



# SPORT

# &

# ENTREPRENEURSHIP

F.E.E.L. - Fostering European Education and Learning

## Abstract

Informal Group F.E.E.L. is hosting a Youth Exchange, granted by Agenzia Nazionale Giovani and funded by Erasmus+ programme, from 15 to 22 of March 2018 in the province of Caserta - Italy, gathering 38 young people

## **F.E.E.L. – Fostering European Education and Learning**

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## Information for participants

Dear participants, we are looking forward to starting the cooperation with you on 15<sup>th</sup>-22<sup>nd</sup> March 2018 in Caserta, Italy. On the following pages you will find some useful information about the exchange. Our time together is approaching soon!

As you might know from other Erasmus+ projects, we will use our time during the exchange for different activities that aim to motivate and make you eager to share your thoughts and experiences, delving into an experiential learning environment.

The group will consist of 38 participants (whereof 6 Group Leaders, 2 facilitators and 2 support staff), coming from Italy, Bulgaria, FYROM, Greece, Slovenia, Turkey. This will enable you to meet different people and even to find partner organizations for your further activities within the framework of Erasmus+ programme, but remember that such contacts are the bonuses of the project, not the main content.

### • Project summary

The main aim of the youth exchange "Sport and entrepreneurship" is to empower young people to obtain a better future for themselves, personally and professionally.

Youngsters can see the workplace as a big burden that they will not be able to handle it. What better place to empower and motivate them that exercising sport!? Sports are not only providing healthy life style, but through self-discipline, hard work and dedication they can be the best example of how to overcome difficulties and obstacles in life.

Sport can teach us that persistence can change failure into extraordinary achievement, it can teach us to set our goals and don't stop until we get there, to take initiative and leadership, being motivated and committed into teamwork. We believe that with such characteristics sport is the perfect ground where young people can be introduced into the world of entrepreneurship.

Specific objectives of the project are:

- Comparing sport and entrepreneurial characteristics
- Raising awareness about entrepreneurship education through sport
- Using non-formal learning tools and sport principles and practices as a way to fight youth unemployment as a common problem in Europe
- Raising awareness about Erasmus+ programme opportunities
- Fostering exchange of good practices between participants and partner organizations

Through non formal education methodologies we aim to provide participants with the right tools to strengthen their learning process, creating an experiential and inclusive environment that will be completely focused on their needs. Everyone will be encouraged to share experiences and take initiatives and challenges, with the support of facilitators and organizing team.

This will enable participants to acquire entrepreneurial mindset and skills through sport activities, promoting the importance of self-discipline and teamwork towards specific objectives.



- **Hosting & Partner Organizations**



**F.E.E.L. – Fostering European Education and Learning** is an informal group of young people active in youth work since December 2015. Despite its young age, the group has been founded by people with extensive experience in non-formal learning and Erasmus+.

As a group, we strongly support the dissemination of European citizenship and values at local, national and international level and all the programmes which include actions for youth mobility and a strong intercultural dimension are the main fields of our activities. Indeed, we focus on spreading European culture and opportunities deriving from EU programmes, working in network with other local and international organizations to promote active and aware citizenship, non-formal methodologies and intercultural learning.

Our last implemented project:



*Fight for your Right – Youth Exchange, 23-30 November 2017*

**Our Partners:**

CET Platforma Skopje



Civil Education & Training Platform – Hellas



Zavod za Idei



Socialna Akademija - Zavod Za Izobrazevanje, Raziskovanje In Kulturo



Genclik Mevsimi Dernegi



Sport & Entrepreneurship was born in cooperation with **CET Platform Italy** and **CET Platforma Skopje**, 2 branches of the international CET network, currently present in 12 Countries (you can see them in the picture below).

Its mission is to improve the level of competences and skills of young people and youth workers, as well as raising local, national and international relations and cooperation to increase quality of youth projects, sharing experiences and best practices. Its vision is to empower youngsters to shape the world they live and work in, enhancing creativity, innovation and entrepreneurship in order to support their personal and professional growth to contribute to the sustainable development of European society.



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## • Participants' profile

- Young people and volunteers actively involved in their sending organizations or young people at their first Erasmus+ project but motivated to attend an international experience
- Active and/or sporty youngsters, wishing to develop entrepreneurial skills and practicing team sports
- 5 participants aged 18-25 and 1 Group Leader with no age restrictions from each country, with respect of gender balance
- Priority to NEET (Not in Employment, Education and Training) people, youngsters coming from rural areas and those subject to discrimination because of gender, ethnicity, religion or sexual orientation. At least 2 participants from each Country must be part of the categories of people with fewer opportunities

## • The Venue – How to get there?

To reach the venue you must head to “**Sessa Aurunca-Roccamonfina**” train station. From there, we will arrange a transportation at a specific hour that we are going to communicate after all participants will buy their tickets.

To start your trip you can land either at Rome or Naples international airports. The closest solution is Naples, which is located around 70 km far away from Sessa Aurunca, while Rome is distant around 170 km. Below there are some useful information to organize your way to the venue:

**N.B. Before arranging your trip you must keep carefully into consideration the time of arrival and departure of your flights. It is very important before buying your travel solutions to check timetable of the trains to/from Sessa Aurunca, and in any case you must be in Sessa Aurunca at 8 p.m. on 18<sup>th</sup> February at latest, because there are no other options to reach the venue apart from the shuttle bus that we're going to provide! So be careful and plan your trip accordingly!**

### From Naples:



When landing at Naples international airport, you must take a bus to the main railway station (Garibaldi).

The bus is named “Alibus”, from “anm” company and you can take it outside the arrivals terminal. Just follow directions on the boards from the exit of the terminal to reach the bus stop. The ticket costs 4€ and you can do it onboard. It takes about 20 mins and it leaves every 15-20 minutes from 6:30 until 23:40. Here's the timetable <http://www.anm.it/images/stories/PDF/alibus/1.capodichino%202015.pdf>

### To Sessa Aurunca:

From the main station of Naples you can take the regional train to Sessa Aurunca. It costs 5-6€ and takes about 1 hour. Trains are quite frequent (almost every hour from 4:00 to 20:45) and you can check on “Trenitalia” website to customize your search and buy your ticket: <http://www.trenitalia.com/tcom-en>.

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### From Rome Ciampino:



From Ciampino international airport, you must take a bus to the main station (Roma Termini). There are several companies for this route: Terravision, Schiaffini, Cotral, etc. You can find buses outside the arrivals terminal and chose the best option; it depends on the company, but there should be buses every 15-20 minutes and the price is about 5€. You can also check the websites of the companies for more information and if you want to buy your ticket in advance; in Ciampino, you can buy the tickets inside the arrivals terminal or at the bus stop. The bus takes about 45 mins.

### To Sessa Aurunca:

From Roma Termini, you can take the train to Sessa Aurunca. The ticket costs from around 9€, and it takes about 2 hours. Trains are quite frequent (almost every hour from 5:30 to 20:55) and you can check on “Trenitalia” website to customize your search and buy your ticket: <http://www.trenitalia.com/tcom-en>.

### From Rome Fiumicino:



If you arrive at Fiumicino international airport, you can take either a bus or a train to the main station (Roma Termini).

### To Roma Termini:

#### By bus:

- There are several companies for this route: Terravision, Schiaffini, Cotral, etc. You can find buses outside the airport and chose the best option; it depends on the company, but there should be buses every 15-20 minutes and the price is about 5€ (you can also check the websites for more information) and you can do the ticket at the bus stop. You can also check the websites of the companies for more information and if you want to buy your ticket in advance; in Fiumicino, you can buy the tickets outside the arrivals terminal. The bus takes about 50 mins.

#### By train:

- It is called “Leonardo Express”, it costs 14€ and leaves every 15 minutes from 6:23 to 23:23. It takes about 30 mins.
- You can also take a different train, heading to “Tiburtina” station. It is the regional train “FL1”, it costs 8€ and leaves every 15 minutes. It takes about 45 mins. From there, take the underground until “Termini” station (4 stops).

### To the venue:

From Roma Termini, you can take the train to Sessa Aurunca. The ticket costs around 9€ and it takes about 2 hours. Trains are quite frequent (almost every hour from 5:30 to 20:55) and you can check on “Trenitalia” website to customize your search and buy your ticket: <http://www.trenitalia.com/tcom-en>.

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## • Timetable of activities

Youth Exchange Sport & Entrepreneurship	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
8:00 - 9:30	ARRIVALS	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 13:30		Introduction to the project Getting to know each other	The Philosophy of Football Playing Football	The Philosophy of Volleyball Playing Volleyball	Visiting local Football teams	Tournament with local youth - part 1	Erasmus+ presentation Project Drafting	DEPARTURES
13:30 - 14:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:30 - 19:00		Teambuilding activities	Examples of successful businesses	Examples of successful businesses	Visiting local Volleyball teams	Tournament with local youth - part 2	Final Evaluation Storytelling	
19:00 - 19:30		Individual and Group Reflection	Individual and Group Reflection	Individual and Group Reflection	Individual and Group Reflection	Individual and Group Reflection	Delivery of Youthpass	
19:30 - 20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21:30 - 23:00	Icebreaking Welcome evening	Intercultural evening 1	Intercultural evening 2	Passion Evening	Movie Night	Free Evening	See you soon party	

The programme shown is only an early draft and it can be subject to changes, according to organizational needs. Activities can be modified also according to proposal of partners or participants during the preparation phase or the exchange itself, as result of daily evaluation and reflection groups. We will do our best to guarantee you an unforgettable experience!!!

## • Venue

Cascine e Dintorni, Viale dei Ciliegi - Casale di Carinola (CE). The hotel is just few kilometers away from the train station of Sessa Aurunca. You will be placed in shared room (triple or quadruple) with people from other nationalities. All the rooms are equipped with private bathroom, sheets and towels will be provided.

The facility overlooks the whole region of Campania, it has a wide external space with futsal field and nearby farm and it features restaurant-pizzeria, room for bowling and SPA. You can check the website of venue at the following link: <https://www.cascineedintorni.com/>.

You will be provided with three meals per day, plus 2 coffee breaks during the morning and the afternoon sessions (around 11:30 and 17:00 respectively). Since you will be hosted in Italy, meals will mainly be "Italian style", to let you properly discover and delve into Italian food tradition! So, get ready to taste delicious pasta and sweet breakfast!



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- **Caserta and its province**

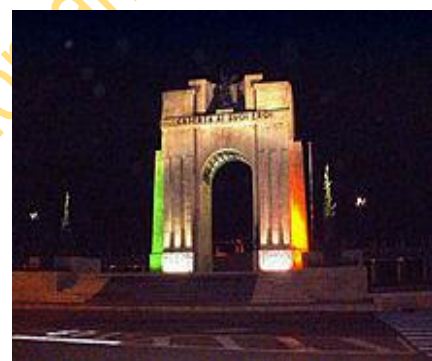
The Province of Caserta is located in Campania region of Italy. Caserta is the main city of the province and it's situated about 36 kilometres north of Naples. The province has an area of 2,639 square kilometres and a population of more than 900.000.

The province of Caserta covered the greatest expanse of territory around the 13th century when it extended from the Tyrrhenian Sea and the islands of Ponza and Ventotene to the Apennines and the southern end of the Roveto Valley. In the Kingdom of Naples and the Kingdom of the Two Sicilies, Caserta was one of the most important departments in southern Italy. The first capital of the region was the ancient city of Capua until 1818, then Caserta.



Caserta is an important agricultural, commercial and industrial municipality. It is located on the edge of the Campanian plain at the foot of the Campanian Subapennine mountain range.

Modern Caserta was established in Lombard times by Pando, Prince of Capua. The original population moved from Casertavecchia (former bishopric seat) to the current site in the 16th century.



The city and vicinity were the property of the Acquaviva family who, being pressed by huge debts, sold all the land to the royal family. The royal family then selected Caserta for the construction of their new palace which, being inland, was seen as more defensible than the previous palace fronting the Bay of Naples.

### **Royal Palace of Caserta**

The Palace of Caserta is located close to the city, a royal residence constructed for the Bourbon kings of Naples. It was the largest palace and one of the largest buildings erected in Europe during the 18th century.

In 1997, the palace was designated UNESCO World Heritage Site, described in its nomination as "the swan song of the spectacular art of the Baroque, from which it adopted all the features needed to create the illusions of multidirectional space".

In terms of volume, the Royal Palace of Caserta is the largest royal residence in the world with over 2 million m<sup>3</sup> and covers an area of about 47,000 m<sup>2</sup>.





The construction of the palace was begun in 1752 for Charles VII of Naples, who worked closely with his architect, Luigi Vanvitelli.

In the end Charles VII he never slept a night at the Reggia, as he abdicated in 1759 to become King of Spain, and the project was carried to only partial completion for his third son and successor, Ferdinand IV of Naples.

The political and social model for Vanvitelli's palace was Versailles, which, though it is strikingly different in its variety and disposition, solves similar problems of assembling and providing for king, court and government in a massive building with the social structure of a small city.

The palace has 1,200 rooms, including two dozen state apartments, a large library, and a theatre modelled after the Teatro San Carlo of Naples. The palace has a rectangular plan, measuring 247 × 184 m. The four sides are connected by two orthogonal arms, forming four inner courts, each measuring more than 3,800 m<sup>2</sup>.



Of all the royal residences inspired by the Palace of Versailles, the Reggia of Caserta is the one that bears the greatest resemblance to the original model. As at Versailles, a large aqueduct was required to bring water for the prodigious water displays. Like its French predecessor, the palace was intended to display the power and grandeur of an absolute Bourbon monarchy.



The garden, a typical example of the baroque extension of formal vistas, stretches for 120 ha, partly on hilly terrain. It is also inspired by the park of Versailles. The park starts from the back façade of the palace, flanking a long alley with artificial fountains and cascades. There is a botanical garden, called "The English Garden", in the upper part designed in the 1780s by Carlo Vanvitelli and John Graefer.

The fountains and cascades, each filling a "vasca" (basin), with architecture and hydraulics by Luigi Vanvitelli at intervals along a wide straight canal that runs to the horizon, rivalled those at Peterhof outside St. Petersburg.

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The Caserta Palace has been used as a filming location in a number of movie productions. In 1997 it served as a filming location for Star Wars when it was used as the setting for Queen Amidala's royal palace on Naboo in the 1999 film Star Wars Episode I: The Phantom Menace. It featured again in the 2002 film Star Wars Episode II: Attack of the Clones as Queen Jamilla's palace.

The same room was also used in Mission: Impossible III as Vatican City. In the film, a Lamborghini car is blown up in a square inside the palace. The main staircase is also used in Angels & Demons as the Vatican's staircase.



- **For the program – what to bring:**

- Materials to make a presentation about: your work, your organization, your interests or what you do
- Something interesting that you want to show/teach/share with the others
- Standard & Sport equipment: alarm clock, any dictionaries you might require, comfortable and sport clothes/shoes, etc.
- Fresh ideas for future projects and cooperation
- Something from your country, to share with others and to stimulate the senses



In particular: bring some food and non-food items from your country but be aware that no kitchen facilities will be available (don't bring food that requires cooking). In order to share and present your Country/culture/community to other participants there will be intercultural evenings. On these evenings you are expected to create interactive and creative presentations with the main goal to fight prejudices and stereotypes. You can use: traditional food, drink, music, dresses, flags, brochures, short videos about your Country. You can also make quiz, performances and/or theatre sketches and on that way present tradition, customs, religion, language, dance and people from your country, just be active and creative!!!

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- **For the Reimbursement:**

To ensure the reimbursement of your travel costs, you are requested to arrange your journey by the most economical route and to make use, wherever possible, of any available reduced tariff (student fares, discount for young people, etc).

Mind that you need to be in Campania on the 15<sup>th</sup> of March and to leave on the 22<sup>nd</sup>. You can arrive 1-2 days earlier and leave 1-2 days later, but the budget doesn't cover food and accommodation, so you will need to pay your stay on your own for those days.

The travel costs within the budget limit of your Country (see below) will be reimbursed only if these 3 conditions are fulfilled:

- You gave all the ORIGINAL tickets to our organization. It's fundamental to bring the invoices or the travel confirmations where is clearly shown the price;
- You attended the full duration of the exchange;
- You submitted any report that our organization or EU requested;

In case the amount is written in your local currency, we will use the European commission calculator currency. Return tickets must all be provided by postal service once you come back home, unless you have the chance to provide them to us during the exchange itself (for instance, if you can make electronic tickets and online check in).

In case you'll be travelling by car, you have to keep track of all the payments you are subject to (invoices of fuel and toll), and properly fill in the mileage claim form that we will provide to you, with the indication of the dates of the travel, route and total km covered, license plate, dates of refueling, type, quantity and unitary cost of the fuel, total amount of the expense. So tell us in advance if you're going to use the car since we need to give you the right form!!!



The budget limit per each participant is the following:

**Bulgaria, FYROM, Greece, Slovenia, Turkey: 275€**

The above limit includes all the means of transportation for the round trip as specified in this section of the infopack. If you exceed the above budget, it will be up to you to cover the extra expenses, so try to buy your tickets as soon as possible, in order to avoid the increasing prices (of the flights mostly).

TAXI is not refundable, apart from some very rare cases where no other alternatives are possible, so do not consider it as an option while planning your trip.



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- **Health Insurance**

Please make sure that coming to the project you have a valid health insurance! For those who have European Health Insurance Card, bring it with you or request it if you're EU resident, while for those who haven't, you can buy a travel insurance covering potential medical needs.

You can buy it while booking your flights, since companies usually give it as an option, or searching for an insurance online to cover the days of the exchange.



Your health insurance should make it eligible to have medical treatments abroad. This is absolutely a must to join the project.

Costs regarding Health Insurance can be reimbursed ONLY to the Countries not having EU Card and ONLY if it's bought together with the flight ticket.

- **Contacts and Facebook group**

In case of any question concerning the travel, the project, your preparation or any other matter, please do not hesitate to contact us at [informal.group.feel@gmail.com](mailto:informal.group.feel@gmail.com)

Find F.E.E.L. on Facebook, where we'll share interesting posts, events, pictures and project opportunities: <https://www.facebook.com/FEEL-Fostering-European-Education-and-Learning-185402385151800/>

We invite you also to join the Facebook page of the project at the following link:

<https://www.facebook.com/groups/560306647648003/>

On that virtual space we can start getting to know each other, familiarize with the topic and objectives of the exchange, and ask all the information you might need.

For urgent communication, you can also contact us by phone (WhatsApp too)

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***Get ready for some SPORT & ENTREPRENEURSHIP!***

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