

# INFOPACK

“Taking Rights-Taking  
Responsibilities”

From 14th to 21st of  
October 2013

**Join TDM 2000 on the Training Course  
“Taking Rights – Taking Responsibilities”**

## About us

TDM 2000 is a non-governmental organization situated in Cagliari, Sardinia, Italy. We involve and coordinate young people willing to cooperate and work in the voluntary sector, we support them developing their personal and professional skills. The main themes that we face are Human Rights Education, Non Formal Education, Active Citizenship, International Cooperation and Local Development. Mainly we work on Youth in Action programme, furthermore we are Hosting, Sending and Coordinating organization for the European Voluntary Service. We are involved also in Leonardo Da Vinci programme and we are part of the Anna Lindh Foundation network, even important TDM 2000 is member of the TDM 2000 International network with 22 associations from all around Europe.



## SUMMARY

The Training Course “Taking Rights – Taking Responsibilities” will be held in Sardinia, an island and one of the biggest region of Italy, it will gather together 30 Youth Workers and Youngsters from 10 different countries from European Union and South Estearn Europe (Italy, Albania, Kosovo, Poland, Latvia, Serbia, Romania, Montenegro, Macedonia and Estonia). The aim of this project is to raise awareness and enable participants to reflect about European citizenship and identity, discover the key values and concepts such as Human Rights, Responsibilities, Participation in the development of democracy and respect for cultural diversity, all related with it. It will be the possibility to create open debates about common issues concerning European Citizenship and Active Participation, sharing experiences and knowledge through the use of non formal education methods. Furthermore, it will be the opportunity for the Young paritcipants to discover intercultural differences, similarities and values thanks to the intercultural learning process and the international environment.

# TIPS AND TRIP



Cagliari has the Elmas airport which has connection from all over Italy and Europe, we remember you to reserve your flight in the days of the project, so arrival on the 14<sup>th</sup> October and departure 21<sup>st</sup> October, only in extreme cases you can reserve it in different days but **always consulting us before**. To find your flight we suggest you to use those useful websites:

- [www.skyscanner.com](http://www.skyscanner.com)
- [www.ryanair.com](http://www.ryanair.com)
- [www.alitalia.com](http://www.alitalia.com)
- [www.dohop.com](http://www.dohop.com)
- [www.easyjet.com](http://www.easyjet.com)

Once you will arrive in Cagliari Airport you can catch 2 different means of transports, the bus "ARST" and the brand new train, both will bring you in the center of the city in Matteotti square.



About the Bus, it pass each half hour and it costs 4 euros each way here you can find the timetable:

160 CAGLIARI-AEROPORTO ELMAS		1	3	5	7	9	11	13	15	17	19	21	23	25	27	29	31
km	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR
8,0	CAGLIARI (STAZ.ARST)	05:20	06:10	07:10	08:10	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30
8,0	AEROPORTO ELMAS (PARTENZE)	05:30	06:20	07:20	08:20	09:10	09:40	10:10	10:40	11:10	11:40	12:10	12:40	13:10	13:40	14:10	14:40
Km. per corsa		8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0

\* = Coinc. aereo in partenza per RM h 6.45 e MI h 7.00

160 CAGLIARI-AEROPORTO ELMAS		33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63
km	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR
8,0	CAGLIARI (STAZ.ARST)	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
8,0	AEROPORTO ELMAS (PARTENZE)	15:10	15:40	16:10	16:40	17:10	17:40	18:10	18:40	19:10	19:40	20:10	20:40	21:10	21:40	22:10	22:40
Km. per corsa		8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0

160 CAGLIARI-AEROPORTO ELMAS		2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
km	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR
8,0	AEROPORTO ELMAS (PARTENZE)	00:01	00:30	07:25	08:45	09:15	09:45	10:15	10:45	11:15	11:45	12:15	12:45	13:15	13:45	14:15	14:45
8,0	CAGLIARI (STAZ.ARST)	00:11	00:40	07:35	08:55	09:25	09:55	10:25	10:55	11:25	11:55	12:25	12:55	13:25	13:55	14:25	14:55
Km. per corsa		8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0

: = (GIO4) CORSA GIORNALIERA DAL 1/6 AL 30/9

160 CAGLIARI-AEROPORTO ELMAS		34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
km	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR	GIOR
8,0	AEROPORTO ELMAS (PARTENZE)	15:15	15:45	16:15	16:45	17:15	17:45	18:15	18:45	19:15	19:45	20:15	20:45	21:15	21:45	22:15	22:45	23:15
8,0	CAGLIARI (STAZ.ARST)	15:25	15:55	16:25	16:55	17:25	17:55	18:25	18:55	19:25	19:55	20:25	20:55	21:25	21:55	22:25	22:55	23:25
Km. per corsa		8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0	8,0

§ = Attende ultimo aereo in arrivo



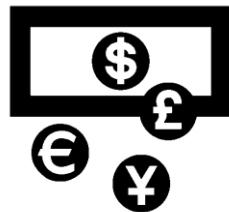


**About the train, we really suggest you to take the train because it's new and really cheap, it costs only 1,25€ per way. You will find one each 10 minutes that will take you to the center as we've mentioned above.**



**About taxi we suggest you to don't catch it because it's expensive. Moreover, it will not be reimbursed, only in extreme cases when you arrive during the night (1:00, 2:00, 3:00,4:00 a.m) It costs about 18/20 euros to reach the center of the city.**

## **EXCHANGE CURRENCY**



**If you have to change your money we suggest you to do it before to come in Cagliari, because in Cagliari we don't have exchange currency offices, so you can change your money only by ATM or Bank that will follow this timetable:**

**From 8:20 to 13:20 in the morning and from 14:20 to 16:30 in the afternoon only until Fryday, the other days Saturday and Sunday it are closed.**

## THE VENUE

The Hotel is Istellas situated on the shores of Lake Flumendosa, in a natural and peaceful surrounding. The quality of services and excellent location make it an ideal destination not only for holidays, but also for meetings and business meetings. The stunning view of Lake Flumendosa inevitably contributes to a pleasant stay. It has 20 rooms immersed in the green of a unique nature and offers a cozy and tastefully furnished, able to combine the best features with modern comforts. In the rooms, all equipped with air conditioning, TV and telephone, the service is always excellent and attentive, **ALL THE ROOMS WILL BE MADE MIXING THE NATIONALITIES OF THE PARTICIPANTS!!** To reach the venue will be organized a transport from Cagliari and we will give you more information about it upon we will know all your arrival hour.



## WHAT TO BRING and WHETHER



In Sardinia during October it starts to be a little bit cold and chilly, the average temperature is about 19° C, so bring with you warm clothes such as Jacket, Sweatshirts, Sweaters, Jeans and others. We suggest you also to bring with you



**personal towels and flip-flops for your personal hygiene. Remember also to bring your SMILE**

## **METHODOLOGY**

**The whole Training Course is focused and based on non formal and informal education methods. The workshops will be characterized by brainstorming, open debates, group work, team building activities, quiz, theatre, role playing and many others. The project is fully based around the principle of learning-by-doing. Participants will complete a series of exercises designed to discover the answers by themselves and then put into practice what they've learnt. Furthermore, each step will bring the participants into the main topic of the TC such as Human Rights and Active Citizenship through the use of interactive sessions and collaborative work. Deepen the interested topics the participants will be engaged in peer-reviews and discussion groups.**



## **INTERCULTURAL EVENING**

**Do you know Intercultural Evening? During the week there will be a wonderful moment where you will have the opportunity to present your country and know the others cultures. So, if you want you can bring food, costumes, music, dance and remember your flag. This will be one of the most important moments to share the taste, the peculiarities, the music and your typical dance and know others from all over Europe.**

