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Erasmus+ Programme
of the European Union



Municipality
Of Mommanno

EuRYD

European Rural Young Development

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changing live, opening mind

Erasmus+

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Final publication of the Eu.R.Y.D. project “European Rural Young Development” co-funded by the Erasmus+ Programme of the European Union – Key Action 1 “Mobility of individuals” and the Municipality of Mormanno.

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What is EuRYD project?

The "Eu.R.Y.D" project (European Rural Young Development) is a bilateral **Youth Exchange** between the Municipality of Mormanno (Italy) and the Association Instytut Współpracy Regionalnej (Poland).

The project is co-funded by the Erasmus+ Programme of European Union (Key Action 1: Learning Mobility of Individuals) and the Municipality of Mormanno.

The activities took place in Mormanno and in the territory of the Pollino National Park from 18 to 24 August 2016 and they involved 30 participants – 15 Italian and 15 Polish – from 16 to 26 years old and 4 group leaders. English was the language of the exchange.

Partnership

The Coordinator

The Municipality of Mormanno, located in the Province of Cosenza (Calabria Region, Southern Italy), is a mountain town with about 3.100 inhabitants in the Pollino National Park.

The Park was founded in 1988 and it is



between the two Regions of Calabria and Basilicata, representing the largest nature reserve in Italy and one of the largest in Europe.

The Eu.R.Y.D. project gets in different actions of the Local Administration in order to enhance and promote the natural and cultural resources of the territory linked to belonging to a nature reserve and a rural area:

- sporting and green tourism;
- multifunctional agriculture;
- diversification of rural economy;
- recovery of local crops that contribute to protection of the biodiversity of the territory.

The Sending Organization

The Foundation Instytut Współpracy Regionalnej of Antoniów–Poczta Mykanów, located in the Province of Silesia (Southern Poland), is a no profit organization whose objectives are to:

- promote and facilitate the training development of the



- young people;
- encourage the daily sporting practice as an healthy lifestyle;
- support local initiatives and projects for the young people about the sustainable development and their participation to democratic life;
- coordinate training activities in the field of creativity and entrepreneurship.

Objectives

The **main topic** of the exchange is "Living and working in the natural and rural areas" to stimulate the awareness of strengths, weaknesses, opportunities and threats linked to the development of rural areas and to the wealth of the territory. The young people motivation was connected to their interest in creating an alternative to the drain from their own territory.

The **objective** of the project is to facilitate the **sense of identity** of the

young people towards their own territory in order to increase the economic and social attractiveness.

Through a path of rediscovery and knowledge of resources and professional opportunities linked to the rural development, participants were stimulated to take on an active role in the process of the local development.

The Eu.R.Y.D. project further aimed at to:

- facilitate the opportunities of dialogue and transnational exchange encouraging the european citizenship and reflect on the development of territories;
- promote the sustainable sports that can be played in a National Park fostering the respect for a natural environment;
- stimulate a business start up in one's own territory through a positive and innovative approach to the rural world.

What is Erasmus+?

Erasmus+ is the EU Programme in the fields of education, training, youth and sport for the period 2014-2020. The field of youth concerns non-formal and informal learning. The **Key Action 1 – Mobility of Individuals** supports mobility of learners and staff (students, trainees, young people and volunteers, professors, teachers, trainers, youth workers) to undertake a learning and/or professional experience in another country.

Youth Exchanges

Youth Exchanges are based on a transnational cooperation between two or more participating organisations from different countries within and outside the European Union. Youth Exchanges allow groups of young people (from 13 to 30 years old) from different countries to meet and live together for up to 21 days. During a Youth Exchange, participants jointly carry out a work programme (a mix of workshops, exercises, debates, role-plays, simulations, outdoor activities, etc.) designed and prepared by them before the Exchange.

Youth Exchanges allow young people to:

- develop competences;
- become aware of socially relevant topics/thematic areas;
- discover new cultures, habits and life-styles, mainly through peer-learning;
- strengthen values like solidarity, democracy, friendship, etc.

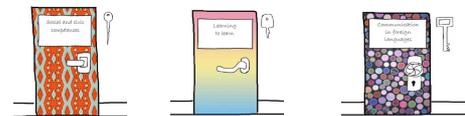
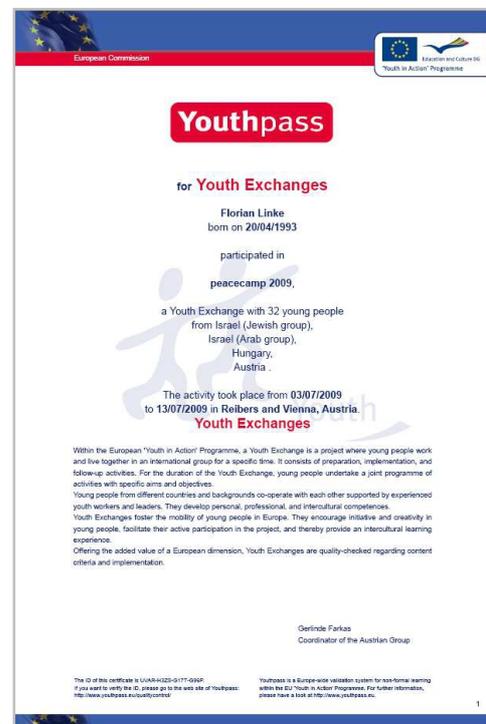
The learning process is triggered by methods of non-formal education.

Youthpass and EuRYD Learning Outcomes

The "Eu.R.Y.D" project represented for the young participants an opportunity of individual and social growth and intercultural dialogue.

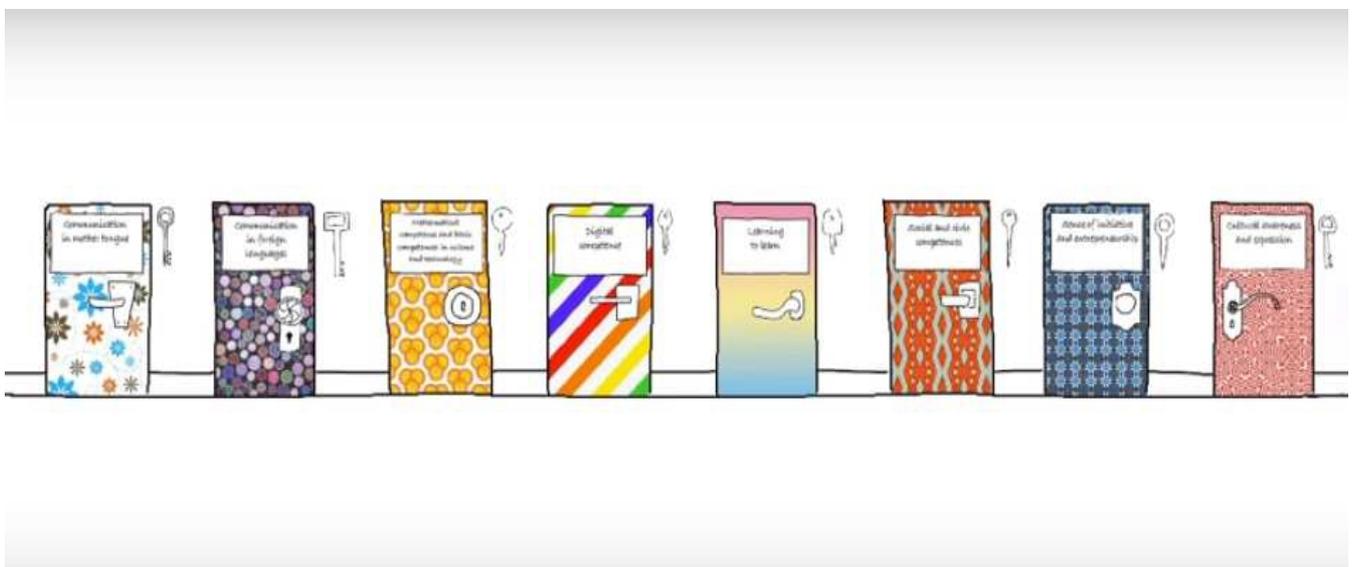
The **key competences** and skills acquired during the project were certified by the **Youthpass**, the European certificate based on the European key competences framework and issued to all participants of approved projects of Erasmus+ Youth in Action.

The Erasmus+ Programme supports the recognition of non-formal and informal learning ("learning by doing") and the Eu.R.Y.D. project contributed mainly to the set out **three** of the eight European key competences:



❖ Communication in foreign languages

English was the language of the exchange, so that the young participants had to express their ideas, opinions, feelings, needs, facts by listening, speaking, writing and reading (four dimensions) in a foreign language. The multicultural contest challenged the ability of the young participants to understand each other, to be open for others cultures, habits and realities.



❖ Learning to learn

All activities stimulated the capacity of the young participants to learn independently and in group, to be able to organize and manage their own learning through the optimal use of time, information and learning opportunities and to know how to increase their own motivation and self confidence.

They further tested their capacity to be able to apply achieved competences and experiences in one's personal, professional and social life.

❖ Social and civic competence

All activities encouraged teamwork,

solidarity, fair play and respect of the rules and they promoted tolerance, acceptance of diversity in a multicultural context.

The activities stimulated the ability to interpret the territory as a common good and as resource to be enhanced through their own talents and participating in social and civic life.

The project stimulated the participants to get involved in the environmental common good protection with others in order to the development of their own community, to understanding of cohesion and solidarity inside the community.

Official Opening of Exchange – Public Meeting with citizens, the Mayor of Municipality of Mormanno, Guglielmo Armentano, and the Municipal Administration



The Activities

The seven days activity programme envisaged a **mix** of reflection sessions, role-plays, best practices, outdoor activities and a photo contest concluded with the realization of an exhibition.

Each activity contributed to the achievement of the objectives of the project by way of the participants gained specific knowledge, skills and attitudes.

The **work methods** were different: group facilitation techniques and methodologies like ice breakers, focus group, brainstorming, problem solving, analysis of objectives and SWOT analysis.

❖ Role-plays, studies and videos

These activities contributed to:



"Let's present! The introducing circle"

- create a positive environment for the exchange experience;
- encourage team spirit and problem solving;
- compare perceptions, visions and experiences of one's belonging territories.



Quiz game & Crossword puzzle



**Role-plays about Cooperation and
Resources Management
&
Observation of the Environment**



"Where do we live? Our places and their beauties"

Presentation of a video about their own natural territories by two groups

❖ Sport activities

The sports activities included Kayaking, Country Archery, Orienteering and Volleyball.

These activities contributed to:

- rediscover the beauties and potentialities of the territory and its natural habitats;

- facilitate the spread of main values of sport (team building, self-control, fair play, solidarity and friendship) and adopt a healthy lifestyle;
- acquire environmental education principles and practices and carry out sustainable activities in balance with the environment.



Volleyball competition

by the Volley Mormanno Association

The winning team – "Wamba Team"



Orienteering through the Historic Centre of Mormanno

with Luigi Perrone

Orienteering is a sport that combines both a physical and mental element. It consists in walking a predetermined course using a map and compass to find "control points". The aim is to decide the fastest route between controls. The fastest is not always the shortest route and it can depend on route choice. Orienteering can take place anywhere from remote forest and countryside to urban parks or spaces. The competition is intended to test the navigational skill, concentration and running ability of the competitors.



Kayaking at Lake!

by Canoa Kayak Mormanno Association

Simulation of a naturalistic course at Lake Pantano of Mormanno
Kayaking is the use of a kayak for moving across water. It is distinguished from canoeing by the sitting position of the paddler and the number of blades on the paddle. A kayak is a low-to-the-water, canoe-like boat, in which the paddler sits facing forward, legs in front, using a double-bladed paddle to pull front-to-back on one side and then the other in rotation.



Field Archery

by the "Arcieri del Lago" - 17Lago Association

First approach to the archery technique with experts and simulation of a naturalistic shooting course. Field Archery is the format of modern archery that takes place on a multi-target course set out over all kinds of terrain including fields, woods and forests. Archers may shoot field, hunter or animal rounds. In the animal division, 3D paper targets feature colorful images of animals.

❖ Reflection sessions

The young people debated about topics such as the Natural and Cultural Heritage, the Landscape as a common good, Responsible and Sustainable Tourism, Rural Smart Enterprises, Green Jobs and Rural Social Innovation and New tourism and environmental jobs.

These activities contributed to:

- think about new jobs in the rural areas;
- analyse strengths and weaknesses of the context;
- know the territory and to value it;
- develop a future vision;
- facilitate the public speaking skills and the awareness of being European citizens.



Natural & Cultural Heritage and Landscape:

Consideration about legal, social and economic aspects.

Meeting with the President of the Pollino National Park: how the National Park works.

"What is the responsible and sustainable tourism?"



"How do I imagine me in the Park in 10 years? "

**Business Model
Canvass**

**"Smart green
enterprises: Green
Jobs e Rural Social
Innovation"**

How could we start
a business?



❖ Day trips, excursions and Case Histories

These activities included visits at locations and meeting with successful stories and people as Case Histories.

These activities contributed to:

- acquire awareness of biodiversity and potential of the territory ;
- encourage a positive cultural behaviour towards the traditional activities and the old rural jobs.



Departure from Shelter "De Gasperi"

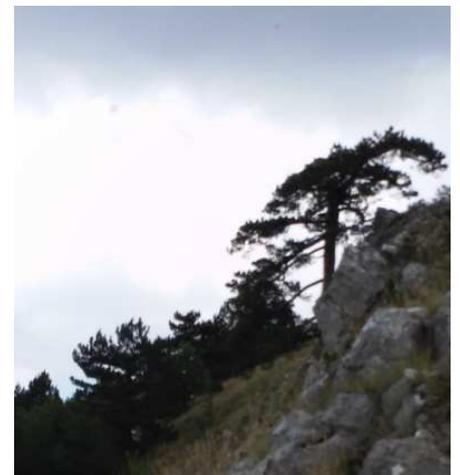
"Who is the Excursion Environmental Guide?"

Two Case Histories with Luigi & Francesca Perrone

"To act as a Guide: a life choice & A Woman Park Guide".

Trekking to "Belvedere del Malvento"

where you can watch "Pini Loricati" (Park's symbol)





**Visit to Village of Civita-Arbrëshe community-
and to the Eco-museum "Gole del Raganello " Valley**

with Luigi & Francesca Perrone

The "Gole del Raganello" is a nature reserve that was founded in 1987
and a Canyon 13 Km long.

Case History "The relaunching of the lentil of Mormanno"

Visit to "Il Vecchio Fienile" Farm with Paolo Perrone, a young entrepreneur under 35. Objective: to rediscover the local crops through best practices.



"Multifunctional agriculture & Women and rural"

Visit to the "Annalisa Farm" with Annalisa Olita: reflection about the Multifunctionality of agriculture and the role of women in innovation and interpretation of the potential of rural areas.

❖ The Photo Contest "Urban Landscapes 2 – Urban Landscapes as bio-cultural landscapes"

At the beginning of the exchange "Il Calabrone" Association launched the Photo Contest "Urban Landscapes 2 – Urban Landscapes as bio-cultural landscapes" that saw young people to compete in an online contest too.

During the week's activities each participant took some pictures that showed the man-territory relationship and expressed the landscape concept as a result of the local culture.

The objective of this activity was to interpret one's own territory communicating and enhancing it by photography.

All pictures from participants were exposed during a free exhibition where the public audience could vote for its three favorite.

The **Awards ceremony** of the Photo Contest awarded a selection of the best pictures (audience award, Calabroni award-best project, most original picture, EuRYD special mention, best picture award).



Audience Award



1. Gaia Bruno

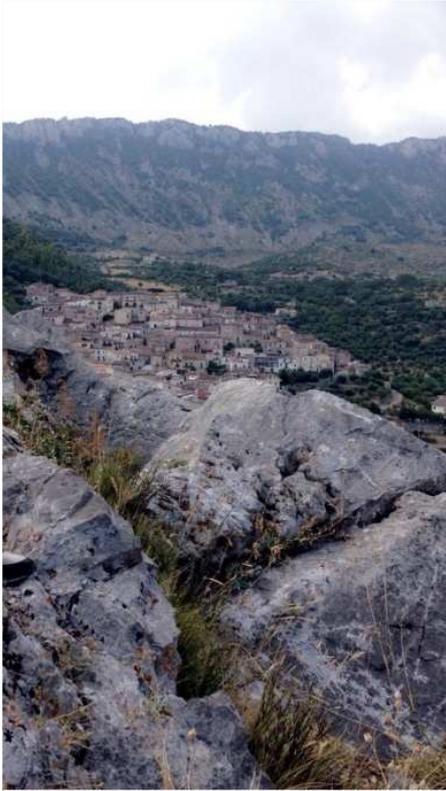


2. Giuseppe Diurno



3. Chiara Forte

Best Picture Award



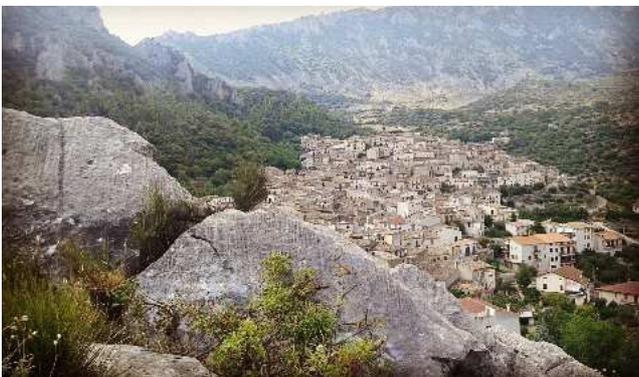
Alessia Sola

EuRYD Special Mention



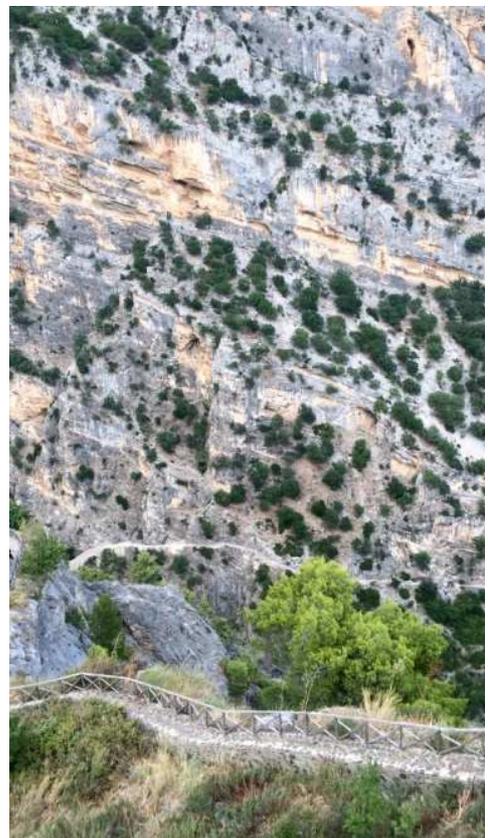
Karolina Tarczynska

**Il Calabrone Award
Best Project**



Rita Bloise

Most Original Picture



Valeria Maradei

EuRYD and gender

The project faced also a gender issue trying to get over prejudices and stereotypes about the role of woman in rural areas, through live testimonials of young women.

In particular, the project wanted to get over some specific stereotypes, for example that the women are less able to manage assets, preventing them to become autonomous.

All activities aimed to sensitize participants to the gender theme and to assure gender equality.

In the sport activities the involved associations informed and stimulated the girls participant to get over hesitations towards some kinds of sports.

The reflection sessions, Case Histories, etc. aimed to sensitize participants to the enhancement of identity and the role of women in rural areas, where women are often not fully considered as a resource.



The activities will also aimed to show how the multifunctionality of agriculture can enhance the women's "know how" linked to the ancient knowledge, to the assets and products diversification, such as the handicraft production activities, the entertaining and tourist services (farm holidays, teaching farms) and the welfare services.



Impact

The expected results of the project are:

- better knowledge and promotion of sustainable sports that can be played in the Pollino National Park, promoting a healthy and environmentally friendly lifestyle by them;
- a better perception of the rural world and a greater interest in taking up an employment in one's own territory;
- more opportunities for intercultural and international exchange, aimed also to discuss the development of the territory in support of a new young leadership;
- a positive idea about the traditional activities, considering the old rural jobs as "smart" activities able to create development and business.

The project aims to sensitize on the main topic not only the participant but also the young people (under 35)



Goodbye

around the territories in order to generate greater awareness of the potential of the territory and its resources, increasing confidence and motivation to consider it as an opportunity area.

In general, it aims to raise local awareness of the strengths of the territory in order to create other opportunities in the future for discussion and cooperation at European and international levels with similar territories.



Final meeting with the Mayor of Municipality of Mormanno, Associations & citizens.



EuRYD Young



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