

Med4Tourism

Mediterranean countries for sustainable tourism

INFOPACK

YE September 9th – 18th

Ostello Parco Monte Barro
Galbiate (Lecco) Italy

www.ostelloparcobarro.it

In this info-pack we have tried to collect all the most important aspects concerning the practicalities. Please read it carefully and do not hesitate to send us an e-mail at g.apolloni@legambientelecco.it if you have any further question. Remember that the attendance in all the activities is mandatory and that an active participation is expected from you in all the activities of the Exchange.

The project

Med4Tourism is a Youth Exchange that aims to promote the development of sustainable tourism in Mediterranean areas that are suffering or suffered from mass tourism or where tourism hasn't developed yet. Youngsters living these territories are the main actors and represent a great possibility for a better cooperation among European countries sharing similar processes and good practices.

In order to ensure a fruitful Youth Exchange, you don't need any special knowledge: your cooperation as participants alone will lead you to learn something new through the different activities, as days go by. Nevertheless, there are some workshops where you will

be asked to share some information about your country, therefore please brainstorm about this:

- What's the experience of my country in tourism? When did a sustainable form of tourism has started and how?
- What's the experience of my local area (brief introduction, positive and negative aspects, direction taken by administrations, enterprises, organisations...)?
- Bring an example of sustainable tourism that you consider successful.

Moreover, we would like to organize a multi-cultural dinner during one of the first evenings. Therefore, we invite you to bring some non-perishable food that is typical in your country/area, which we will store in the hostel fridge if necessary. The more we have, the funnier it will be to discover different cultures through food. You can also think about a dance, funny words, a song or anything traditional from your country you would like to share with the other participants (you can also organize it with your country group).

Dates and accommodation

The Youth Exchange will take place **from the 9th to the 18th of August 2019**, traveling days included. Food and accommodation costs are organized and covered by the Coordinating Organization. Bed linen are provided by the property.

Arrival date: September 9th, 2019 - meeting in Lecco station @ 4pm, 6pm and 8pm.

Departure date: September 18th, 2019 - after breakfast

Accommodation: shared rooms (from 2 to 10 beds) with shared bathrooms.

Meals served:

- 9th dinner
- 10th-17th breakfast, lunch, dinner, coffee breaks
- 18th breakfast

We kindly ask you to bring:

- Shampoo, gel, toothpaste etc. (we have one hairdryer) towels are provided;
- Warm clothes. We are still in a mountain environment. Normally the temperature rises quite high (more than 30°C), but in case of rain it can lower fast.
- Comfortable shoes (hiking or sport shoes if possible);
- A reusable water bottle to keep with you;
- A torch/light (for night walks);
- Mosquitoes spray;
- Sunscreen;
- Non-perishable food from your country (more about that in the next page);
- Positive attitude!

Hosting organization

Legambiente Lecco Onlus is the local entity of Legambiente, the main environmental organization of Italy. Since 1980 Legambiente is working with national administrations and local communities for the development and implementation of sustainable practices. The experience of our local entity starts thirty years ago and since then we started working on different topics that can be summarized now as civil economy, active citizenship and volunteering, European participation and sustainable tourism.

The venue

The Youth Exchange will take place in [Ostello Parco Monte Barro](#), an eco-hostel led by Legambiente Lecco itself according to environmentally sustainable values and parameters. It is located in the middle of Monte Barro Regional Park, situated at 750m above sea level.

The hostel is located in an ancient hermitage, with only a small church from the 16th century being left of it. The local facilities consist in 1) the above-mentioned church (rarely open), 2) the hostel itself, 3) a bar-restaurant, which is often (but not always) open and 4) an archaeological museum. When the bar is closed, a small fair-trade bazar will also be available inside the hostel's reception.

Being in a hermitage means that we will be isolated: we will live in a very beautiful and uncontaminated environment, far from the city life. Nature (and your fellow participants) will be your company in those days.

Speaking of the hostel, you will be lodged in its Squirrel section (settore Scoiattolo in Italian), equipped with double, triple, quadruple shared rooms and toilets shared by all the guests staying in the section (i.e. participants of the Youth Exchange and staff members) which are on the same floor.

The meals will be mainly vegetarian - a decision taken in line with the topic of the Exchange, since a large consumption of meat is not environmentally sustainable. We promise meals will provide you a good deal of variety and will be tasty even to the omnivores, though 😊 (we are still in Italy!). Please do remember to fill out the form document about special dietary needs (religion-related restrictions, allergies, etc.) and send it back to us or to your sending organization. Remember to be specific and take your choice wisely for two reasons: your choice will apply for the whole project and our chef will appreciate your openness to new taste horizons, so if you have never liked some ingredients this might be the occasion to exit the alimentary comfort zone!

Free WI-FI is available in the common areas (but not in your rooms). Once you arrive at the hostel, we will provide you with the password and other information.

Towels and sheets will be provided at the beginning of the Youth Exchange.

Contents

The project will be joined by youngsters from France, Greece, Italy and Spain.

Each national group will be composed of 6 people, for a total of 24 youngsters.

The Youth Exchange is open to participants from 18 to 26 years old preferably. Some exceptions could be made for people from 26 to 30 years old, but they have to be discussed with the sending organization.

The program of Med4Tourism will include several activities, distributed throughout the days of the Exchange:

- Ice-breaking games and energizers at the beginning of each session (morning and afternoon), meant to stimulate group cohesiveness, especially during the first days;
- Exchange of ideas and good practices alongside participative discussions on sustainability (what it means, how it works, how it can be translated into reality, etc.);
- Walks and excursions in the surrounding environment to understand its value and possibilities;
- Workshops on sustainability, tourism and related subjects;
- If feasible, a “sustainable treasure hunt” in the hostel;
- Workshops and interviews with young entrepreneurs and representatives from the Lecco area working on sustainable tourism;
- Last but not least, the creation of a local development project for sustainable tourism.

The language of the Youth Exchange will be English.

Selection of participants

Med4tourism is a youth exchange designed for:

- Youngsters willing to know more about sustainability, tourism and local development or to share their experience on the subject;
- People who is active in their communities (or willing to) either voluntarily or professionally for a sustainable development;
- Age 18 or more

Deadline for selection of participants: August 10th, 2019

Partner organizations and number of participants

Country	Organization	Participants	Max travel grant
France	Concordia	5+1	€275
Greece	Solidarity Mission	5+1	€275
Italy	Legambiente Lecco Onlus	5+1	€20
Spain	Intercultural Life	5+1	€275

How to get there

The meeting point will be at Lecco railway station at @ 4pm, 6pm and 8pm.

Since you're going to take part in an environmental experience, we suggest you to choose, if feasible, a more environmental friendly transport to reach the location. Flying may look cheap in terms of money and time, but the price we pay in terms of pollution is much more expensive. We are available to help you check and consider different options.

For those coming from Bergamo and Milano (probably most of you), there are good train combinations to arrive by that time (check in: <http://www.trenitalia.com/tcom-en>). It is absolutely necessary that you are there on time.

We will be waiting for you at the square in front of the railway station (you can see a bus stop across the street from there) wearing a yellow t-shirt with the Legambiente green swan logo on it.

Regarding the day of departure, we will organize the transportation back to Lecco train station according to the times of the means you will use to go back home, but the idea is to leave the hostel between 8.00 and 10.00 am. Please consider, when you book the return trip, the time needed to reach the departing station/airport. We recommend choosing rides/flights in the afternoon if possible. We will provide more information if necessary. The maximum travel grant for participant is €275 (except Italian participants). We encourage participants to buy all the tickets online (so it will be easy to send them to us at the end of the project) and always make online check-in (costs made for late check-ins while boarding are not refundable). This will also speed up the reimbursement process and it is more environmental friendly!

Every ticket must be approved before buying: send it to g.apolloni@legambientelecco.it and wait for approval. If you wish to spend a few days in the area before or after the project please be advised that the refund can only include flights within a period of two days from the date of arrival or departure (e.g. flights A/R 7 - 18 Aug, or 9 - 20 Aug).

If you do not have online tickets remember to keep the original travel tickets in order to be reimbursed!

For any need/question/doubt, you can send us an e-mail:

g.apolloni@legambientelecco.it

Or give me a Whatsapp call: Giulia Apolloni – ph. +39 3465159424

We wish you a pleasant journey and look forward to meeting you.

A presto!