



Erasmus+



COOLIVING

KA2 ERASMUS+ PROJECT

International Mobility

Polizzi Generosa, Sicily, Italy

17.07.2019 - 22.07.2019



Introduction & OBJECTIVES

CooLiving is an international project aiming to develop awareness among young people about **healthy** and **alternative** life-styles that can lead to a more **sustainable** and balanced life on the planet.

We will experience ways of living in a more **inter-connected** way, both among other humans and with the nature. We will explore our roots while imagining the future.

Partner Countries: Italy, Czech Republic, Portugal & the United Kingdom

6 days - 4 countries - 19 participants

In the beautiful nature of the Madonie Park, you will be hosted by **Porto di Terra**, a young community project based on the principles of permaculture and agro-ecology. Here you will:

- ▶ Learn about **Permaculture, Agro-Ecology**, the international food system
- ▶ Participate to workshops on **food fermentation and bakery**
- ▶ Learn about **healthy nutrition and Ayurveda**
- ▶ Learn about **Naturopathy** and ways to stay healthy and balanced thanks to **medical herbs and wild plants**
- ▶ Work in the kitchen garden and practice natural agriculture
- ▶ Learn about bio and home made cosmetics
- ▶ Practice yoga and guided meditations



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Participant's profile

This project will be held from **17th to 22nd of July 2019**, in Polizzi Generosa, Italy with the participation of **19** people from **4** different countries, age between 18-30 year olds. Each country group will be accompanied by a team leader/facilitator

Motivated and interested in healthy and sustainable lifestyle and who will remain involved in the project also after the end of the mobility in particular supporting the organization of activities in their home country

All participants are required to fill up [this form](#) by the link



Selection

- ▶ Application deadline : 10th of April
- ▶ Selection Date : by the 15th of April you will be informed if you are selected
- ▶ if you are selected you need to confirm your participation by 18th of April
- ▶ **COST: The participation is free thanks to Erasmus+ fundings.**
- ▶ **Food and accommodation will be provided. The travel costs will be covered according to the rules of the Erasmus + Programme. Please refer to your sending organization for detailed information. DO NOT BOOK ANY TICKET without COORDINATING WITH US**

Additional important information

- ▶ Language: Working language of this mobility is **English**
- ▶ Clothes type: Bring light casual clothes and shoes to work in the garden. The weather is warm in Sicily yet it might be a bit cool during the nights so bring a sweater or shawls
- ▶ Clothes and tools: Bring slippers for the shower, head torch, suncream, hat, **towels** and soaps, any toiletries you need.
- ▶ Medicaments: please bring all the necessary medication you need with you
- ▶ Insurance: take your EUROPEAN health insurance card (EHIC) with you. Remember that **you are responsible to get your own insurance**
- ▶ In Porto di Terra we use only natural soaps. Bring your own or in case you don't find it easily you can purchase home made natural soaps here.
- ▶ Please prepare something for INTERCULTURAL evening: you can bring food, drinks with you from your hometown, country. You can also prepare some songs, game, dance or any thing to present your culture.



Accommodation

- ▶ You will sleep in shared tents, under the stars, camping style! Each tent will accommodate up to 3 or 4 participants.
- ▶ Males and Females will be separated and we will give preference to mix participants from different national teams
- ▶ In the tents you will find inflatable mats BUT you need to bring your own sleeping bag, bedsheet and pillow (if you need it)
- ▶
- ▶ Water is heated using wood. Heating water takes time and resources so be open to take turns :)
- ▶ Porto di Terra is located in the mountains in a beautiful, natural yet isolated place. Bring with you all you think you will need!



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Food

- ▶ Food will be provided 3 times per day + 1 coffee/tea/fruit break in the afternoon
 - ▶ The food will be vegetarian and as much as possible from the garden of Porto di Terra and from local farmers or farmers from the local Permaculture network
 - ▶ Food will be as much as possible organic and fair trade
 - ▶ Olive oil, tomato sauce, herbal teas, fermented food, like kefir and more, jams, bread will be home made
- **Gluten free is possible if you let us know in advance



Reimbursement for Travel cost

- ▶ Travel cost **max 275 euros** per participant including local and international transports (flights, train, metro & bus). We will buy your flights.
- ▶ Please confirm with us before purchasing any flight tickets. Travel costs will be reimbursed up to the limits indicated by Erasmus+. In any case keep with you all of travel tickets including local bus, metro. We can reimburse only if you provide the **original** tickets.



Erasmus+ How to reach the meeting point?

- ▶ From the Airport of PALERMO you need to take a bus to PALERMO STAZIONE CENTRALE - PALERMO CENTRAL TRAIN STATION (the last stop). The bus company is called “Prestia and Comandè”. you will find the bus stop once you exit the airport on your right. Purchase the ticket inside the airport. AS AN OPTION you can take a shared taxi. you will find many near the bus stand. In this case remember to ask for the invoice. Both options cost around 7 Euros.
- ▶ if you cross the road right in front of the central train station you will find a statue of a man on a horse :) that will be our meeting point. Time will be communicated to every single participant after we know your flight arrival time
- ▶ Together we will take a local bus or shared taxi (according to your arrival time) and go to Polizzi Generosa. Once in Polizzi Generosa our team will take you to Porto di Terra





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CONTACT INFORMATION

Address: Contrada San Nicola, Polizzi Generosa, Palermo, Italy

E-mail: coolivingproject@gmail.com / portoditerramail@gmail.com (for logistic information only)

- ▶ **WEBSITE:** www.portoditerra.com and fb page portoditerraproject to see some pictures and have an idea about the place ;)
- ▶ **COORDINATOR AND TRAINERS:**
In Sicily you will be welcomed and facilitated by Elisa Maran, Federico Coppola and the whole team of Porto di Terra.
Elisa contact number: +393408692310
- ▶ **General coordinator for CooLiving Project is Alena Jeslinkova**

***Please consider the environment before printing any document.**

***We strongly advise you to save a digital copy of the infopack to your phones :)**

We look forward to meeting you!!

