

## Infopack

# You(th) Pass in Europe

Project code:  
2020-3-TR01-ESC11-096473




# ABOUT "YOU(TH) PASS"

"You(th) Pass in Europe" is a ESC project mainly focused on intercultural interaction, reduction of stereotypes, social inclusion, health and wellbeing, and skill development


The project activities are intended to expect the following main outcomes for individual participants:

- to improve skills and competencies for individual, social, cultural, and other professional development;
- to active participation in different culture society;
- to increase employability and transition into the labor market;
- to improve the sense of initiative and entrepreneurship;
- to increase self-esteem and self-empowerment;
- to improve foreign language skills (multilingualism);
- to increase European culture awareness;


# THE PROJECT AIMS

A thick yellow line starts from the right edge of the slide and extends diagonally upwards and to the left, ending under the 'S' in 'AIMS'.A thick yellow vertical bar is positioned above the first aim, centered horizontally.

To create an  
inclusive and  
stable society.

A thick yellow vertical bar is positioned above the second aim, centered horizontally.

To support  
young people  
with fewer  
opportunities.

A thick yellow vertical bar is positioned above the third aim, centered horizontally.

To deal with social  
challenges, and  
contribute to a  
sustainable World.



# VOLUNTEER'S PROFILE

- Participants must be between 18 – 30 years old,
- Motivation to take part in the project,
- Willingness : it includes to experience live in a different country by the hosting organisation as well as to address tasks and the possible challenges of the project,
- To have communication and other interpersonal skills,
- Being an active members of a non-governmental organisation and becoming a member will be preferred.
- To have obstacles (economic, social, geographical etc.) and chronically unemployed will be preferred,
- NEETs people (young people not in employment, education or training).

# EProjectConsult

## + Ass. Art. Cult. ARocca

EProjectConsult is a professional organization that deals with education, training and European culture. EprojectConsult is specialized in the preparation and in the implementation of European and International projects. We work as a hosting and intermediary partner for EU programs, for example Erasmus+. Thus, we design and coordinate European projects that are approved and funded by the European Union.



Responsible for the project

Federica Sottile, Project Manager

mobile: + 393490693698

Nino Pietrini, Director

mobile:+39 3495807960

Our Office:

1) via Marconi 157, Barcellona Pozzo di Gotto

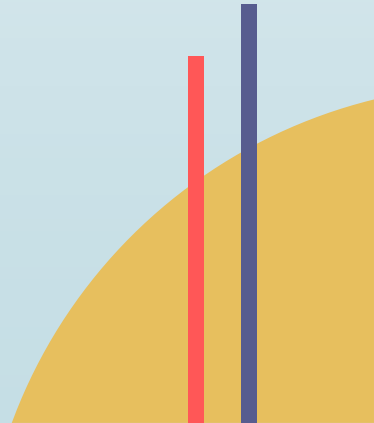
2) via T.C.P. Arcodaci 48, Barcellona Pozzo di Gotto

Tel/Fax: +39 090 2130696

[www.eprojectconsult.com](http://www.eprojectconsult.com)

# Barcellona P.G.

Barcellona P.G. is located on the north coast of Sicily. It belongs to the Province of Messina, one of the most important cities of Sicily. The city proper has a population of over 45,000 inhabitants. It's a calm city with many wonderful bars and restaurants, but no night clubs or discos. The sea is around 4 kilometers from the city center (35 minutes walking or 10mins with bus).

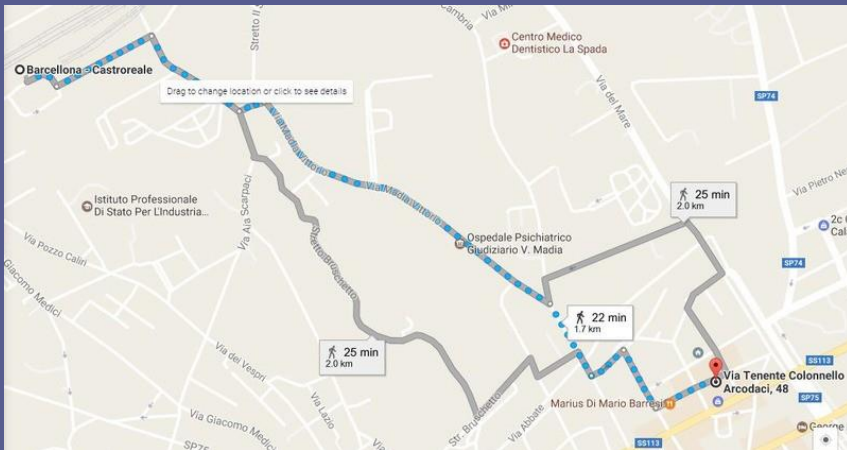


# Barcellona P.G.



# TRAIN

The train station of Barcellona - Castroreale is located 15 minutes from the city center. You can use it for going to basically any city you wish. To check the timetables you can visit: [www.trenitalia.com](http://www.trenitalia.com)



# BUS

You can also use the bus to go to the surrounded cities of Barcellona P.G. Address: Via Papa Giovanni XXIII n. 3

Timetables:

[www.aziendasicilianatrasporti.it](http://www.aziendasicilianatrasporti.it)



\*Please note that on Sundays there are no buses





TINDARI - OLIVERI



MILAZZO



PARCO MUSEO  
JALARI

Nearby  
Barcellona P.G.



## HOW TO REACH BARCELLONA P.G.

From Catania airport, there are buses to Messina (<http://www.saisautolinee.it/>) and then from Messina you can reach Barcellona P.G. by train (<http://www.trenitalia.com/tcom-en>)

From Palermo airport there are buses to Palermo train station ( <http://www.prestiaecomande.it/?idx=317> ) and then trains to Barcellona Pozzo di Gotto (<http://www.trenitalia.com/tcom-en>)

From Birgi airport take a bus to Trapani port (<http://www.astsicilia.it/75701-2/>) and continue from there with bus to Palermo (<http://www.buscenter.it/en/our-routes-within-sicily/>) and from Palermo take a train (<http://www.trenitalia.com/tcom-en>).  
Recommended to rent a car!

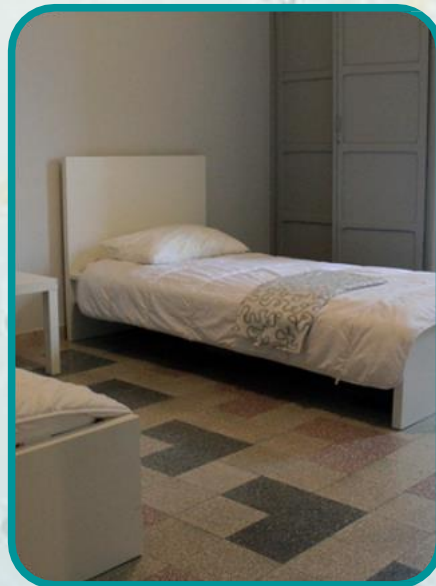
## EMERGENCY TELEPHONE NUMBER

- Carabinieri ( military police) 112
- Public emergency aid 113
- Children's aid 114
- Fire brigade 115
- Emergency medical aid 118



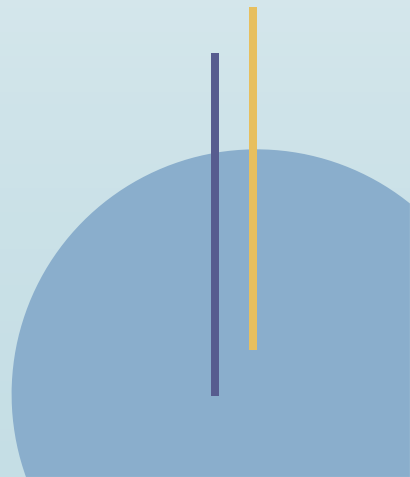
In the case you have to make a call, in Italy you have to mark +39 before the number

# Accommodations





# Apartment rules

- On the day of arrival, the trainees will be asked for a 20€ per person for accommodation deposit.
  - Keep the apartment clean as you found it.
  - Wash your plates and clean the table after every meal, in order to be respectful of who comes next.
  - Try to be quiet and do not make noise after 10:00 p.m. in the common areas (elevator, steps, entrance, kitchen, etc).
  - Don't hang anything on the wall of your rooms. Take
  - out the trash every day.
  - As you leave the apartment, remember to bring all your stuff and leave the apartment clean and tidy as you found it.
  - Smoking is strictly forbidden in the rooms!
  - Towels are not provided.
  - In case of losing the keys you will have to make a new copy on your own. The cost is of 30 €.
  - No DRUGS, no ALCOHOL
  - For any requirement or problem related to the apartment you can directly talk to one of our staff members.
- 

# Food



## Supermarket

The main supermarket is called CRAI, located on Via Marconi near our office. In the city you can also find many small local shops for bread, sweets or fruits, we recommend you to try them, they are delicious!

ARD –Via GiorgioAmendola

Tuodì –Via Industriale

Lidl –Contrada Saia d’Agri

Sigma –Via Fondaco Nuovo, 31



## Restaurants

- ◆ Master Chef  
(Via Ferdinando D’Amico, 9)
- ◆ BIG BANG  
(Piazza San Sebastiano, 10)
- ◆ Enotria l’Osteria  
(Via Umberto I 421)
- ◆ Sharaba  
(Piazza Libertà 4-5)
- ◆ DOP (Piazza Stazione, 22)
- ◆ NordSud Creperia  
(Via San Giovanni, 70)



## Bar/Pubs

- ◆ Perditempo (Via Longo, 32)
- ◆ DOP (Piazza Stazione, 22)
- ◆ Sharaba (Piazza Libertà 4-5)
- ◆ Bar “Saint Honoré” (Via Trieste 38)
- ◆ Tulbar (Via Luigi DeLuca, 96)

# Shops in Sicily



The shops in Sicily are open from 09:00 until 13:00 and 16:00 until 20:30, from Monday to Saturday.

Large department stores and supermarkets are open all day.



Please, keep in mind, that SIESTA TIME starts at 13.00 and finishes at 16.00! During this time all shops and markets are closed.



Each Saturday you can find a big open-air Bazaar in the region of Santa Andrea



# Price of food in Italy



Bread 1Kg € 1.50 ~

Pasta 1kg € 0.60 - 3.00 ~

Pizza 1€ 7 - 10~

Birra 1(0.33L) € 1.50 ~

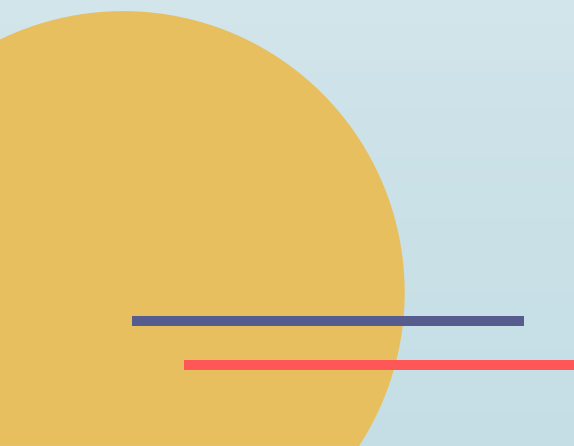
Ice-cream € 2-3 ~

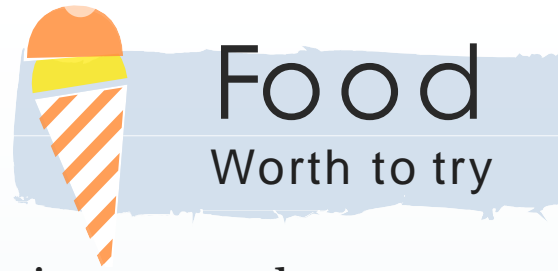
Water (0.5L) € 0.50-1 ~

Tomatos, onions and potatos 1kg € 1-2 ~

Apple, bananas, oranges 1Kg€ 1.50-2 ~

Chip Restaurants (1 person) € 10-15 ~





**Gelato** is not the simple ice cream, there are some differences between a gelato and an ice cream. Ice cream usually contains more than 10% fat, but gelato is made with greater proportion of whole milk than cream, so it contains more like 5% to 7% fat. Since there are not so much fat in gelato, it doesn't coat mouth in the same way and you can feel the flavors more intensely.



**Granita** is a semi-frozen dessert made from sugar, water and various flavorings. This is largely the result of different freezing techniques: the smoother types are produced in a gelato machine while the coarser varieties are frozen with only occasional agitation, then scraped or shaved to produce separated crystals.



**Brioche** is highly enriched bread, whose high egg and butter content give it a rich and tender crumb. It is "light and slightly puffy, more or less fine, according to the proportion of butter and eggs". It has a dark, golden and flaky crust, frequently accentuated by an egg wash applied after proofing. It matches perfectly with granita or icecream.







**Cannoli** consists of tube-shaped shells of fried pastry dough filled with a sweet, creamy filling usually containing ricotta. They range in size from "cannulicchi", no bigger than a finger, to the fist-sized proportions typically found in Piana degli Albanesi in the commune of Palermo.



**Arancini** are essentially balls of creamy risotto rice, typically stuffed with cheese and meat, then breaded and fried to a golden crisp. They are the size and shape of an orange (or arancia) which where they get their name from, although sometimes they're shaped into more of a cone. Traditionally, they are filled with melted cheese, some peas, and a tomato-based meat sugo; however, you can find interesting variations like ones stuffed with pistachio pesto, for example.

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# Enjoy your

► time in Sicily!

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