



**EUROPEAN  
SOLIDARITY  
CORPS**



# WELCOME PACK

**YOUNET REGGIO EMILIA**  
**'EUROPEAN PROJECTS FOR A FAIRER, MORE  
INCLUSIVE AND SUSTAINABLE SOCIETY'**



# INTRODUCTION

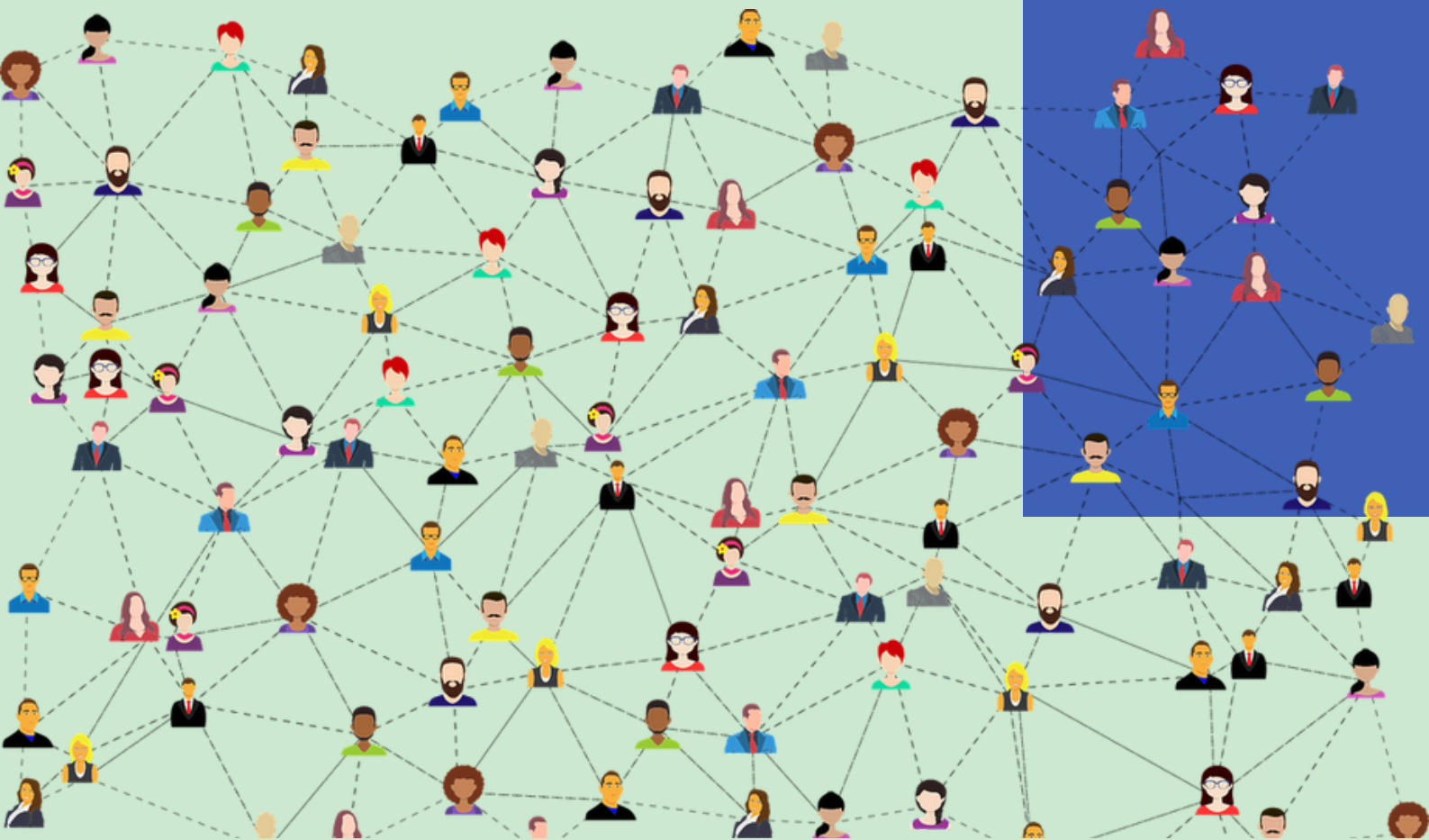
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# INTRODUCTION

We are really glad to welcome you soon to our organization as a European volunteer!

You will find in this Welcome Letter some context and useful information about upcoming one-year project and the city of Bologna.

We are looking forward to meeting you.



# 1. WELCOME TO THE ESC

The **European Solidarity Corps** is the new European Union program that creates opportunities for young people to volunteer or work in projects in their own country or abroad that benefit the community and people around Europe.

The European Solidarity Corps aims to foster solidarity in the European society, engaging young people and organisations in accessible and high-quality solidarity activities. It offers young people opportunities to show solidarity, express their commitment to the benefit of communities and help resolve challenging situations across Europe. At the same time, these young people have the opportunity to develop their skills and get some invaluable human experience in the process. With a budget of €375.6 million for 2018-2020, it offers opportunities to young people to carry out volunteering activities, traineeships and jobs and run their own solidarity projects.


The European Solidarity Corps builds on the achievements of more than 25 years of European programmes in the fields of volunteering and youth, especially on the experience of the European Voluntary Service.

More info about it : <https://europa.eu/youth/solidarity>



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3.  
COORDINATING ORG : YOUNET APS  
HOSTING ORG : YOUNET RE

**YouNet** is an innovative, professional, active, reliable and efficient no profit and non-governmental organisation. We are based in Italy, and we got a broad experience on EU projects and funds (YiA, EfC, EYF, ...). We work as a network in the Italian territory (where we are working with other smaller NGO, local bodies, social communities, ...) and we got strong relationships with several NGOs all across Europe and beyond. We are as well accredited as an EVS sending and coordinating organisation. We coordinate wide EVS projects involving partners from the 5 continents.

YouNet was established in 2010 in Bologna. It is an association conceived, founded and formed by young people coming from different fields of study (engineering, law, political science, human rights, international cooperation, economics).

These people come from heterogeneous paths of social commitment and want to enhance young people, volunteering and pro-social more generally as the socio-economic driver of a fairer and more supportive society. Some of the areas where we are more active are: social inclusion, intercultural dialogue, integration and migrants, antidiscrimination, environment and sustainable development, peace and human rights.

These goals are achieved through the design, financing, organization and implementation of small, large or very large projects with local or international funding.

#### **Our main aims as an organisation are:**

- to foster active citizenship, social and democratic engagement;
- to foster training, cooperation and partnership between non-profit organisations and social workers;
- to encourage youth engagement, learning and mobility with particular regards to youngsters with fewer opportunities;
- to promote and to boost the development of the non-profit sector;
- to promote and to support volunteering at a local, national, European and international level as a tool to achieve a more inclusive and just society;
- to support social inclusion and cohesion;
- to promote intercultural dialogue and exchange;
- to promote European dimension;
- to encourage local sustainable development in the north and south of the world.

YouNet promotes and carries out: volunteering activities at local, regional, national and international level and activities of boosting, supporting and coordinating of volunteering itself; intercultural exchanges and meetings; medium and long term volunteering and learning projects; cultural, social, sport, recreational and editorial activities; seminars and training courses aimed to organisations, social workers and youths; formative, promotional and informative initiatives related to specific themes linked with the third sector, the global challenges, etc.

**VET (Vocational and Educational Training)** : every month we collaborate with technical and vocational high schools from different European countries, accepting students doing a curricular internship in our partner companies and associations in Reggio Emilia and Parma. As coordinating body, we take care of identifying the host institutions in which students can carry out the internship, as well as organizing cultural activities so that they can deepen their knowledge of the context in which they are hosted.


As a hosting organization, we welcome international students from vocational schools within Erasmus+ projects. We have a broad experience and contacts in several sectors like: hotel and tourism, restaurant and gastronomy, mechanics, mechatronics, information technology, graphic designs, agriculture and food technology. YouNet also provides a learning opportunity of internships - both for local and international students.



<https://www.facebook.com/youneti>  
[t @younetit](https://www.instagram.com/younetit)  
<http://www.you-net.eu/>



## 4. ACTIVITIES



Volunteers will be actively embedded in the **multiethnic and stimulating environment of Reggio Emilia by exploiting the activities and network of contacts of YouNet**. This will enable them to approach this context and act as protagonists, thus making the most of the unique opportunity of the ESC. This close contact with the local community and their active participation in volunteering, informative and formative activities will widely enhance the growing possibility for the volunteers.

The volunteer will be involved in a European environment with other young people and will have the chance to learn about how the European institutions and programmes work, especially regarding youth policies and opportunities. In particular, volunteers will be involved in activities connected with students from abroad, supporting the activities with local young people, especially organising public language tandems and other initiatives connected with EU topics.



We are looking for young people motivated and enthusiastic. This means also to be able to transfer your passion and knowledge to other people.

All together, volunteers will develop some common projects, p.e the video about the activities, radio interview, public events...

All volunteers should contribute to the visibility of the project and of the ESC programme.

## WHAT CAN YOU LEARN

The volunteer will improve his/her teamwork abilities by managing time, logistics and organisation of activities together with the other actors involved. Being able to take part in this kind of experience is formative and educational from a personal point of view too. It increases the volunteers' awareness of their capacities and boosts their self-esteem. These aspects will be highlighted and exploited by the mentor.



5.

## ACCOMMODATION

Volunteers will share the room with another volunteer (same sex) in a flat with all facilities in Reggio Emilia. Blankets and towels are provided, there is Wi-Fi and washing machine.



# DEPOSIT

Pay 100€ at the beginning of the ESC as deposit in case of damages of the flat where she/he will live. This amount will be totally given back at the end of the service if there won't be any damage caused by carelessness.

# FROM THE AIRPORT?



<https://www.marconiexpress.it/>



A direct connection with Bologna Centrale every 7 minutes. The first ride from the airport is at 5:40, the last at 00:00.



A single journey from/to Airport € 9.20 Tickets can be purchased directly on the site, at the automatic ticket machines at the airport and in Bologna at the Central Station, by swiping the contactless card directly at the Pay&Go Contactless turnstiles, on the Roger app or at the TPER ticket offices.

**Bologna Airport - Borgo Panigale (BQL)**  
Via del Triumvirato, 84, 40132 Bologna BO



Walk  
About 3 min, 99m

**Airport**

**MARCONI EXPRESS**



Stazione Centrale  
7 min (1 stop)

**Bologna Centrale**



Walk  
About 3 min

**Stazione Centrale**  
train station



**Reggio Emilia FS**

**Bus Number 5**  
7 Minutes, 5 stops



**Via Nicomede**  
**Bianchi 11, Reggio**  
**Emilia**

6.

## POCKET MONEY AND FOOD ALLOWANCE

The volunteer will receive 150 €/month to cover the meals. An amount of 5 €/day is given to the volunteer as pocket money.

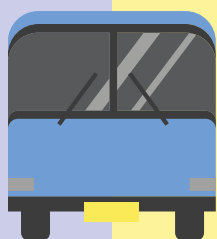
\*This payment will be done via bank transfer in the first week of every month.



7.

## TRANSPORT

volunteers will have a monthly bus ticket for the city of Reggio Emilia.



<https://www.radiotaxireggioemilia.it/>

8.

## LANGUAGE

Volunteers are really welcome to learn Italian before and during their service. Before coming to Italy, volunteers can practice using several online tools :

- <https://www.edx.org/search>
- <https://www.italymagazine.com/dual-language>
- <https://www.reddit.com/r/italianlearning/wiki/learning>
- <http://www.oneworlditaliano.com/?fbclid=IwAR32cncQU72k6vLRU5WKRdxiiUXkVyJcC4vvngwTI5E-ezinb8egIP9-mZU>
- <https://www.facebook.com/Tandem-Language-Exchange-565558190148266>
- <https://www.facebook.com/aegeebologna/>
- [https://www.unibo.it/en/international/improving-italian-language?fbclid=IwAR1ERQuzz6iJRpYjUjo-FeZVtEuO50\\_zHyW6pueF4AhprRGbvZvfdEBbpzU](https://www.unibo.it/en/international/improving-italian-language?fbclid=IwAR1ERQuzz6iJRpYjUjo-FeZVtEuO50_zHyW6pueF4AhprRGbvZvfdEBbpzU)



Volunteers will have access to OSL (Online Linguistic Support) first, the volunteer receive the link for the "Assessment test". After filling it, they can start the course provided by Erasmus+ programme.

If needed, YouNet will provide an additional training with an Italian teacher. At the end of the project, the volunteer will take an assessment in order to know the final level of Italian.



## ⊗ WHAT TO VISIT IN REGGIO EMILIA ?



### 1. REGGIO EMILIA'S STORY

Italy's tricolour flag was first adopted in Reggio Emilia. There is the "Tricolore's Room" in City Hall and a small museum where you can learn about how the flag was chosen to represent the Cispadane Republic in 1797 (60 years before Italy became a country). Another fun fact for you, all of these little cities such as Reggio Emilia are 30 km apart because that is how far a Roman soldier could walk in a day.

### 2. FOOD

Reggio Emilia is known for producing Parmigiano Reggiano cheese and balsamic vinegar, but I also recommend tasting their herbed pumpkin ravioli when you find it on a menu. Walking through the streets, you'll also find countless bakeries luring you in with fresh made sweets.



There's also one of the most creatively inspiring coffee shops I've ever visited along Piazza Fontanesi. It's easy to find because of its name, Caffè Fontanesi.



### 3. ARTS

Valli Municipal Theatre is simply breathtaking. If you have the opportunity to see a concert, ballet, or opera live within these historic walls, consider yourself one of the lucky ones. Elaborate frescoes adorn the ceiling, the main stage curtain is painted, and the gilded box seats with their crushed red velvet chairs will have you applauding with excitement even before the show has started

Another point of interest is The Maramotti Collection, a contemporary art exhibit in the historic factory of Max Mara. Entrance to the museum is free, but you must make an appointment.

## WHERE TO EAT IN REGGIO EMILIA ?

### **Café Arti e Mestieri**

ViLa cucina di Gianni d'Amato - Piatti, Specialità, Design e Arte.

### **Ristorante delle Notarie**

Via Aschieri 4

Openings hours : 12:30-14:30 / 19:30-22:30

### **Tabarin Osteria popolare**

Galleria Santa Maria, 1/B

Opening hours: 20:00-22:30

### **Il pozzo Ristorante Enoteca**

Viale Antonio Allegri, 7

Opening hours : 12:30-14:30 / 19:30-23:00

Selection of pastas and wine



### **Pirru Caffè**

Via Guido da Castello, 18/d

Opening hours : 11:00-00:00

### **Piadina e Dintorni**

Via Carlo Levi, 2 (Ang. V. Gramsci, 52)

Opening hours : 12:00-15:00 / 19:00 23:30

### **Cremeria Capolinea**

Viale Ettore Simonazzi, 14

Opening hours : 12:00-23:00



# Good plans

## **ESNcard.**

You need to pay for it but it is actually affordable and with this card, you can get discounts for a whole year all around Europe, not only for getting to Erasmus Student Network parties but that is more important for flights with Ryanair.

[https://esncard.org/fbclid=IwAR26DKt0xudJxuPSB88zutKtLdZ\\_ew8MODqwifW2DW7BmhuXHBbnUM3oSRQ](https://esncard.org/fbclid=IwAR26DKt0xudJxuPSB88zutKtLdZ_ew8MODqwifW2DW7BmhuXHBbnUM3oSRQ)

## **RAI ITALIA**

Website with Italian movies, series, documentaries, etc

[https://www.raisplay.it/?fbclid=IwAR1RVL1VFG7dUJB-u8YkrdiOHoWQ1e3Ha\\_mbAws4POPWjj7Yirn2BF3IVbl](https://www.raisplay.it/?fbclid=IwAR1RVL1VFG7dUJB-u8YkrdiOHoWQ1e3Ha_mbAws4POPWjj7Yirn2BF3IVbl)

## **Too Good to go.**

Nice application where you can buy food in your area even 50% cheaper. It's food from the shops/bakeries/restaurants etc, that is still good but for example, it can expire or get waste. So it's a nice option to try something new and keep the budget.

<https://toogoodtogo.it/it?fbclid=IwAR3dTdFPb7gp5mWJNciBcOVNZptD2OFj49zSKYhTSzJHSF7b-6z1I5cgitQ>

**The YoungERcard** - card for people who live, study and work in Emilia Romagna in age between 14-29, that makes you eligible to get discounts in many shops, bookshops, cafeterias, bars, cinemas, etc the whole region.

<https://www.youngercard.it/>

Discount card for Trenitalia, **Carta FRECCIA**, you are eligible for the discounts for Inter city trains from 30% -50%. This card is in digital version and subscription is for free. [https://www.trenitalia.com/it/cartafreccia/programma\\_cartafreccia.html](https://www.trenitalia.com/it/cartafreccia/programma_cartafreccia.html)

## CITIES **NEARBY** THAT YOU CAN VISIT

Information taken from <http://www.trenitalia.com/>

Transport: Train

**Ferrara** : 115 km / 1h20 minutes / 9.85 euro (You can also have access to the sea-side)

**Modena** : 34,9 km / 11 minutes / 3.05 euro

**Parma** : 32,2 km / 42 minutes / 3.05 euro

**Ravenna** : 151 km / 2h / 11.10 euro (You can also have access to the sea-side)

**Florence** : 108 km / 1:31h / 21 euro

**Venice** : 220 km / 2:26h / 17.35 euro

**Rimini** : 190 km / 1:33 h / 13 euro (You can also have access to the sea-side)

**Rome** : 430 km / 3:06h / prices from 32.90 euro



## ⊗ CELEBRATIONS

**1 of January** Capodanno (New Year)

**6 of January** Epifania (Epiphany)

**14 of February** San Valentino (Valentine's day)

**8 of March** Festa delle donne (International women's day) **25 of April** Festa della Liberazione (Freedom day)

**1st of May** Festa dei lavoratori (International labour day)

**2 of June** Festa della Repubblica

**4 of October** San Petronio

**1 of November** Ognissanti (All Saint's Day)



# Internet Access Points:

## **Free:**

EmiliaRomagnaWiFi : wifi access simple and doesn't need authentication, 24h every day  
Mapei Stadium, "Città del Tricolore"  
Chostro della Ghiara

## **Information** office:

Turismo Reggio Emilia, Via Farini, 1/A



10.

## EMERGENCY NUMBERS



- 112** Carabinieri (national police)
- 113** Local police (Also ambulance and fire)
- 115** Fire department
- 118** Medical emergencies



# 11. CONTACTS

BEATRICE CARRADORINI

ESC SUPPORT



b.carradorini@you-net.eu



+39 3348477269



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CELINA ORZECZOWSKA

TUTOR



c.orzechowska.erasmus@gmail.com



+39 380 260 8097



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## OUR SOCIAL MEDIA

[www.you-net.eu](http://www.you-net.eu)



[www.facebook.com/younet](http://www.facebook.com/younet)



[younetit](#)



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