



Funded by
the European Union



MentorMe Project



CIAC

2nd Learning Teaching
Training Activities (LTTA)

PARMA
27-29 february 2024





DATES

ARRIVAL TO PARMA:
26 FEBRUARY 2024

DEPARTURE FROM PARMA:
1 MARCH 2024





Goals

Creation of a Cross-European network for mutual support, exchange and collaboration for cross-border volunteering projects for young refugees.

Training youth workers to become Mobility Mentors and being able to guide and accompany young refugees in participating in national and European (ESC) voluntary service programmes in other EU countries
Building a Cross-European supporter network

MentorMe is a project funded by Erasmus+ that gathers 7 partner organizations from Germany, Italy, Sweden, Bulgaria, Spain, France and Greece to create and work on materials that will be useful to youth workers who want to support young people with refugee backgrounds in Europe with transnational voluntary service opportunities.

MentorMe aims to increase young refugees' access to existing voluntary services programmes in Europe (both national and European ones) by informing them on and concretely supporting them to participate in such opportunities.

MentorME. BACKGROUNDS & GOALS

MentorME. PARTNERS ORGANIZATIONS



5 PARTICIPANTS

FOR EACH EUROPEAN PARTNER OF THE PROJECT

Target group: 35 youth worker and young people from the 7 countries involved in the project (Germany, France, Sweden, Bulgaria, Spain, Greece and Italy).

Hosting organization: Ciac onlus (Italy)

Travel and accomodation costs are covered by European Union (Erasmus + Programme)

Contact one of the member partner for more informations and ask to submit your application.

APPLY BEFORE 20TH JANUARY 2024



WELCOME TO PARMA!

Parma is located along the ancient Via Emilia, between Milan and Bologna, crossed since the Roman times by merchants and travellers from near and faraway. Not a simple road but a geographic and mental itinerary which unravels among the crops of the Bassa padana and the valleys of the Apennines, where ideas and different sensibilities got together to create the basics of a civilization made of hospitality, food and land.

(form <https://www.parmawelcome.it/en/>)



BY PLANE

If you want to reach Parma by plane, it is preferable to opt for a flight to **Bologna** or **Milan (Linate, Malpensa and Orio al Serio)** because Parma airport has few flights in the winter season. From these large cities, it will be necessary to reach the railway station with connections from the airport to the centre.

BOLOGNA

Public transport to and from BLQ Airport

MILAN ORIO AL SERIO

Bus transport from BGY Airport (Buses to Milan and direct to Parma also)

MILANO LINATE

From/to opportunities LIN Airport

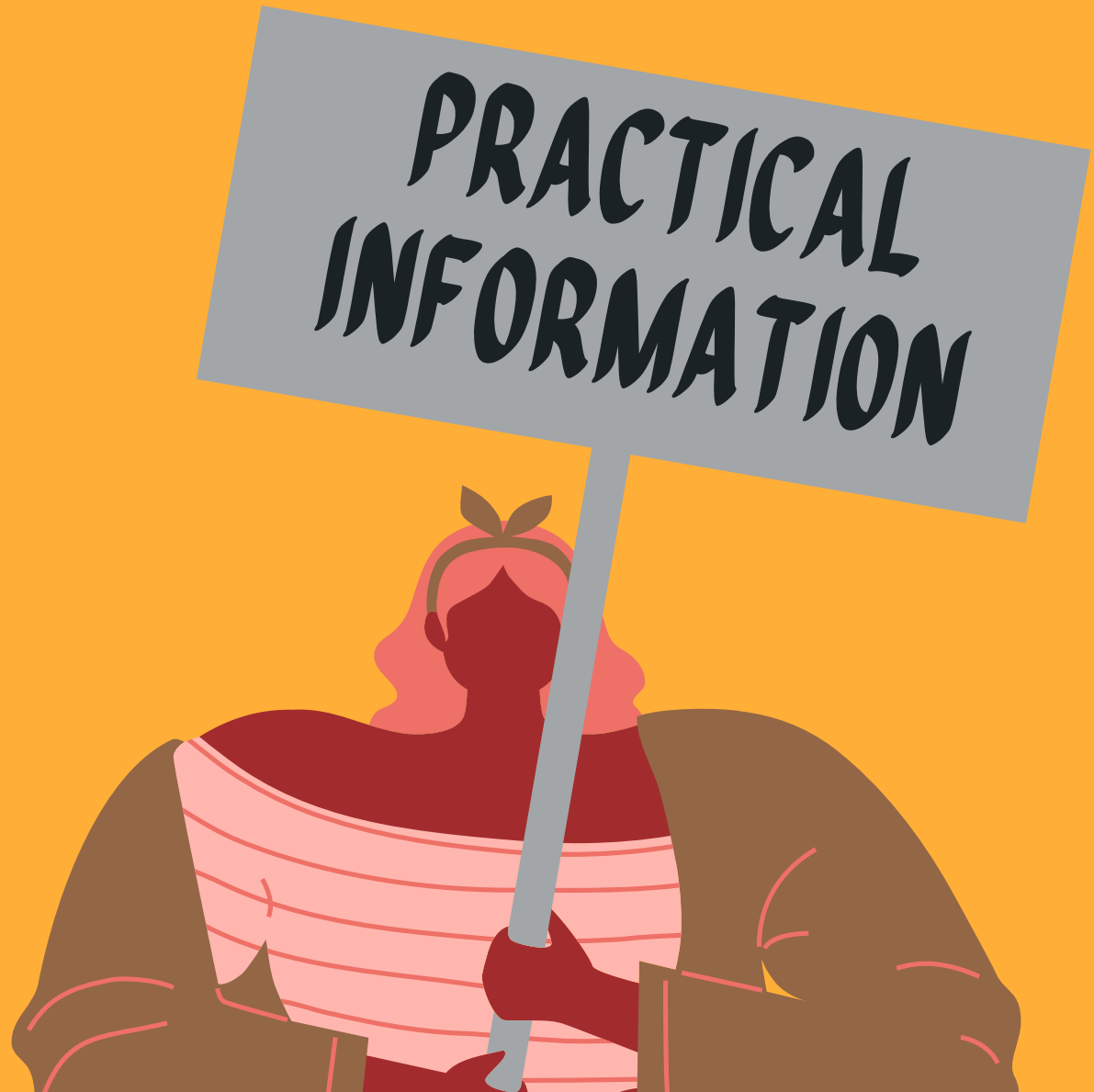
MILANO MALPENSA

From/to opportunities MPX Airport

BY TRAIN

Parma is easily accessible by train or bus from many cities in Italy. Trains to Parma are operated by Trenitalia.

Buses to Parma from all parts of Italy are instead offered by various operators such as Marino, Salemi or Flixbus (also from foreign countries).



**PRACTICAL
INFORMATION**

MentorME. HOW TO ARRIVE

PUBLIC TRANSPORT

Urban tickets and bus passes can be purchased at ticket offices and in shops (cafés, tobacco shops, etc) displaying the relevant sign. For an extra charge and with the exact change, it is also possible to buy the ticket on the bus by the driver.

Automatic ticket machines are located near the east and west bus stops, in the station underpass.

Passengers must validate their tickets in the ticket validation machine as soon as they board the bus.

Ticket fare: 1,60€ for 80 minutes

Ticket bought at Park and Ride facilities: 2,60€ valid the whole day

Day Ticket fare: 4,00€

Ticket for 8 single rides: 11,00€ valid for 80 minutes for each ride

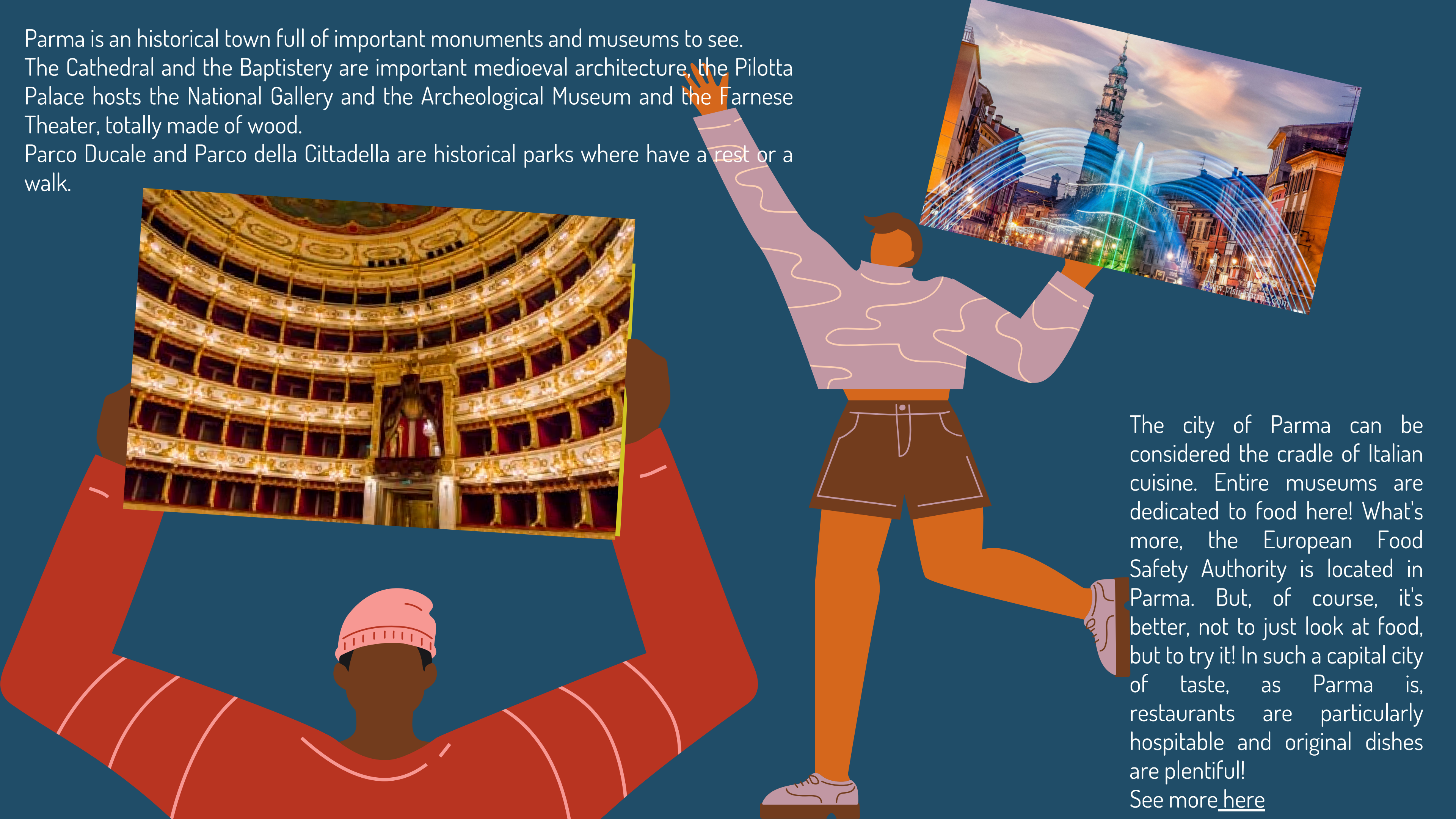
A stylized illustration of a person with pink hair and a headband, wearing a dark jacket over a pink and white striped shirt. They are holding a light blue sign on a stick that reads "PRACTICAL INFORMATION" in bold, black, uppercase letters. The background is a solid yellow color.

**PRACTICAL
INFORMATION**

Parma is an historical town full of important monuments and museums to see. The Cathedral and the Baptistery are important medioeval architecture, the Pilotta Palace hosts the National Gallery and the Archeological Museum and the Farnese Theater, totally made of wood. Parco Ducale and Parco della Cittadella are historical parks where have a rest or a walk.



The city of Parma can be considered the cradle of Italian cuisine. Entire museums are dedicated to food here! What's more, the European Food Safety Authority is located in Parma. But, of course, it's better, not to just look at food, but to try it! In such a capital city of taste, as Parma is, restaurants are particularly hospitable and original dishes are plentiful! See more [here](#)





Parma is located in the north of Italy in the middle of river Po valley.

February is generally a fairly cold month. It does not snow much but at the end of february may sometimes be the right time to see our city covered by snow.

The average temperature is 4.7 °C. The days are often humid, although it does not rain much. There is little wind in this season and the maximum temperature is around 9 °C.



Parma, in your free time, can offer you a cultural experience for history, music, art, ect.
Nearby there is the biggest bamboo labirinth of the world...
and much more to discover for free here.
But we suggest you to book your walk with Migrantour Parma or to listen to Talking Statues

A cartoon character with a light blue sweater and black pants is running across a green lawn, holding a large pink sign that says "ACCOMODATION OPTIONS" in bold red letters. The background shows a large, historic stone building with arches and a fountain in the distance.

ACCOMODATION OPTIONS

- [Hotel ibis Styles Parma Toscanini](#)
- [Hotel Torino](#)
- [Hotel Savoy](#)
- [Hotel Button](#)

- [Residence Le Cupole](#)
- [Residence Palazzo Le Poste](#)
- [Airbnb](#)

Parma has many option for your stay. Here some hotels in the city centre but we recommend also to have a look at apartments where you can save money if your group stay together.

The venue is in Vicolo delle Asse, 5 - Parma less than 1 km from the rail station and in the heart of Parma.



LABORATORIO APERTO PARMA



The workplace is located in a recently renovated former convent. Its central location will provide easy access to many important and interesting places in the city and to numerous restaurants. The location is easily accessible on foot or by bus from the station or by bus number 1 and 15.





CIAC

CIAC Onlus

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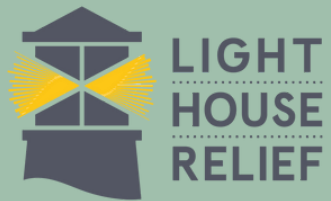
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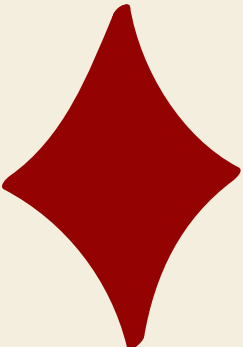
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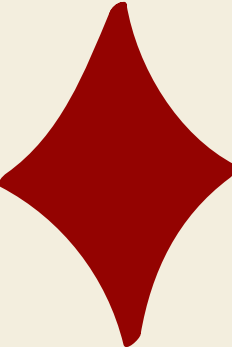
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**OTHER PARTNER CONTACT
INFORMATION**





THANKS



We look forward to see you in Parma