

**INFOPACK | 20-27 September 2023 |**



# NoMe PROJECT

**Non Method training course granted  
from European Union**



## Training course

# PARTICIPANTS PROFILE

The activity consists of 6 days training course that will be held in Italy, Fondi city (LT) from 20<sup>th</sup> to 27<sup>th</sup> September. The training will gather 20 participants from Italy, Austria, Belgium, Greece and Portugal (4 participants per country) and three facilitators.

*Participation will be open to youth workers from the age 18, with preference for two men and two women from each country to ensure gender balance.*

### PREFERABLE REQUIREMENTS:

- Two years of experience as youth worker or in volunteer work.
- Fluent level of English.
- Inclination to the arts, especially theater.
- Willingness to collaborate and participate in all project phases.



# ACTIVITY OBJECTIVE

During the project, participating youth workers will broaden their knowledge and acquire new skills that they are going to use within their organisations;



the personal and professional development foreseen will increase their level of motivation and satisfaction by offering new updated acting techniques and applications for the highly flexible Non Method.

The activities strictly related to the Non-Method were divided into 2 different sessions:

- **“Knowing yourself and others”**, with the primary objective of becoming aware of the psychological processes that regulate personality, developing in participants techniques and self-observation skills;
- **“Theatre as a school of life”**, which aims to develop everyone’s dialectic ability for cultural and social interaction. Learning how to relate to others and manage one’s emotions in front of an audience strengthens one’s character and personality.

# Where

The project will be held in **Fondi** and **Lenola**.

Fondi is a small town in southern Lazio. The urban core of Fondi is located halfway between Rome and Naples.



This year the country of Fondi was awarded the 2023 Blue Flag by the FEE (Foundation for Environmental Education) for their outstanding beaches.

Participants will be staying in the small town of **Lenola**, located approximately 10 minutes from Fondi. Accommodation is yet to be determined.

Certain meetings will be held in Fondi, headquarters of the **Accademia d'arte Drammatica del Lazio**, an acting school accredited by the Lazio region, while in Lenola we will hold meetings at the **Teatro Lilla**, a recently renovated 100-seat theater.



# ARRANGEMENTS



# How to reach Fondi

- **By plane** : you can travel to ROME (Fiumicino airport or Ciampino airport);
- **By train** : you can travel to ROMA TERMINI (green travel).

If you are arriving by plane, you will have to get to Rome Termini station to reach to Fondi.

The fastest way to get from Fiumicino Airport to Roma Termini is by the **Leonardo Express** train, which has no intermediate stops.

Additionally, **Ciampino Airlink**, is the train and bus service that directly connects Ciampino G.B. Pastine International Airport with Roma Termini.

Once you arrive in Rome, you need to take a train from Roma Termini to Fondi.



**HOW TO GET THERE**





# REIMBURSEMENT



- Reimbursement will be based on the distance from your home to the project venue.
- Reimbursement of travel costs will only be done upon presentation of all **original tickets** (including return tickets), receipt/invoices and boarding passes. This means that once you return home after the training, you will be requested to send us all the originals return documents and boarding passes. Please remember to bring the original invoice(s) with you – there will be no reimbursement **without** the original ones.

COUNTRY	NUMBER OF PAX	AMOUNT PER PERSON
ITALY	4	€ 23
AUSTRIA	4	€ 320 (green travel)
BELGIUM	4	€ 320
GREECE	4	€ 275
PORTUGAL	4	€ 275



# SUGGESTION



There may be opportunities to attend guided tours  
around, so please bring:

- Comfortable T-shirts;
- Sunscreen;
- Comfortable shoes;
- Flip-flops.
- Swimsuit;

**Let us know about any allergies or eating habits.**

## USEFUL ITALIAN PHRASES

### AT THE RESTAURANT

- Il menu, per favore.  
*The menu, please.*
- Che cosa ci consiglia?  
*What do you recommend?*
- Il conto, per favore.  
*The bill, please.*
- Posso pagare con la carta?  
*Can I pay with a card?*
- Dov'è il bagno?  
*Where is the toilet?*

### TO BE UNDERSTOOD

- Può ripetere, per favore?  
*Could you repeat, please?*
- Non parlo italiano.  
*I don't speak Italian.*
- Può parlare più lentamente?  
*Can you speak a little slower?*
- Come si dice " x " in italiano?  
*How do you say " x " in Italian?*

# CONTACT US



## Address

Via Gioacchino Rossini, 6  
04022 FONDI (LT)



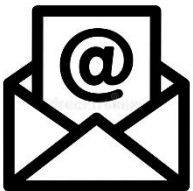
## Accademia telephone number

0771523479



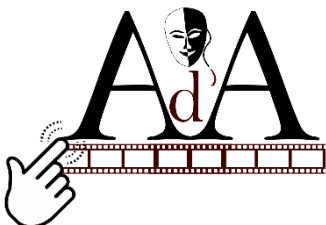
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