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Erasmus+ Programme
of the European Union



Nuovi Orizzonti
eGioiasia!

PRESENTS



D&MY

dance and music for youth empowerment



24th to 30th of April 2017

San Miniato - Italia

Dear Friends,

We are super happy to invite you to the Erasmus + Youth Exchange

“D&MY Dance and Music for Youth Empowerment”

organized by NUOVI ORIZZONTI ONLUS

We invite you to live this creative adventure with us!

Looking forward to meeting you in Italy!

DESCRIPTION OF THE PROJECT

The project **Dance & Music for Youth empowerment [D&MY]** is a Youth Exchange (YE) that aims at promoting self-esteem and strengthening empowerment of young people through arts, such as dance and music, used as tools to foster personal growth, team spirit and creativity.

The project is hosted by Nuovi Orizzonti Association, takes place in **San Miniato, Tuscany, Italy** from **24th to 30th April, 2017** and involves **30 participants** from 6 countries (4 participants and 1 group leader from each country): **Estonia, Greece, Latvia, Lithuania, Romania and Italy.**

Participants will be encouraged to explore and experiment with new forms of self-development, highlighting their skills and understanding how to enhance them to improve their self-esteem and become more active citizens and participate in the life of their own community.

The artistic and creative potential of the participants will be exploited as a "portfolio of competences", which is configured as a valuable opportunity to experience social inclusion and employability pathways.

The objectives of the project are:

- to increase youth empowerment and self-esteem
- to improve socialization skills and inclusion in society
- to raise awareness of skills, improving employability prospects and career opportunities
- to enhance the leadership and youth empowerment
- to raise awareness of European youth projects and promote participation in other initiatives planned by the Erasmus + program.

HOSTING ORGANISATION

“Nuovi Orizzonti Onlus” is an international community founded by Chiara Amirante and spread in many countries. It aims to intervene in all areas of social disadvantage, sustaining those who live in situations of great difficulty with solidarity actions. For this reason it carries out its activities, keeping in mind all the realities of social exclusion, with particular attention to young people, offering specific and innovative interventions and rehabilitation programs that combine psychological and human elements promoting the values of solidarity, sharing, spirituality and cooperation as essential elements for a full personal realization.

Implemented Projects:

- 207 Base Camps, Training, Orientation
- 70 residential centers of reception, rehabilitation and training
- 52 Prevention Counselling Centres and services

Operational Teams:

- Prevention and Awareness Team
- Communications and Mass Media Team
- Equipe Entertainment and Animation
- Team Training, Promotion of Culture, Publishing
- Equipe Social Services and International Cooperation
- Equipe Economy and Labour
- Equipe Artistic Expressions
- Equipe Sport

PROFILE OF PARTICIPANTS

The YE **D&MY** involves 30 participants, 18-25 years old from 6 country (4 participants and 1 group leader from each country): Estonia, Greece, Latvia, Lithuania, Romania, Italy.

For a fruitful participation and the achievement of project objectives, the participants have to meet at least two of the following requirements:

- Music and dance skills (singing, ability to play musical instruments, passion for dance)
- Creativity
- Curiosity, enterprising and openness towards each other, willing to challenge themselves coming out from "comfort zone".

At least one third of the participants should have the musical abilities. The rest of the group is not required to have the specific skills, so that they can discover and experience their talents in the process.

During the project participants will live a journey of self-awareness, building self-confidence, discovery and exploitation of their talents, comparison with other young people and mutual learning, creative production of artistic performances based on improvisation and exploration of successful examples in the transformation of artistic talent in the social inclusion and empowerment.

Here you have the link of the file related to your travels please update with your travel details as soon as you book your tickets. This in the link:

https://docs.google.com/spreadsheets/d/10zW-z6U5cZ75B-ls2kVIUE_QVqf111eTQN00LXucpBc/edit?ts=58a46d2d

METHODOLOGY

LEARNING TO PLAY, PLAYING TO LEARN: THE EXPERIENTIAL METHODOLOGY

All the activities will be carried out by the methodology of non-formal education. Music and Dance will be used as tools to facilitate teambuilding and socialization, strengthen self-esteem and interaction capacity, improve self-expression through sound and movement and discover hidden talents.

Games, energizers, ice-breakers and teambuilding processes, self development processes, story telling activities, communication through music and dance and empathetic activities will aim to increase self-esteem and socialization. Brainstorming, debates, debriefing, reflection time, group work and other cognitive activities aim to increase awareness of their talents and their potential. Finally the testimonies, visits and exhibitions will help to improve the ability to turn the talents into skills on which to build emancipation and improve social inclusion.

ACCOMMODATION

The project will take place in San Miniato (Tuscany), about 44 kms from Florence.

Venue: "Convento di San Francesco", Piazza San Francesco 1, 56027 San Miniato.

2-3 people of the same gender will share the rooms during the project. Please bring your own sleeping bags and towels; otherwise there is a possibility to rent the sheets for 5 Euros for whole project duration.

The bathrooms are located inside the rooms. There is a Wi-Fi zone that can be used during your free time, but there is no internet in the rooms.

The expected temperature during the project is around 20 degrees.

Three meals per day will be provided during the project.



FINANCE & REIMBURSEMENT OF TRAVEL COSTS

This YE is financed by the Erasmus+ program. The costs related to food and accommodation will be completely covered by the hosting organization. Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and provide all ORIGINAL tickets, boarding passes and emails. The maximum reimbursement per participant from each country is up to as follows:

COUNTRY	PARTNER ORGANIZATION	CONTACT PERSON	E-MAIL:	TRAVEL COST LIMIT (eur)
Latvia	Express Yourself	Iveta Pokromovica	expressyourselflatvia@gmail.com ivetapokromovica@inbox.lv	170
Estonia	Seiklejate Vennaskond	Birgit Ms. Kalmus	Seiklejate.vennaskond@gmail.com Birgit.Kalmus@gmail.com	270
Lithuania	Asociacija "Aktyvus Jaunimas"	Paulius Jurgutis	info@activeyouth.lt exchange@activeyouth.lt	170
Greece	Youthfull yours Gr	Apostolos Vagenas	youthfullyyours@gmail.com apostolisvagenas@hotmail.com	170
Romania	Asociatia Tinerilor Activi Civic	Laurentiu Petrea	atac.romania2010@gmail.com https://www.facebook.com/AsociatiaTinerilorActiviCivic	170
Italia	Nuovi Orizzonti ONLUS	Liliana Zanghì	dmyproject@nuoviorizzonti.org	80

To receive the reimbursement, there are a few rules you need to follow:

- You can buy the tickets only **after 27th of February, 2017**.
- You must travel in the most **cost-efficient way** available to you. Before attending the YE, you must provide details of your travel plans to us for verification and approval.
- You must **supply all the original travel documents** (receipts, invoices, tickets and boarding passes) for BOTH your journeys to and from the project.
- You must attend **all the sessions** and commit yourself fully to the activities.
- After coming back home, you should send the remaining boarding passes and any other documents from your return journey by post to us.

The process for receiving your reimbursement is as follows:

1. After you have successfully completed the YE and returned home, you will send any remaining travel documents to our partner organization in your home country.
2. Our partner organization will then forward these to us for validation.
3. Once we have approved all the documents of ALL the participants from a country, we will

send the collective reimbursement money to our partner organization in that country – we use a lump sum payment to keep bank fees as low as possible.

4. Our partner organization will then divide the amount that remains after bank fees and transfer the corresponding amount of money to each individual participant from that country.
5. The procedure of reimbursement will start as soon as the hosting organization gets the budget of the project from National Agency of Italy.

DIETARY, HEALTH & OTHER SPECIAL REQUIREMENTS

It is highly recommended for all participants to provide their own health insurance. This should cover you for the full duration of your time in Italy. The European medical insurance card is valid also in Italy and all participants coming from EU country must bring it with them. Here is a sample of an Italian medical insurance card.



Please inform us as soon as possible if you have any food allergies or special **dietary requirements** so that we can inform the caterers and so that they can prepare meals that are suitable for you.

If you have any others allergies, need to take regular medications or foresee a need for general medicines during your time in Italy (for example bug spray, headache tablets, travel sickness pills, etc) please arrange these yourself as we are unable to provide them for you.

If you have any health conditions, disabilities or mobility issues that you feel we need to be aware of that may affect your participation of the youth exchange activities, then please let us know what they are and how best to assist you.

SOCIAL MEDIA

We have created a Facebook Group “D&MY”:

<https://www.facebook.com/groups/1913101248922938/members/>

to share information with you before, during and after the project. You can also use it to get to know the other participants before you arrive in Italy.

If you have not been added to the group, please let us know using the contact details below.

INTERCULTURAL ACTIVITIES

During the project we will have the intercultural evenings, where you will have the opportunity to present share with the group interesting things about your country. This is the time to put your creativity into action and to find fun ways to share your culture. No power point presentation, no videos, no pictures, just a lot of interaction and engaging the group in a fun way (traditional games, quizzes, dances, theatrical moments and any other creative activity you may think of).

You can bring traditional food, snacks and non-alcoholic drinks to share with others, but please DO NOT bring alcoholic drinks with you.

ALCOHOL IS NOT ALLOWED ON the project!

According to the mission of “Nuovi Orizzonti” is strictly forbidden to assume any kind of drugs and alcohol during the whole project. If you think you can not accept this rule, please do not apply for this project.

WHEN and HOW TO GET TO VENUE:

ARRIVAL BY	18.00	23/04/2017
THE PROGRAM STARTS AT	09:00	24/04/2017
THE PROGRAM ENDS AT	23:00	30/04/2017
DEPARTURES	14:00	01/05/2017

We strongly advise you to land in the morning. Here are the most common routes:

- **From the Airport in Pisa (Galileo Galilei)**

you can take the bus “AIRPORT BUS EXPRESS” or the bus “Gran Turismo Company Terravision” to the train station “Firenze S.M.N.”, there you can find the Regional TRENITALIA train to San Miniato Fucecchio in 40 minutes.

From San Miniato Fucecchio you can take the only existing bus C.P.T. for the station: S. Miniato Piazza Dante.

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

<http://www.airportbusexpress.it/>

<http://www.terravision.eu/>

<http://www.pisa.cttnord.it/>

- **From the Airport in Firenze (Peretola- Amerigo Vespucci)**

you can take the bus “ATAF” to the train station “Firenze S.M.N.”, there you can find the Regional TRENITALIA train to San Miniato Fucecchio in 40 minutes.

From San Miniato Fucecchio you can take the only existing bus C.P.T. for the station: S. Miniato Piazza Dante.

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

<http://www.ataf.net/>

<http://www.pisa.cttnord.it/>

- **From the Airport in Genova (Cristoforo Colombo)**

you can take the bus “Volabus” to the train station “Genova Piazza Principe” in around 3 hrs, there you can find the Regional TRENITALIA train to San Miniato Fucecchio in around 3 hrs.

From San Miniato Fucecchio you can take the only existing bus C.P.T. for the station: S. Miniato Piazza Dante.

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

<https://www.amt.genova.it/>

<http://www.pisa.cttnord.it/>

- **From the Airport in Milano (Milano Malpensa)**

you can take the train “MALPENSA EXPRESS” to the train station “Milano Centrale”, there you can find the Regional TRENITALIA train to Firenze S.M.N. in around 1 hr and 40 minutes.

From Firenze S.M.N. you can take the train of TRENITALIA, which takes you to San Miniato Fucecchio in 40 minutes. From San Miniato Fucecchio station you take the only existing bus C.P.T. for the station: S. Miniato Piazza Dante.

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

<http://www.trenord.it/it/circolazione-e-linee/le-linee/malpensa-express.aspx>

<http://www.pisa.cttnord.it/>

- **From both the Airports in Rome (Ciampino or Fiumicino)**

You can take the TRENITALIA train or TERRAVISION bus to Roma Termini Train station. In Roma Termini you can take the train to reach Firenze S.M.N. in around 1 hr and 30 minutes.

From Firenze S.M.N. you can take the train of TRENITALIA, which takes you to San Miniato Fucecchio in 40 minutes. From San Miniato Fucecchio station you take the only existing bus C.P.T. for the station: S. Miniato Piazza Dante.

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

<http://www.terravision.eu/>

<http://www.pisa.cttnord.it/>

Contact numbers to call on arrival if needed:

Liliana Zanghì: (+39) 3289184010

Luca Crivellari: (+39) 3383248671

Please take into consideration that during the holidays (Sunday, 25th of April and 1st of May) the working hours of buses and trains could change. Please feel free to ask us if you need advice about any travel arrangements.

WHAT TO BRING (ESSENTIAL)

- Passport or other official identification
- Tickets
- Insurance
- Comfortable clothes for living outdoor & indoor (no washing facilities available)
- Towels
- Sleeping bag (otherwise you can rent for 5 Euros the bed sheets)
- Medicine, if you take any
- Your own Art Kit (musical instruments, dancing outfit, costumes, etc.)
- Something typical for your national evening (food, special items, etc.)
- Smiles, willingness and good mood!

CONTACT DETAILS & EMERGENCY NUMBERS

If you have any further questions or require any other information before you travel please contact us:

E-mail address: dmyproject@nuoviorizzonti.org

Tel: (+39) 0775502353

Website: www.nuoviorizzonti.org



WE ARE LOOKING FORWARD TO MEETING YOU IN ITALY!

See you soon,

NUOVI ORIZZONTI team