



Municipality  
Sasso di Castalda (PZ)

# F.A.E - Food air & exercise The triangle of Health

Info Pack project  
2020-3-IT03-KA105-020524

Activity Type  
Youth Exchange



# About the project!

F.A.E is a youth exchange about health and well-being, developed to share among 42 young people different ways to live a healthy lifestyle.

Together with 5 organisations from Germany; Greece; Italy; Romania and Turkey, we are going to share knowledge and social activities to promote self-development and a good lifestyle that the Covid-19 pandemia changed in each contest of our daily routine.

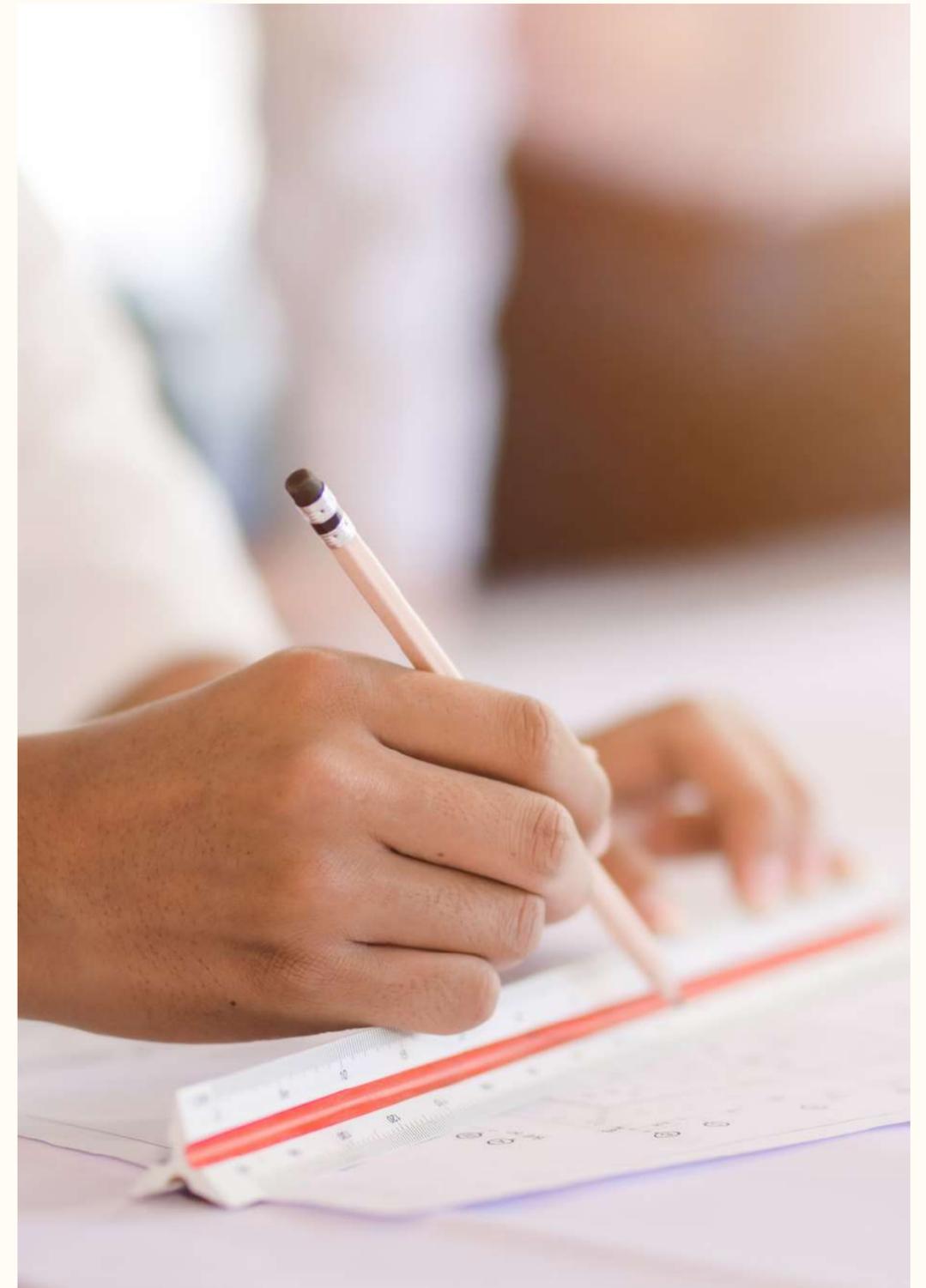
The project is based on the need to re-find a psychophysical balance, especially after the international pandemia.

The activities of the project are based on: collaborative workshops; Social ideas and sports activities outdoor(yoga; trekking etc.).

All of them are going to be developed using non-formal and informal educational ways.

The competencies that are going to be acquired from the 42 participants from this project are:

- Knowledge to develop social activities in rural communities;
- Knowledge on how to conduct a healthy lifestyle;
- Awareness about their lifestyle;



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**“To ensure good health:  
eat lightly, breathe  
deeply, live moderately,  
cultivate cheerfulness,  
and maintain an  
interest in life.”**



# Participants profile

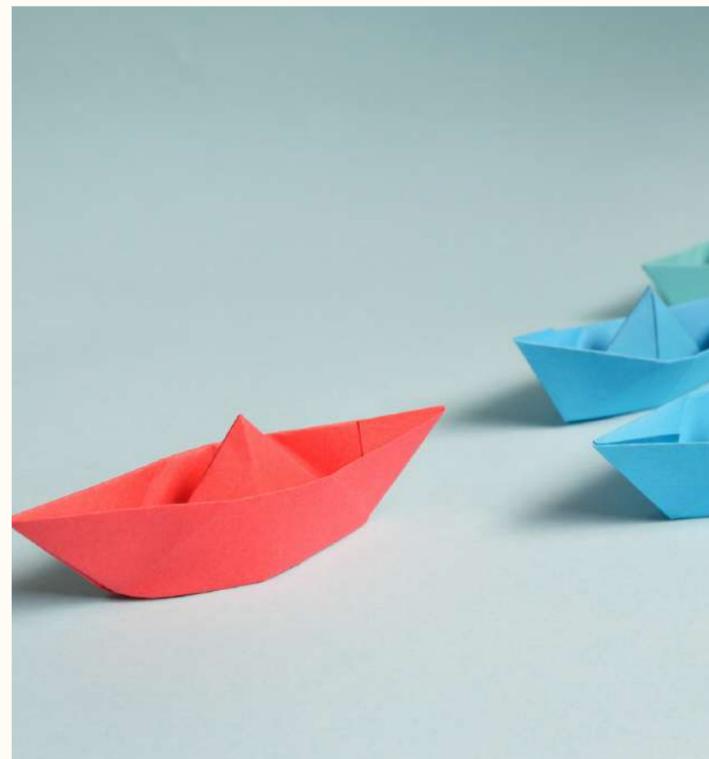


## **GENDER**

Gender balance  
6 participants per country  
which 3 boys and 3 girls

## **LEADER'S PROFILE**

Youth over 18 that have  
experience in the field of E +;  
Fluent level of English;  
Collaborative and with  
knowledge of team building



## **PARTICIPATION REQUIREMENTS**

18-25 years old  
Good communication in  
English  
Highly motivated to  
participate in social activities  
Students (High school  
students - university  
students)

# Project Dates



**ARRIVAL OF THE GROUP**

**30th August 2021**



**ACTIVITY DATES**

**31st of August - 6th  
September 2021**



**DEPARTURE OF THE GROUP**

**7th of September 2021**

# Accomodation & food

Young people will stay in the Lega Ambiente hostel located in the centre of Sasso di Castalda(Potenza). The town has about 800 inhabitants and is located in the Lucanian Apennines, made famous above all by the "Bridge to the Moon" of Tibetan bridges that allow tourists to visit our territorial context innovatively but we are also renowned for the Frassati path and our green landscape cared for by the numerous environmental associations. The hostel where the activities will take place is close to the local theatre, less than 400 meters from the historic centre where we will carry out activities in the country with the participants in order to involve the whole community. The hostel can host up to 36 people in Sasso di Castalda, located close to the town centre.



In the hostel, there is also a yard where, if the weather's going to be ok, we could develop activities outside. The cost for the hostel and meals is 100% covered by the Erasmus+ Program, any lack of compliance with the general rules or decided by the group could be punished by Italian law and sanctioned as required

# Financial Conditions

Travel costs for the meeting will be reimbursed when invoices, e-tickets, boarding passes, payment confirmation and other tickets are delivered/given to the host Association Inclusion Go according to Erasmus + rules. We will give you a specific document, according to our National Agencies, where you can add all the specific costs and tools. Please have in mind that from the total amount we will deduct the cost of any transfers that we have to arrange to reach the final place and if you need a ride from the airports. We will inform you about their cost during the preparation.

**Please discuss with the Organizers/Sending organization before buying the tickets to have a clear program!!!**



## COUNTRY

## TRAVEL COST LIMIT PER PERSON IN EUR

Germany

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275,00 €

Greece

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275,00 €

Romania

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275,00 €

The Republic of north Macedonia

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275,00 €

Turkey \*

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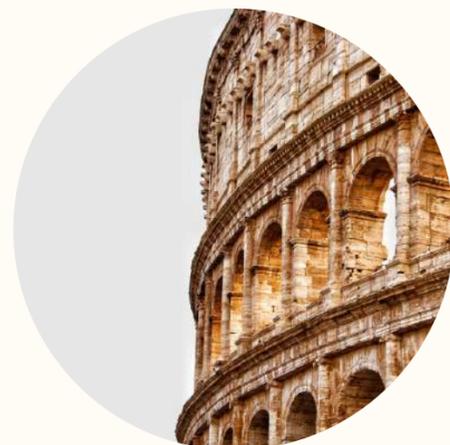
360,00 €

NOTE: \* Additional costs approved by the NA 490,00 € (for visa)

# How to reach us ?!

Below you will find our suggestions on how to reach Potenza from each airport: keep in mind to reach the final destination that will be “Potenza” and from this point, we will arrange a transfer to “Sasso di Castalda” and the cost will be deducted from the travel grant.

**Regardless of the way you choose to travel, first, inform your sending NGO/Organisation which will inform us about your plans and wait for confirmation!!!**



## ROMA

From the airport reach the "Tiburtina" bus. You have to check a bus with “FlixBus” or “Liscio”, for more check the following website:

[Omio](#)



## NAPOLI

Airport to Potenza. Here is the link of the price;

[Omio](#)



## BARI

From "Bari Karol Wojtyla" to Potenza: You can check for “Bus Miccolis” or “Trenitalia” for more info check the website

[Omio](#)

# YouthPass - Certificate

All participants will receive Youthpass as a certificate which proves their participation in the exchange.

Youthpass is a tool to document and recognize learning outcomes from youth work activities. It is available for projects funded by Erasmus+: Youth in Action (2014-2020). Youthpass supports the reflection upon the personal non-formal learning process and outcomes;

- As a Europe-wide recognition instrument for non-formal learning in the youth field, Youthpass strengthens the social recognition of youth work;
- Youthpass aims at supporting the employability of young people and of youth workers by raising their awareness of and helping to describe their competencies. Your sending NGO will provide all relevant information about the Youthpass certificate and you can also check it yourself on [YouthPass](#)



# Tips!

01

## COVID-19 RESTICTIONS

Useful links:

- [Immuni](#)
- [ReOpen Eu](#)
- [Survey Italy](#)

02

## KEEP IN MIND!

- The currency in Italy is €;
- Bring Towles and slippers;
- Sanitizers;
- There is an ATM and some shops in Sasso di Castalda, very close to the Hostel;

03

## MAIN RULES

Being on time; Respecting the others; Cleaning up after yourself; Following the workshops and sessions actively. Other rules are going to be settle when the group will be in Italy

04

## TO HAVE IN "YOUR" BAG

Practice dress; Cheerfulness; Intercultural Night! - Share your values with us!; All you consider necessary for you feel comfortable;

05

## IF NECESSARY!

If you have been vaccinated against Covid-19 please, make sure that you have all the proper documents with you!

# Contacts

## E - MAIL

[protocollo@comune.sassodicastalda.pz.it](mailto:protocollo@comune.sassodicastalda.pz.it)

[mikycorsi92@gmail.com](mailto:mikycorsi92@gmail.com) - Youth Worker

## WEBSITE

[Comune Sasso di Castalda](#)

