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ERASMUS+ TRAINING COURSE  
MOBILITY FOR YOUTH WORKERS

# DIFFERENCES COUNT

LET'S MAKE THEM COUNT

**15.05. - 23.05.2024**

(INCLUDING TRAVEL DAYS)

ITALY  
CALDIROLA, LA GIOIA (AL)





THE CONCEPT OF FEMINISM

DIGITAL PORNOGRAPHY AND PROSTITUTION

THE ROLE OF YOUTH WORKERS

# ARE YOU INTERESTED?

BODY EXPRESSION

NONVIOLENT COMMUNICATION

GENDER STEREOTYPES,  
PREJUDICE, DISCRIMINATION

SEXISM IN MEDIA AND SOCIAL MEDIA

IF THE ANSWER IS YES, THEN YOU SHOULD KEEP  
READING THIS INFO-PACK.



# WHO SHOULD APPLY?

## PARTICIPANT'S PROFILE

- Resident of **Italy, Belgium, Bulgaria, Greece, Lithuania and Poland**
- **18+** years old youth worker
- Able to work and communicate in **English**
- Ready to participate in an **intercultural environment** and **challenge yourself** by working in a HIGH-INTENSITY program
- If you work with people in a non-commercial sphere - i.e. as a youth worker, social worker, trainer, facilitator, volunteer, educator.
- Highly motivated and ready to put into practice your learnings during the implementation period in your city, team, organisation, with friends ...



# PROJECT OBJECTIVES

The context in which we live sees the spread of **violence against women** within a patriarchal and **sexist cultural system**, in the manifestation of its power dynamics. In such a scenario, the man/woman relationship establishes the starting point for the manifestation of gender-based violence against women.

The project aims:

- to lead** a group of youth workers to **reflect** on the collective imagination of men and women, from the mass media to widespread culture;
- to analyse** the mechanisms through which culture becomes part of people's subjective universe;
- to raise** awareness of the social and cultural damage produced by gender stereotypes.
- to build a collaboration** between 6 international partners. Overcoming and changing relational and socio-cultural models through careful knowledge, analysis and critical elaboration of prejudices, traditions and practices that focus on the body of women.



# PROGRAM TOPICS

**The planned program covers the following topics:**

- The concept of feminism/ The concept of patriarchy
- The forms of violence against women/ Women's bodies: beliefs and taboos
- Digital pornography/ Prostitution
- The feminine in language / Language in the LGBT + community
- Nonviolent communication
- Sexism in media and social media/ Street harassment observation and reflection
- Body movement /Oppression anatomy
- Diversity/ The role of men
- The role of youth workers





# SOME OF OUR METHODS

THE TRAINING IS DESIGNED IN A VERY INTERACTIVE AND EXPERIENTIAL WAY, AIMING AT OFFERING A LOT OF PRACTICE IN VARIOUS CONTEXTS AND SETTINGS.

**Interactive videos lecture and group work** - held by experts on the topic invited from different parts of the country.

**Circle sharing** - regular circle sharing, offering a safe space for everybody, holding the space for the others, being active listeners.

**Discussions** - Open discussion on given theoretical concepts are there to provide space for participants to bring their own context and opinions.

**Home groups** - regular reflection groups that support participants in everyday reflection on their learning.



# WHO ARE WE?

## ALTRADIMORA

Since 2009 there is a special place in southern Piedmont, in the hills, 8 km from Acqui Terme. It is called Altradimora.

It's a house project and workshop open to those who work for the change between women and men. The place is designed by Monica Lanfranco, feminist, journalist, writer and educator on gender equality and conflict. [[www.monicalanfranco.it](http://www.monicalanfranco.it)].

In Altradimora, we build and offer moments of community with optical feminist, (also open to men).



**ARIANNA  
IMPINNA**  
MAGICIAN  
PROJECT MANAGER



**MONICA  
LANFRANCO**  
MIND & HEART  
TRAINER



**PETER  
NICOLSI**  
SPIRIT  
TRAINER

The place has a name that evokes warmth. Altradimora is a place where you can stop for a day, or several days, where you can also stay just to rest, offer a seminar and participate in meetings of feminist knowledge, workshops taking place since 2009, the first weekend. But Altradimora is primarily a place for encounters, meetings, seminars, and events, trying to recover the spirit of sharing and self-management was lost and in vogue in the '70s, proposing topics for study and discussion with a feminist perspective.





# TIMELINE

## Preparation Phase:

Selection of participants, connecting with your national team, learning goals, planning within national groups.

**MARCH - 14th MAY**

**MARCH**

Apply by the 24th of March

You will get a confirmation from our side within 5 days after your application

7 days of  
Mobility

**15TH MAY**

Arrival day

**23RD MAY**

Departure day

## Implementation and follow up:

After the TC, Each participant implements their learning on the local level - organizes a follow-up activity + shares outcomes of it, within 2 months after the training

**24TH MAY -  
24TH JUL**

Evaluation and closing:

Online evaluation of the impact of the training, 2 months after the training

If you decide to apply for this project, keep in mind that you are committing yourself to all phases.





VILLAGGIO  
LA GIOIA

WHERE?

ITALY, CALDIROLA (AL)  
1200 m.s.l.



# VENUE

During the program, you will live **together** with other participants in a group accommodation called Centro Val Curone in Caldirola. The accommodation is located in Fabbrica Curone in the province of Alessandria and accommodates people in **multiple rooms** from 2 to 6 people, some with private bathrooms and others with **shared bathrooms**.

The accommodation is located in a **remote area** in nature, chosen to create a calm space for the group to focus on learning, relaxation and self-connection. The venue is essential and allows appreciating the **simplicity of life**.

**The nearest shop is 20km from the venue**

There is **no** Wi-Fi at the venue and the mobile connection is weak, but you will be able to communicate with your family when needed. We hope to create a **happy** atmosphere with activities, conversations and of course **nature**.

We will have 3 delicious meals per day, prepared by our cooks and coffee breaks during the day. The meals will be **VEGETARIAN/VEGAN**, keep it in mind if you are an addicted meat eater.

Luxury hotels and "gourmet" meals aren't part of the plan. With the budget we have we're focused on **essentials** – comfortable and simple accommodation, **tasty food**, project materials, and other key expenses. It's about making the most of what we have, not luxurious adventures.

We will be the only group at the venue. We will practice **sustainability** while being there - you will be taking part in **housework** such as daily cleaning, dishwashing, keeping your surroundings in order etc. These tasks are part of a **learning process** in a group environment.





A woman in a white dress and a man in a light-colored shirt and shorts are riding bicycles in a grassy field. The woman's bicycle has a basket full of yellow flowers. The background is a soft, hazy landscape.

# WHEN TO GET THERE?

You are allowed to arrive or depart max. 2 days before OR 2 days after the activity. In case you decide to use that extra time, keep in mind that it will not be supported with food or accommodation. Should your stay be longer than 2 days, we will not reimburse part of your travel costs.

**ARRIVAL: WEDNESDAY 15TH MAY**

**PROGRAMME DAYS: 16TH-22ND MAY**

**DEPARTURE: MONDAY 23RD MAY**



# HOW TO GET THERE?

- The suggested airports are Milan Malpensa or Bergamo Orio Al Serio
- The transfer from airports to Milano Centrale station could be by bus [from Bergamo] or also by train [from Malpensa]. We will help to choose which one is better for you!
- From Milano Centrale to the venue, all the participants will travel TOGETHER with a private bus at 18.30 on The 15th of may [arrival day].
- From the Venue to Milano Centrale all the PARTICIPANTS Will travel together on the same private bus at 5.30 on the 23rd of may. [Departure day]
- Warning: The travel with the private bus will take approximately 2.5 hours. If you miss the private bus you will need to reach the destinations at your own EXPENSE





# COSTS

The project is funded through the Erasmus+ program, thus accommodation, food, materials, the program, and the travel costs up to the maximum allowed amount are fully covered.

## Participants' contribution

We ask for a participant's contributions from 50 to 80 euros (upon your possibility) to be paid on arrival at the training.

We consider this as a symbolical contribution to your learning and it will be used to cover some of the project costs.

This contribution is **mandatory** and is not impacted by traveling costs and reimbursement.









# CONDITIONS OF REIMBURSEMENTS

- According to the rules of the Erasmus+ program, you can get your travel costs reimbursed up to the amount stated before. If your travel costs are lower or the same as this amount, you get reimbursement of 100 % of your travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. That's why we recommend booking your tickets as soon as you receive the confirmation letter since they are often much cheaper when bought in advance.
- To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes, and invoices [originals]. ONLY if you have the travel tickets, boarding passes, and invoices we can reimburse your travel cost.
- The reimbursement is done usually approx. 2 -3 months after the project, once you send us the originals of the tickets and took part in all the phases of the project including DISSEMINATION
- We will only reimburse your travel costs if you participate in the whole training, the follow-up, and the evaluation after the project.



The background of the slide features a close-up of almonds, some whole and some broken, scattered across the surface. A white, crumpled paper bag is positioned in the center, serving as a backdrop for the text. The lighting is soft, highlighting the textures of the almonds and the paper.

# MEDICINE, ALLERGIES & SPECIAL NEEDS

If you have medical needs or you get easily sick, take with you medicine you would need for duration of project. As our location is going to be remote, we may not have access to medicine you need.

All the diet needs have to be announced in application form, indicating what you can and **cannot** eat. We will not be able to provide "special" meal for you if you inform us while the meal is being served.



# PARTNER ORGANISATIONS

Country	Organisation	Contact email
Italy	Associazione Altradimora	altradimora.projects@gmail.com
Belgium	Vision tree psychology and technology education center	info@visiontree.be
Bulgaria	Smokinya Foundation	info@smokinya.com
Greece	Roes cooperativa	roes.cooperativa@gmail.com
Lithuania	ASOCIACIJA TAVO EUROPA	info@tavoeuropa.eu
Poland	Fundacja "Zielony Słoń"	greenelephant.foundation@gmail.com

- There are 3 places per country, in total, we will be a group of 18 participants, plus the trainers.
- To participate you don't need to be an active member of specifically those organizations, however, they are the ones that are making the selection, they have the right to give priority to their members and you will be communicating with them on a national level.



## **For more projects:**

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>

## **The Learning Pass 2024**

You are welcome to join our new educational programme for 2024!

Dive into non-formal learning exploration for a 50 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year!

Please do not pay any fee until you receive a confirmation letter to join the programme.

If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.