



InfoPack

Body & Bodies

APV: June 15-17

YE: July 5th-July 15th

San Desiderio (Genoa), Italy

THE PROJECT

The project "Body and Bodies" aims to improve the relationship between young people and their bodies, guiding them in a process of exploration, awareness and research that will take place mainly with the help of different physical disciplines (theatre, dance, circus arts, yoga, ludopedagogy).

OBJECTIVES

- To explore the body as a means of understanding oneself and the world around it
- To regain confidence in bodies as a means of sociality and communication, particularly after the negative impact of the Covid-19 pandemic
- To promote physical and mental well-being
- To promote knowledge and practice of new physical disciplines among young people

PARTICIPANT'S PROFILE

- 36 young people, aged between 20 and 30y/o, from Italy, Portugal, Greece, Poland, Slovenia and Germany.
- The Group Leaders will be directly involved in the activities, coming from and being active members in their respective sending organizations, and will contribute to the management of some workshops on specific topics.

ACTIVITIES

- A series of activities based entirely on non-formal education aimed initially to introduce the participants among themselves (ice-Breakers, name games, team-building activities), which will then lead the group to face the workshops on dance, theatre, ludopedagog, yoga and circus arts.
- Practical activities will be alternated with group discussion activities, simulations and role-playing games.

ACTIVITIES

- Each workshop will start with a moment of awareness of your physical condition of the day and will end with a cool-down that will also serve to collect feedback on how the session went, guiding participants towards the recollection in themselves.
- The aim will not be to provide a single way to evolve during practices and workshops but to provide the tools so that everyone can face the inner path alone or alone.

TIMETABLE

ARRIVAL DAY 05.07	DAY 1 06.07	DAY 2 07.07	DAY 3 08.07	DAY 4 09.07	DAY 5 10.07	DAY 6 11.07	DAY 7 12.07	DAY 8 13.07	DAY 9 14.07	DEPARTURE DAY 15.07
	Name Game - Icebreakers	Team building	The body as a social tool	Body as a sexual tool	Trip	The body as a tool of expression	The body as a discovery tool	DISSEMINATI ON EVENT in Genoa	Collection of the material for the toolbox (group work)	Participant Departures
	Presentation of the project and of the accommodation	Intercultural Learning	Practical workshop of Ludopedagogy	Body and sexuality		Practical workshop of dance	Practical workshop of yoga		Youthpass Ceremony	
CHECK IN	Fears, expectations, contributions + Social contract	Youthpass Introduction	Mindfulness	The body as an emotional tool	Trip	The body beyond its limits	Preparation of the dissemination event	Free time in Genoa	Final Evaluation + Closing rituals	Participant Departures
	Team building	The impact of Covid on my habits	Mindfulness	Practical workshop of theatre		Practical workshop of circus	Preparation of the dissemination event		Cleaning party	
	Daily Evaluation (Reflection Groups + Leaders' Meeting)	Daily Evaluation (Reflection Groups + Leaders' Meeting)	Daily Evaluation (Reflection Groups + Leaders' Meeting)	Daily Evaluation (Reflection Groups + Leaders' Meeting)		Daily Evaluation (Reflection Groups + Leaders' Meeting)	Daily Evaluation (Reflection Groups + Leaders' Meeting)		Daily Evaluation (Reflection Groups + Leaders' Meeting)	
			Intercultural evening						Farewell Party - meditation	

ACCOMODATION

L'ostello Valle dei Giovani

Via Ettore Bisagno, 70, 16133.
San Desiderio, Genova.



TRAVEL

We suggest arriving before 19.00h so we will have dinner all together. On the departure day, we can have just breakfast together.

Airports you should look at are:

Milano Malpensa (MPX)

Bergamo Orio Al serio (BGY)

Genova Cristoforo Colombo (GOA)

TRAVEL

Travel budget:

COUNTRY	STANDARD TRAVEL	GREEN TRAVEL
ITALY	23€	NONE
GERMANY	275€	320€
GREECE	275€	NONE
PORTUGAL	275€	NONE
POLAND	275€	NONE
SLOVAKIA	275€	NONE

MILANO:

Option one: From Milano Malpensa to San Desiderio–Genova

1) Catch a bus from the airport to Milano central station (8€ one way) – (one of the bus companies for example is

<http://www.malpensasashuttle.it/en/index.html>)

2) Take a regional train from Milano central station to Genova Brignole – <http://www.trenitalia.com/tcom-en>. The regional train ticket cost 13.50 € but if booked in advance can be even cheaper.

3) Take bus number 86 which departs from Viale Thaon di Revel which is right in front of the station (1,50 €) – www.amt.it **IMPORTANT:** Make sure to validate (put them into the stamp machine to validate them) all your tickets and that you get a receipt for all tickets

Option two: From Bergamo Orio al Serio to Milano Centrale

1) Catch a bus from the airport to Milano central station(5€one way-9€way and back)www.orioshuttle.it

2) catch a regional train from Milano central station to GenovaBrignole-<http://www.trenitalia.com/tcom-en>. The regional train ticket cost 13.50€ but if booked in advance can be even cheaper.

3) Catch bus number 86 departs from VialeThaon di Revel which is right in front of the station (1,50€)-www.amt.it IMPORTANT: Make sure to validate(put them into the stamp machine to validate them)all your tickets and that you get a receipt for all tickets

GENOVA:

From Genova Cristoforo Colombo to Genova-San Desiderio

- 1) Catch the "Volabus" bus from the airport to Genova Brignole train station: it costs about 6€ one way and it stops right in front of the departure area in the airport. Brignole is the last stop on the bus
- .2) Take bus number 86 which departs from Viale Thaon di Revel which is right in front of the station (1,50€)-www.amt.it **IMPORTANT:** Make sure to validate (put them into the stamp machine to validate them) all your tickets and that you get a receipt for all tickets

HEALTH INSURANCE

- Participants will be required, if they can, to apply for the European Health Insurance Card. P.E.Co will monitor that this happens through the sending associations.
- Participants will also be informed of the risks related to the project, and if necessary, we will also require that they take out private insurance in order to participate.

CONTACT

For any information about logistics and travels, please contact:

exchanges@peco.genova.it

PARTNERS

- AL TEATRO (Portugal)
- PERFORM (Poland)
- ROES COOPERATIVA (Greece)
- CABUWAZI (Germany)
- SAPLINQ (Slovakia)