



CTRL - M

Mapping a Mentoring Memory

23RD - 30TH OF NOVEMBER 2024

INFOPACK



ERASMUS+ PROGRAMME
KEY ACTION 1
- MOBILITY OF YOUTH WORKERS

ABOUT THE PROJECT

WHERE

NICOLOSI, Italy

WHEN

23rd - 30th of November 2024
(Travel days included)

WHO

28 participants (18+)
2 per Country

WHAT

100% food and accommodations costs are covered;
Travel costs are related to travel distance, [here](#) the link.

FROM WHERE

Denmark, Slovenia, Czechia, Spain, Estonia, Cyprus,
Hungary, Greece, Türkiye, Germany, Lithuania, Croatia,
North Macedonia, Italy



ABOUT THE PROJECT

CTRL - M

“CTRL M: mapping a Mentoring Memory” is a training course aimed at youth workers, youth leaders, facilitators or young people interested in the topic who work in the frame of voluntary activities within youth mobility programs for, such as European Solidarity Corps, EU Aid Volunteers etc., and want to get involved in mentoring, both in first person or by teaching other young people in their own organization and can become a point of reference for volunteers.

In drafting the project proposal, we wanted to emphasize the thematic areas that represent the keystones of the architecture of mentoring:

- volunteers and mentors personal development and wellbeing,
- wellbeing in the team,
- building personal resources and skills,
- implementation of self assessment activities using the values of the mentor and the volunteer as a tool.



ABOUT THE PROJECT

AIMS

- To create a method that can be replicated, reused and customized by organizations that host volunteers, considering the individual specificities of the human resources at stake.
- To empower youth workers and young people to take part in ESC projects.
- To create a network among Youth workers and to share good practices.
- To strengthen the network between youth organizations in Programme countries and partner countries under the Erasmus+ and ESC programme.



REACHING NICOLOSI

CATANIA AIRPORT

it is at the moment the best way because it is better connected with Nicolosi.

- Train from the Airport to Catania: 2,20€ <https://www.trenitalia.com/> There's a shuttle every 10 minutes from the airport to the station. Info <https://maps.app.goo.gl/a4NVaQDkS2wnGzRd7>
- To reach Nicolosi you first have to take a bus from the airport to the Central Station (Bus/railways), then another bus that brings you directly to Nicolosi. Here are the following detailed instructions: On leaving the airport, head towards the exit and go to the right to the "Arrivals" bus is called "ALIBUS" Buy a ticket (please remember to buy also a return ticket separately) at the vending machine area which is next to the Tourist Information Office.



REACHING MUSSOMELI

REACHING NICOLOSI

(If it does not work, please buy the ticket at the ticket counter on the left side of the "Arrivals") • The cost of the ticket is € 4. Departures are every 20 minutes. Journey time: about 30 minutes. Get off the bus on arrival to Catania Central Station.

- Leaving behind the Central Station, cross then the big square (Piazza Papa Giovanni XXIII) and head directly to the bus station, search then for the Azienda Siciliana Trasporti AST Company.
- You can buy a bus ticket directly on the Bus. <http://www.astsicilia.it/modalita-acquisto-biglietti-e-abbonamenti/>



REACHING MUSSOMELI

REACHING NICOLOSI

Once entering Nicolosi (journey time approximately 1 hour), please get off at Viale della Regione stop near "Il PalaGhiaccio" (Ice Shovel, ask to the driver). Reach Via Etnea at about 50 meters from the bus stop and go uphill for about 600 meters towards Mount Etna. The Biancaneve Hotel is located on Via Etnea at number 163.

- **CATANIA - NICOLOSI Timetable**

06:40 08:15 08:15 11:30 14:15 17:00

- **NICOLOSI -CATANIA CENTRAL STATION
Timetable**

08:00 12:20 15:35 17:30 17:40 18:30



ACCOMODATION

Biancaneve Hotel, a nice hotel is surrounded by picturesque pine trees situated in Nicolosi, a charming town at the slope of the Etna Volcano.

The hotel offers a wide range of services. It has a comfortable meeting room, breakfast room, bar and swimming pool. It has rooms with air conditioning, private bathroom, free WI-FI.

The whole structure, apart from some rooms, is at the disposal of the Training Course's participants. Beds are provided with sheets, while the bathrooms are provided with towels.

CHECK-IN TIME 3:30 PM

CHECK-OUT TIME: 11.00AM



MEALS: FOOD & DRINKS

All meals will be served in the Biancaneve Hotel.

BREAKFAST

Breakfast will be served as a buffet. It includes coffee, tea, milk, biscuits, cereals, yogurt, fruit, jams, croissants, etc. In Italy, breakfast is generally "light-ish" and very sweet-oriented but it offers salty foods too.

LUNCH

Lunches will be served in Biancaneve Hotel with a wide range of traditional Sicilian/Italian foods. Meals will always include mixed vegetables, salads, bread and fruit.

DINNER

Dinners will be served at the Biancaneve Hotel as well, with pretty much the same features of lunch.

WE WILL SERVE NON-ALCOHOLIC DRINKS



ADDITIONAL INFO

PERSONAL THINGS SUCH AS YOUR SLIPPERS OR FLIP-FLOPS, TOILETRIES ETC.

EVEN THOUGH WE ARE IN SICILY, NOVEMBER IT' NOT THAT WARM. BRING WINTER CLOTHES WITH YOU AND RAIN CLOTHES SINCE IT'S ALSO A RAINY MONTHS.

CONTACTS

- **EMAIL ADDRESS: INFO@STRAUSSAPS.EU**
- **PHONE NUMBER: +39 0934951144**

LOOKING FORWARD TO SEEING YOU ALL

STRAUSS TEAM

