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# Mediterranea

Associazione per lo Sviluppo Locale



*A youth exchange funded by the Erasmus + programme*

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## ROOT SOUNDS

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The project "ROOT SOUNDS" is a youth exchange that uses popular music as a means to learn more about its own culture and that of other European countries. Mediterranea has promoted this idea and intercepted organizations working closely with young musicians and dancers, who share a real passion for music and, specifically, for traditional music.

Music is an effective instrument of intercultural dialogue, uniting peoples and minds and allowing to know the cultural roots of the different countries involved. The young people express their art in the project and tell, through musical notes, a story that speaks of traditions and common values related to tolerance, respect for the culture of others. In the same way, young people through residential experience develop new artistic and social skills, sharing their passions and creativity.

The partnership organizations operate in disadvantaged rural or urban areas, where there are few opportunities for cultural growth and the labor supply is very low. The group most affected by this situation are young people, among whom there is a low level of skills that can be spent on the labour market, a high unemployment rate and consequently a high risk of marginalisation and social exclusion.

The project was born to encourage intercultural dialogue, active citizenship and improve the employability of young people with fewer opportunities, through the sharing of a residential experience and the self-management of non-formal activities - circumstances that promote the acquisition of professional and transversal skills. It represents an opportunity for people living in disadvantaged rural or urban areas where there are very few learning opportunities and the job offer is very low.

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## OBJECTIVES:

Specifically, the project pursues the following priority objectives:

1. to promote the personal and social education of young people, strengthening their feeling of being European citizens;
2. to involve marginalized young people with fewer opportunities;
3. to support the value of diversity, intercultural dialogue and social cohesion in Europe by using traditional music as a tool for mutual knowledge;
4. to widen the musical and professional competences of the young participants through peer learning actions among the participants.

"Root Sounds" is a youth exchange involving **31 young people** from **6 European countries: Italy, Spain, Latvia, Romania, Hungary and Greece**. All participants share the same passion for traditional music, dance and are young people interested in intercultural dialogue. Participants want to improve their artistic skills and, at the same time, address issues related to intercultural dialogue, good practices for the protection of human rights but, also, address the challenges of active European citizenship. **Young people are between 20 and 29 years old**, most of them live in disadvantaged rural or urban areas and suffer from many problems in relation to this: lack of cultural, recreational and educational opportunities, high rates of youth unemployment and social marginalization.

Before the beginning of the exchange, 6 Group Leaders (one for each country involved) and a coordinator are identified and they will be called to carry out a preliminary visit (APV) aimed at mutual knowledge, to examine the accommodation of the exchange and to jointly decide how to carry out the planned activities.

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## HOSTING ORGANIZATION

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The APV meeting and youth exchange will be organized by the Italian hosting organization, Mediterranea Associazione per lo Sviluppo Locale (<http://www.medinforma.it>). Mediterranea is not-for-profit organisation, whose mission is to promote EU policies addressing in particular youth, women and people with less opportunities. Since 1992 Mediterranea performs activities in the fields of social inclusion, culture, information and training, communication, social animation, job and carrier guidance, entrepreneurship. Through the "Informa" project, Mediterranea created and implemented a network of Youth Info-points in over 30 cities in the Apulia Region. This experience led to start up



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the “Informa” cooperative, leader in the region for job and training guidance. In the past years, Mediterranea has been also the main contractor for many national (PON) and regional/European grants (ERDF) such as the “OrientaLavoro” Front Office for job guidance and entrepreneurship, as well as the “InformaDonnna” infopoint addressing women.

In 2001 Mediterranea managed a Master in Cultural Heritage at the Lecce University together with Federculture, the Italian federation of Institutions working in the culture field.

Since 2002 Mediterranea has been in charge of VET and higher education projects, funded by the European Social Fund.

From 2002 to 2006 “Mediation Centre” has been created in the city of Bari for addressing the needs of many families, with a focus on children and teenagers. And from 2006 to 2008 a Family Centre supported disadvantaged families in Bari.

Since 2015 Mediterranea is managing a public open space in Alezio (Lecce), an “Urban Lab” with the aim of creating social and cultural initiatives for promoting social inclusion and active citizenship.

Mediterranea approach is based on active participation and involvement, non-formal and informal education and cross-sectoral multidisciplinary approach. Mediterranea cooperates with: public institutions especially at local and regional level; schools, universities, vocational and other educational institutions; public and private social inclusion organizations; other NGOs.

Follow us on social media:

<https://www.facebook.com/mediterraneaassociazione>

<https://www.instagram.com/mediterraneaassociazione/>

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## Youth Exchange

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### Dates

From the **05<sup>th</sup> to the 15<sup>th</sup> may** (the 05<sup>th</sup> and the 15<sup>th</sup> are the travelling days).

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### Activities

During the exchange, the students are engaged in games, convivial and self-management activities, in-depth studies and workshops. The activities are divided into:

- an initial phase of brainstorming and reflection on issues related to intercultural dialogue, youth issues related to work and deepening knowledge of the musical traditions of each country involved.
- an operational and workshop phase, in which young people are divided into groups for the creation of a real multi-handed composition that represents their cultures of origin. The same is true for the dance, where part of the young people will dedicate themselves to composing a dance ballet using steps and body movements typical of their own folk dances. The workshops represent a moment of strong personal and professional growth because the participants acquire practical skills and collaborate in groups to create a final product and put into practice concepts and reflections stored in the previous days.
- a final event open to citizenship, where the participants in the exchange perform through their music and dance. A jam session in which bands, local musicians and local dancers are also invited to participate. Afterwards, a convivial moment is shared and reflections on the skills acquired through the Erasmus+ Programme are presented. In this context, a ceremony is planned to issue the participants with the YouthPass document, which is the certificate describing what they have learned during the project activities. This tool is used to validate non-formal learning, recognising the competences that learners acquire by participating in the youth exchange.

The workshop activities are interspersed with playful moments and role-playing games that aim to amalgamate the group and to get to know each other. During the exchange there are also intercultural evenings and a trip to Galatina, city symbol of traditional music of Salento.



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All the activities are realized through non-formal learning methodologies and follow the approach of learning by doing and peer education. The whole Exchange is conceived, in fact, in self-management: not only the thematic activities, but also the management ones, are carried out by the participants and this favours the active participation and the development of transversal competences.

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## Countries

Italy, Spain, Latvia, Romania, Hungary and Greece

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## Participants

24 participants (4 each partner) +5 group leaders (representatives from partner organizations) +2 Italian facilitators. Age Range: 20 -29 years.

Participant's profile: All participants share the same passion for traditional music, dance and are young people interested in intercultural dialogue. Participants want to improve their artistic skills and, at the same time, address issues related to intercultural dialogue, good practices for the protection of human rights but, also, address the challenges of active European citizenship. Young people are between 20 and 29 years old, most of them live in disadvantaged rural or urban areas and suffer from many problems in relation to this: lack of cultural, recreational and educational opportunities, high rates of youth unemployment and social marginalization.

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## Accommodation

“Ostello Salento” is a structure in Alezio (Lecce) equipped with all the basic comforts and in accordance with the law, where another successful youth exchange was held. The structure is surrounded by greenery, is distributed on a single floor with bathrooms and services with several bedrooms, a large kitchen, common recreation room and outdoor spaces.

The participants will be accommodated in a dormitory with shared rooms and toilets. We will use a self-management approach, so the participants will be divided in mixed groups (gender and nationality) to cook and to clean. These groups (in rotation) will be responsible to cook and clean the spaces. There will be no washing machine: we'll have so much fun, that you won't need it.

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Please before arriving, remember to bring all the materials you need for the activities and free time on a USB key (video, presentations, files, movies, ..).

Link: <https://www.ostellosalento.com/>

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## Transport

The movements are mostly made on foot or for small stretches in cars driven by staff or with rented vehicles. If public transport is not suitable to manage the arrivals and departures of the group, the rental of a private bus is considered.

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## Insurance

Participants are insured against all risks related to their participation in these activities (accidents and serious illness, death, medical care, etc..).

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## Location

**Alezio:** Alezio is a small town in the province of Lecce (Puglia Region) very close to Gallipoli. This proximity has made tourism an important element in the city's economy, which preserves a primary role for the traditional activity of agriculture. It was certainly a city of Messapia. In the city it is possible to visit the "Museo Civico Messapico" (Messapian Civic Museum) which houses the numerous finds found in the necropolis. The Sanctuary of Santa Maria della Lizza, built by the Normans in the 12th century and bearing traces of a pre-existing Byzantine building, is also worth a visit.



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**Gallipoli:** Gallipoli is a small town on the Apulian coast famous for its beaches and crystal clear water. The old town is located on an offshore island connected by a bridge to the mainland. Many tourist and cultural attractions of the city: Angevin castle, churches, museums and historical buildings.



**Galatina:** Galatina is a municipality 20 km from Lecce. The anthropological phenomenon of tarantism is of particular importance in the Salento, and especially in the town of Galatina. Until a few years ago, the "tarantati" were brought to the small chapel of San Paolo every 29 June to drink water from the chapel's well in order to find healing through popular music.



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## Food

We will arrange kitchen teams, so everybody gets the chance to cook and prepare the meals with other young people and leaders. There will be a fully equipped kitchen to cook for a large group. All the food will be provided by the staff. For any problem about the food we'll have the possibility to buy extra in the markets in the surroundings. Please it is strongly recommended that if you have any particular need about food (allergies, vegetarian,..) to inform us before coming in order to manage it before.

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## Travel reimbursement procedure

Accommodation, food and activities are fully covered by the project (and paid by Mediterranea directly), while the travel costs will be reimbursed up to:

- **180 euro** for Greece;
- **275 euro** for Spain, Hungary, Latvia and Romania

Each participant will buy her/his own tickets (please send us the travel itinerary and wait for our authorization before to buy the tickets). We'll refund the costs after receiving by ordinary mail in Italy all the **original tickets, boarding passes and invoices** from your home to the accommodation (including busses, trains, shuttles to the airport, etc).

We're allowed from Erasmus+ Agency to refund only the original tickets (altogether including the return tickets) once we'll receive physically by ordinary mail after the youth exchange. No first class tickets or taxi expenses are allowed to be reimbursed.

We'll process only one bank transfer to your sending organization or the group leader, for the whole national group after the youth exchange. No other amount of money will be asked or given to the partners/participants. We can refund your travel tickets in case you wish arrive or leave 2 days before/after the youth exchange, in case you want to have a private tour (but you have to cover food and accommodation by yourself for the extra days, as well for the internal travel tickets).

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## Language

The language of the exchange will be English. Find below a table with basic Italian:

yes/no	si/no	Hi	ciao	left /right	destra/sini stro
thank you	grazie	good-bye	ciao	straight on	dritto
your welcome	prego	How much is it?	quanto costa	Street	via/strada
excuse me	mi scusi	where?	dove	Ticket	biglietto
please	per favore	when?	quando	I don't understand	non capisco
good morning	buon giorno	Yesterday	ieri	I don't speak italian	non parlo italiano
good afternoon	buon pomeriggio	Today	oggi	hot/cold	caldo/fred do
good night	buona notte	Tomorro w	domani	no problem	nessun problema

In Italian every written letter is pronounced. You should remember this useful rule and without thinking in a while you'll be speaking Italian ;)

## What to prepare

- Intercultural evening where you will have the opportunity to share something about your identity/culture with others. We suggest that all participants can go beyond the traditional “national culture” and think of their individual cultural identity. Think of the elements that compose your identity, the building-blocks of what makes you ‘you’, and try to show them to other participants during this evening. Maybe some of you are into traditional music and others more into rock culture; someone might really like those folk dances from your country and someone else knows everything about... Hip-hop; maybe you feel you are

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really a typical person from “your country” or maybe you don’t fit so well into that box. Whatever you identify with, that’s what you should share.

To make sure this will be a fun- crazy night we have added a small theme to our dress code: “RETRO”. So, bring with you some Retro clothes. Whatever that means to you... time to talk to your grannies? ;).

- Sharing the musical traditions - dances, music and songs: The national groups share with the other participants the history, dances and traditional music of their country or region of origin. Participants will be asked to bring characteristic costumes, musical instruments or anything that serves to tell the musical roots of their country.

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## What to bring

- Anything you may need (USB, PC, video, photo, etc) for the intercultural evenings and workshops you’re supposed to prepare.
- Music instruments.

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## Youthpass

Every participant is individually entitled to receive a Youthpass Certificate.

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## Erasmus +

Erasmus+ is the EU's programme for education, training, youth and sport in Europe. Its budget is estimated at €26.2 billion, almost double that of the previous programme (2014-2020).

The 2021-2027 programme places a strong emphasis on social inclusion, green and digital transition and promoting young people's participation in democratic life.

It supports the priorities and activities set out in the European Education Area, the Digital Education Action Plan and the new Skills Agenda for Europe. In addition, the programme:

- supports the European pillar of social rights
- implements the EU Youth Strategy 2019-2027
- develops the European dimension in sport.

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## Opportunities

- Erasmus+ offers mobility and cooperation opportunities for higher education
- vocational education and training
- school education, including early childhood education and care
- adult education
- youth
- and sport.

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## Key Action 1 – Mobility of Individuals - Youth exchange

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Youth Exchanges are intended to contribute to the personal development of the young participants. The exchanges are open to all European young people, regardless of their background, education, or socio-economic situation.

A Youth Exchange brings together groups of young people from two or more countries, providing them with an opportunity to meet, discuss, and confront various themes, while learning about each other's countries and cultures. The main aim is to encourage and promote the personal and social education of young people, reinforcing their feeling of being European citizens. The young people involved in the Youth Exchange, are an essential 'active' part from the very beginning till the very end of such a project.

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## Contacts

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FB: <https://www.facebook.com/mediterraneaassociazione/>

Fb group:

[https://www.facebook.com/groups/2323332097766341/?hc\\_ref=ARR7oIJXyT7u3WwB\\_ZmQG4VJlmgBNll4yxSWS18-noTierJ1KlCle3HCKLhG-8w6TMk&fref=gs&dti=2323332097766341&hc\\_location=group](https://www.facebook.com/groups/2323332097766341/?hc_ref=ARR7oIJXyT7u3WwB_ZmQG4VJlmgBNll4yxSWS18-noTierJ1KlCle3HCKLhG-8w6TMk&fref=gs&dti=2323332097766341&hc_location=group)

Instagram: <https://www.instagram.com/mediterraneaassociazione/>

Project's blog:

<http://www.medinforma.it/projects/root-sounds-a-youth-exchange-funded-by-the-erasmus-programme/>

Other useful/emergency numbers:

**Police: 113 / 112**

**Fire Brigade: 115**

**Ambulance: 118**

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## Note on the emergency situation

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Our association will take care of placing the spaces used (accommodation and laboratory) in safety according to European, national and regional regulations. Participants will be given safety devices and hygiene soaps. The common areas will be cleaned in a timely manner.

Obviously, we trust in the good sense of responsibility of the participants to respect distances and safety regulations, without precluding the performance of activities.

We also recommend the purchase of travel insurance so that if there are any problems participants do not have problems with refunds.

Further information will be given before departure and on arrival.

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