



Co-funded by
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Feel

Express

Enjoy

Dare



14-22 OCTOBER
VALDAGNO-CASTELVECCHIO
VENETO, ITALY

What is FEED?

- A nourishment of animals?
- A board of news and stories of our contacts?

What does PERFORMANCE mean?

Is it a creative possibility of relationships between artists and spectators OR the continuous demonstration that we exist, that we are up to it?

Are there other ways of being a citizen who creates positive relationships with others?

How can I find balance between binging and continuous performativity?

Do we really need an algorithm to tell us who we are and what we care about?

How can an algorithm have anything to do with democracy?

Through theatrical techniques, we will ask ourselves all these questions trying to transform them into **BEAUTY, DIALOGUE, ART, COMMUNITY.**

PLAN

14 October - arrival

Arrival & registration of participants

15 October - getting to know

Welcome meeting

Getting to know each other

16 October - stepping into the topic

09.30 – 11.00 knowledge and literacy in theater languages

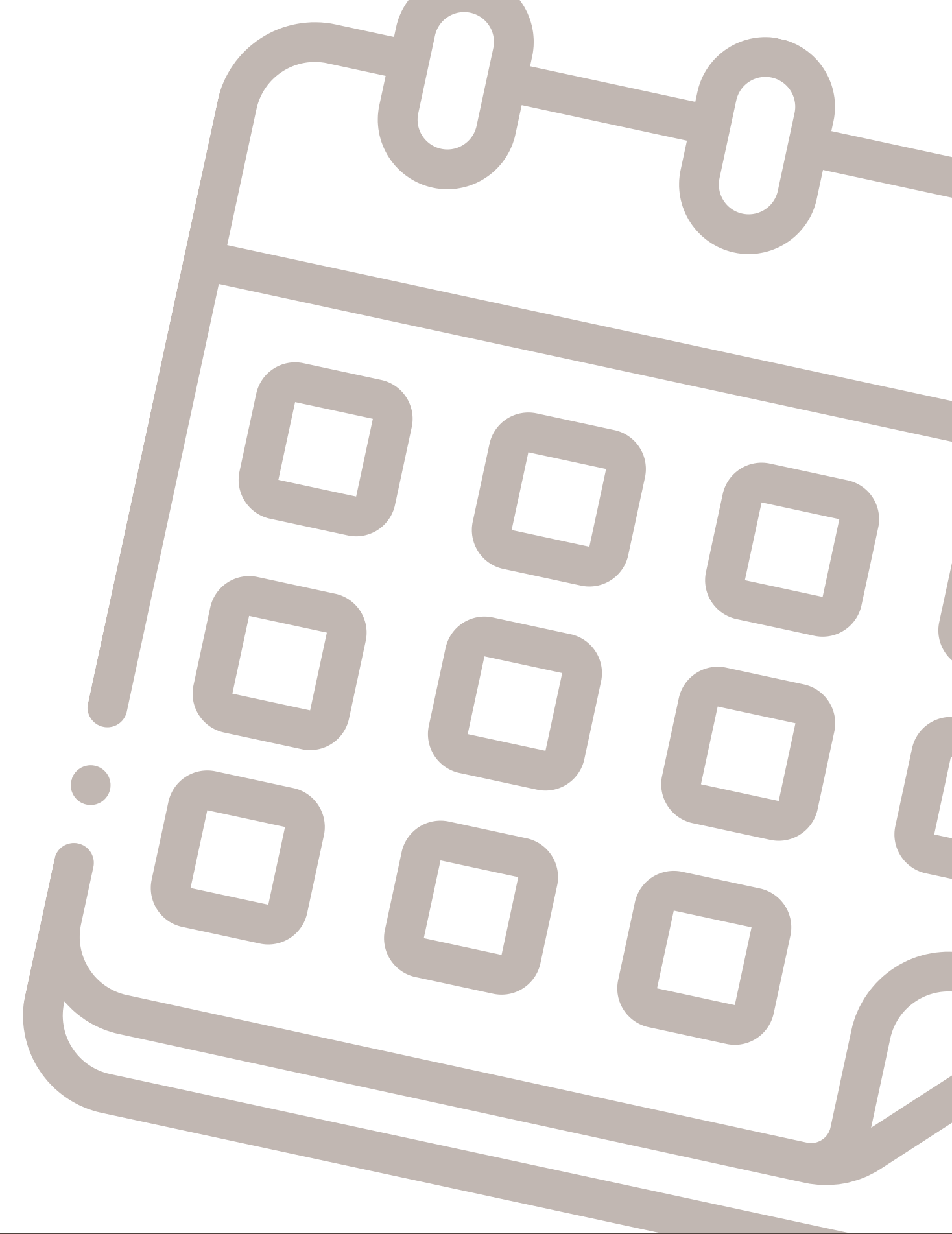
11.00 – 13.00 individual and group research work

15.00 – 19.00 production of collective scenic materials

15-17 October - Connecting to the nature

09.30 – 13.00 immersive work in nature

15.00 – 19.00 writing, Preparation for the show



PLAN

18 October - THEATER

09.30 – 13.00 training and scene production

15.00 – 17.00 collective construction of the show

17.00 – 19.00 tests, feedback

19 October - free day

20 October - THEATER AND public performance

09.30 – 10.30 training

10.30 – 12.00 general preparation before the SHOW

12.00 – 13.00 feedback and sharing

15.00 – 16.00 Stage setup

16.00 – 17.00 preparatory work before going on stage

17.00 – 18.00 public SHOW

18.00 – 19.00 closure of work.

21 October - final evaluation

22 October - departure



PARTECIPANTS

- 5 participants (16-19 years old);
- 1 youth leader (23+ years old)*;
- Willingness to get involved as actors/performers;
- Ready to use their body and voice;
- Desire to work on improving themselves;
- No other prerequisites necessary;
- No language requirements.

*Leaders must have a proper level of English



GENERAL RESPONSABILITIES OF PARTICIPANTS

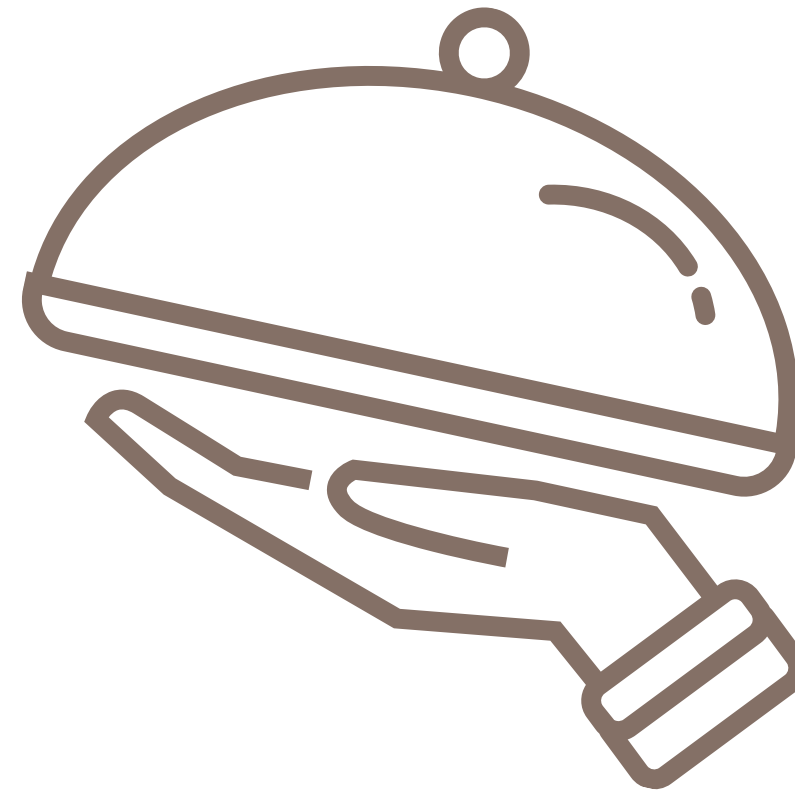
- **Respect others** and ensure basic rights and freedoms to participants and facilitators that all people are entitled to regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or other status
- Be able to **respect timetable** of the educational activities
- Respect time and content framework
- **Behave responsibly**
- Be able to **attend 100% of the program**
- Be able to actively attend the entire duration of the youth exchange
- Settle all the agreed obligations regarding travel costs
- Be **willing to transfer knowledge** to the members of his/her organization
- **Take care of working space** and materials
- Be **responsible** for personal and others **safety**
- The **organizational team** keeps **the right to exclude participants** from the exchange or **reduce/cancel the reimbursement of the travel costs** of the participant in case that participant does not respect the rules and responsibilities of the exchange

WHAT TO BRING WITH YOU?

- Your **motivation** to enjoy the exchange and your best curiosity to meet other cultures!
- Your passport or **ID card**
- Your European Health **Insurance** Card <https://ec.europa.eu/social/main.jsp?catId=559> and travel insurance.
- All your **travel tickets** for reimbursement (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.");
- Your own **towels, a sleeping bag** and a **pillow case** (we will provide pillows)
- All necessary for **personal hygiene**, like shampoo, toothpaste, soap, hair dryer, etc... and **comfortable warm clothes**, raincoats, umbrellas.
- Your own **water bottle**, so we can avoid the use of plastic as much as possible
- **Medicines** - if you need them (anti-allergy pills, pain killers, aspirin etc.)

GROUP PREPARATION

- Don't forget to prepare the **intercultural evening** dedicated to your country with typical **food** and **entertainment**
- Prepare some **ice-breaking games** and **energizers** to be offered at the beginning of each day





ACCOMMODATION

Parish house “Regina Pacis” in Castelveccchio of Valdagno (province of Vicenza)

In the house there are **4 big rooms** that can host up to **12 participants** each (2 rooms on each floor). There are **5 showers** and **4 toilets** on each floor (the 1st and the 2nd floor). On the ground floor there is a **kitchen** and a **dining room**.



HOW TO REACH CASTELVECCHIO

The Youth Exchange will take place in **Castelvechio** which is 10 km from Valdagno and is situated **800 metres above the sea level** in the mountain area between two valleys, the Agno and the Chiampo valleys.

Following you will find some useful tips on how to reach Valdagno.

Once in Valdagno, we will **meet** you at the bus station and will go to Castelvechio by bus together (we will organise **bus transfer** to pick you up).

ATTENTION:

There are only **2** time options of **bus transfer** provided:

1. Departure from Valdagno bus station at **18.30**
2. Departure from Valdagno bus station at **21.00**

Make sure that you arrive to Valdagno on time to be able to take one of the buses.

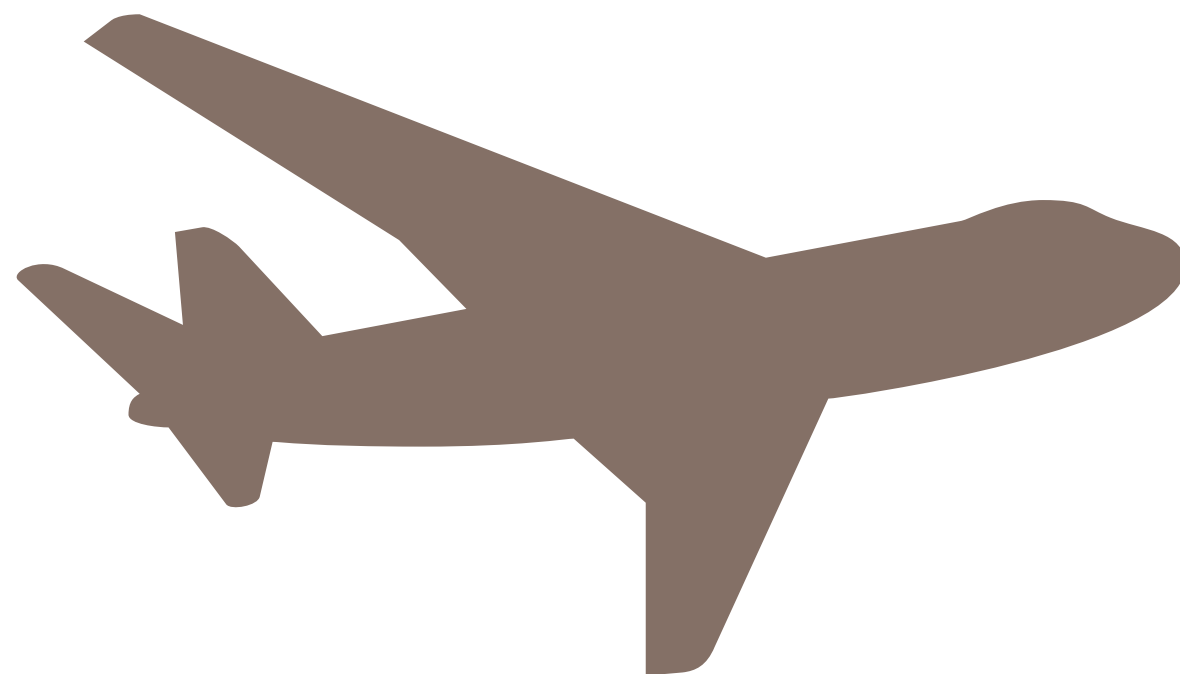
Before booking a flight, please, contact us.





HOW TO REACH VALDAGNO

Let's make it simple and divide your trip in **2 fundamental steps**: Get to
Vicenza train station from the airport
Get to Valdagno bus station from Vicenza



The nearest airports are (send us the options you find, in order we can tell you if it is manageable to reach the venue):

Verona www.aeroporto.verona.it/passeggeri_t5

Venice www.veniceairport.it

Venice-Treviso www.trevisoairport.it

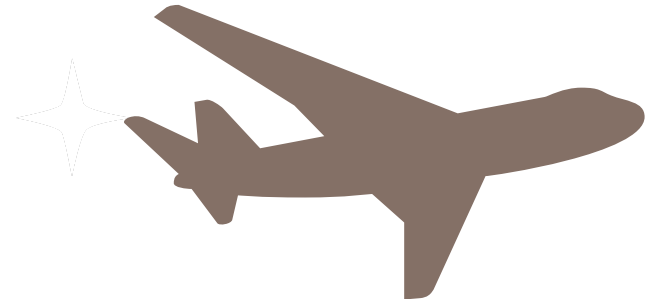
A bit farther but still fine (your flight should land in the morning): **Milano-**

Bergamo www.sacbo.it/Airpor/portalProcess.jsp

Milano-Malpensa www.milanomalpensa-airport.com/it

Milano-Linate www.milanolate-airport.com/it

Bologna www.bologna-airport.it/en



Option 1

From **TREVISO** airport you have to take the bus to the train station **Treviso Centrale**.

Here you can find more information:

<https://mobilitadimarca.it/p/linee-e-orari/treviso-airbus>.

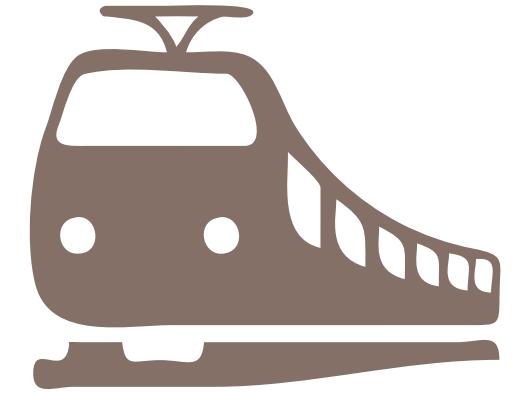
Then you will take a train from **Treviso Centrale to Vicenza** in every one hour.

Anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

The site is:

<https://www.trenitalia.com/en.html> Prices go from 6,35€.

HOW TO REACH VICENZA



Option 2

From **TREVISO** airport you can take the bus to the train station of **Venezia-Mestre** :

http://www.atvo.it/index.phplang=en&area=23&menuid=36&view_pc#

The ticket costs 12€ one way (return ticket 22€ with 10 days validity). You can buy it online, (they say that you have a discount but it is not true... it costs the same also in the automatic ticket machine), or on board Ryanair flights or in the automatic ticket machine/ticket office in the airport.

Then you will take a train from Venezia-Mestre to Vicenza.

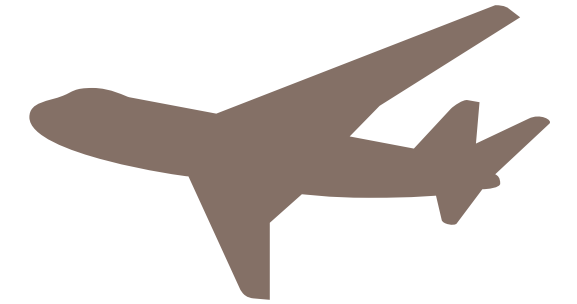
There are trains from Mestre to Vicenza very often, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is:

<https://www.trenitalia.com/en.html>

Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.

HOW TO REACH VICENZA

Milano-Bergamo Orio Al Serio Airport "Il Caravaggio"



From **Milano-BERGAMO** (Orio al Serio airport) you have to take the bus "Orio shuttle" to **Milano Centrale** (railway station).

The bus leaves from Arrivals every half an hour and it takes about 50 minutes to arrive in the Milano Centrale train Station. The ticket costs 10€.

You can check the timetable and you can also buy it online at this website <https://www.terravision.eu/italiano/#>.

Then you will take a train **from Milano to Vicenza**.

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

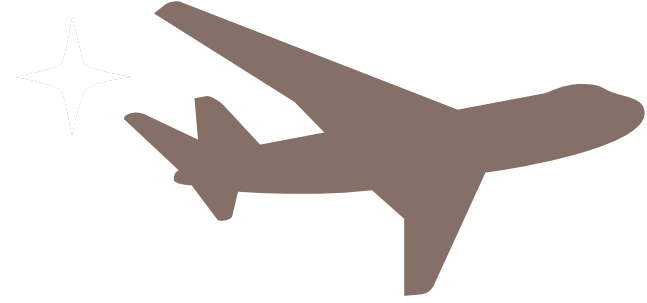
The site is: <https://www.trenitalia.com/en.html>

Prices go from 17,55€ up to 28,00€.

The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

If you are lucky you can catch a cheaper **Flixbus** (only one per day arrives straight to Vicenza).

Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://www.flixbus.it/>



HOW TO REACH VICENZA

From Milano Malpensa Airport

From Malpensa airport you have to take the **Malpensa express**, the train goes to **Milano Centrale** (railway station) 20 times every day.

The ticket costs 13€ one way (return ticket 20€ with 30 days validity).

You can check the timetable and you can also buy it on line at this website <http://www.malpensaexpress.it/en/> choose "on-line ticket" from "**Milano Aeroporto**" to "**Milano Centrale**".

Then you will take a train **from Milano to Vicenza**.

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <https://www.trenitalia.com/en.html>.

Prices go from 17,55€ up to 28,00€.

The regional trains are cheaper than Frecciarossa, but sometimes you can find special offers also for Frecciarossa tickets.

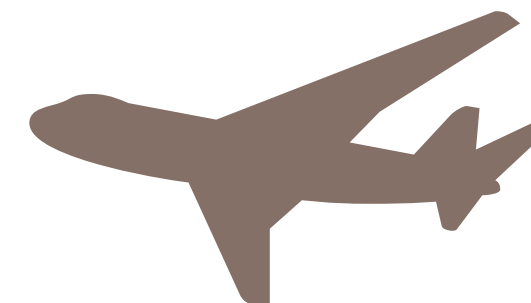
If you are lucky you can catch a cheaper **Flixbus** (only one per day arrives straight to Vicenza).

Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://www.flixbus.it/>



HOW TO REACH VICENZA

From Milano Linate Airport



Milano Linate you have **2 options** to get to **Milano Centrale**.

You can take Linate **shuttle**: <https://www.milano-aeroporti.it/linate-shuttle/index.html>.

The ticket will cost you 7,00 euro.

Another option is to take a **metro** and go till **San Babila stop**, then you can **change** and take the **red line** or you can have a short walk enjoying the street view of Milan and arrive till Duomo, then you have to **take the yellow line** using the same ticket and arrive to Milano Centrale.

Once you have arrived at the railway station you have to take the **train** to Vicenza.

There are trains from Milano to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.

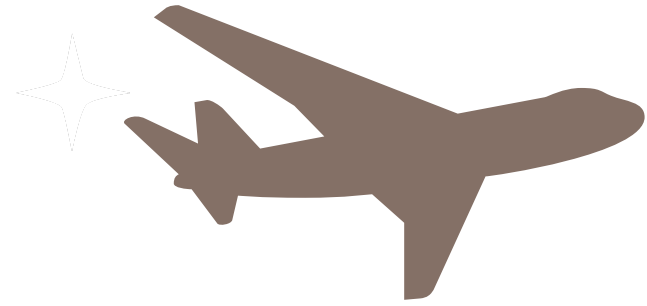
The site is: <https://www.trenitalia.com/en.html>

Prices go from 17,55€ up to 28,00€.

The regional trains are cheaper than Frecciarossa, but sometimes you can find special offers also for Frecciarossa tickets.

If you are lucky you can catch a cheaper **Flixbus** (only one per day arrives straight to Vicenza).

Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://www.flixbus.it/>



HOW TO REACH VICENZA

From Bologna Airport

From Bologna airport you have to take **Marconi Express** that in 7 minutes will take you to **Bologna Centrale Station**.

More information you can find here:

<https://www.bologna-airport.it/en/from-and-to-the-airport/transfer-from-and-to-the-airport/train-to-the-city-centre/?idC=62594>

Once in Bologna you have to take a **train** to Vicenza.

There are trains from Bologna to Vicenza every hour, anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com>

Prices go from 13,05€ up to 29,00€.

The regional trains are cheaper than Freccia trains, but sometimes you can find special offers also for Freccia tickets.

You can also check **Flixbus** for better options.



HOW TO REACH VALDAGNO



Once you arrive in Vicenza

1 Go to the Bus Station

Once you're in Vicenza's train station, you've to take a bus to Valdagno (line that goes to Recoaro). You have to walk out the station and go to the left and walk about 150m to reach the bus station. The bus leaves almost every hour, and takes about 1 hour and 15 minutes to arrive in Valdagno.

2 Buy ticket physically

You can buy the ticket at the ticket machine, ticket's office or in the tabaccheria inside (a small shop with a lot of things!). To ask for the ticket you can try to ask it in Italian saying "Vorrei un biglietto per Valdagno per favore", or just use English, they usually get it. The bus that you are going to take is Linea 1 to Valdagno/Recoaro Terme and will leave from box 5.

3 Useful Links

Timetable: <https://www.svt.vi.it/it/orari-percorsi/urbano-suburbano-vicenza>
Buy Tickets online: <https://www.mycicero.it/downloadApp/index.html>

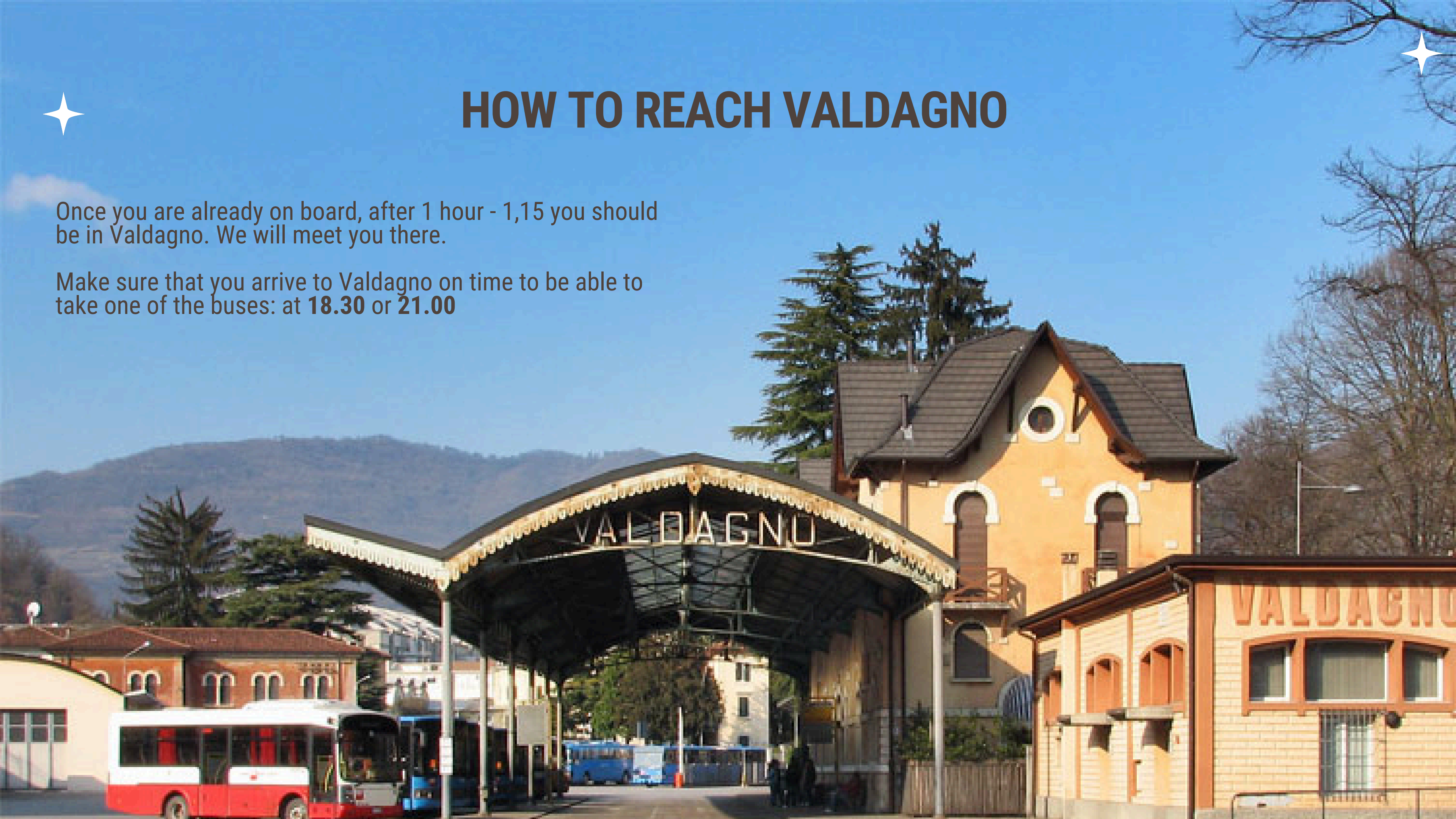




HOW TO REACH VALDAGNO

Once you are already on board, after 1 hour - 1,15 you should be in Valdagno. We will meet you there.

Make sure that you arrive to Valdagno on time to be able to take one of the buses: at **18.30** or **21.00**





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

DISTANCE BAND	AMOUNT OF MONEY REIMBURSEMENT	GREEN TRAVEL*
Between 100 and 499 KM	180 €	210 €
Between 500 and 1999 KM	275 €	320 €
Between 2000 and 2999 KM	360 €	410 €
Between 3000 and 3999 KM	530 €	610 €

*GREEN TRAVEL: travel that use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling (instead of plane) receive a bigger amount of reimbursement.

THANK YOU!

We are waiting for YOU!

For participation, fill in the following online registration form:

<https://forms.gle/nMUzDYEU7zoWg9v98>



Info: progettazione@studioprogetto.org