



MED-EYES

MEDITERRANEAN EYES

Mobility:
YOUTH EXCHANGE

Location:
**BARUMINI & NURAGUS
SARDINIA/ ITALY**

Period:
06 NOVEMBER - 13 NOVEMBER 2023



INFOPACK

“MED-Eyes” or "Mediterranean Eyes" is an international youth exchange that will take place in Sardinia, between Barumini and Nuragus from 06 to 13 November 2023 and will be carried out within the Erasmus + program. The project will involve 30 young people from Italy, Greece, Croatia, Malta and Spain;



PROJECT DETAILS



Based on the requests of our youngsters, Malik Association planned this learning mobility with a clear plan of activities and measures to raise awareness of work and training opportunities for young Europeans from remote areas such as regions with very low population density, islands, cross-border, and mountainous regions, located in the Mediterranean basin.

OBJECTIVES

- To promote work and training opportunities in Europe to young people coming from remote areas of the Mediterranean basin;
- To equip the participants with tools for individual research of work and training opportunities;
- To inform young people about agencies, centers, and networks at the European, national, and local levels, responsible for sharing information and supporting young people on their career path;
- To reflect on the personal competencies, abilities, and skills in connection with the chosen career direction;
- To acquire skills in drafting classic Curriculum Vitae, Video Curriculum Vitae, cover letters, LinkedIn profile, useful for accessing the labor market;
- To increase youth participation of young people at the European level, and develop the sense of active citizenship and entrepreneurship at the European and local level.
- To develop further cooperation of participating organizations in the field of youth participation, active citizenship, and youth entrepreneurship;



About Barumini

“Su Nuraxi”
archaeological zone



LOGISTIC DETAILS



FOOD & ACCOMODATION

Participants, mixed by nationality and gender, will be accommodated in double/triple/quadruple bedrooms:

- Hotel Sa Lolla: <https://sa-lolla-hotel-cagliari.hotelmix.it/>
- Dieci Zero Inn: <https://www.diecizero.com/>

Both hosting structures are located in Barumini, very close to each other.

*Bed linen, towels will be provided.
*Shower gel, shampoo, and toothpaste, hairdryer **will not be provided.**

Participants will be provided with 3 meals: breakfast, lunch, and dinner, & 1-2 coffee breaks per day. Almost all the meals will be provided by the Sa Lolla restaurant.

We kindly ask you to inform us about food intolerances and allergies (by filling in the Participants' Personal details e- form)

FREE OF CHARGE 100% (organized by hosting organization):

- ***Accomodation:** (6th - 13th) 7 nights
- ***Food:** 3 main meals (Breakfast + Lunch + Dinner)
 - 06th - only dinner (if not too late arrival)
 - 07th - 12th - Breakfast + Lunch + Dinner
 - 13th - only breakfast (if not too early departure)

TRAVEL

The reimbursement will be done according to geographical distances and Erasmus+ rules, through a bank transfer to the partner organizations, **ONLY AFTER:**

- Collect and provide the invoices; tickets (including the price, name of the person and mean of payment);
- Collect and provide all boarding passes;
- The mobility report must be filled in by the participant.

Amount of reimbursement: 275 euros (Greece, Croatia, Malta and Spain)

Please don't buy Travel Tickets before approval! Send us by email

progettazionemalik@gmail.com the itinerary you've got, including the means of transport you are thinking to take as well as the schedules.

Once you receive our POSITIVE answer, you have green light to purchase tickets! Please keep all your travel TICKETS, INVOICES, BOARDING PASSES safe in order to be able to get the reimbursement for those costs.

Please UPLOAD all the traveling tickets HERE according to your country and personalized folder.

PERIOD AND LOCATION

PERIOD of the exchange
06th of November - 13th of November 2023;

DATE OF ARRIVAL 06th of November, max 5:00 PM
Place: Cagliari Elmas Airport

DATE OF DEPARTURE 13th of November, min. 10:00 AM
Place: Cagliari Elmas Airport

PLACE of the exchange
Barumini, Sardinia

**PLACE of meeting ON ARRIVAL
06th of Nov. 5:30 PM Cagliari,
Elmas Airport**

LOCAL TRANSFER

Itinerary:
Cagliari - Barumini (06.11)
Barumini - Cagliari (13.11)

Malik Association will organize the transfer from Cagliari to Barumini. The cost of the transfer will be around 30/40€ roundtrip and will be directly deducted from your travel budget.

ACTIVITIES

Activities will consist of presentations, forums of discussion, workshops, energizers, moving debates, treasure hunt and discovering tours, multicultural evenings, and evaluation activities.

Methodologies will be non formal, interactive and based on learning by doing. The project is in line with the objectives of the ERASMUS + Program and, in particular, the Key Action 1, as it

promotes Youth employability, self-empowerment and self-esteem, awareness of the European project and the EU values, by increasing the level of knowledge and skills of young people and, at the same time, the improvement in learning methods.

PARTICIPANTS

NATIONAL GROUPS

Italy, Greece, Croatia, Malta and Spain

NR. PARTICIPANTS

5 + 1 group leader per country

AGE PARTICIPANTS

18-25 years old;

SCHEDULE LOADING

06/11	07/11	08/11	09/11	10/11	11/11	12/11	13/11

ONLY SELECTED PARTICIPANTS

PARTICIPANTS' PERSONAL DETAILS

E- FORM

Permission for Photo and video taking
and treatment of personal data

FILL IN BY 25.10.2023

CONTACT PERSONS

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EMERGENCY NUMBERS

Police (Carabinieri): 112

Police (Polizia): 113

Firemen / Public Rescue: 115

Ambulance: 118

WHAT TO BRING ?

PERSONAL

- *Water bottles
- *Rainy and warm clothes

check the weather forecast
before packing:
<https://www.meteoam.it/it/sardegna>

- *Comfortable waterproof shoes
- *Personal toiletries and first aid
(own,
specific medication)

DOCUMENTS

- *Travel tickets and boarding cards/
(all originals) & invoices
- *ID card
- *European Health Insurance Card
- *Private insurance (on the
responsability of each participant)

MULTICULTURAL EVENING

- *traditional food &/or drinks (for
taste)
- * national flag
- * music, dances, games
- * interesting facts about your
country

ACTIVITIES

- *Games
- *Evening initiatives

