

ERASMUS+  
KA1 - Learning Mobility of Individuals  
KA105 - Youth mobility

# *The Red Bench*

TRISSINO, Vicenza (Italy)  
18th – 27th of November 2021

*Dear Participant,*

*Welcome to ITALY and to the Youth Exchange **The Red Bench**.*

*Here you can find all the useful information you need to reach us and enjoy this week.*

*For any other questions and for communication when you arrive in Trissino (VI), don't hesitate to contact us.*

*Best wishes and see you soon,*

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## DESCRIPTION OF THE PROJECT

The Municipality of Trissino is proud to invite you to the Youth Exchange

### *The Red Bench*

within the framework of Erasmus+ Programme, aimed to sensitize young people about violence against women and girls, gender equality and women's empowerment, through arts and creativity.

Millions of women and girls around the world suffer physical or sexual violence every year, many of them at the hands of husbands or partners. Such violence is a violation of human rights and an extreme form of gender-based discrimination. It robs women and girls of their dignity, violates their fundamental rights, damages their health, reduces their productivity and prevents them from achieving their full potential. It also has significant consequences for peace and security and a negative impact on development.

Together, participants will carry out a work program designed and prepared by themselves before the project aimed to sensitize other young people and citizens about the topic through arts and creativity.

The main activity of the project will be to **paint and decorate a "red bench"** that will be placed in the city center to remember all women victims of violence during the ***International Day for the Elimination of Violence against Women*** on **November 25**.

**Having a red bench in the town draws greater attention to the issue and gives all citizens the possibility to stop and reflect.**

## AIMS

- to increase young people's awareness and understanding of the various forms of violence - physical and psychological
- learning to recognize the clichés, stereotypes and prejudices in which the "culture" that surrounds them is often imbued.
- to deepen the knowledge of the discriminatory phenomena and of violence against women in the different countries
- help young people understand their emotions, recognize the characteristics of a relationship based on

- dominance and oppression and identify alternative ways of relating based on solidarity, mutual respect and constructive conflict resolution.
- offer an opportunity for knowledge and comparison between different perspectives and points of view, to encourage open-mindedness and understanding of the other.
- make the young people of Trissino experience the sense of welcome and the ability to enhance their own territory
- to foster an intercultural approach and dialogue as a form of overcoming prejudice
- enhance the woman, her abilities and potential and re-evaluate her role in society
- to sensitize the local community on the theme of exchange through art and creativity (decoration of the Red Bench, artistic performances, flashmobs, readings, etc.)

## ACTIVITIES PROGRAMME

DAY 1 - <i>Arrivals and welcome</i>	Arrivals of participants Accommodation and welcome activities Welcome dinner
DAY 2 - <i>Getting to know</i>	Ice breakers e refreshments Getting to know each other Official Opening Treasure Hunt in Trissino Italian and Spanish Intercultural evening
DAY 3 - <i>Think pink</i>	Energisers e ice breaking games Storytelling Intro about the Youthpass Visiting the Albatross Culture Daily evaluation Movie night
DAY 4 - <i>the matters of the facts</i>	Energisers e ice breaking games Film dialogue Statistics from participating countries Workshops Daily evaluation Turkish and North Macedonian Intercultural evening

<i>DAY 5 - steam out</i>	Sound walk Free afternoon Free evening
<i>DAY 6 - awareness day</i>	Energisers e ice breaking games "Aware young people" lab Workshops Daily evaluation Estonian and Hugarian intercultural evening
<i>DAY 7 - The Red Bench placement's ceremony</i>	Energisers e ice breaking games Workshops The Red Bench's Ceremony The Red Bench Party
<i>DAY 8 - Final Evaluation</i>	Energisers e ice breaking games Youthpass World Cafè Think for Future Final evaluation Youthpass and official closing ceremony  Farewell evening
<i>DAY 9 - Departure</i>	Departure of participants

## PARTNERS AND COUNTRIES

Comune di Trissino	Italy
Studio Progetto Soc. Coop. Soc. ( <i>supporting partner</i> )	Italy
Partner Up	Estonia
YOPA - Fialatok az Állampolgári Részvételért Közhasznú Egyesület	Hungary
Association for Progress, Education and Lobbying nel Skopje	North Macedonia
Asociación de Desarrollo Social Participativo IMAGINA	Spain
Dogal Yasam Dernegi	Turkey

## **PARTICIPANTS**

We expect **5** participants **aged 17-23 + 1 youth leader** (no upper age limits) from each partner, taking into consideration the gender balance, given the topic.

We are looking for young people who are interested in the topic, motivated, with a proactive attitude. No language requirements are settled and artistic skills are more than welcome!

## **ACCOMMODATION**

During the Youth Exchange participants will be lodged in a very nice and comfortable house in a green area on the hill of Montecchio Maggiore, a village close to Trissino. Here there are rooms for 3-4 people with private toilets, a big dining room and kitchen. We'll move with private means. No wi-fi available in that place, we'll program a wi-fi break during the day in Trissino.

Accommodation and meals will be covered by the project, same as the foreseen activities.

## **WHAT TO BRING WITH YOU:**

Yourself (of course!!!), your motivation to enjoy the exchange and the life and your best curiosity to meet other cultures!!

**Attention!!! We need to know in time if you have particular necessities regarding food (vegetarian/vegan) and allergies. We prepared an online form to collect all this info, so if you haven't filled in it yet, please provide it as soon as possible!**  
<https://forms.gle/NhMG1GyQMiqTQbWw6>

- Your **passport or ID card**
- Your **European Health Insurance Card**  
<https://ec.europa.eu/social/main.jsp?catId=559>
- Your **Green Pass**  
[https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate\\_en](https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate_en)
- 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.)
- all necessary for personal hygiene, like shampoo, towels, hair dryer, etc... and trekking shoes/clothing or at least trekking or comfortable shoes
- Other stuff you might need (camera/film, toilet things, etc.)

## PREPARATION OF THE GROUP

For the best preparation for the activities we ask each national group to:

- to identify positive examples of **successful women** in your local community or nation (e.g. women who are distinct in different areas - politics, science, art, culture, peace, solidarity, etc.)
- to do a research and collect data on the **situation of women** in your country
- to **prepare the intercultural evening** dedicated to your country with typical food and entertainment (no videos and power point please!)
- to prepare some ice-breaking games and energizers to be offered at the beginning of each day

## COVID MEASURES

For participants coming from countries of the European Union and the Schengen area the entry in Italy is allowed ONLY with COVID-19 Green Certificate.

The COVID-19 Green Certificate makes it easier to travel to Italy and other countries of the European Union and to the countries of the Schengen area. To enter Italy with the COVID-19 Green Certificate, travellers must meet one of the following conditions, as shown in the Certificate:

- have completed the prescribed **anti-SARS-CoV-2 vaccination cycle** for at least 14 days
- or have **recovered from COVID-19 in the last 6 months**
- or have taken a **molecular or antigen swab test** within **48 hours** prior to

entering Italy with negative results.

It might happen that the project will be postponed if the situation gets too bad and they will apply more travel restrictions.

As the restrictions are constantly changing then we cannot tell what's going on by the time of our youth exchange.

**Please check carefully the rules for your country and the newest updates** here:  
<https://www.salute.gov.it/portale/nuovocoronavirus/dettaglioContenutiNuovoCoronavirus.jsp?lingua=english&id=5412&area=nuovoCoronavirus&menu=vuoto>

### HOW TO REACH TRISSINO?

Trissino is a small town in Vicenza province, in Veneto region, in the North East of Italy. To reach it first of all you have to go to **Vicenza** and from there, take a bus to Trissino (no trains are arriving in Trissino).

The nearest airports are:

- **Venice** [www.veniceairport.it](http://www.veniceairport.it)
- **Venice-Treviso** [www.trevisoairport.it](http://www.trevisoairport.it)
- **Verona** [www.aeroporto.verona.it/passeggeri\\_t5](http://www.aeroporto.verona.it/passeggeri_t5)
- **Milano-Bergamo** [www.sacbo.it/Airpor/portalProcess.jsp](http://www.sacbo.it/Airpor/portalProcess.jsp)
- **Milano-Malpensa** [www.milanomalpensa-airport.com/it](http://www.milanomalpensa-airport.com/it) (still OK but a bit farther).
- **Bologna** <https://www.bologna-airport.it/en> (still OK but a bit farther).

We will give you detailed info about local transportation from the main airports to Trissino in the next month.

Before purchasing the flight tickets please ask for our approval.

**Be aware!! Green Pass is needed to travel to Italy!**

### WEATHER

Before leaving your home country please check the weather forecast at:

<http://www.ilmeteo.it/meteo/Trissino>

Usually in autumn, the weather is quite cold and it could be rainy, so bring warm clothes and suitable shoes.



## 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 and bills** related to the travel. The reimbursement will be paid **ONLY** by bank transfer after receiving **all the original tickets.**

Amount of the reimbursements for each country:

Country	Travel reimbursement	Exceptional costs (Visa)
Estonia	€ 275,00	
Hungary	€ 275,00	
North Macedonia	€ 275,00	
Spain	€ 275,00	
Turkey	€ 275,00	€ 120,00 per person

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

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

<https://forms.gle/NhMG1GyQMiqTQbWw6>

Can't wait to meet you!  
The Red Bench staff