



YOUTH EXCHANGE

HED

Hike the Entrepreneurial Dream

ADVANCED PLANNING MEETING (APV)
from 6th to 9th August 2022

YOUTH EXCHANGE (YE)
from 13th to 24th September 2022



TOPIC



Sustainable Tourism & Slow Travel

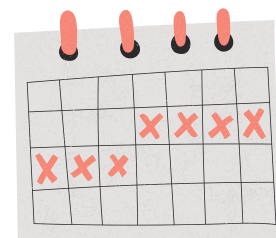
Context

The “Via degli Dei” is an ancient roman path 130km long which connects Bologna to Florence and is currently experiencing a huge amount of trekkers and peregrines everyday. APG and Arousa Moza decided to create a Youth Exchange that will bring participants to experience the hike by themselves in order to gain competences and attitude for developing an entrepreneurial mindset, focusing on sustainable tourism as a means to create new job opportunities in a sustainable context.

Objectives

- Foster a critical look with the emerging tourism model that we want to build, based on the defense of heritage, respect for nature and thought to be sustainable
- Regain confidence in the european market as a prolific environment for entrepreneurs
- Foster an entrepreneurial mindset in the youth
- Improve the self-confidence and sense of initiative of youths
- Provide useful tools for future entrepreneurs
- Rise awareness on the sustainability of different business models, meant as social, environmental and economic sustainability
- Value the material and intangible heritage of our region
- Understand the potential of slow travel as a sustainable way of tourism

PROGRAM



Hiking

Day	Morning	Morning	Afternoon	Afternoon
1	Ice-Breaking	Team Building	Municipality Meeting	Hike Preparation
2	Team Building	SDG	Sustainability	Ecotourism
3	Hike	Trash Collection	Hike	Social Awareness
4	Population Need	Travelers need	Hike	Need Analysis
5	Business Ideas	Business Ideas	Business Model canva	Business Model canva
6	Feedbacks population	Feedback Locals	Hike	Empathy
7	Feedbacks population	Feedback Locals	Hike	Marketing
8	Get graphic material	Get graphic material	Hike	Graphic Design
9	Finalize Idea	Finalize Idea	Hike	Finalize idea
10	Present your Idea	Present Your Idea	Final Reflection	Closing

CITIES ON THE WAY



Bologna

Fusing haughty elegance with down-to-earth grit in one beautifully colonnaded medieval grid, Bologna is a city of two intriguing halves. One side is a hard-working, high-tech city located in the super-rich Po valley where suave opera-goers waltz out of regal theatres and into some of the nation's finest restaurants. The other is a bolshie, politically edgy city that hosts the world's oldest university and is famous for its graffiti-embellished piazzas filled with mildly inebriated students swapping Gothic fashion tips.

Firenze

Famous for the immense political and economic power it wielded during the rule of the Medici Dynasty, Florence offered the world a stage for great artistic masters such as Michelangelo, Brunelleschi, Leonardo da Vinci and Galileo. However, Florence has its roots long before, when it rose and fell several times in the hands of the Romans, the lombardic tribe and others. Each successive age brought new architecture, art and creativity which are still evident in the streets, the many museums, churches, monuments and even the everyday life of this marvelous city.

THE WAY



La Via degli Dei

Bologna, with its 40 km of arcades, is the starting point of the itinerary, Florence, a UNESCO heritage site, the place of arrival.

In the middle there is the Tuscan-Emilian Apennines, with its charm of a place yet to be discovered: the Naturalistic Reserve of the Pliocene Contrafforte, the "Flaminia militare", a roman road built in 187 BC, etc.

All this is the Via degli Dei ([Link](#)), a non-religious itinerary but born from the spirit of a group of Bolognese walkers. Equally it is a historical path that the Etruscans and Romans traveled to develop their trades, which merchants and travelers undertook during the Middle Ages, which saw tragic moments such as the Second World War.



PARTICIPANTS



Country	Participant	Team Leader	Facilitator	Total
Italy	5	1	0	6
Estonia	4	1	0	5
Croatia	5	1	0	6
Spain	5	1	1	7
Turkey	5	1	0	6
Bosnia and Herzegovina	4	1	0	5
Hungary	4	1	0	5
The Republic of North Macedonia	4	1	0	5

Participants profile

- Age range: 18 - 29 while group leaders can reach 35.
- Youth which are in good physical conditions and are committed to walk along the whole way
- Youth with fewer opportunities and NEET: at least one per each country group
 - Youth with fewer opportunities: with geographic, economic, educational or social and cultural obstacles
 - NEET (Neither in Employment or in Education or Training)
- Gender Balance: keep overall gender balance in the national group

English Level

Only the leader of each national group must have a minimum B2 proficiency in the English language, they have to take part also to APV.

It is not important to have an high English language, the important thing is the motivation that the participants bring into the project.

WEATHER



The weather along the way

The climate is mild and warm in the summer, but during the night of September could be cold and windy and we will be outdoors the whole time.

The temperature can be from 21° to 7° and there is a 25% chance to get rain, so bring a jacket and warm clothes and bring them even when you are inside the building and activity room in order to not get cold and feel more comfortable.



ACCOMODATION



Accomodation

We will sleep in tents for the whole duration of the project. Since we will hike in a wild region the quality of the camping area will change along the way: in some spots the ground is unlevelled and there won't be hot water.

Tents

Participants will be accomodated in three or four people per each tent, sorted by same gender and by different nationalities. Tents, mattresses and sleeping bags will be carried by a van.



Wi-Fi won't be available for the most of the time, organizer will share their internet in case of specific needs.



Just in few camping areas there will be electricity available, and it's usually hard to access it due to the big amount of trekkers. Organizers have a solar panel which can charge 2 devices per time - organizers' device with GPS track will be charged first.



MEAL



Three meals per day included

Three meals per day will be provided, vegetarian and vegan option are available:

- **Breakfast:** in Italy breakfast is usually sweet, with coffee (or cappuccino) and croissant, together with local restaurant we will try to get a salty option as well, but we can't guarantee it will be available every day
- **Lunch:** sandwich and fruit
- **Dinner:** In Italy dinner is often pasta with different sauces, together with the suppliers we will try to keep the diet as balanced as possible, introducing soups etc.
- **Break:** along the way cookies will be distributed during breaks



TRAVEL



Travel Reimbursement

Erasmus+ program rules let us reimburse your travel costs up to a certain amount which vary from country to country. Then, the maximum travel expenses for each participant are:

- Italy: 23 €
- Estonia: 275 €
- Croatia: 210 € - Green travel
- Spain: 275 €
- Turkey: 360 €
- Bosnia And Herzegovina: 210 € - Green travel
- Rep. of Macedonia: 275 €
- Hungary: 275 €

Team-leaders will be responsible for filling a **travel plan** in a template we will provide, in the travel plan will be specified all the sections of the trip (day, time, destination, means of transport, price). You can proceed at the purchase ONLY after the approval of the travel plan by the incoming responsible of APG. Tickets which aren't in the approved travel plan won't be reimbursed. If a variation of price higher than 10€ occurs before you buy a ticket, you need to ask again for the approval of the travel plan.

Pay attention, if next to your country is written **Green Travel**, this means you can't take a flight.

You can **arrive at most one day before and leave one day after** the mobility, we won't be able to reimburse tickets for other dates and expenses related with food and accommodation outside of the project period will be covered by yourself.

TRAVEL



You should arrange your travel with **the most economical route possible**. We will only be able to reimburse for public transportation (no travel by own car, cabs, etc.) and you can't buy any additional service and you must select 10Kg hand luggage solution. For any exception approach the incoming responsible of APG.

Tickets to be accepted must have price, destination, and dates on them. You must upload on the shared drive a scan of all the tickets and VISA invoices; the scan must be readable and without objects in it - you can use your smartphone the function included in Google Drive app.

If you travel by plane, you must upload both invoice and **boarding pass**. Please obtain them by email in pdf version and not with the app, otherwise you are not able to send us the original version. We won't be able to reimburse flight tickets without a valid boarding pass.

We will refund all the money once we have all the documentation and dissemination has been carried out, the process can take up to a month and a half. If you don't take part in the actives without a valid reason, we won't be able to reimburse the tickets.

TRAVEL



How to reach Bologna

PLANE

The closest airports is Bologna Marconi BLQ.

Once you get to bologna airport, the asiest way to arrive to the train Station is Marconi Express ([click here](#))

If tickets are too expensive you also fly to Milan MPX, Milan-Bergamo BGY, Verona VRN, Firenze FLR and Venezia VCE and then take a train or a Flixbus to Bologna.

TRAIN

Bologna is well connected with Milano, Verona, Florence, Padova and Venice. You can buy the Train ticket on the TRENITALIA WEB SITE ([click here](#)).

BUS

Bologna is connected with Flixbus and Marinobus ([link](#)) with the main Italian and European cities (eg Zagreb).

Then, you can reach the accomodation by bus from Bologna Station, we will provide you more information once we know your travel plan.

How to leave Florence

The easiest option is to go back to Bologna by train: the public train has a fixed price, but if you book your train early enough you can travel with Italo high speed train as well ([link](#)).

Florence is also an importan bus hub.

WHAT TO BRING



Cultural Night

Please do not forget to bring with you some materials about your country for the CULTURAL TIME.

In different moments each National group will introduce their culture, traditions and place, so we recommend to bring some traditional food and drink to share with the group. It will be stored in the Van!

Insurance

It is mandatory to have a valid travel and medical insurance (i.e. European Health Insurance Card) during your travel. The host organization will not cover any personal health costs. If you need help with this, please contact your sending organization.

Tools

- Towel microfibre
- Sunscreen
- Backpack rain cover
- Headlamp
- Powerbank
- Water Bottle
- Sleeping bag (at least 10° comfort zone, will be stored in the van)

Optional

- *Mosquito repellent*
- *Tent*
 - *We will provide our tents, but you can bring your own, it will be stored in the Van. If you bring it we might ask you to share it for few nights in order to reduce the space we take up*
- *Trekking Mat*
 - *We will provide our mats, but you can bring your own, it will be stored in the Van*

WHAT TO BRING



Clothes

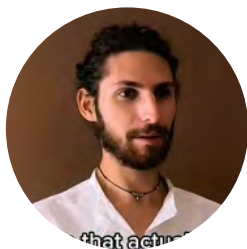
- Trekking Shoes
 - Avoid brand new shoes, they are more likely to cause blisters.
 - Try the shoes for a few hikes before joining the projects, so your feet can get used to them.
 - Avoid Waterproof and Goretex shoes if you sweat easily.
- Underwear
- 12x Socks
 - Bring a pair of socks per day, avoid hot socks for hiking, you might need them just for the night
- 2x t-shirts
- 1x long trousers
- 1x shorts
- 1x light sweater
- 1x warm sweater
- 1x waterproof jacket (or windstopper and raincoat)
- 1x hat (or bandana)
- Light plastic flip-flops

Try to wear the two t-shirts, the light sweater, the warm sweater and the jacket, this is the warmest you can be. Just you don't feel too compressed.

Optional

- *Light gloves*
- *Neck Warmer*
- *Sun Glasses*
- *Thermal mesh*
- *Pigiama*

THE TEAM



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Incoming Responsible

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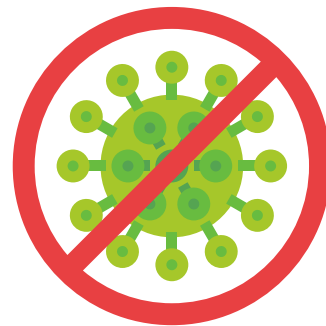
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CODE ANTI-COVID



We will provide extra masks and hand sanitizer, but we also ask you to bring your own.

Covid test: in case you will need such a test, the money for this are included in the allocated budget for the travel and should be included in the travel plan.

Please, ask to your sending organization for traveling restrictions since regulations are in constant update.