



Erasmus+

Counteracting power abuse

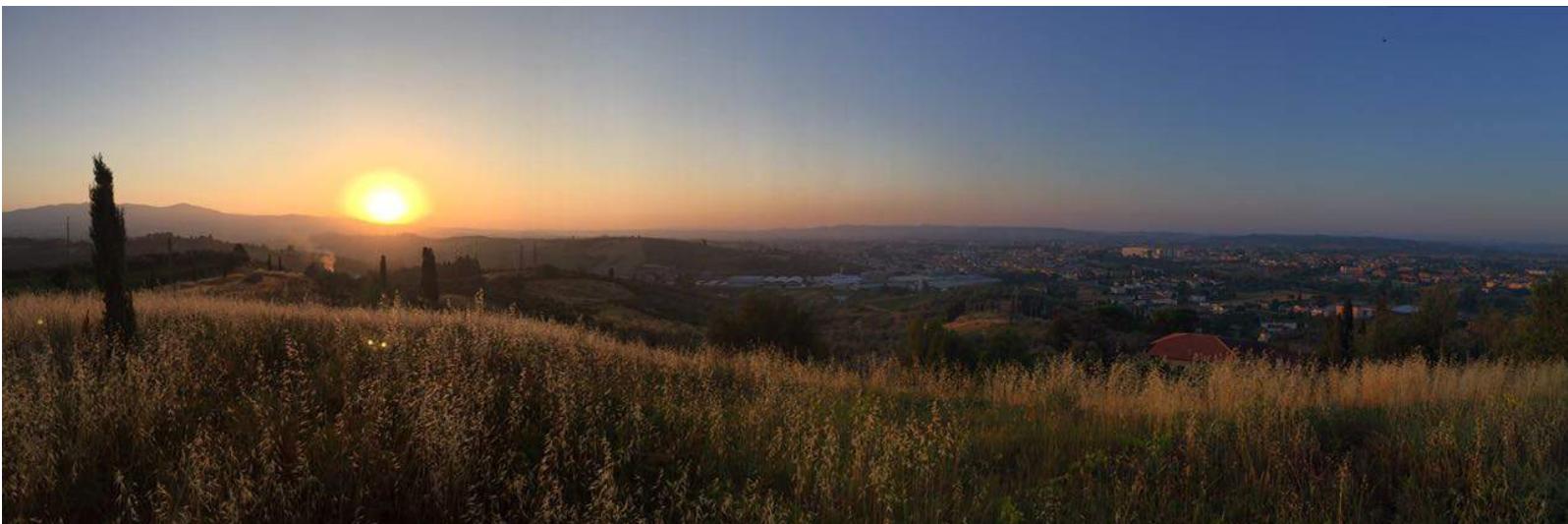


INFOPACK

LEARNING ACTIVITY

Vinci, Italy

25th - 28th February 2019





Associazione Agrado is very happy and proud to host the 1st LEARNING ACTIVITY of the KA2 project COUNTERACTING POWER ABUSE.

The Meeting will be held in Vinci, Italy, our town.

Arrivals: 25th February in the morning - by lunch time.

Departures: 28th February in the morning or 27th after 19h from Vinci.

Working days 25th - 27th February 2019

It will be an amazing chance to know each other better, share and learn about Transactional Analysis as a method and tool to prevent, recognise, and fight emotional and psychological power abuses, get to visit 2 good practices of projects which are counteracting abuses on migrants and mind disabled people giving them dignity and meaning - and finally ...have fun together!



WELCOME TO VINCI



Vinci is a small historical town (15.000 inhabitants) in the countryside of Tuscany - Centre of Italy- between Florence (30 minutes by train) and Pisa (35/40 minutes by train).

It is famous because it gave birth to Leonardo da Vinci, the Genius of the Renaissance Age.

It's rich in history, art, culture and nature. Famous for the typical Tuscany landscape with olive trees and vineyards on its sweet hills.



ACCOMMODATION

The participants will be hosted in the amazing Agriturismo/Farmhouse "Bacco a Petroio" on the hills of Vinci with a wonderful landscape.

It is a farmhouse with rooms, restaurant and winery - they produce wine.

"Bacco a Petroio" will provide double rooms with twin beds and bathroom + breakfast. It will provide also a Meeting room for our meeting.

For more info and photo:
<http://www.baccoapetroio.it/it/agriturismo/>





MEALS

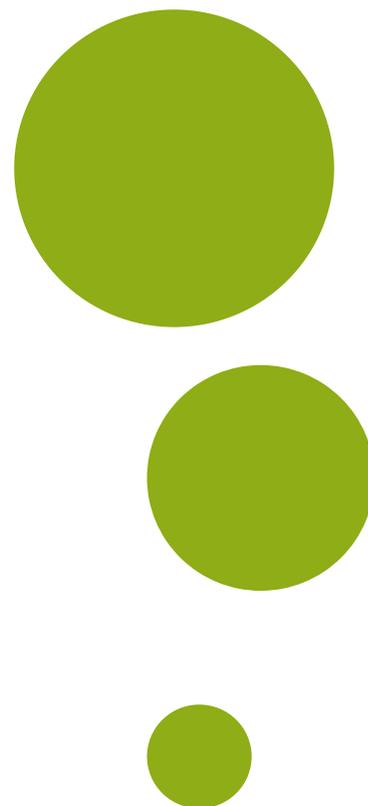
Lunches, Dinners and Coffee-breaks will be prepared and served in Circolo di Petroio, a social club with restaurant.

We will use the kitchen and restaurant room (closed during the week).

Serena will cook expressly for us traditional Tuscan food and recipes and she is ready for each diet (vegetarian, vegan, gluten-free, lactose-free,..).

Circolo di Petroio is a special place for Associazione Agrado: we cooperate with them in activity on anti-fascism, solidarity, music, culture.

They have project on supporting and giving chances and meaning to mental disabled people and the place enhances volunteering and intergenerational cooperation.





TRAVELS



Your destination is in the heart of Italy, in Tuscany. Vinci has not a Train station - the closest station is Empoli.

Your task will be to reach EMPOLI station .

It's very easy!

In Empoli Station, Laris and Chiara will come to pick you up by car and 10 minutes you will be in the venue in Vinci.

HOW TO GET TO EMPOLI

From your landing airport you have always to reach Firenze or Pisa Train Station.

From both the stations there, you can easily take a Regional train to EMPOLI (it takes 30-40 minutes).

The closest Airports are: Pisa, Firenze and Bologna.





TRAVELS

FROM PISA AIRPORT to EMPOLI:

a. Take PISAMOVER to PISA Centrale Train station

PISAMOVER is a small train outside the airport- on your left when you exit the airport. It takes 8 minutes to reach PISA CENTRALE station

Buy the ticket inside the airport or online:: small desk on your right when you arrive in arrival area.

Ask there for a ticket to Empoli (in the same ticket: Pisamover to Pisa Station and Train from Pisa Station to Empoli- tot. € 8,70)

b. In PISA CENTRALE, take a train to EMPOLI (usually all the trains going to Florence stops in Empoli).

Time Pisa Centrale - Empoli: 35/40 minutes.

In Pisa Airport
Pisa Mover small train -
to Pisa Centrale Train
station (8 min.)

Train from Pisa
Centrale to Empoli
(35/40 min)



TRAVELS

FROM FIRENZE AIRPORT TO EMPOLI

a. Take the bus VOLA IN BUS, on your right when you exit the airport (you can buy the ticket on board- €6,00).
25 minutes to Firenze SMN station

b. Reach FIRENZE S.M.N. Train Station and take a train to Empoli station (€4,60 - Time 30 minutes)

Usually all the trains going to Pisa stop in Empoli.

In Florence Airport
BUS to Firenze SMN
Train Station (25 min.)

Train from Firenze SMN to
Empoli (30 min.)



TRAVELS

FROM BOLOGNA AIRPORT TO EMPOLI - 1:

a. Take the bus APPENNINO SHUTTLE- on the left when you exit the airport.

Buy ticket online here or in the airport:
<https://www.appenninoshuttle.it/?lingua=2>
Online costs 20 €

It takes more or less 1.30 h to reach FIRENZE SMN train station (Avenue around the station)

There are buses every 2 hours.
Check timetables

b. In Firenze SMN take a train to Empoli station.

In Bologna Airport
Bus Appennino Shuttle to
Firenze SMN Train station
(1,5 h.)

Train from Firenze SMN
to Empoli (30 min.)



TRAVELS



FROM BOLOGNA AIRPORT TO EMPOLI - 2:

If you don't have big heavy baggage:

a. From Bologna Airport exit from airport and on your right you find the bus AEROBUS to the Tran Station Bologna Centrale.

Buy the ticket at the machine or online at <https://aerobus.bo.it/>
Cost 6,00 - 25 minutes

b. In Bologna Centrale take a Train Frecciarossa to Firenze SMN (37 minutes- prices from 15 euros)

Buy online on <http://www.trenitalia.com/tcom-en>

c. In Firenze SMN take a train to Empoli station

In Bologna Airport
AEROBUS to Bologna
Centrale (25 min)

Train to Firenze SMN
(37 min.)

Train to Empoli



PROGRAM (DRAFT)

Counteracting Power Abuse - Learning Activity Vinci, Italy 25-28 February			
Time	Day 1: 25th February	Day 2: 26th February	Day 3: 27th February
Topics	Get to know and Communication	Transational Analysis as a tool to counteract emotional abuse	Visit to 2 good practices with migrants and disabled people
08:30	Breakfast		
09:30	Arrival of the participants	Communication and relations	Visit to ORTOLANI CORAGGIOSI
11:00	Coffee-Break		
11:30	Arrival of the participants	Communication and relations	Visit to OFFICINA CAVANE
13:00	13:30 Lunch		
15:00	Team Building activities	TA Ego States	Visit to OFFICINA CAVANE
16:30	Coffee-Break		
17:00	Expectations and fears and Communication Games	TA Transactions	Conclusions and Final Evaluation
18:30	Free time	Blackmail and Dramatic Triangle	Free-time
20:00	Dinner		
21:30	Welcome Night	Questions Game	Farewell Party



BUDGET AND FINANCIAL RULES

In KA2 projects, for LEARNING ACTIVITIES there is a separate budget for

- Travels support
- Individual support (food, accommodation,..)

TRAVEL SUPPORT:

Based on distance calculator

Each participant from Spain, Hungary, Romania and Poland has € 275 for travel to/from Vinci.

Each country x 2: € 550

INDIVIDUAL SUPPORT:

Each participant has € 106 per day for a total of € 318

Each country x 2: € 636

Travel Support
€ 275

Individual support:
€ 318



FINANCIAL MANAGEMENT

1. According to some countries and some NA financial laws, each organisation will pay for the service of hotel to "Bacco a Petroio" and for the meals to "Circolo Arci Petroio"

2. " Bacco a Petroio" can be paid by cash or card;

It requires a 30% of the whole cost of the room for the 3 nights at for the reservation (in few days) - so for this 30% it's needed that you send a **wire transfer to their bank or by card.**

We will inform you better in next days.

Circolo Arci Petroio can be paid by cash or by wire transfer to its bank account-

Attention: NO card is accepted!!

3. " Bacco a Petroio" will issue for each organisation a normal Invoice (Please send the data of your organisation, with VAT).

Circolo Arci Petroio will issue a RECEIPT for each organisation.



WHAT TO BRING

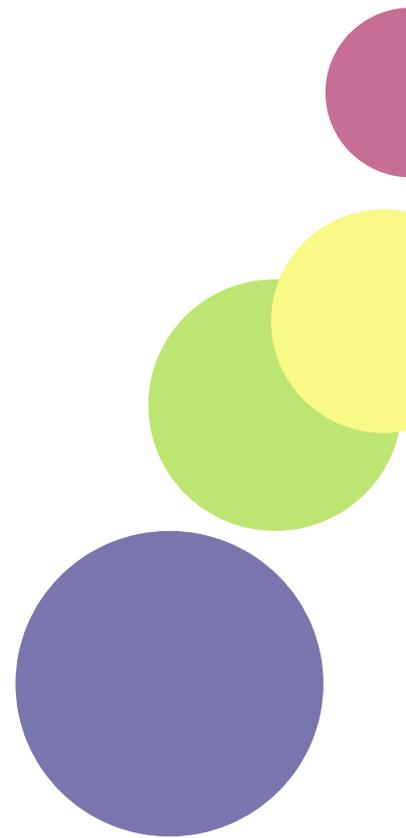
- Your EU Health Card
- Comfortable shoes
- Warm Clothes
- (Umbrella/raincoat)

WEATHER

Weather in such part of the year is supposed to be cold and rainy It could go below 0 degreeht rarely and only in the night

Anyway don't forget to check the weather forecasts before leaving:

<https://www.3bmeteo.com/meteo/vinci>





CONTACTS

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SEE YOU SOON