

Sleeping Beauty

Infopack for Participants and Associations

A.P.V.

19th -20th September 2018 (18th and 21st travel days)

Youth Exchange

17th October – 23rd October 2018 (16th and 24th travel days)
Palermo, Italy

Associazione di promozione sociale Maghweb

www.maghweb.org

partners@maghweb.org

About Sleeping Beauty

“Sleeping beauty” is a Youth Exchange created by a group of Maghweb’s volunteers. The Youth Exchange will be implemented in Palermo from the 17th to the 23rd of October 2018. The organisations are: DONUM ANIMUS (Latvia), PiNa (Slovenia) e Expanse of Gender and Media Culture ‘Common Zone’ [K-Zona] (Croatia). Each organisations will involve 6 participants and 1 youth leader (7 participants total). We live in a society in which women are showed as object of male desire and whose identity is hidden or even destroyed. Maghweb, thanks to its strong experience in communication field, wants to identify a form of communication through which it can not only promote gender equality but can also devote attention to the differences between genders and people themselves, reaching a self- recognition; that means to plan a proper existence as creating and expressing the “selves” in liberty. The Exchange wants to start a debate linked to the role of women in the media but in particular to convey that is misguided for both women and men, endorsing a model imposed through centuries of patriarchal and macho culture. In a society in which roles are set out, Maghweb wants to relight the attention on the subjectivity of each person. Furthermore, the cultural Exchange wants to foster the inclusion among European youth, using non-formal educational activities as tools to break down linguistic and cultural barriers set up by geographic borders. The project of cultural Exchange “Sleeping beauty” wish to involve in equal number young women and young men, aged between 18 and 26 with different social and cultural background by encouraging in particular the ones who come from disadvantaged groups.

Materials to prepare for the exchange

Presentation

Please prepare a short presentation about sending organisations, bringing information materials like brochures, manuals, flyers, etc. (anything you want to share!). Not only youth leaders, if some participants want to present their own organization or experience in the fields related to the issues of No more lies or their experience in youth exchange can prepare a short presentation as well. We strongly recommend to us an interactive method to present your experience/association if it’s possible.

Intercultural evening

During the exchange, we will organize an **intercultural dinner and party**. Please bring typical food, soft drinks, games and music to introduce the culture of region/country of origin. In the B&B that will host participants there is no professional kitchen so don’t bring anything that must be cooked. Please organize a game or an activity to present your country in a non formal way!

Movie Night

Maghweb will provide some movies. Participants can bring movies in a DVD or pen-drive. Movies must be with English subtitles.

Activities

No professional equipment is required, but if the participants want to bring their laptop, it could be useful during the activities. If weather condition will allowed it, we will carry out some activities in parks and around the historical center of Palermo. Bring with you comfort shoes in order to face walking outdoors (sports shoes is enough, no trekking shoes). Each day, at the end of the activities, a reflection and feedback

moment will be held: brief internal meeting for each group to monitoring the implementation and then a meeting among the youth leaders and Maghweb's staff.

Partners associations are in charge to lead and organise some activities: we suggest you, if possible, to meet before the exchange and think about some non formal activity (2-3 hours maximum) to propose.

DO NOT FORGET TO BRING WITH YOU:

- Due to the unfortunate possibility of delays in baggage handling, it is strongly recommended that participants taking connecting flights **carry all valuables and medicines in their hand luggage, as well as what is needed for an overnight stay** (toothbrush, change of clothes, etc.)

- Printed copies of **ID card** or **passport** and **tickets/invoices**. Those documents are fundamental to receive the reimbursement of the travel costs: please don't forget to print the boarding passes and to print /send to us the invoices that shows price, from-to, and name of the traveller. Screenshots are not enough! If you will use electronic check in, anyway print one copy for us!

Financial conditions

For everybody: accommodation and meals are covered **only during the youth exchange days** (including the arrival night, if is in the travel day. 16th October – 23rd October). **Accommodation and meals in extra days are up to participants.**

Italian group: no refunds available for travels.

Latvian group: refund **up to 360 euros/participants** for travels (flight, trains, buses, etc.). Up to 360 euros means that **we will refund the exact cost if it is within the limit of 360**, if you spend more we will refund 360 €. Print **receipts and boarding passes** in order to get the refund. Reimbursement is available **ONLY on travel days or one day before/after the youth exchange days**. If only one flight (outbound or return) is during the days available for the refund, please give **a receipt that shows the cost only for this flight/travel**. If not so, we can't give the receipt at all. In case of travels that last more than one day, the day that Italian Agency considers is the day of arrival/departure from Palermo. Travel can't last more than 48 hours, stopovers can't 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 14th and you arrive in Palermo on 16th, we consider your travel valid to obtain refund because you arrive on 16th that is a travel day, it doesn't matter that you start your journey on 14th. If your journey starts on 13th we will refunds only the part of the travel on 14th and 15th].

Croatian and slovenian groups: refund **up to 275 euros/participants** for travels (flight, trains, buses, etc.). Up to 275 euros means that **we will refund the exact cost if it is within the limit of 275**, if you spend more we will refund 275 €. Print **receipts and boarding passes** in order to get the refund. Reimbursement is available **ONLY on travel days or one day before/after the youth exchange days**. If only one flight (outbound or return) is during the days available for the refund, please give **a receipt that shows the cost only for this flight/travel**. If not so, we can't give the receipt at all. In case of travels that last more than one day, the day that Italian Agency considers is the day of arrival/departure from Palermo. Travel can't last more than 48 hours, stopovers can't last more than 24 hours. If a stopover lasts more than the accepted

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We can't 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. **SCREENSHOTS ARE NOT ADMITTED)**

All reimbursement will be made by bank transfer to association's bank account. Money transfer to participants or association's members **IS NOT ACCEPTED** by Italian National Agency. Each partner's association will refund their participants. Refund will be made in 3 weeks since Maghweb will receive all documents from participants/associations

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

- All original **tickets** (also buses or train) and receipts with the price (electronic boarding passes without price cannot be considered)
- Outbound and return **boarding passes**
- Printed copy of your **ID card** or passport

About Palermo and accommodation

Palermo has an average temperature between 15 and 25 degrees with high chance of rain at the end of September, so it's recommended to bring an umbrella.

Accommodation will be in "Mamamia Hostel & Guesthouse", located in via Roma, 276. It's in the city centre, very close to stations, bus stops, shops, monuments, theatres, historical markets and other point of interest.

Participants will be hosted in double/four/six beds rooms (double rooms and some 4-rooms have double beds) some rooms are with common bathrooms. Blankets and sheets will be provided but **no towels, hairdryer and soap/shampoo**, participants must bring their own. Breakfast will be consumed in Mamamia, lunch and dinner in restaurant or in the hostel in case of take away food.

There will be only 1 key of the hostel for each room.

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

Here you can see the B&B's website → <http://www.mamamiapalermo.com/>

Other informations

If anyone of participants has **allergies, food intolerance or a particular diet** must communicate it to the staff before the exchange.

Food: Palermo, as every city in Europe, has his typical cuisine. We believe that is important to dig into a culture also by tasting the dishes. Breakfast will be sweet, not salty, but if you want you can easily find salty food around the hostel. Probably you won't find your typical food, but we ask you to be open to accept our traditions!

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 25th October 2013, EU citizens are 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 problem, Maghweb highly recommend to participants, if they have an ongoing therapy, to provide from themselves, bringing from his own country, for all of medications they need during the exchange. Participants should bring their own European Health Insurance Card in order to avoid any medical expenses in case of illness or accident.

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

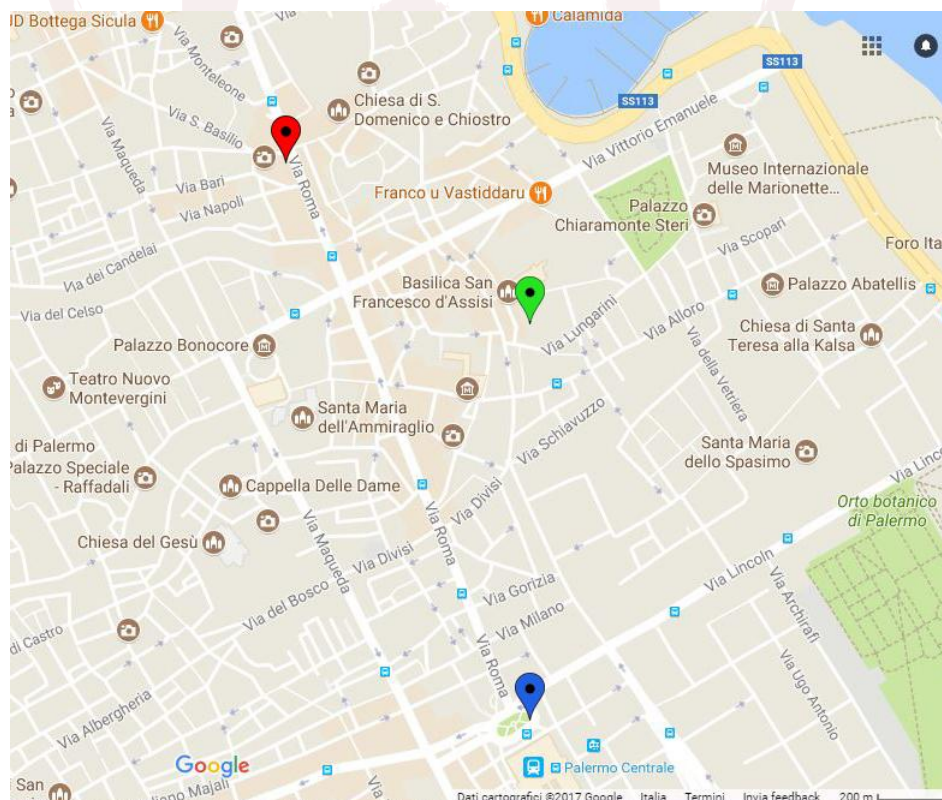
Emergency calls: 112 Carabinieri (Police) /// 118 Ambulance

Transports: Palermo is connected via shuttle bus and shared taxi with the Falcone-Borsellino (Punta Raisi) airport. Bus station is next to airport, 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. Participants have to get off the bus at last stop, *Stazione Centrale-Piazza Giulio Cesare* (Central Station). Shared taxis costs a little bit more (around 7,00 €) but is faster than the bus. Meeting points with Maghweb staff are very close to Central Station (10 minutes by feet to Mamamia or Stato Brado), as you can see in the map below. Exact meeting point will be communicate to youth leader with direct message.

If you find flights only for Trapani airport, please ensure you to find a transport (train, taxi, bus) to Palermo city before buying flight tickets!

Palermo Airport has daily connections with Milan, Rome, Turin, Bologna, Treviso, Naples, Bergamo; if you don't find a direct flight a good idea could be to arrive in one of these cities and book another flight to Palermo (please pay attention to the fact that Rome and Milan have two different, and very far each other, airports, if you think to have a stopover in these cities pay attention on which airport you'll arrive/leave).

Meeting points will be: **Stazione Centrale (Central Station)** , **Mamamia Hostel**, or **Stato Brado (Maghweb headquarter)**. Follow the colour of the landmark in the map below to find these places.



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