

People Europe Calling



INFOPACK



WHEN?

22-29 June 2022

WHERE?

Cagliari, Sardinia (Italy)

WHO?

29 young people from 4 different countries
(Italy, Germany, Greece & Portugal)

WHY?

Together to discuss the past, present and
future of the EU by creating a talk-show!

CONTACTS

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INTRODUCTION

As European citizens, we believe that **united we can face many challenges**, and for many young people in Europe, arguably no time has been more challenging than the last 2 years!

This week-long exchange will focus on sharing the history and diversity of our countries to **promote a deeper knowledge of the EU and its values**, as well as giving the space to **discuss well-being and mental health**, to find out how we can rediscover human connections online and offline during challenging times, and to analyze the **impact of COVID-19 on our lives and society**.

Our main goal will be to **create together a talk-show** discussing the topics that we'll be working on during the week, which will include:

- EU values & citizenship from the point of view of a young person,
- the impact of Covid-19 on our lives and on European society especially from a digital perspective,
- the cultural diversity and richness of the EU,
- what challenges our young people are and will be facing in the EU.

The activities will take place **in Cagliari**, the capital city of Sardinia, and we will call on some **local experts** to help us out with our more technical activities and more complex topics.

The youth exchange PEC will gather **29 young people** coming from 4 **different countries** and different backgrounds to prove, once again, that we can and should be "**united in diversity**", as the EU motto goes.

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LOGISTIC INFO

ACCOMMODATION

You'll be hosted at **Hotel Residence Ulivi e Palme** (www.uliviepalme.it/en), located in a residential neighborhood about 20 minutes away from the city centre by bus.

The **address** of the hotel is **Via Bembo 25, angolo via Castiglione, Cagliari**.

We'll often work outdoors, but at the hotel we will have access to a big meeting room and free wi-fi.

You'll be accommodated in **rooms of 2-3 people with private bathrooms**, according to gender. To minimize Covid-related risks, we'll try to organise the rooms so that everyone will be sharing only with their own national team members, whenever possible.

Towels and bedsheets will be provided, but do bring your own toiletries.

The hotel has granted us permission to use their meeting room also to consume our meals, which will often be brought to us via a catering service, but they ask that we pay special attention to recycling and correctly disposing of waste, so be mindful.

All rooms will be cleaned and sanitized regularly to minimise any Covid-related risks.

MEALS

We will provide **breakfast, lunch and dinner**, plus morning and afternoon breaks, starting with dinner on arrival day and ending with breakfast on departure day.

Lunch on arrival or departure day will not be provided.

Special diet requirements will be catered for, but please inform us of your special needs through the participant registration form if you haven't already!

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HOW TO REACH US

You will land at the [airport of Cagliari-Elmas](#). You will have to first reach the main train station in Cagliari, and then from there you can take a bus to reach the hotel.

- **FROM THE AIRPORT TO CAGLIARI TRAIN STATION:**

There's a direct [train line](#) that connects the airport to the main train station located in the centre of Cagliari.

Trains run from 5:30 to 23:00, a one-way ticket costs 1.30€ and you can buy them at the ticket machines at the airport train station itself, which is just outside the airport and which you can reach in approximately 10 minutes by foot following the yellow signs.

The [airport train station, called Elmas Aeroporto](#), only has two rails, one for trains coming from Cagliari and one for trains going to Cagliari. All trains stop at the airport station, so you can [take any train going in the direction of Cagliari](#) and it will take you to the city.

The ride takes around [7 minutes](#) and the stop to get off at is the first one from the airport, which will be [Cagliari's main train station](#) (called just Cagliari) located [in Piazza Matteotti](#). It will also be the end of the line, so it's very easy.

More info here: <http://www.sogaer.it/en/and-airport>

You can also check the train's timetables here:
<http://www.trenitalia.com/tcom-en>

Before taking the train, [remember to validate your ticket](#): look for the green and white machines at the station.

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- **FROM CAGLIARI TRAIN STATION TO THE HOTEL:**

The main train station in Cagliari is located in **Piazza Matteotti**, which is also where many of the **city buses (marked CTM)** leave from.

You can purchase bus tickets at any newsstand or tobacco shop (marked with a white T on dark background), and there's an automatic vending machine in the square (marked in the map below).

A regular **bus ticket lasts 90 minutes from validation and costs 1.30€** - you have to validate it when entering the bus.

Due to Covid restrictions, you can't buy tickets from the bus driver anymore, so make sure you get your ticket before getting on the bus.

To get to the hotel, your best option is to take **bus line number 1** (direction "**Flavio Gioia**"). From the square, **cross the road in front of the City Hall** (a big white gothic-looking building on the left side of the square); about **50 meters up the street on the right of it** (called Largo Carlo Felice) **you'll find your bus stop "Carlo Felice (Palazzo Civico)"**.

Here's a map of how to get from the train station to the right bus stop:



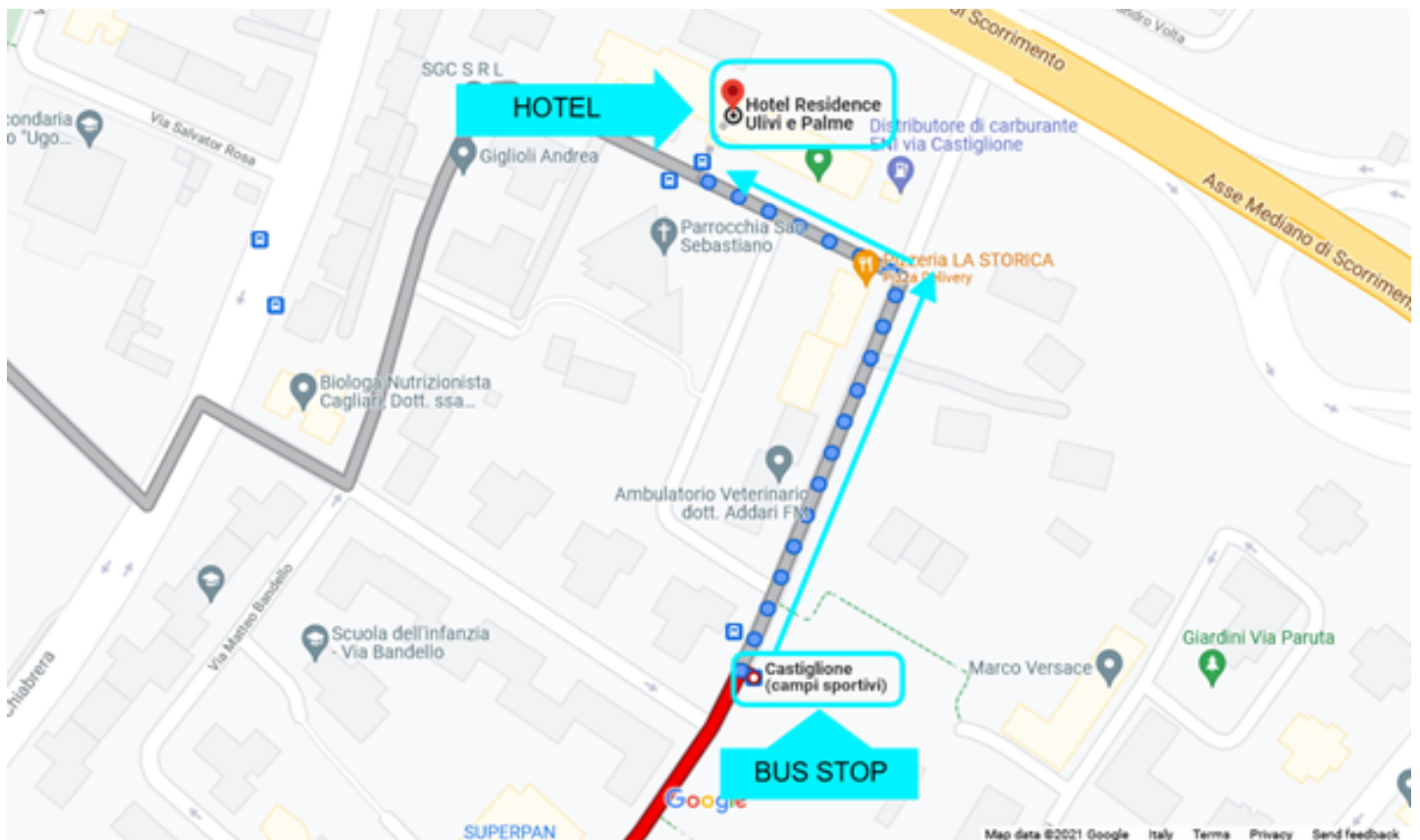
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Get on the bus number 1 (direction "Flavio Gioia") and get off at the stop called **"Castiglione (Campi Sportivi)"** in Via Castiglione.

The bus ride should last about 25 minutes, depending on traffic.

You'll find the hotel a short walk away (see map below).

You can check your [itinerary on Google Maps](#).



There's an [app](#) called **CTM BusFinder** that you can use to check bus schedules, routes and bus stops, as well as to buy bus tickets digitally if you have a credit card and follow your itinerary step by step.

You can also check schedules and lines on [CTM's website](#): www.ctmcagliari.it/en

Important info: when you see your bus approaching the bus stop, make sure to "call" it by putting out your arm and signalling to the driver, to make sure it will stop, otherwise it might just drive past.

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- **SOME EXTRA INFORMATION ABOUT CITY BUSES**

With Covid regulations in place, you're often allowed to get on the bus only from the back or central doors, but not from the front door.

Wearing a face mask is still mandatory in Italy on all means of public transport!

Remember to **validate your bus ticket on board**, otherwise it won't be valid.

Also, be prepared for your bus to be late or leave earlier than you thought: bus schedules are not a hard science in Italy, you can trust them only up to a point... What works best is using Google maps as a tracker if needed and checking the digital signs present at most bus stops, that will tell you which buses are incoming and at what time.

While on the bus, you can check the next stops by looking at the digital monitors in the middle of the vehicle.

The **last bus** you can take to reach the hotel is at 23:24.

- **TAXI**

Given the schedules of trains and buses, if you arrive **at the airport later than h23**, you will have to **take a taxi** all the way to the hotel, which will cost anywhere between 20€ and 30€.

If you're in need of a taxi, **let us know so that we can book** one for you and maybe find a cheaper deal.

The same applies if you're going to be leaving very early in the morning on departure day, we'll help organise a transfer for you.

Please remember that according to Erasmus+ rules we can only reimburse taxi rides if it can be proven that there was no other way for you to reach the venue by public transport.

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INSURANCE & HEALTH

We will provide basic insurance for the whole group, but we ask you to [get extra insurance that covers specifically Covid-related expenses](#) in case of falling ill during the exchange - mainly, it should cover the extra lodging costs that would derive from a prolonged stay due to self-isolation.

Make sure to also bring your [European Health Card](#).

There are shops and pharmacies nearby, so you'll be able to get whatever you might forget back home, but [if you have to take specific medicines](#), we do recommend to [bring enough to last for the whole duration of the exchange](#), in case you can't find them here.

COVID SAFETY MEASURES

As of May, Covid regulations in Italy are being lifted: you will still need a EU Covid certificate to travel and to access some places, but it's less and less restricted. Face masks are no longer required by law in enclosed spaces with very few exceptions, too.

You can find updated rules here: <https://reopen.europa.eu/en/map/ITA/7001>

However, with such a big group, we propose to still follow some internal rules in order to guarantee as much safety as we can:

- [take an antigen rapid test](#) (a self-made one is fine) no longer than 24h before departure and communicate the result to your group leader, who should then inform us of the result;
- [wear a facemask when indoors](#) and not able to maintain safety distance;
- [if you present symptoms during the exchange](#), inform your group leader immediately: you'll be asked to self-isolate, according to Italian law, and not participate in the activities anymore.

YOUTHPASS & DIGITAL BADGES

All participants will be issued a [Youthpass certificate](#) at the end of the exchange. We will also use digital [Open Badges](#) to certify your learning and achievements during the exchange.

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WHAT TO BRING

As mentioned above, linen and towels will be provided, but you should bring your own **hygiene products**. Bear in mind that the towels provided by the hotel can't be taken to the beach, so bring your own **beach towel** if needed.

Weather in Cagliari is quite hot and humid in this season, with average temperatures of 30°C most days, and you might want to pack your **swimmingsuit**, just in case. We do also suggest you to **bring some warmer clothes** for the evenings and for when the wind picks up.

Bring some **comfortable light clothes and shoes**, your **smartphone**, a **laptop or tablet** (at least one or two per group) and your **chargers and adapters**. Please, feel free to **bring any games, goodies, music** or anything else that can be enjoyed during free time with the rest of the group, if you wish.

IN PREPARATION: WHAT TO DO?

Before the exchange starts, we'd like you to **do some research** about some of the topics we'll be discussing together during the exchange.

Your task as a group will be to interview at least 5 young people from your own local community and ask them the following questions:

- How and how much has **Covid impacted your life** in the last couple of years? How much did it change your **approach to the use of digital tools**, and if you're an active member of your local community (e.g. volunteering, participating in political life etc.), how has it impacted this part of your life specifically?
- As a young European citizen, what do you believe are the **main challenges** that you are facing now and will be facing in the next 10 years?
- If you could talk to the EU decision makers and share with them **3 proposals for creating a better Europe** for the young people, what would you tell them and why?

You can pick any way you like for carrying out your interviews, but make sure to **bring your findings** to the exchange, whichever form they take, and be ready to share them with the rest of the group!

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BUDGET & REIMBURSEMENT

According to Erasmus+ rules, each participant has a budget for travel expenses calculated automatically by the system.

The budget per person for travel expenses is as follows:

for participants coming from Italy: 0€

for participants coming from Germany, Greece and Portugal: 275€

Keep all your original tickets, receipts, invoices and boarding passes: you'll have to provide all the documents that justify your travel expenses, in order for us to be able to reimburse you.

Reimbursement will be done only upon receiving all the papers mentioned above and after compiling a reimbursement form.

We will make a single cumulative money transfer to each partner organisation.

INTERCULTURAL EVENING

Last but certainly not least, we will organise an [intercultural evening](#) to share more about our respective cultures and traditions in an informal, fun way!

Each team will be asked to [share something special about their homeland and culture](#), whether it be food or a traditional dance or some music, or even a quiz or interactive activity.

You're free to decide among your group what you'd like to do, just let us know in advance in case we need to provide some special materials for you.

Remember also that [we won't have access to a kitchen](#), so if you want to bring any food, it will have to be already prepared and not requiring any cooking. Also remember that it's very hot in Cagliari at this time of year, so we suggest not to bring anything that could easily spoil in the heat.