BODY COLORS



An Erasmus+ Youth Exchange

18th-27th May 2022

Capranica (Viterbo), Italy

Co-ordinated and monitored by Hoppìpolla APS

Dear Friends from all over Europe,

we are glad to invite You to our intercultural Youth Exchange

"Body Colors"

Organised by Hoppìpolla APS,

Co-financed by the ERASMUS+ Programme.

We are waiting for you to join us and to live together this adventure!

Get ready to dive into the world of:

COLORS, THEATRE, DANCE AND MUSIC

The 10 days program will take place in Capranica, a lovely small village close to Rome, Italy.

In this letter You will find all you need to know about its goals, programme and information about the practical arrangements.

Don't be shy and contact us for any question!

Looking forward to meeting You in Italy!

ABOUT BODY BEATS COLORS EXCHANGE

Body Colors project stems from the need to break the isolation caused by the pandemic, to find again moments of aggregation and sociality, to enter in a world the pandemic forcibly castrated: arts.

We want to find the same arts that used to connect us, to give us the chance to discover the beauty of friendship, of inclusion, of building a strong group in order to face life's difficulties such as the one we are living right now.

Body colors has such a name because we chose colors as a graphic and visual representation of our emotions, which are the connecting subjects of the project giving colour to our lives.

Emotions are colors, colors are emotions!

Up this wave we built our project and its activities, touching various artistic disciplines, which can meet the artistic need of all, going from **acting** to **music**, to **photography**, to **painting** and to **dancing**.

We will work to develop a working method which includes reflection, through the continuous feedback about the activities and about the emotional course of the entire group.
In parallel to the activities of the project, we will work on autonomy and on collective responsibilities which are fundamental inside an international dimension.
We want to create a democratic and universal community which is capable of dialoguing and understanding people with fewer opportunities discovering and taking back a world which is usually seen as belonging to someone else!

This project was ideated to free ourselves from the pain of solitude, from the greyness of isolation, in order to be filled with arts, friendship and solid cooperation and our main objective is to create a group capable of adopting values of ***inclusion***, destroying geographic/economic barriers, prejudices and stereotypes.

WHO CAN PARTICIPATE AND ACTIVITIES

The project foresees the participation of 30 youngsters aged 20-25 coming from: Italy, Bulgaria, Norway, Greece and Spain.
Body Colors is imagined aiming at students or unemployed interested to cooperation and team-work and with a strong propension to arts and to artistic subjects and a strong desire to get involved!

Every session will be opened in the morning with a **warm-up activity**, useful to recharge mind and body.
The end of each session will be stated by the **evaluation moment**, a moment of sharing and confrontation about our progresses and about the achievement of our objectives.
We will have **multicultural nights** with typical food, music and dance from each Country and free time, useful to know better each other.

In the beginning we will do **ice-breaking** and **group's building** activities to develop less superficial acquaintance, confidence and mutual listening among participants. We will work on our bodies and on its emotions, through **dance** and **clown** activities.

We chose to implement various kind of subject such as **theatre**, **music**, **dance**, **clown** and **media** in order to create a project which can be stimulating for people with different interests.
Among the activities, there will be a workshop about **photography** and **new technology** declined to the **artistic use**. We will work on **theatre impro in the nature** and on the communication capabilities of colors.

During our **visit in Rome**, we will explore the city's murals, discovering what those murals can say about the city and its citizens.

We will build the **final event** in Capranica, using the technique of the brainstorming to collect everybody's ideas and the day after, there will be the first edition of the great **Day of Colors** in Capranica!

PARTNER ORGANIZATIONS AND THEIR REPRESENTATIVES

Country:	Partner:	How many:	Contact:
Bulgaria	FECE Foundation for Entrepreneurship, Culture and Education,	5+1	foundation.ece@gmail.com
Greece	Neomenioi	5+1	argzymaras@yahoo.com
Italy	Hoppìpolla - APS	5+1	gianvito.montemurro@gmail.com
Norway	Creatorium	5+1	creatoriuminternational@gmail.com
Spain	La Vibria Intercultural	5+1	info@vibria.org

WHEN

Advance Planning Visit:

21st - 24th April 2022
(1 group leader per organization)

INTERCULTURAL YOUTH EXCHANGE:

18th-27th May 2022

(1 group leader + 5 participants per organization)

We expect you to participate in the whole program in order to benefit from the Erasmus+ Programme financial contribution.

WHERE

The intercultural youth exchange will be held in Capranica (Viterbo), about 60 km from Rome. The accommodation is "Casale della Nocerqua", a wonderful farmhouse located in Tuscia territory, on the Francigena Road, between Vico Lake and Bracciano lake.
The farmhouse is 500 mt from Capranica train station (directly linked to Rome) and is composed of 4 structures suitable for hosting all 30 participants in accordance with health rules foreseen for covid-19. The farmhouse will be reserved for the Youth Exchange in order to allow an efficient and safe subdivision of the participants in the rooms.
The main room for workshops is very spacious and has big windows and doors allowing air exchange.
The flooring is wooden, perfectly suitable for physical activities.
Most activities will be held on the outside. The farmhouse, in fact, is surrounded by a huge garden, allowing a constant contact with nature.



More pictures here: https://www.gliargonauti.net/galleria/casale-della-nocerqua

Aerial Shots here: https://www.youtube.com/watch?v=rXPCgr9LjHE

HOW TO GET THERE

Please buy your ticket ONLY after you get the confirmation from us!

It is essential to know what time you land in Italy. **We strongly advise you to land in the morning**. Here are the most common routes:

From Fiumicino airport:
Option nr. 1 (easiest option)

- Take the TRENITALIA train From "Fiumicino aeroporto" to "Roma Trastevere".
- Take train from "Roma Trastevere" to "Capranica-Sutri".
  (The train line is Roma – Viterbo Porta Fiorentina, **remember to get off at "Capranica- Sutri" station!**)

Option nr. 2:

- Take the TRENITALIA train or TERRAVISION bus from "Fiumicino aeroporto" to "Roma Termini Train station" (main station in Rome).
- Take the TRENITALIA train From "Roma Termini train station" to "Roma Trastevere".
- Take train from "Roma Trastevere" to "Capranica-Sutri".
  (The train line is Roma – Viterbo Porta Fiorentina, **remember to get off at "Capranica- Sutri" station!**)

From Ciampino airport:
Option nr. 1 (easiest option)

- Take the TERRAVISION bus from "Ciampino aeroporto" to "Roma Termini".
- Take the TRENITALIA train From "Roma Termini train station" to "Roma Trastevere".
- Take train from "Roma Trastevere" to "Capranica-Sutri".
  (The train line is Roma – Viterbo Porta Fiorentina, **remember to get off at "Capranica- Sutri" station!**)

Option nr. 2:

- Take the TRENITALIA bus called "Ciampino airlink" from "Ciampino aeroporto" to "Ciampino"
- Take TRENITALIA train from "Ciampino" to "Roma Termini train station"
- Take the TRENITALIA train From "Roma Termini train station" to "Roma Trastevere".
- Take train from "Roma Trastevere" to "Capranica-Sutri".
  (The train line is Roma – Viterbo Porta Fiorentina, **remember to get off at "Capranica- Sutri" station!**)

Trenitalia website: http://www.trenitalia.com/
Terravision website: http://www.terravision.eu/

At "Capranica-Sutri" station there will be our staff, ready to take you to the accommodation.

Contact numbers to call on arrival:
Gianluca Iacuvelle 0039 340 7821363
Gianvito Montemurro 0039 328 6273449

Please feel free to ask us if you need support or advice about any travel arrangements ☺

FINANCIAL CONDITIONS

Food, accommodation and project costs are fully covered and free for the participants.

As for the travel, we can reimburse up to 100% (maximum) of the costs below.

Country	Max. travel reimbursement
Norway	360 €/person
Greece	275 €/person
Italy	0 €/person
Bulgaria	275 €/person
Spain	275 €/person

As for insurances, the European medical insurance card is valid also in Italy and all participants coming from EU country must bring it with them. .



Here is a sample of an Italian medical insurance card.

<u>Very important: your tickets are a proof of your travel that we must keep and present to the ERASMUS+ Program, the main funders of the project. If you cannot provide your original tickets and invoices clearly stating the travel company, your name, all the trip details and the exact costs covered, we will not be able to reimburse you.</u>

WHAT TO BRING

- Passport or other official identification
- Tickets, insurance, visa

- Sleeping bag and blanket/warm clothes for the night (especially during the night it gets very cold! Please bring everything you think you may need to face the cold!)
- Everything you need for your personal hygiene (soap, toothbrush, etc.)
- Comfortable clothes for living outdoor & indoor (no washing facilities available)
- Towel
- Medicine, if you take any
- Your own Art Kit (musical instruments, dancing outfit, theatre costumes, etc.)
- Gastronomic specialties (cold food and/or drinks) to share with the other participants during "intercultural nights"
- 1 set of bizarre clothes

- Smiles, willingness and good mood ☺!

PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8-30-9.30		Breakfast	Breakfast	Breakfast	Breakfast

9.30-10.30	WELCOME AND ACCOMODATIONS	Project introduction and practicals	Intercultural dance – Warm up! (GRE)	Escape Room in Nature - Warm up! (NOR)	Journey to Rome
10.30-12.30		Ice breaker, name games and team-building (ITA)	Leader color! Theatre and dance (ITA)	Sound mapping! (GRE)	ROME (Graffiti)
12.30-15.00		Lunch	Lunch	Lunch	Lunch
15.00-17.00		Theatre and trust-building (SPA)	Ecology & Environment Actionbound in Capranica (NOR)	Color language Paint & Drawing (ITA)	ROME Part 2
17.00-18.00		Sharing, feedback e Youth Pass	Sharing, feedback e Youth Pass	Sharing, feedback e Youth Pass	Back to Capranica
18.00-21.00	Spontaneous aggregation and dinner	Free time and dinner	Free time and dinner	Free time and dinner	Free time and dinner
21.00-22.30	Welcome evening	Intercultural night (NOR)	Intercultural Night (BUL)	Intercultural Night (SPA)	Free night

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
8-30-9.30	Breakfast	Breakfast	Breakfast	Breakfast	BREAKFAST AND DEPARTURES
9.30-10.30	Stretching&Yoga - Warm up! (SPA)	Sing it out - Warm up! (BUL)	Warm up (ITA)	Wake your body all together!	
10.30-12.30	New media & colors (BUL)	* Open Space *	Working out performance details	Erasmus+ program project (SPA)	
12.30-15.00	Lunch	Lunch	Lunch	Lunch	
15.00-17.00	Theatre improvisation in Capranica's garden (NOR)	Performance preparation and rehearsal	Performance in Capranica	Lluvia de ideas: imaginig future actions	
17.00-18.00	Sharing, feedback e Youth Pass	Sharing, feedback e Youth Pass	Sharing, feedback e Youth Pass	Youth Pass	
18.00-21.00	Free time and dinner	Free time and dinner	Free time and dinner in Capranica	Free time and dinner	
21.00-22.30	Intercultural Night (GRE)	Intercultural Night (ITA)	Free time	Final party!	

YOUTHPASS

Every person who has taken part in the Exchange is entitled to receive a Youthpass Certificate, which describes and validates the non-formal and informal learning experience and outcomes acquired. During the project (learning outcomes). Furthermore, Youthpass is to be considered as a process of becoming aware, reflecting on and documenting the learning within the different phases of the project.
For more information on Youthpass, please consult the Youthpass guide and further relevant material presented at www.youthpass.eu.

HOW TO APPLY

If you want to join us in the training, send your application form to the representative of your Country's partner organization. You can find the contact at page 5 of this document.

You will find the application form in an attachment with this info-letter.

WE ARE LOOKING FORWARD TO MEETING YOU!

See you soon,

Hoppìpolla Team