continuously changing, participants are asked to have completed the vaccine cycle and to book flight tickets with insurance.

→ Prescriptions: A prescription delivered by a doctor in an EU country is valid in all EU countries. However, medicine prescribed in one country might not be available in another, or it may have another name. Since 25 October 2013, EU citizens have been able to ask for a cross-border prescription which is intended for use in another EU country: these are designed to help the pharmacist understand the prescription easily, the ingredients of the medicine and their

dosage. To avoid problems, Maghweb highly recommends participants to bring any medicine that they require themselves. Participants should bring their own European Health Insurance Card in order to avoid any medical expenses in case of illness or accidents.

→ Phone calls: The calling code for Italy is 0039 . If you call from abroad dial +39(...) or 0039(...)

→ Emergency calls: 112 Emergency /// 118 Hospitals

Transportation from and to the airport

→ **Bus:** Bus stop is next to the airport (exit the premises and go right), there's only one bus company called "Prestia e Comandé" <http://www.prestiaecomande.it/> . It runs every half an hour, (from 04.00 to 22.30 from Palermo, from 05.00 to 00.15 from Airport), one trip takes about 50 minutes and it costs 6€. Participants have to get off at the last stop "Palermo Stazione Centrale - via Fazello" which is just 10 minutes walk from the hostel via Zara

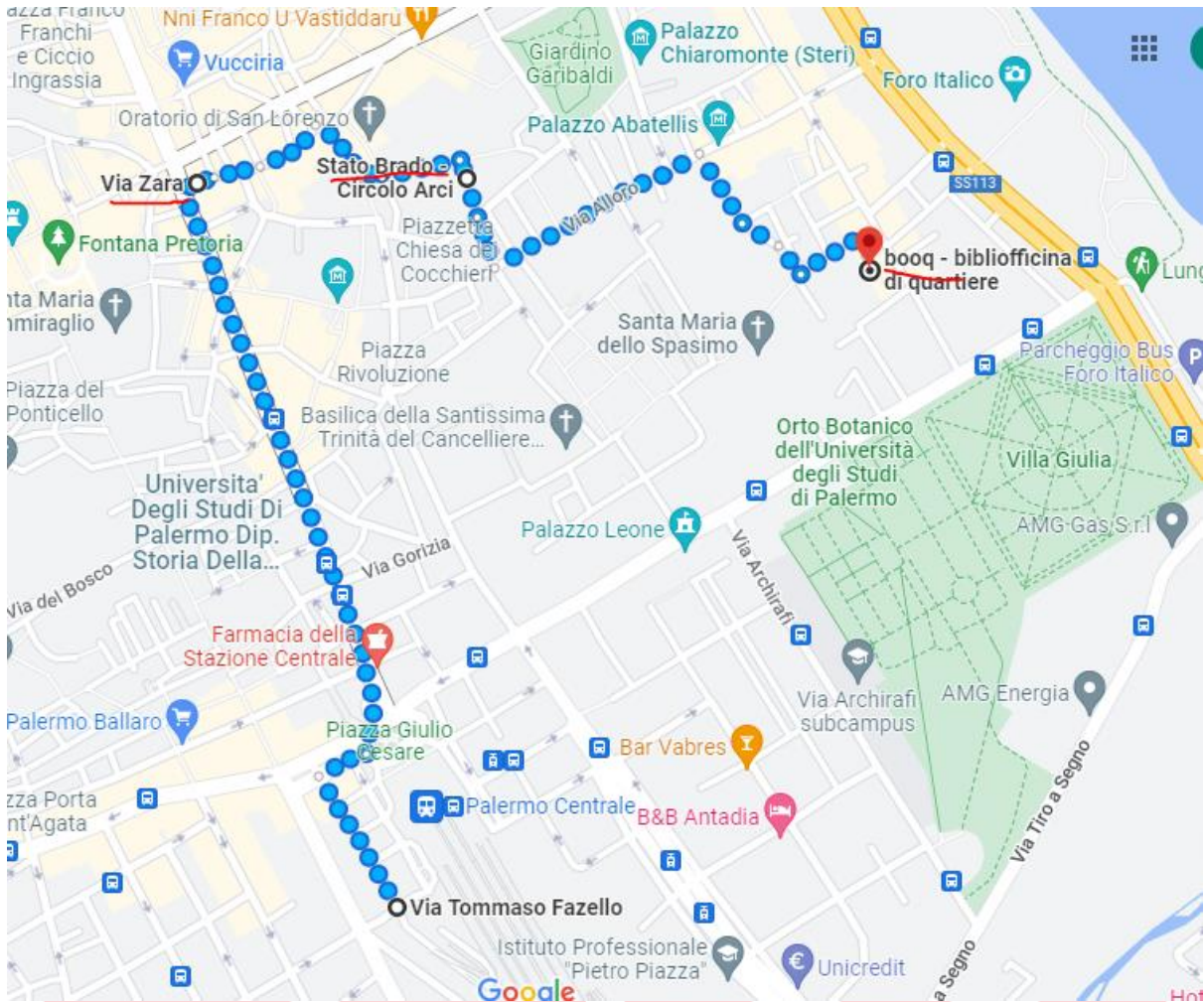
→ **Shared taxis:** cost around 8,00 € but it is faster than the bus. Be careful, only SHARED taxis are refundable, not the singular ones. REMEMBER to ask for a receipt at the time of paying, otherwise the taxi fare will not be refundable.

→ **Train:** to take the train, you need to go to the -1 floor at the airport. There are two trains every hour on working days, it costs 5,90€ and it takes 40 minutes.

You have to get off at the "Palermo Centrale" and it takes about 10 minutes on foot to reach the hostel from there.

Address

- **A. Stazione Centrale (Central station, trains and buses)**
- **B. Hostel: Via Zara via Zara 5**
- **C. Place for the activities: BOOQ Via Santa Teresa**
- **Maghweb's Headquarter "Stato Brado": piazzetta di Resuttano 4**



Maghweb's Staff Contacts

Fabrizio Cacciatore (Project Manager)

(+39) 3281618439

f.cacciatore@maghweb.org

Emilia (Emma) Esini (Project Manager)

(+39) 3475514963

e.esini@maghweb.org

Stella Brook Young (Facilitator)

(+39) 3516946725

stellby10@live.com