



ERASMUS+ PROGRAMME
Key action 1 - Learning Mobility of Individuals

WAVES

NFE Tools and Body Awareness for Inclusive Youth Projects

GENERAL BACKGROUND

In 2013 Lunaria defined and launched a medium term strategy about disability to promote inclusion and active participation of people and young people with different abilities and forms of impairments. The strategy is grounded in the main idea that we are not looking forward to "integrate" people with disability, but we aim to give value to the different skills and abilities in order to activate new forms of participation and understanding.

The actors, target groups and beneficiaries of the process are young people, youth-social workers, local organizations and NGOs.

The work done was developed around a set of key questions as:

- How do we define disability and what stands behind our way of understanding it?
- Are prejudices or preconceived ideas influencing or affecting our way of acting when we meet people with disabilities?
- How do we use words and definitions?
- Do we use labels and what are the direct or indirect consequences?
- What are the barriers to a full participation and how to overcome them?
- How to develop tools really based on the targets' groups needs and able to enhance the full participation and involvement leaving no one left out?

Within the disability strategy, the following projects have been already implemented:

- **THE PERFECT MATCH Youth Exchange: Sharing Skills to Face Boundaries:** youth exchange focused on blindness and visual impairment. The project aimed to gather young people from different countries and by using non formal education and artistic methodologies (theatre, dance and music), to enhance the exchange of life' experiences, perspectives and point of views;
- **THE PERFECT MATCH Training program to overcome boundaries:** two training courses still focused blindness and visual impairment. The project aimed to deepen the work already initiated, this time testing and developing tools and methods with youth workers and young people willing to become peer educators to favour the active participation of blind and visually impaired youth;

- **THE SOUND OF LIGHT Exchanging tools and abilities for an innovative and inclusive youth strategy:** multi-action project including a training course, EVS short term and a youth exchange. The project, focused on deafness and hearing impairment, aimed to reflect on disability, to exchange working methods and tools to offer heterogeneous group of youngsters with and without hearing impairment and deafness the chance to build up a common understanding and interaction.

The main **PRIORITIES** within this strategy were and are:

- to develop among young people a better understating of **what disability is**;
- to raise awareness on the important of promoting the idea of "**different abilities**";
- to provide **youth workers** and **peer educators** with new tools to promote an active participation of young people with different abilities and within heterogeneous groups;
- to provide **local, international organizations** and **NGOs**, with new tools to conceive and implement actions and projects in this field;
- to share **good practices** and **working methods** to make more effective the local and global action in Europe and worldwide;
- to create a **network** of different actors and organizations from the civil society, to promote inclusion and active participation without borders.

PROJECT DESCRIPTION

AIM: to develop tools and methods within the youth work framework to actively promote the participation of young people with intellectual disabilities in mobility activities and the interaction of heterogeneous groups of people with different abilities. Furthermore, we wish to potentiate the cohesion and the cooperation among European organizations active in the field of disability and to generate new actions and projects within this frame.

FOCUS: the current project is grounded on the work already undertaken and capitalizing its main outcomes this time the main focus will be intellectual disability and impairment.

WAVES is a pilot project, including four strategic actions with the following specific objectives:

A 1. TRAINING COURSE – TC:

- to share the **current situation of the involved countries** concerning the way in which disability is approached, analysing the reasons behind the lack of participation of youngsters with disability in local and international projects;
- to reflect on the causes and the consequences of **exclusion and discriminative events** toward people with disability;
- to share and enhance the idea of "**different abilities**", promoting diversity in inclusion;
- to share **good practices and pilot experiences** to promote inclusive approaches and actions in the involved countries;
- to share the **existing methods** youth workers and organizations are using to promote active participation of youngsters with intellectual disability and impairment;
- to **develop tools and methods** to meet the needs of young people with "different abilities", to enhance the interaction and the participation among heterogeneous groups of young people.

A 2. ADVANCED PLANNING VISIT - APV:

- to **gather the future group leaders of the two Youth Exchanges - YEs** in order to prepare the upcoming steps, run the logistic check, develop the final agendas and select the working methods to apply during the two YEs.

A 3. and A 4. YOUTH EXCHANGES – YE:

- to **gather young people from different countries**, favouring the creation of new mobility opportunities for young people in general and more specifically with slight intellectual disabilities;
- to enhance, through the use of non formal education and artistic methodologies, the **interaction and the exchange** of life's experiences, perspectives and point of views;
- to develop a **better understanding of what disability is**, breaking down stereotypes and prejudices;
- to promote the idea of "**different abilities**", giving value to diversity within inclusion;
- to apply the tools previously developed in the training to **enhance the interaction and the participation among heterogeneous groups** of young people.

GENERAL REMARK: the project is structured in a chronological perspective and for this reason includes two internal follow up activities, which are the two youth exchanges. For this reason, some of the TC participants will be involved as follow:

Advanced Planning Visit – June 2019: the future group leaders of the organizations involved in the YE of August and October 2019, will jointly participate in the Advance Planning Visit in Italy to prepare the two YEs. The participation in the APV is compulsory to then ensure in the YEs continuity in the pedagogical approach and the learning process. Contemporary, we expect/wish the TC participants not directly involved in the Youth Exchanges will be actively involved by their organizations in new non formal education activities, as workshops and trainings run at local and national level.

Youth Exchanges: the group leaders involved in the YE of **August 2019** and **October 2019** will respectively support their sending organizations in the youth group preparation and in the pre-departure activities. They are also invited to join the YE as group leaders and lead some of the workshops.

TARGET GROUP

TRAINING COURSE - TC: representatives of the partner organizations, youth workers and active volunteers, interested in the project topic.

YOUTH EXCHANGES - YEs: young people with and without mild intellectual disabilities aged between 18 - 30. The group will be composed by 6 young people (half of them with mild intellectual disabilities and half of them without) + 1 group leader (24-30 years old) + 1 accompanying person. Participants should be interested in the project topics and motivated to be spend 10 days in an intercultural and social background where they can mutually learn from each other.

GENDER-SENSITIVE APPROACH: a gender-sensitive approach will be applied all along the whole project, as well as while selecting the candidates for the different actions, ensuring gender diversity and representation within the group.

GENERAL REMARK: the project is structured in a chronological perspective and for this reason includes two internal follow up activities, which are the two youth exchanges. For this reason, some of the TC participants will be involved as follow:

Advanced Planning Visit – June 2019: the future group leaders of the organizations involved in the youth exchange of October and August 2019, will jointly participate in the Advance Planning Visit in Italy to prepare the two YEs. The participation is compulsory to ensure continuity in the pedagogical approach and the learning process.

In the same time, for the TC participants not directly involved in the Youth Exchanges we expect they will be actively involved by their organizations in new non formal education activities, as workshops and trainings run at local and national level.

Youth Exchange1 –August 2019: they will support their sending organizations (the ones involved in the Youth Exchange taking place in August 2019) in the youth group preparation and in the pre-departure activities. They could also join the YE as group leaders and lead some of the workshops.

Youth Exchange2 – October 2019: they will support their sending organizations (the ones involved in the Youth Exchange taking place in October 2019) in the youth group preparation and in the pre-departure activities. They could also join the YE as group leaders and lead some of the workshops.

The participation is compulsory to ensure continuity in the pedagogical approach and the learning process.

Please, consider this before applying for the TC.

METHODOLOGY

The whole project will be based on non formal education - NFE methodologies and for this reason, it will be articulated following the **NFE main pillars:**

- flexibility, being learner-centred, contextualized and based on the promotion of participatory approaches;
- horizontal cooperation, where facilitators and experts create a shared learning path with participants and trainees, encouraging the exchange of knowledge;
- personal empowerment through self-esteem raising, development of the self-confidence, competences and skills development.

During the project it will be proposed a **LEARNING BY DOING APPROACH: the specific learning objectives are organized to be practically experimented through interactive activities and to ensure a coherent learning process. Furthermore, **METHODS WILL BE RE-ADAPTED** during the process, taking into account the needs of participants and of the different actors involved.**

GENERAL REMARK: During the **TC** it will be experimented a combination of NFE and dance/body awareness techniques.

TIMELINE OF THE ACTIONS

DATES	ACTIVITY - LOCATION
01/01/2019	STARTING DATE OF THE PROJECT
22nd – 28th March 2019 (7 days) ----- 21 st March 2019: arrival day 29 th March 2019: departure day	TRAINING COURSE Casa Laboratorio il Cerquosino, Morrano, Orvieto (TR) ITALY
22nd – 23rd June 2019 (2 days) ----- 21 st June 2019: arrival day 24 th June 2019: departure day	ADVANCED PLANNING VISIT Tenuta Sant'Antonio, Poggio Mirteto Scalo (RI), ITALY
20th – 27th August 2019 (8 days) ----- 19 th August 2019: arrival day 28 th August 2019: departure day	YOUTH EXCHANGE 1 Tenuta Sant'Antonio, Poggio Mirteto Scalo (RI), ITALY
08th – 15th October 2019 (8 days) ----- 07 th October 2019: arrival day 16 th October 2019: departure day	YOUTH EXCHANGE 2 Tenuta Sant'Antonio, Poggio Mirteto Scalo (RI), ITALY
30/04/2020	ENDING DATE OF THE PROJECT

VENUES

The project will be hosted in two different venues:

TC VENUE: Casa Laboratorio il Cerquosino, Morrano, Orvieto (TR), ITALY
 Website: www.cerquosinoartemide.org Facebook: @Cerquosino Artemide

APV and Yes VENUE: Tenuta Sant'Antonio, Poggio Mirteto (RI), ITALY
 Website: www.tenuta-santantonio.it/sabina/ Facebook: @Tenuta.S.Antonio.Official.Page

Before coming, please, be sure you are aware of where we are going to be hosted. Further logistic information will be given after the registration of the application form.

ORGANIZATIONS INVOLVED and NUMBER OF PARTICIPANTS

ORGANIZATION	COUNTRY	N. OF PARTICIPANTS - TRAINING COURSE	N. OF PARTICIPANTS - APV	N. OF PARTICIPANTS - YOUTH EXCHANGE 1	N. OF PARTICIPANTS - YOUTH EXCHANGE 2
LUNARIA + A RUOTA LIBERA	ITALY	5	2 GL	6+2 (GL+AP)	6+2 (GL+AP)
CBB	BELGIUM	3	1 GL	6+2 (GL+AP)	
INEX	CZECH REP.	3	1 GL	6+2 (GL+AP)	
BREAK THE BORDERS	GREECE	4	1 GL	6+2 (GL+AP)	
GRENZENLOS	AUSTRIA	3	1 GL		6+2 (GL+AP)
CONCORDIA	FRANCE	3	1 GL		6+2 (GL+AP)
EQUA	SPAIN	4	1 GL		6+2 (GL+AP)

FINANCIAL CONDITIONS

TRAVEL COSTS FOR TC, APV and YEs			
ORGANIZATION	COUNTRY	DISTANCE BAND	AMOUNT per person
LUNARIA + A RUOTA LIBERA	ITALY	Between 10 and 99 KM	20,00 €
CBB	BELGIUM	Between 500 and 1999 KM	275,00 €
INEX	CZECH REP.	Between 500 and 1999 KM	275,00 €
BREAK THE BORDERS	GREECE	Between 500 and 1999 KM	275,00 €
GRENZENLOS	AUSTRIA	Between 500 and 1999 KM	275,00 €
CONCORDIA	FRANCE	Between 500 and 1999 KM	275,00 €
EQUA	SPAIN	Between 500 and 1999 KM	275,00 €

FOOD AND LODGEMENT COSTS for TC, APV and YEs

Covered by the coordinating organization at 100% by the project

GENERAL REMARKS

ELIGIBILITY OF EXPENDITURES

The eligibility starting date of the project is the 01/01/2018. All the expenditures occurred before this date are not considered formally eligible and cannot be refunded.

TRAVEL COSTS AND REFUNDS

The amount described above is calculated through the Travel Distance Calculator of the EACEA.

This amount is the maximum that can be refunded.

The travel costs, anticipated by participants, are refunded upon the presentation of **all the travel documents** in originals, up to the maximum specified in the tables above "AMOUNT per person" and accordingly to the travel documents and invoices received by Lunaria. In the case the travel costs beard will exceed this amount, the amount refunded will correspond to the one fixed in the application form, as approved by the Italian National Agency.

We will refund all the participants after the end of the action, upon the presentation of the travel documents, once we receive all the tickets and airplane boarding passes A/R in original. Normally the refund process can take, approximately, 4 – 6 months.

The refunds will be done directly to the sending organizations bank account, not to the participant's bank accounts.