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Mediterranea

Associazione per lo Sviluppo Locale



A youth exchange funded by the Erasmus + Programme

PORTRAITS

"Portraits " is a youth exchange involving **30 young people** from **5 European countries (ITALY, SPAIN, CROATIA, BULGARIA, GREEK)**, who share the desire to be socially active by reflecting on issues related to **equal opportunities, gender equality, tolerance, respect for diversity and intercultural dialogue, with particular attention to initiate processes of social inclusion of the most vulnerable.**

All participants share the same passion for **art and theatre**, are **young people interested in intercultural dialogue and the fight against any form of discrimination or violence.** The participants want to improve their artistic skills and, at the same time, address issues related to intercultural dialogue, good practices for gender equality, but also face the challenges of active European citizenship. Young people are between 16 and 29 years old, most of them live in rural or disadvantaged urban areas and suffer from many problems in this respect: lack of cultural, recreational and educational

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opportunities, high rates of youth unemployment and social marginalisation. Furthermore, young women in a situation of social and/or family hardship and young unemployed, unemployable and/or NEET people are involved.

Before the beginning of the mobility action, 5 Group Leaders (one for each country involved) and a coordinator are identified, who will be called upon to carry out preparatory activities aimed at getting to know each other, examining the accommodation of the mobility action and jointly deciding how to carry out the planned activities.

Through the project, young participants become more aware of being European citizens, feel they are an active part of society and become promoters of change and of more equal and inclusive communities, including at local level. These young people live mainly in peripheral contexts where any kind of diversity is seen as a social barrier and gender inequalities are the order of the day. During the exchange, young people dialogue, express opinions, confront different realities, act and find solutions, becoming promoters of positive messages of tolerance and respect.

The impact of the project on the young participants is intense, they have the opportunity to confront themselves with peers from different national backgrounds and to explore very topical issues through non-formal and fun activities. Participants then develop their transversal skills and make friends with many peers around Europe and, through a greater knowledge of the Erasmus+ Programme, they will be promoters of a greater awareness of European citizenship.

The youth exchange provides a background of personal and professional growth for young people who can help other young people to participate in upcoming Erasmus+ projects or can, in turn, write and manage new projects. Participants can become team leaders or coordinators of other projects and acquire new organisational and management skills. In this way, a virtuous process of "cascade training" is set in motion in which the participants in the exchange become trainers of other enterprising young people who want to experience the exchange.

Moreover, the peculiarity of this mobility action is that it produces tangible end results

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thanks to the artistic works and theatrical performance created by the young participants and the multimedia content created: portraits, video narrations, photos and slogans. The dissemination of what has been realised on the web allows, in an innovative and amusing way, to deal with the themes of equal opportunities, respect for each other's culture and European citizenship. These products shared on the web could, precisely because of their innovative nature, become viral and be viewed and shared by a large number of European citizens. Moreover, the participants who are in a marginal condition continue their path of social inclusion and empowerment within the promoting organisations, keeping in touch with all the other participants who provide them with further support even after the activities have ended.

The project also has a strong impact on the promoting organisations, which are able to cooperate, share good practices and develop new skills and techniques in the field of youth work, gender equality, social inclusion and intercultural dialogue.

HOSTING ORGANIZATION

The youth exchange will be organized by the Italian hosting organization, Mediterranea Associazione per lo Sviluppo Locale - APS (<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 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.

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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.

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Youth Exchange

Dates

From the **16th to the 26th February** (the 16th and the 26th are the travelling days).

Objectives

The main objective of the project is to stimulate and promote gender equality for young Europeans from different countries in an intercultural and safe environment. 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.

Specific Objectives

1. To promote awareness, best practices and key concepts on gender equality and equal opportunities among young people;
2. To improve the skills of young Europeans in the field of theatre, visual arts and culture in the area of gender equality;
3. To increase social cohesion and facilitate intercultural dialogue among young European citizens, through non-formal methodology;
4. To help young people acquire specific knowledge in the field of gender equality, intercultural, social and communication skills,
5. breaking down stereotypes related to gender, promoting the civil rights of all people.

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Activities

"Portraits" is a cultural exchange where young people meet to discuss equal opportunities, break down gender-related prejudices and stereotypes, and work together to develop and share good practices in Europe in the field of gender equality. The issue of women's under-representation in politics and in many areas of economic and social life, particularly in leadership positions, is a constant problem that requires concrete actions and real cultural change. The European Institute for Gender Equality notes that in the European Union there is a significant gap between men and women in terms of participation. Underlying the project idea is the consideration that a woman must know that she can be a protagonist in political and social life and must be able to aspire to this from an early age, without limitations or preconceptions.

Through **creative workshops related to theatrical practices and figurative arts (photography and drawing), brainstorming activities and role-playing, the themes of equal opportunities, tolerance and intercultural dialogue will be addressed.** Participants will use their artistic flair, theatrical practices and figurative arts to tell stories of women who have made a difference, seeking to retrace their lives, reflect on the cultural change that has taken place over time with regard to gender equality, and initiate cultural changes that can positively affect the issue. Participants will realise a **final event open to citizenship** characterised by an exhibition and the telling of the story of these women, as well as the realisation of a video narration of these portraits to be shared on the web.

Using the arts as a means of expression, the young people will acquire skills and competences to promote solidarity and tolerance in their daily lives. A real social experiment that tends, through an informal language that knows no boundaries, to eliminate differences, facilitate inclusion and promote healthy aggregation among young people.

All activities are carried out through non-formal learning methodologies and follow the learning by doing and peer education approach. **THE WHOLE EXCHANGE IS SELF-MANAGED:** not only the thematic activities, but also the management activities are

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carried out by the participants, which encourages active participation and the development of transversal skills (es. management of activities and decisions on agenda management, organisation of common shopping, cooking, common room cleaning). Each participant plays a leading role in all decisions and is an active part in the management of the mobility action; the success of the activities depends on the good will of all the young people involved.

The workshop activities are interspersed with playful moments and role-playing games that aim to amalgamate the group and get to know each other. During the exchange there will also be intercultural evenings and an out-of-town **visit to Gallipoli**.

Countries

ITALY, SPAIN, CROATIA, GREEK AND BULGARIA

Participants

25 participants (5 each partner) +5 group leaders (representatives from partner organizations). Age Range: 16 -29 years, preferably 20-26.

All participants share the same passion for visual arts and theatre, are young people interested in intercultural dialogue, equal opportunities, valuing diversity, gender equity and the fight against any form of discrimination or violence. The young people are between 16 and 29 years old, most of them live in rural or disadvantaged urban areas and suffer from a number of problems related to this aspect: lack of cultural, recreational and educational opportunities, high rates of youth unemployment and social marginalisation. Particular account is taken, given the subject matter, of involving young women from disadvantaged family backgrounds who face limiting situations for their personal and professional growth. In addition, young people who are unemployed, unemployable and/or

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NEET are involved.

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. 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, etc.).

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

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.

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.



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.

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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. IMPORTANT!!!** We have an agreement with a supermarket: the participants together with the coordinator organize the daily shopping, trying to listen to everyone's needs and

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respecting the budget.

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:

- **275 euro for Croatia; Spain and Bulgaria participants**
- **180 euro for Greek participants**

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) Electronic tickets are also allowed; at the end of the exchange they will be sent via email and kept by the participants in original format. No first class tickets or taxi expenses are allowed to be reimbursed.

We'll process preferably only one bank transfer to your sending organization or the group leader, for the whole national group after the youth exchange. **We can refund your travel tickets in case you wish arrive or leave 2 days before/after the youth exchange activities**, 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). **REMEMBER THAT YOU HAVE TO LEAVE AND RETURN TO YOUR HOME COUNTRY.**

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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

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dances from your country and someone else knows everything about... Hip-hop; maybe you feel you are 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.

What to bring

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

Youthpass

Every participant is individually entitled to receive a Youthpass Certificate.

Erasmus +

Erasmus+ is the EU's programme for education, training, youth and sport in Europe. 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.

Opportunities

- Erasmus+ offers mobility and cooperation opportunities for higher education
- vocational education and training

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- school education, including early childhood education and care
- adult education
- youth
- and sport.

Key Action 1 - Mobility of Individuals - Youth exchange

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

A Youth Exchange brings together groups of youngpeople from two or more countries, providing themwith an opportunity to meet, discuss, and confrontvarious themes, while learning about each other'scountries and cultures. The main aim is toencourage and promote the personal and socialeducation of young people, reinforcing their feelingof being European citizens. The young peopleinvolved in the Youth Exchange, are an essential 'active' part from the very beginning till the very end of such a project.

Contacts

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

Other useful/emergency numbers:

Police: 113 / 112

Fire Brigade: 115

Ambulance: 118

Note on the emergency situation

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.

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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