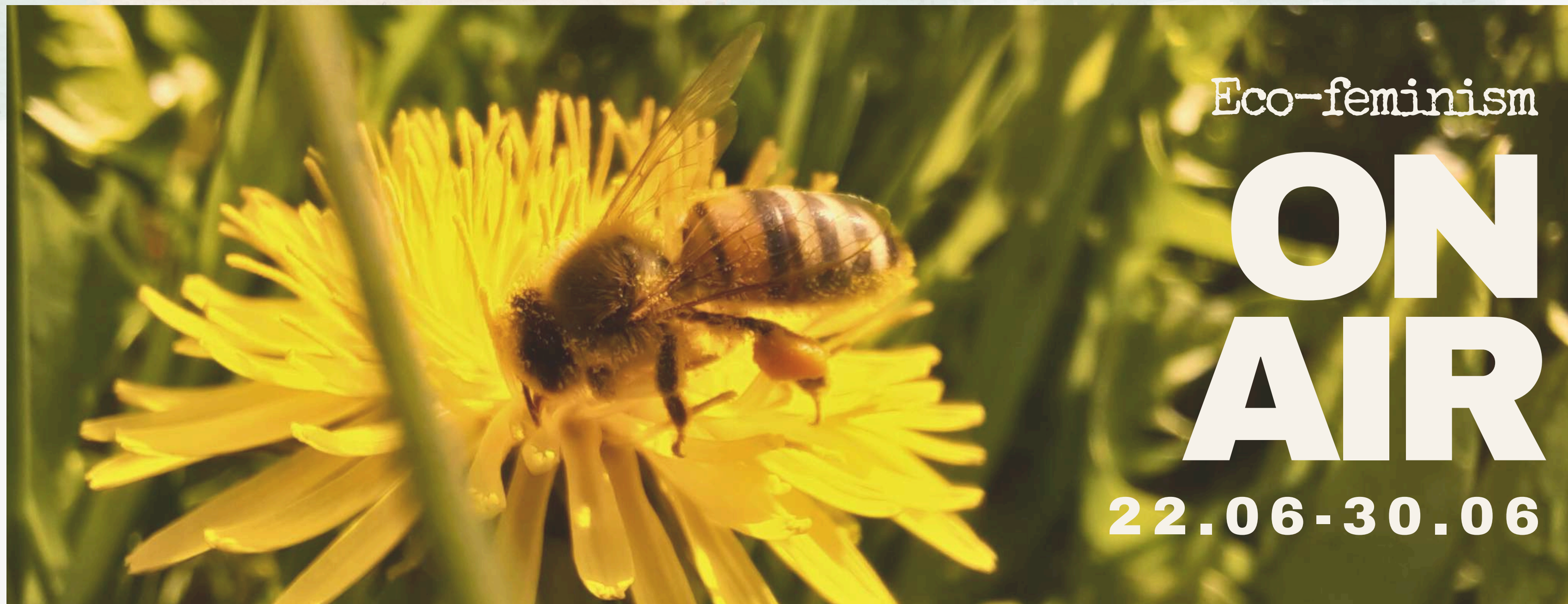




Altradimora |
2025



Co-funded by
the European Union



Eco-feminism

ON AIR

22.06-30.06

NAME OF THE PROJECT:
On Air

BY:
altradimora | erasmus + training course

AT:
Altradimora | Caranzano, Italy



SUMMARY

1.

On Air

Erasmus + Training course
by Altradimora

2.

22.06 - 30.06

Including travel days

3.

3

Participants x country

4.

Italy Spain Slovenia
Romania Bulgaria

Participating countries



ON AIR

ARE YOU INTERESTED...?

... ABOUT ECO-FEMINISM, HAVE YOU HEARD ABOUT IT?

... TO FIGHT AGAINST MEN VIOLENCE TOWARDS WOMEN?

... TO TAKE ACTION AS A YOUTH WORKER?



Body expression



Sexism in media and social media



Gender stereotypes, prejudice, discrimination



The relationship between human and nature and ecofeminist practices



Empower our political voices by empowering our bodies

If you are interested in any of these key questions, keep reading this information pack and maybe you would like to participate.



ON AIR

PARTICIPANT PROFILE

To apply click here

● RESIDENT IN ITALY, SPAIN, SLOVENIA, ROMANIA, BULGARIA

● ABLE TO WORK AND COMMUNICATE IN ENGLISH

● YOUTH WORKER, ACTIVIST, POLITICIAN, TEACHERS

- Ready to participate in an intercultural environment and challenge yourself by working in a HIGH-INTENSITY program
- Highly motivated and ready to put into practice your knowledge, during the implementation period in your city with your team, organization, friends ...
- Participant that is already familiar with feminism. This way we can explore feminism deeper.
- Ready to take part on daily housework shifts. We will take care of the space where we will live together.



ABOUT “ON AIR”

- OUR BODIES: ANATOMY OF THE OPPRESSION AND HOW TO GET FREE FROM CULTURAL CHAINS;
- EXPERT ON TOPICS WILL FEED US WITH KNOLEDGES AND EXPERIENCES THAT WILL HELP TO ELABORATE OUR WORKS;
- LEARN TO PLAN A RADIO BROADCAST AND UNDERSTAND THE IMPACT THEY HAVE ON LISTENERS.

The conditions in which we live allowed violence against women spread. Patriarchalism and sexism are the results of the power dynamic.

The project aims are to:

lead youth workers to rethink their collective image of man and woman, from the mass media to the work environment;
to explore mechanisms in which culture affects people's subjective universe;
raise awareness how gender stereotypes impact society and culture.



PROGRAM TOPICS

The planned program covers the following topics:

- The concept of ecofeminism / The concept of patriarchy
- The forms of violence against women/ Women's bodies: beliefs and taboos
- History of ecofeminism and women’s rights movement
- Language and communication in podcast and radio
- Sexism in media and social media
- Nonviolence: words and actions
- Secularity: what is it?
- The importance of recording our voices and spread them with the world
- The debate about free choice



WHO ARE WE?

ALTRADIMORA



MONICA LANFRANCO

TRAINER



ALESSANDRA LANIVI

TRAINER



PETER NICOLOSI

FACILITATOR

Since 2009 there is a special place in southern Piedmont, in the hills, 8 km from Acqui Terme. It is called Altradimora. It's a house project and workshop open to those who work for the change between women and men. The place is designed by Monica Lanfranco, feminist, journalist, writer and educator on gender equality and conflict. (www.monicalanfranco.it). In Altradimora, we create and offer moments of community with a feminist vision, (also open to men).

The place has a name that evokes warmth. Altradimora is a place where you can stop for a day or two, where you can rest, offer a seminar and participate in meetings of feminist knowledge, workshops taking place since 2009. Altradimora is primarily a place for encounters, meetings, seminars, and events, trying to recover the spirit of sharing and self-management was lost and in vogue in the '70s, proposing topics for study and discussion with a feminist perspective.



ON AIR



MONICA LANFRANCO:

Monica is a journalist, blogger, and trainer. She founded the feminist journal MAREA and runs a blog on “il Fatto Quotidiano”, on micromega.net, and founded the web podcast www.radiodelledonne.org. She collaborates with the European network 'Women in decision making and since 2008 she has been managing training for groups in Altradimora: activities aimed at youth workers, institutions public and private: public administration, trade unions, local health units, schools, including teachers and students. She taught Theory and Technique of New Media at the University of Parma and holds seminars on the gender gap within the courses funded by the Ministry of Education and equal opportunities.



PETER NICOLOSI:

Youth leader, trainer and activist. He coordinated numerous E+ and youth projects in the local community, on topics such as theater, environmental care, gender equality and games for inclusion. In 2019 EVS volunteer and then volunteers coordinator in Sighisoara, Romania. He speaks 4 languages and people usually love his sunshine and his captivating charisma and energy. He can be quite serious.



ALESSANDRA LANIVI:

She graduated in philosophy, with a focus in philosophy of art, and is a teacher for students with learning disorders. Feminist and LGBT activist. Currently she is training to become an anti-violence center operator.

SOME OF OUR METHODS

WHAT TO EXPECT

THE TRAINING IS DESIGNED IN A VERY INTERACTIVE AND EXPERIENTIAL WAY, AIMING AT OFFERING A LOT OF PRACTICE IN VARIOUS CONTEXTS AND SETTINGS.

Interactive videos lecture and group work - held by experts on the topic invited from different parts of the country.

Discussions - Open discussion on given theoretical concepts are there to provide space for participants to bring their own context and opinions.

Home groups - regular reflection groups that support participants in everyday reflection on their learning.

ARRIVING

TEAM
BUILDING

ECO FEMINISM
AND
WOMEN RIGHTS

MEDIA
AND
STEREOTYPES

LANGUAGE
AND
INCLUSION

INTE
GRATION

REFLECTION
AND
DISSEMINATION

CONCLUSION
AND
CELEBRATIONS

GOOD
BYE!



DISSEMINATION

PHISICAL DISSEMINATION

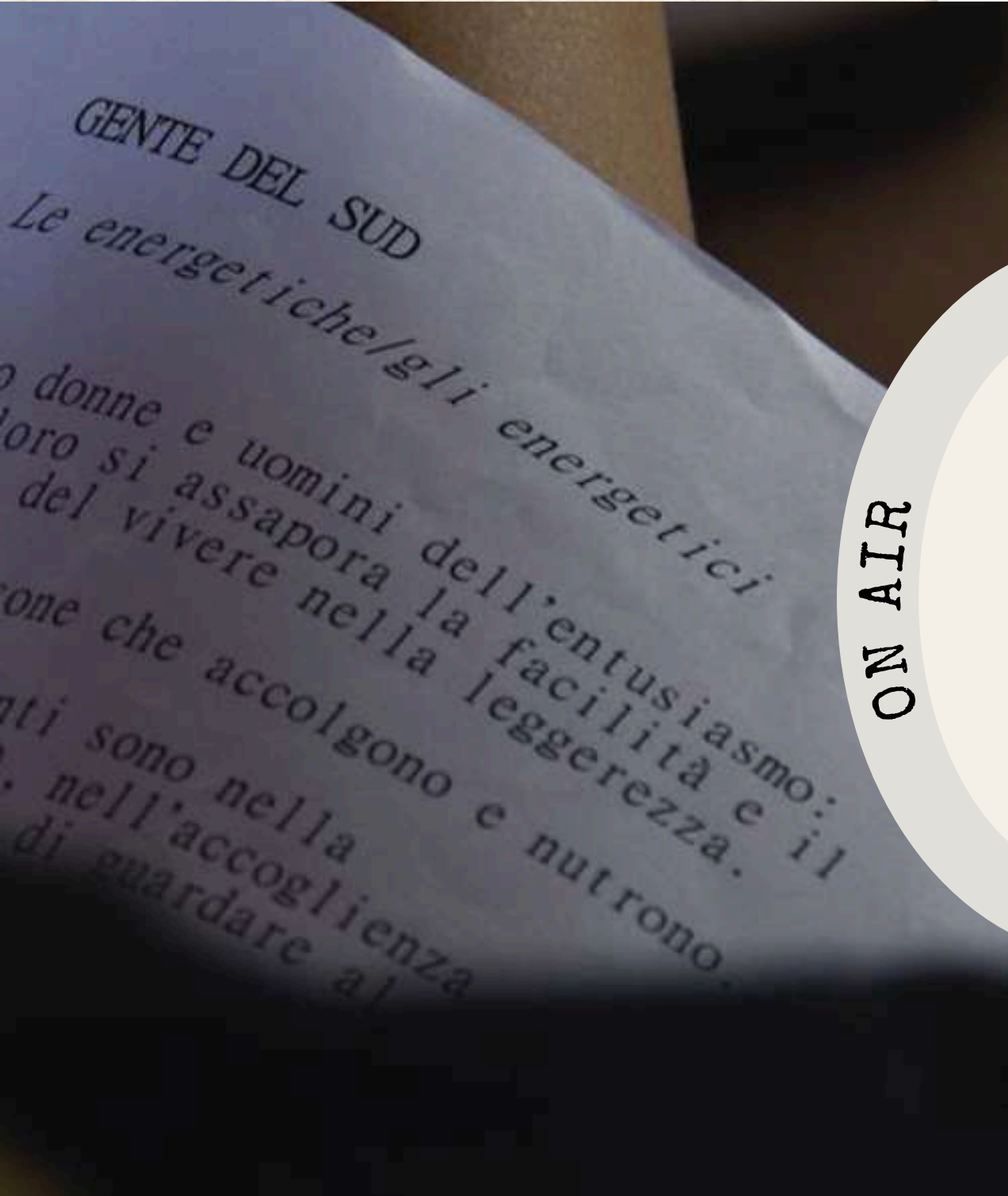
Organize an event/ workshop/ meeting in presence. Let’s always remember the importance of our bodies!

DIGITAL DISSEMINATION

Share the projects results (pictures, video..) in your social media.

We believe that DISSEMINATION is the most important phase of the project.

Through the DISSEMINATION each participant will spread the knowledges he/she got in the mobility and share it with people in their community, with the goal of creating awareness about Erasmus+ objectives and values.



TIMELINE

PREPARATION PHASE:

Selection of participants, connecting with your national team, learning goals, planning within national groups.

till 21st JUNE



TODAY

Apply now!



22nd JUNE

Arrival day



**7 DAYS
OF
MOBILITY**



30th JUNE

Departure day



1st JULY.- 31st AUG.

IMPLEMENTATION AND FOLLOW UP:

After the TC, each participant implements their learning on the local level - organizes a follow-up activity + shares outcomes of it, within 2 months after the youth exchange



EVALUATION AND CLOSING:

Online evaluation of the impact of the TC, 2 months after the TC.

If you decide to apply for this project, keep in mind that you are committing yourself to all phases.

WHERE? CARANZANO, ITALY

- THE NEAREST SHOP AND ATM IS 10 KM FROM THE VENUE.
- NO WIFI. INTERNET CONNECTION OUTSIDE THE VENUE, WITH A NICE WALK
- THE MEALS WILL BE VEGETARIAN.

During the program, you will live together with other participants in Altradimora. The accommodation is situated in Caranzano, in the province of Alessandria, in the area named Monferrato, UNESCO heritage surrounded by beautiful grapeyards.

In the accommodation you will be sharing rooms in smaller groups. We will have meals 3 times a day prepared by our cooks; smaller coffee breaks will be available during the day.

We will be the only group there. We want to bring sustainability into our minds when being there you will be taking part in light housework such as daily cleaning, dish washing, etc. These tasks are part of a life learning process in a group environment.



ON AIR

WHEN TO GET THERE?

- ARRIVAL: SUNDAY 22ND OF JUNE
- PROGRAMMED DAYS: 23-29 OF JUNE
- DEPARTURE: MONDAY 30TH OF JUNE

You are allowed to arrive or depart max. 2 days before OR 2 days after the activity. In case you decide to use that extra time, keep in mind that it will not be supported with food or accommodation. Should your stay be longer than 2 days, we will not reimburse part of your travel costs.



ON AIR

HOW TO GET THERE?

WE SUGGEST THESE AIRPORTS :

- MILAN MALPENSA
- OR
- BERGAMO ORIO AL SERIO

The transfer from airports to Milano Centrale station could be by bus (from Bergamo) or also by train (from Malpensa). We will help you to choose which one is better for you!

From Milano Centrale to the venue, all the participants will travel TOGETHER with a private bus at 18.30 on the 22nd of june (arrival day).

From the Venue to Milano Centrale all the PARTICIPANTS Will travel together on the same private bus at 5.30 on the 30th of june. (Departure day)

Warning: The travel with the private bus will take approximately 2 hours. If you miss the private bus you will need to reach the destinations at your own EXPENSES

FOR SLOVENIAN PARTICIPANTS:

Green travel is mandatory!

- Train and/or bus
till Milan Central train station
- Car (you + at least 1 participant more)
till Accommodation



WHAT TO BRING?

- APPROPRIATE SHOES FOR WALKS AND OUTSIDE ACTIVITIES
- AN OBJECT THAT REPRESENT YOU
- COMFORTABLE HOME CLOTHES

SNACKS, which you would like to share or eat by yourself

FLIP-FLOPS AND TOWEL, for the venue and shower.....

1-3 MIN SHORT PRESENTATION OF FEMINISM IN YOUR COUNTRY THROUGHOUT TIMES

WEATHER? [click here for the weather prediction.](#)

Please prepare well before coming, we want you to feel comfortable and stay healthy. As the saying goes:

“There’s no such thing as bad weather, only bad clothes.”



CONTRIBUTION AND REIMBURSEMENT

The project is co-funded through the Erasmus+ program, thus accommodation, food, materials, the program, and the travel costs up to the maximum allowed amount are fully covered.

As a form of commitment and contribution we are asking to each participant a participation fee from 25€ TO 50€, according to your possibilities, that you can pay CASH at your arrival. This contribution is mandatory and it's not impacted by travelling costs and reimbursement.

Keep in mind that 50 euros per person has already been subtracted for the BUS COST from Milan - Caranzano and back.

In this way, you will have no extra cost for Milan-Caranzano-Milan.



Co-funded by
the European Union



ON AIR

TRAVEL COST LIMITS:

Italy: 235€

Romania: 259€

Spain: 259€

Bulgaria: 259€

Slovenia: 367€ (green travel)

CONDITIONS OF REIMBURSEMENT

According to the rules of the Erasmus+ program, you can get your travel costs reimbursed up to the amount stated before. If your travel costs are lower or the same as this amount, you get reimbursement of 100 % of your travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. That's why we recommend booking your tickets as soon as you receive the confirmation letter since they are often much cheaper when bought in advance.

To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes, and invoices (originals). **ONLY** if you have the travel tickets, boarding passes, and invoices we can reimburse your travel cost.

The reimbursement is done usually approx. 2 -3 months after the project, once you send us the originals of the tickets and took part in all the phases of the project including **DISSEMINATION**

We will only reimburse your travel costs if you participate in the whole youth exchange, the follow-up, and the evaluation after the project.



ON AIR

PARTNER ORGANISATIONS

- Italy - Altradimora - altradimora@gmail.com
- Spain - Ayuntamiento de Altea - europa@altea.es
- Slovenia - Zdruzenje Univerzitetnih Izobrazenk Slovenije - teja.rot@gmail.com
- Romania - Innovation Education Lab - innedulab@gmail.com
- Bulgaria - Youth for Development and Sustainable Goals - ydsbgbg@gmail.com



APPLICATION AND SELECTION

● 3 PARTICIPANTS PER COUNTRY

If you want to participate, fill in the online application form. There is no application deadline, we will select relevant applicants on the go. We will assess your application and inform you, within two weeks of your application, whether you are selected as a participant.

We ask you to fill in the application only if you are fully committed and available to participate in all the phases of the training program.

Selection is done based on the profile and motivation of applicants. We recommend you fill in the application form carefully. We can eventually ask for a video interview or a motivational video.



MEDICINE, ALLERGIES AND OTHER NEEDS

Food Allergies

All the diet needs have to be announced in the application form, indicating what you cannot eat during all mobility days. We will not be able to provide a special meal for you if you inform us while the meal is being served.

If you have **medical needs** or you get easily sick, we recommend you take with you the medicine you would need for the duration of the project. As our location is going to be a little bit remote, **we may not have quick access to the medicine** you need. As well, the doctor and hospital are **30min from the venue**. Take this into consideration.

ON AIR





Altradimora

CONTACT

Altradimora



Altradimora – Officina dei saperi femministi



altradimora.projects@gmail.com

Project coordinator and contact person: **Giacomo Riccucci**



Website: <https://altradimora.eu>

This project is cofunded by the Erasmus+ programme of the European Union.



Co-funded by
the European Union