

**Associazione ABiCi ##**

# Infopack

Healthy mind in a healthy body

**Cagliari, Sardinia, Italy**

Youth Exchange 27th April-3rd  
May 2019

APV 20-22 febraury 2019

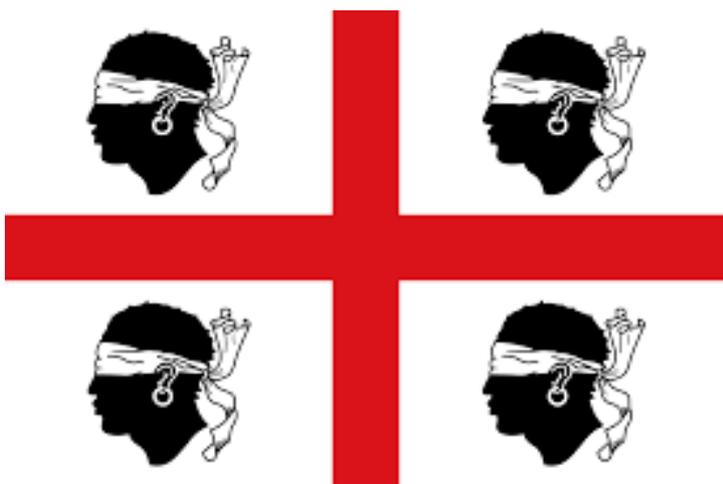
## WELCOME TO CAGLIARI

Like many Italian cities, Cagliari wears its history on its sleeve and everywhere you go you come across traces of its rich past: ancient Roman ruins, museums filled with prehistoric artefacts, centuries-old churches and elegant *palazzi*. Cagliari has been a stopping point for everyone who sailed that sea, from the Phoenicians to today's cruise ships

Edging east of town brings you to Poetto beach, the hub of summer life with its limpid blue waters and upbeat party scene.

The oldest part of Cagliari is known as the Castello. It clings to the slopes of a hill that rises steeply from the harbor and has been fought over by the Pisans, Genoese, and Spanish, and raided by pirates from North Africa.

Cagliari's people and traditions show this varied heritage, and the influences of different periods are reflected in its architecture as well. Facing the harbor, the Town Hall blends Spanish Gothic with Italian Art Nouveau, and elsewhere in the city, you'll recognize Neoclassical arcades and bastions, medieval towers, Roman and medieval stonework, and Baroque churches. Sardinia has its own language, which many people still speak at home and among friends, but everyone speaks Italian and many also speak English.



**The Sardinian Flag**

# ADVANCED PLANNED VISIT

I will take place in Cagliari, Italy (20-22 February 2019) we foresee to receive only one group leader per each country in order to discuss about the youth exchange. This is the agenda for the APV:

## DAY 1:

- Arrival of the participants;
- Dinner;
- informal introduction meeting.

## DAY 2:

- Breakfast;
- Getting to know each other. Details about organizations, Visiting the venue;
- Presentation of the project objectives, activities and participant's profile;
- Lunch;
- Working on the schedule activities: additional comments, task division and modification;
- Protection and safety of participants in the project;
- Dinner;
- Cagliari by night.

## DAY 3:

- Breakfast;
- Departures of the participants.

Travel reimbursement APV (max reimbursement per organization):

- Sweden 360,00 euro;
- Romania 275,00 euro;
- Lithuania 360,00 euro;
- Czech Republic 275,00 euro.

Before the purchase of the tickets Send to [associazione@associazioneabici.eu](mailto:associazione@associazioneabici.eu) the journey plan and the cost of the tickets and wait for our approval. We don't refund any tickets that won't follow this process. Remember to keep all invoices and boarding passes (Flights, bus and train tickets, taxi invoices, etc.) without these documents we can't proceed with the travel reimbursements.

# Summary

Healty mind in a healty body is an international youth exchange that will be held in Cagliari, Italy, from 27th of April to 3nd of May 2019, focused on health promotion and outdoor activities . According to the World Health Organization, obesity is one of the biggest public health issue relating to young people, affecting 1 youth ouf of 5. As reported by the International Obesity Task Force in Europe, the percentage of overweight youth in Europe is around 20% and the highest level is reported in the southern European Countries (as Italy, Greece, Malta, Cyprus, Spain). The main aim of the project is to discuss the health problems among young people and seek for creative and effective ways to resolve these issues with a peer to peer approach among youngsters.

The youth exchange Healty mind in a healty body is also finalized to boost awarness among youth about obesity and healty life styles in order to prevent chronic disease and other issues related to this phenomenon such as the serious growing of social costs, invalidity rate, high mortality and degenerative illness. The Countries involved are Italy, Romania, Sweden, Czech Republic and Lithuania .

Through non-formal education and activities of civil society organizations and individuals, young people can join forces, working togheter to a common idea of well-being that might persuade other young people in the local communities and boost their awarness about healthy lifestyle.

Methods used are: non – formal education activities, role play, working groups and workshops. Specific objectives of the project are:

- To stimulate young people's spirit of initiative;
- To promote health and outdoor activities as a tool to raise awareness on health issues and a way to acquire knowledge and skills useful for persons' personal and professional development;
- To foster mutual understanding, knowledge of health issues among young people and culture in countries of participants;
- To develop young people's motivation and sense of responsibility;
- To promote Erasmus+ programme as a tool to stimulate creativity, youth active participation ;

# Accomodation

## Notice about the accomodation:

**Rooms:** the participants will be accomodated in mixed national groups, to facilitate the getting to know each other process and intercultural learning;

**The breakfast is served from 7.30am to 9.15am. The breakfast is italian (sweet pastry, coffee or cappucino, juice);**

**In the rooms you will be divided by gender;**

**Board provided : 3 meals (italian breakfast, lunch and dinner); Expenses for a different breakfast, lunch and dinner will be borne personally by participants.**

## **Travel and reimbursements (Youth Exchange 27.04-03.05.2019)**

### **Partners, participants & travel budget (amount per person)**

Sweden 360,00 euro;

Romania 275,00 euro;

Lithuania 360,00 euro;

Czech Republic 275,00 euro.

Before the purchase of the tickets Send to [associazione@associazioneabici.eu](mailto:associazione@associazioneabici.eu) the journey plan and the cost of the tickets and wait for our approval. We don't refund any tickets that won't follow this process. Remember to keep all invoices and boarding passes (Flights, bus an train tickets, taxi invoices, etc.) without these documents we cannot proceed with the travel reimbursments.

**Each organization have to send 7 participants (6 participants no older than 30 years old, 1 group leader without age limitation).**

# **RULES AND PROCEDURES**

**Respect the common areas, and leave them clean;**

**Be on time every sessions;**

**Respect the schedule;**

**Don't disturb after Midnight;**

**Enjoy the experience and bring your positive mood;**

**Session time from 10am to 1pm and from 3pm to 5pm**

**Coffee break from 11.30am to 11.45am**

**Lunch from 1pm to 2.30pm**

**Dinner from 9pm**

## **What to bring:**

**National drinks and foodstuffs for the intercultural evening that will take place during the Youth Exchange;**

**A brief presentation of your countries;  
Swimming costume, suncream, beach towel;  
European Health card.**

**We suggest you also to bring one laptop per country that will be useful for some activities in order to develop materials as outcomes of the project and work in group.**

**The average temperature in Cagliari in April-May is about 18 C° - 25 C°.**

# How to reach Cagliari

The closest airport to our venue is the airport of Cagliari-Elmas

You can reach Cagliari flying with one of the low cost companies that serve the island (Easy Jet, WizzAir or Ryanair) or with the national companies such as Lufthansa or Alitalia. We suggest you to visit the following websites to find the best option:

[www.skyscanner.com](http://www.skyscanner.com)

[www.expedia.com](http://www.expedia.com)

From the airport Cagliari- Elmas there are 2 ways to come to the city centre. By train which is the cheapest (1.3 euro) or by taxi (20 euro per way)

**Train time schedule:**

<http://www.sogaer.it/en/local-transportation/154-servizio/trasporto-locale/832-train.html>

**Taxi:**

<http://www.sogaer.it/en/local-transportation/154-servizio/trasporto-locale/834-taxi-en.html>

## ***“Survival” Sardinian Vocabulary ))))***

English	sardu/saldu (Logodoresè)	sardu/sadru (Campidanese)
Welcome	Ennidos	Bèni benìu (sg) Bèni benius (pl)
Hello (General greeting)	Bone die	Saludi
How are you?	Coment'istas? (sg) Coment'istades? (pl)	Cumènti stàis?
Reply to 'How are you?'	Ene, e tue? (sg) Ene, e bois? (pl)	Stèu bèni, grazie. e tùi?
What's your name?	Comment ti jamas?	Cumènti ti tzèrrias?
My name is ...	(Eu so) ...	Mi tzèrriu ...
Where are you from?	De inne ses?	De àundi bènis?
I'm from ...	Eu so de ...	Bèngu de ...
Pleased to meet you	Piaghère	
Where do you live?		Aùndi bìvis?
I live in ...		Bìvu in ...
How old are you?		Càntu ànnus tènis?
Good morning (Morning greeting)	Bon jorno	Bòna di
Good afternoon (Afternoon greeting)	Bona sera	
Good evening (Evening greeting)	Bona sera	Bòna sèra
Good night	Bona notte	Bòna nòtti