



Funded by the  
Erasmus+ Programme  
of the European Union



STUDIO  
PROGETTO  
COOPERATIVA SOCIALE

# WALK ON THE WILD SIDE

YOUTH EXCHANGE  
11-20 SEPTEMBER 2023  
RECOARO TERME - ITALY



# PROJECT DESCRIPTION

Studio Progetto Soc. Coop. Soc. is proud to invite you to

## WALK ON THE WILD SIDE

Youth Exchange about outdoor activities and sustainability with a special focus on promoting sport and outdoor activities as a means to achieve a healthy lifestyle, but also to reconnect with nature.

"A walk on the wild side" is about **going out of our comfort zone**, experiencing outdoor sports and activities, and reconnecting to the environment. With this project, we would like to take participants outdoors, promoting the importance of exploring nature, demonstrating that spending time and learning outdoors is a great way to keep fit both mentally and physically. Through outdoor activities, non-formal education and connection to nature, we would like young people to engage with sustainability issues.



# PROJECT OBJECTIVES

- To **encourage young people to focus on their physical and mental health** and to consider the benefits of time spent in nature.
- To **use hiking, sport and outdoor activities as a tool to increase the participation of young Europeans in physical activity**, in particular those with fewer opportunities
- To share tools and practices with young people on **how to plan a day outdoors**.
- To raise awareness of and **encourage young people to practice ecological outdoor activities and assume sustainable lifestyles**.

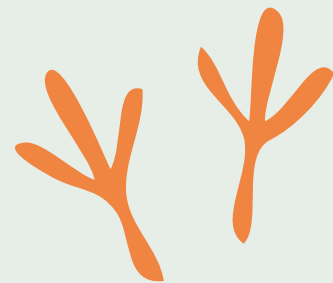


# ACTIVITY PROGRAM



<p>DAY 0 - 11/09</p> <p><b>Arrivals and welcome</b></p>	<p>Arrivals of participants</p> <p>Accommodation and welcome activities</p> <p>Welcome dinner</p>
<p>DAY 1 - 12/09</p> <p><b>Getting to know</b></p>	<p>Getting to know each other</p> <p>Official Opening of the Youth Exchange</p> <p>Intro on the topic</p> <p>Youthpass</p> <p>Italian National evening</p>
<p>DAY 2 - 13/09</p> <p><b>Water - blue gold</b></p>	<p>Workshop and orienteering to know the environment with Le Guide</p> <p>2 National evening</p>
<p>DAY 3 - 14/09</p> <p><b>My commitment</b></p>	<p>Workshop and trekking with Le Guide to discover good practices on energy saving.</p> <p>3 National evening</p>
<p>DAY 4 - 15/09</p> <p><b>Discover day</b></p>	<p>Workshop and hiking with Le Guide on the river to discover hidden biodiversity</p> <p>4 National evening</p>
<p>DAY 5 - 16/09</p> <p><b>INTO URBAN</b></p>	<p>Urban outdoor festival with Progetto Giovani Valdagno</p> <p>Possibility to attend skating/parkour workshops</p>
<p>DAY 6 - 17/09</p> <p><b>FREE DAY</b></p>	<p>Discovering the Veneto Region (active free day)</p> <p>Free evening</p>
<p>DAY 7 - 18/09</p> <p><b>Sustainability</b></p>	<p>Workshop and climbing with Le Guide</p> <p>5 National evening</p>
<p>DAY 8 - 19/09</p> <p><b>Final Evaluation</b></p>	<p>Self assessment moment</p> <p>Think for Future</p> <p>Final evaluation</p> <p>Youthpass and official closing ceremony</p> <p>Farewell evening</p>
<p>Day 9 - 20/09</p> <p><b>Departure Day</b></p>	<p>Departure of participants</p>

# WHO ARE WE LOOKING FOR?



We are welcoming national groups from Espana, Croatia, Estonia, Romania, Poland and Italy formed by 5 young **people preferably 16-20 y.o. and 1 youth leader** (preferably older than 23 yo and no upper age limits), taking into consideration the gender balance.

We are **looking for young people who are interested in the topic, motivated, with a proactive attitude.**

A **good level of English is not required** to expand access to the greatest number of young people and is not required a previous theatrical experience.

Instead, **it is desirable that the leader has a good level of English** and that he/she has gained some previous experience in projects Erasmus+, in order to ensure an expert figure able to guide and support their group throughout the whole process, from preparation to the end of the dissemination activities.

## PROJECT PARTNER

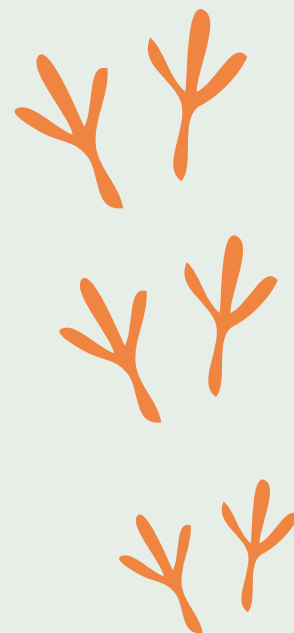
**Ayuntamiento de Maracena** (ES)

**European Youth Centre Břeclav z. s.** (CZ)

**Noored Ühiskonna Heaks** (EE)

**Asociatia GEYC** (RO)

**SIR** (PL)



## PREPARATORY MEETING

A **preparatory meeting will be planned and realized online between the leaders of each national group** before the youth exchange, to share activity programs, rules, and organizational issues.

# GENERAL RESPONSIBILITY OF PARTICIPANTS

- **Behave responsibly;**
- Be able to **actively attend the entire duration of the youth exchange;**
- Be able to **attend 100% of the program;**
- Be able to **respect timetable of** the educational activities;
- **Settle all the agreed obligations regarding travel costs;**
- Promote **healthy lifestyles;**
- **Respect others** and ensure basic rights and freedoms to participants and facilitators that all people are entitled to regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or other status;
- **Respect time and content** framework;
- Be willing to transfer knowledge to the members of his/her organization;
- **Take care of working space and materials;**
- Be responsible for personal and others safety;

*The organizational team keeps the right to exclude participants from the exchange or reduce/cancel the reimbursement of the travel costs of the participant During the exchange, smoking, drinking alcohol or consuming any other harmful substance is forbidden. So please, be aware of the space and take care of it!in case that participant does not respect the rules and responsibilities of the exchange*

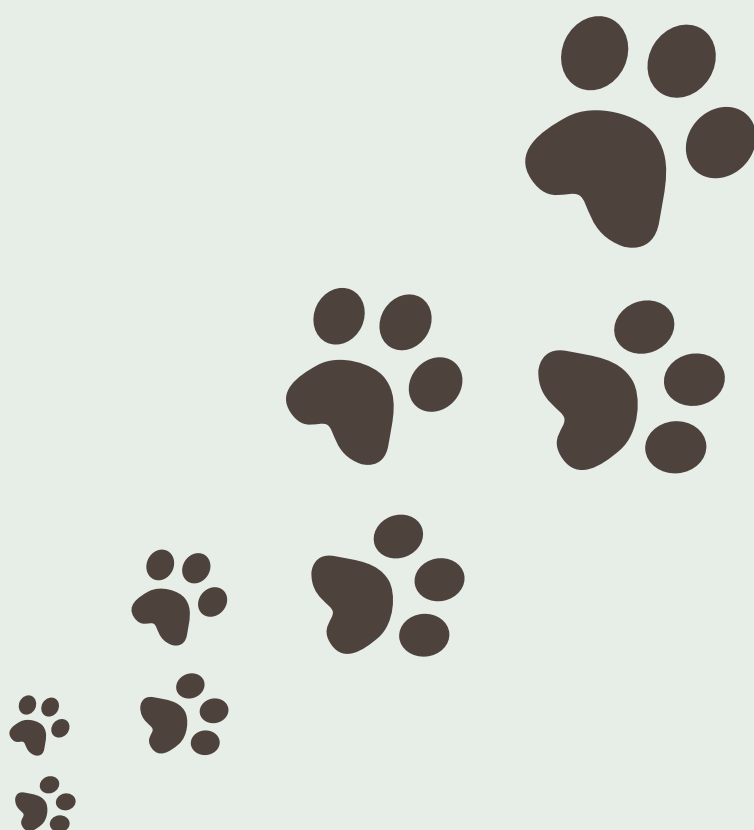


# BASIC RULES OF THE YOUTH EXCHANGE

*During the exchange, smoking, drinking alcohol or consuming any other harmful substance is forbidden.*

*So please, be aware of the space and take care of it!*

- There is **no possibility to extend your stay** at Hotel Isola.
- It is **forbidden to smoke inside** the building.
- It is **forbidden to consume alcohol inside** the building.
- **Participants have to behave appropriately towards the Hotel installations, rooms and common areas.** If they break something they will pay for that.
- It's **forbidden to consume food in the rooms** or to take food out of the common dining room.
- **Participants are not allowed to move furniture.**
- It's **forbidden to make noise after 11.00** at night and before 8.00 in the morning.



# WHAT TO BRING WITH YOU

- Your **motivation** to enjoy the exchange and the life and your best **curiosity** to meet other cultures!
- Your **passport or ID card**
- Your **European Health Insurance Card**
- **All your travel tickets**, if you want the reimbursement;  
for what concerns the flight ticket, remember to keep the boarding pass -> "A boarding pass is a document provided by an airline during check-in, giving a passenger permission to board the airplane for a particular flight. As a minimum, it identifies the passenger, the flight number, and the date and scheduled time for departure. In some cases, flyers can check in online and print the boarding passes themselves");
- **Medicines - if you need them** (anti-allergy pills, pain killers, aspirin etc.)
- **Your own water bottle**, so we can avoid the use of plastic as much as possible.
- **All the necessary for personal hygiene**, like shampoo, towels (sheets will be provided by us), hair dryer, etc... and comfortable warm clothes and raincoats and trekking shoes (or at least gym shoes). **The programme foresees walks and activities in the woods, be prepared for that!**
- **Other stuff you might need** (camera/film, toilet things, etc.)
  
- **Your own towels and bed sheets or sleeping bag**  
(we will provide pillows and blankets)





# GROUP PREPARATION

For the best preparation for the activities we ask each participants will have the following tasks:

- **Prepare with your national group some outdoor activities/games** that are typical in your country
- **Prepare the intercultural evening** dedicated to their country with typical food and entertainment
- **Prepare some ice-breaking games** and energizers to be offered at the beginning of each day



# HOW TO REACH RECOARO

The **Youth Exchange will take place in Recoaro Terme**, a town and comune in the **province of Vicenza, Veneto**, in the northern of Italy, that is known for his mineral spring waters.

**Following, you will find all the information on how to arrive in Recoaro from all the nearest airports.**

We recommend you to buy all the tickets you need, especially the train ones, online before the arrival.

Let's make it simple and divide your trip in **3 fundamental steps**:

- **Get to Vicenza train station from the airport,**
- **Get to Recoaro's bus station from Vicenza,**
- **And finally get to the Hotel Trettenero from Recoaro's bus station.**

**The nearest airports** are (send us the options you find, in order we can tell you if it is manageable to reach the venue):

[Verona](#)

[Venice](#)

[Venice-Treviso](#)

## **A BIT FARTHER BUT STILL FINE**

(your flight should land not after 16.00/17.00):

[Milano-Bergamo](#)

[Milano-Malpensa](#)

[Milano-Linate](#)

[Bologna](#)



# FROM VERONA "CATULLO" AIRPORT

From VERONA airport you have to take the bus to Verona Porta Nuova (railway station).

The Aerobus service from the airport to the train station runs every 20 minutes, every day of the week. To check the bus connections to the train stations of Verona Porta Nuova:

[www.aeroporto.verona.it/en/aerobus\\_t2](http://www.aeroporto.verona.it/en/aerobus_t2)

The ticket costs 6€.

There are trains from Verona to Vicenza every hour. When you arrive to Vicenza, need take a regional train to Schio. You can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: [www.trenitalia.com/en.html](http://www.trenitalia.com/en.html)

Prices go from 7,80€ up to 16,00€... The regional trains are cheaper than Frecciabianca, and it takes only 15 minutes more. From Vicenza to Schio the price is 2,30 or 4,60€.

# FROM VENICE “MARCO POLO” AIRPORT

From Venice airport you have to take the bus to the train station of Venezia - Mestre:

[www.atvo.it/index.php?](http://www.atvo.it/index.php?)

[lingua=en&area=menustandard&idpadre=23&idmenu=35](http://www.atvo.it/index.php?lingua=en&area=menustandard&idpadre=23&idmenu=35)

here you have the timetable

[www.atvo.it/allegati/aeroporti/linea\\_35\\_b\\_-\\_dal\\_13.09\\_al\\_2.10.2021.pdf](http://www.atvo.it/allegati/aeroporti/linea_35_b_-_dal_13.09_al_2.10.2021.pdf)

The ticket costs €8 (€ 15 round trip). You can buy it online (you can have a discount but only if you buy more than one ticket), or in the automatic ticket machine/ticket office in the airport.

## **Then you will take a train from Venezia-Mestre to Vicenza.**

There are trains from Mestre to Vicenza very often, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: [www.trenitalia.com/en.html](http://www.trenitalia.com/en.html)

Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.

# FROM TREVISO “CANOVA” AIRPORT

## OPTION 1 (CHEAPER!!)

From TREVISO airport you have to take the **bus N.6** to the train station Treviso Centrale. Bus stop is in Via Noalese, to the right of the airport exit.

Tickets are available at the airport / train station (€ 1,20) or in bus (€ 2,50, the driver is not obliged to give change). Bus stops are in front of the airport and train station.

Here is the timetable

<http://www.mobilitadimarca.it/en/p/routes-and-timetables/treviso-airport>

Then you will take a **train from Treviso Centrale to Vicenza.**

There are trains from Treviso Centrale to Vicenza very often. Anyway you can

check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <https://www.trenitalia.com/en.html>

Prices go from 8,30€ up to 9,70€.

# FROM TREVISO “CANOVA” AIRPORT

## OPTION 2

From TREVISO airport you have to take the bus to the train station of Venezia-Mestre :

<http://www.atvo.it/index.php?>

[lang=en&area=23&menuid=36&view\\_pc#](http://www.atvo.it/index.php?lang=en&area=23&menuid=36&view_pc#)

here you have the timetable

[https://www.atvo.it/allegati/aeroporti/aereoporto\\_di\\_treviso\\_\(tv-ve\)\\_dal\\_1.09\\_al\\_30.09.21.pdf](https://www.atvo.it/allegati/aeroporti/aereoporto_di_treviso_(tv-ve)_dal_1.09_al_30.09.21.pdf)

The ticket costs 12€ one way (return ticket 22€ with 10 days validity). You can buy it online, (they say that you have a discount but it is not true... it costs the same also in the automatic ticket machine), or on board Ryanair flights or in the automatic ticket machine/ticket office in the airport.

Then you will take a **train from Venezia-Mestre** to Vicenza.

There are trains from Mestre to Vicenza very often, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is:

<https://www.trenitalia.com/en.html>

Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.

# FROM MILANO-BERGAMO “ORIO AL SERIO” AIRPORT

From Milano-BERGAMO (Orio al Serio airport) you have to take the bus „Orio shuttle“ to Milano Centrale (railway station). The bus leave from Arrivals, Platform 2 every half an hour and it takes about 50 minutes to arrive in the Milano Centrale train Station.

The ticket costs 10€.

You can check the timetable and you can also buy it online at this website [http://www.orioshuttle.com/\\_eng/](http://www.orioshuttle.com/_eng/) choose the yellow one (number 1) „Orio alSerio > Milan Central Station“

Then you will take a **train from Milano to Vicenza.**

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <https://www.trenitalia.com/en.html>

Prices go from 17,55€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

If you are lucky you can catch a cheaper **Flixbus** (only one per day arrives straight to Vicenza). Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://global.flixbus.com/>

**Another good option** is to check travel schedules and options on the **Trainline** website: [www.thetrainline.com](http://www.thetrainline.com)

The site is useful for leaving Bergamo airport, but also for all other airports

# PAY ATTENTION!!

for the following airports you should land before 15.00 to be able to reach Recoaro Terme with public means of transportation!!

## FROM MILANO MALPENSA AIRPORT

From **Malpensa** airport you have to take the **Malpensa express**, the train goes to **Milano Centrale (railway station)** 20 times every days.

The ticket costs 13€ one way (return ticket 20€ with 30 days validity).

You can check the timetable and you can also buy it on line at this website <http://www.malpensaexpress.it/en/>

choose „on-line ticket“ from „Milano Aeroporto“ to „Milano Centrale“.

Then you will take a train from Milano to Vicenza.

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is: <https://www.trenitalia.com/en.html>

Prices go from 17,55€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

If you are lucky you can catch a cheaper Flixbus (only one per day arrives straight to Vicenza). Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://global.flixbus.com/>



# FROM MILANO LINATE AIRPORT

Milano Linate you have **2 options** to get to Milano Centrale:

**You can buy a “Terravision” bus ticket** here that will take you from the airport to Milano Centrale ((railway station)). The price is 10€ and it takes about 50 minutes.

<https://www.omio.com/searchfrontend/results/EF523E7D03912499FB618F4B8BF7DA4A8/bus?locale=en>

You can also **take a bus from the airport to Milano Lambrate**, that passes every 2 hrs, and from there take a metro (Lambrate Fs) to Milano Centrale (Centrale Fs) that passes every 5 min. The price is about 10€.

Once you have arrived at the railway station you have to take the train to Vicenza.

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not

be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 14,30€ up to 28,00€... The regional trains are cheaper than

Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

# FROM BOLOGNA AIRPORT

**From Bologna airport you have to take the bus “BLQ line” to Bologna Central train station.**

Aerobus tickets can be purchased on board. One way Aerobus ticket from/to Airport is € 6,00. The bus takes about 20 minutes to arrive at the train Station.

You can check the timetable on line at this website (2nd page, Aeroporto - Bologna Stazione Centrale

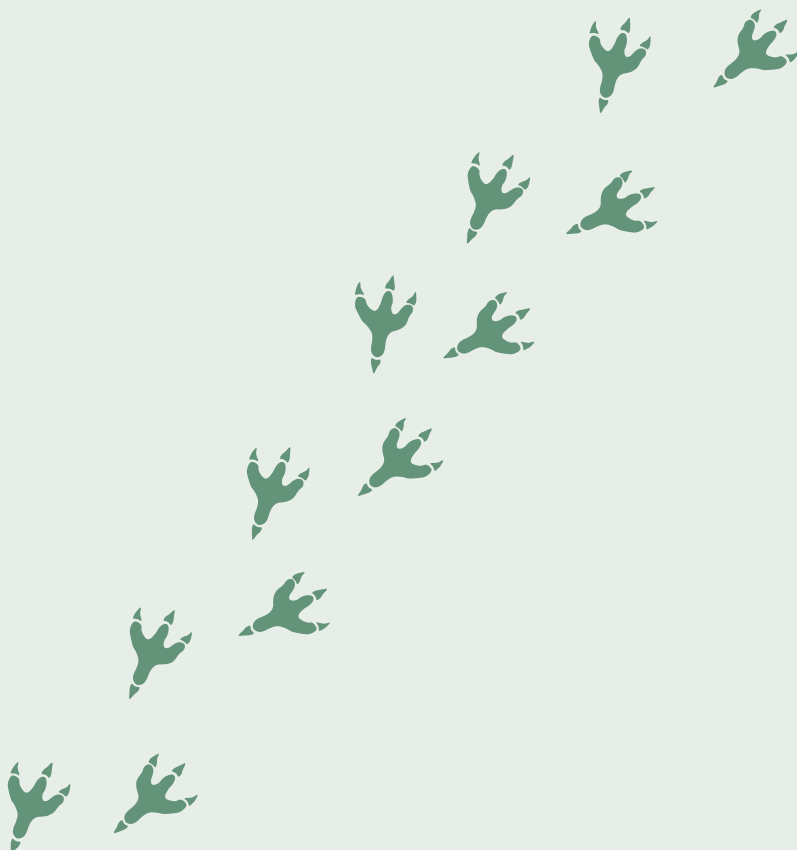
[http://www.tper.it/sites/tper.it/files/ORARI/tper\\_Bo040.pdf](http://www.tper.it/sites/tper.it/files/ORARI/tper_Bo040.pdf)

**Then you will take a train from Bologna to Vicenza.**

There are trains from Bologna to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is:

<http://www.trenitalia.com>

Prices go from 13,05€ up to 29,00€... The regional trains are cheaper than Freccia trains, but sometimes you can find special offers also for Freccia tickets.



# WHAT TO DO ONCE YOU ARE IN VICENZA

**Once you're in Vicenza's train station, you've to take a bus to Recoaro.**

You have to walk out the station and go to the left and walk about 150m to reach the bus station.

**You can buy the ticket at the ticket's office or in the tabaccheria inside** (a small shop with a lot of things!). To ask for the ticket you can try to ask it in Italian saying "Vorrei un biglietto per Recoaro per favore", or just use English, they usually get it.

**The bus that you are going to take is Linea 1 to Valdagno/Recoaro Terme and will leave from box 5.**

The bus leaves almost every half hour, and takes less than ,1,5 hour to arrive in Recoaro.

Here you can check the timetable:

<http://www.svt.vi.it/orari-percorsi/ricerca-orari-percorsi>

You could also download this app and buy your ticket here:

<https://www.mycicero.it/downloadApp/index.html>

Or create an account in the website:

<https://www.mycicero.it/signIn/mycicero/Registrazione/RegistrazioneMyCicero>

# HOW TO ARRIVE IN RECOARO TERME

Once you are already on board, **after 1hour you should be in Valdagno, that means that you are getting closer to Recoaro (15min no much more), so keep your eyes open.**



**Valdagno Bus Station**



**Recoaro Bus Station**

The hotel Isola is in Via Campogrosso 35, so just walk around 600m (8 minutes according to Google maps!) straight ahead and you will find a passage on



# WEATHER

Before leaving your home country please check the weather forecast at:  
<https://www.ilmeteo.it/meteo/Recoaro%20Terme>

Usually in september the weather is nice and warm but it could be rainy and be cold, so bring summer clothes but also some warm clothes (sweatshirts and jacket)

# FINANCIAL CONDITIONS

All accommodation and food costs will be covered by the project. Travel costs will be reimbursed according to the distance band fixed by the European Commission. You will receive back your travel costs up to the amount stated by the European Commission according to the distance band (see the table below), by giving us all your tickets, boarding passes and bills related to the travel. The reimbursement will be paid ONLY by bank transfer after receiving all the tickets.

The reimbursements for each country, is up of € 275,00 according to the distance band.

**We strongly suggest to choose GREEN TRAVEL  
(bus, train, car pooling).**

**In this case the the reimbursement is € 320,00**

For any information, please write to [progettazione@studioprogetto.org](mailto:progettazione@studioprogetto.org)

**We are waiting for the participants list as soon as you can, fill in the  
following online registration form**

**<https://bit.ly/Walkonthewildsideform>**

Can't wait to meet you!