



# FEMP PROJECT 2020-3-IT03-KA105-019772

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ONDAMIND

## Female Entrepreneurship Mindfulness Practice

**How to develop a  
conscious and creative  
mind**

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**CONNECT AND CREATE  
WITH OTHER YOUTH  
WORKERS**

**INFO PACK**  
**Training course for Youth Workers**  
**Hosting organization Ondamind**  
**Imperia, Italy**  
**22/05/2022 - 28/05/2022**





## INTRODUCTION

Dear participant,

We are glad to invite you and welcome you to be one of **24 participants representing 8 countries** on the Training Course “Female entrepreneurship and Mindfulness Practice”.

The training will take place in Diano Marina, Imperia at this Hotel:

Baia Bianca, Piazza Giuseppe Mazzini, 3, 18013 Diano Marina IM

<https://www.hotelbaiabianca.com/>

The Location is very close to the beach.

The course will be held from May 23rd to May 27th.

Arrival:

Start date Sunday 22nd at 7pm.

Departure date Saturday 28th after breakfast.

Are you ready to re-discover and transform yourself?

The purpose of this TC is to promote creativity and innovation for people who want to engage in entrepreneurship..

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**YOU**

**can not stop  
the waves.**

**BUT**

**you can learn  
how to surf!**





## **PROJECT DESCRIPTION AND OBJECTIVES**

The project 'FEMP - Female Entrepreneurship and Mindfulness Practice' **was developed with an aim to empower youth workers through a set of key skills in order to enhance their awareness and gain confidence to develop their entrepreneurial mindset.** It is integrated with the practice of mindfulness meditation that guarantees to deepen and re-discover oneself's thoughts, bodily sensation and personal motivation.

The main activity is the training course tackling the development of entrepreneurial and meditation skills, which will take place in Italy.

The main objective of this project is to equip participants of the TC to **become conscious and effective agents of change in their contexts and to raise awareness on the importance of women's employment, equal opportunities and well-being in the light of the changing European society.**

The project relates to the goals of the Erasmus+ programme in terms of improving the level of key competences and skills of young people as well as promoting their active citizenship, intercultural dialogue, social inclusion and solidarity. The impact of the project shall be seen in strengthened knowledge, skills and competences of young people, their personal development and their improved employability in the labour market. Its long-term outcomes will underline the importance of youth work and international cooperation in terms of developing a European culture of peace, tolerance and mutual understanding.





## PROJECT DESCRIPTION AND OBJECTIVES

The objectives of the project are:

To enhance youth workers' competences to support their motivation and capacity to implement innovative youth work as well as to improve their opportunities for employment

To boost both youth workers' soft skills and entrepreneurial skills

To provide youth workers with creative and innovative curricula, as well as with new tools and methods for delivering entrepreneurship education to young girls and women

To increase capacity to trigger changes in terms of modernization of youth work through enhancement of international cooperation of the consortium

To promote entrepreneurship, women entrepreneurship and mindfulness meditation

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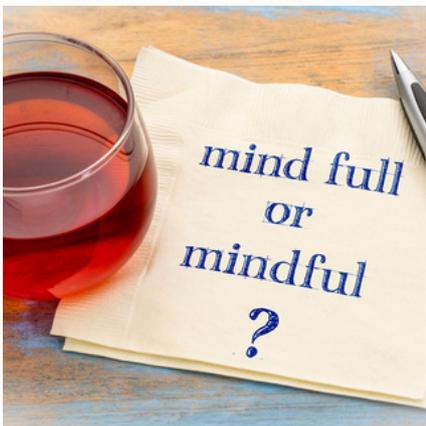
**Whatever you  
like, with  
mindfulness  
there is more  
taste**



# ONDAMIND

## Who Are we?

Ondamind means mindfulness and social change. We are a young non-profit which creates social projects and wants to spread mindfulness practices.



Ondamind aims to improve the processes that make us live with a clear mind. To address the challenges of the present political and socio-economic context, our goal is to build resilience and change based on awareness and empathy. We work on: social inclusion, climate change, well-being, equal opportunities.

We believe in mindfulness as the attitude that nourishes the 'way of being', unties us from autopilot in our life and connects us to an international and intercultural movement.

We listen in an active and non-judgmental way to understand and create fluid and transparent relationships, we are open to new experiences and collaborations.





## PARTNERS AND REIMBURSEMENT PER COUNTRY

Country	Reimbursement per participant
Romania	275,00 eur
Italy	180,00 eur
Portugal	275,00 eur
Greece	275,00 eur
France	275,00 eur
North Macedonia	275,00 eur
Poland	275,00 eur
Croatia	275,00 eur

There is no participation fee for the training. Food, accommodation and the training event is covered by the Erasmus+ programme. Regarding travel costs there is a fixed amount to be reimbursed for each country which is for both arrival and departure.

PLEASE, BE SURE YOU TAKE ALL THE TICKETS/BILLS WITH YOU FOR THE TRAVEL REIMBURSEMENT!!! WITHOUT ORIGINALS WE WILL NOT BE ABLE TO REIMBURSE.

Please note, taxi costs will be accepted for reimbursement in case you make sure you receive a bill from taxi.

For travel expenses, we reimburse the full amount through bank transfer after receiving all of the travel documents.





## Travel Information

Regarding Covid-19

<https://www.governo.it/en/covid-19-travel-information>

### How to get to the Hotel

Closest airports:

Nice (France) 102 km

Genoa (Italy) 105 km

Milan (Italy) 236 km

In order to find the best solution from the airport to the Hotel :)

by Train

<https://www.trenitalia.com/en.html>

by bus

<https://global.flixbus.com/>

Eventually, Ondamind is available to manage to pick the participants up at the airports





## PARTICIPANTS' PROFILE

The planned project activity is intended for **youth workers, trainers, educators, project managers and coordinators in youth organisations** who are interested in developing **their entrepreneurial skills** and who identify this as a crucial need for their professional development and quality of their work in the youth sector.

The group will consist of altogether **24 participants**, which means that **each partner organisation is expected to send 3 highly motivated individuals**, intensely involved in youth work in their respective local community/organisation, possibly people with a professional network and a willingness to collaborate in the dissemination of project results after the main project activity. The participants are expected to participate full-time in all the phases of the project, meaning the preparatory phase, the activity phase and the follow-up phase.

**Inclusion** The project welcomes participants with fewer opportunities in terms of geographical, economic and social obstacles. Since the beginning of the preparation of the project application, we ask our partners to send us profiles of the youth workers from their organizations interested to participate in training course.

# Additional information

## WEATHER:

**Imperia is known for having the best climate in the whole country of Italy.** Weather in May mainly is nice. Around 20 degrees Celsius or higher. Yes: bring your swim suit! However, it may be windy and please do have something warmer in case it gets cold.

## PRICES

Here are some examples of local prices:

One coffee at a coffee shop costs 0.80-1.50 €.

One juice in a pub cost 3 €.

One cake in a patisserie cost 2 €.

Two breads in a bakery cost 1 €.

Famous local street foods like focaccia, pizza, ice-cream 3 €.

In Italy tips are very appreciated but not compulsory, specially in the day time and when you sit in average places. Please note that if you sit at the table you may be charged of 1-1.5 € for the service.

## Credit Cards

All major credit cards, such as American Express, Visa and MasterCard are widely accepted in hotels, restaurants, and shops. When you are visiting bars and pubs, first check if they accept credit cards.

## Drinking Water

Tap water is excellent and safe to drink.

## Important phone numbers and Covid-19 tests price:

Police: 112

Fire service: 193

Medical emergency: 115

Rapid Covid-19 Test: 25-30 €.

Molecular Covid-19 PCR Test 100-120 €.





**WE ARE LOOKING FORWARD TO  
MEETING YOU IN IMPERIA!!!**

