



Eurolaboratorio Giovani Oggi

Lifelong Learning Programme

LEONARDO DA VINCI

PARTICIPANT GUIDE

Information about EGO, Italy and Reggio Calabria

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Eurolaboratorio Giovani Oggi

WELCOME

Dear Participants,

Eurolaboratorio Giovani Oggi (EGO), with legal and operating head office in Reggio Calabria (Italy), is a non-profit association that works in activities of consultancy and European planning, with a many years' experience in planning and co-ordination of International mobility's programs. EGO is founded with the aim of operating with and for the young people to facilitate the process of the acquisition and comprehension of fundamental social values like active citizenship, international cooperation, mobility and voluntary work. The purposes of these activities are the cultural and professional enrichment of the participants and the develop of an intercultural dimension based on solidarity and cooperation. EGO operates on the conviction that the development of each individual and of the society cannot occur without a wider comparison with the social, economic and cultural realities of other countries.

In this guide you can find all the information regarding Italy and Reggio Calabria and also about our services: accommodation, language course, work placement, leisure activities and additional details.

During your stay in Italy, EGO will be available to assist you with queries or problems you may have. In return, we expect you to inform us as quickly as possible if you are experiencing any difficulties. By working together we can ensure that you have a good time, realise your own expectations and go home with lots of happy memories.

We hope you will enjoy your stay with us and learn a lot about Italy, while improving your language and professional skills.

Have a lifetime experience.

Claudio Speranza

President of EGO



2. ABOUT ITALY AND REGGIO CALABRIA

2.1 Italy at a glance (position, culture, economy, ...)

Italy officially the Italian Republic (Italian: *Repubblica Italiana*), is a country located partly on the European Continent and partly on the Italian Peninsula in Southern Europe and on the two largest islands in the Mediterranean Sea, Sicily and Sardinia. Italy shares its northern, Alpine boundary with France, Switzerland, Austria and Slovenia. The territory of Italy covers 301,338 km² and is influenced by a temperate seasonal climate. With 60.2 million inhabitants, it is the sixth most populous country in Europe, and the twenty-third most populous in the world.

Modern Italy is a democratic republic and the world's eighteenth most developed country, with the eighth or tenth highest quality of life index rating in the world. Italy enjoys a very high standard of living, and has a high nominal GDP per capita.

It is a founding member of what is now the European Union, having signed the Treaty of Rome in 1957, and it is a founding member of the North Atlantic Treaty Organization (NATO). Italy is a member of the G8 and G20.

The country has a high public education level, high labour force, is a globalised nation, and also has 2009's sixth best international reputation. Italy also has the world's nineteenth highest life expectancy, and the world's second best healthcare system. Italy is the world's fifth most visited country, with over 43.7 million international arrivals, and boasts a long tradition of excellence in all the arts and sciences, including the fact that Italy has the world's greatest number of UNESCO World Heritage Sites to date (44).



2.2 Discovering Reggio Calabria

Reggio, the most densely populated urban centre in Calabria, is at the southernmost point of the peninsula, between the slopes the Aspromonte mountains and the eastern shore of the Strait of Messina. Thanks to the mild climate and abundance of water, it is a fertile area where olive, grapes and citrus fruit cultivation are well developed, especially that of the Bergamot fruit, a plant which grows exclusively along the coast between Reggio and Gioiosa Ionica. Completely destroyed several times by earthquakes, Reggio has always been able to rise again from its ruins, gradually building up an image projected towards the future, but never forgetting its history. A unique and bright city whose architectural and artistic richness, and breath-taking landscapes make it one of the most interesting places in the South of Italy. Today, the city offers a modern image both in its services and infrastructures which have launched its cultural and social role: Università degli Studi Mediterranea (Mediterranea University) with its Faculties of Architecture, Engineering, Law and Agrarian Studies; Scuola Allievi Carabinieri (training school for future Carabinieri); Centro Direzionale (Administrative Centre) and Palazzo Campanella (Campanella Palace), seat of the Regional Council; the completion of the Promenade which has finally given the city back its chance to enjoy the beach, and a number of operations that have enhanced the environment and landscape. This development has up-dated the cultural and tourist role worthy of the city's significant historical identity.

ITS HISTORY

The city was founded around the middle of the VIII century B.C. by Greek colonizers from the island of Eubea, urged by the oracle of Delphi to sail over these seas in order to found a colony where "Apsias, the most sacred of rivers,



flows into the sea, where a female is joined to a male." The historian Diodorus recounts that the leaders of the expedition, when they arrived in their ships at the mouth of the Apsias, the present day Calopinace, saw no trace of a union in flesh and blood, but after carefully inspecting the richly vegetated coast, noticed a fig tree, the male, clinging to a vine, the female. So it was there that they founded the first Greek polis in Calabria with the name of Rhegion. Its location within the trade routes of the Mediterranean and its strategic position for the military domination of the Tyrrhenian and Ionian seas greatly stimulated the economic and cultural growth of the centre, which from the V century B.C. onwards represented a very desirable settlement for the various peoples of the Mediterranean. During the III century B.C. it was allied to Rome, and assimilated the customs and way of life of the Romans, even though it maintained the use of the Greek language for a long time. It was an important naval base and took part in the First Punic War, being attacked by the Carthaginians led by Hannibal in 211 B.C. Defended by the Romans, it became a federate city with the name of Rhegium. In 89 B.C. it was chosen as a Roman Municipium with the name of Rhegium Julium. In this period the city was enriched by magnificent architecture, sumptuous palaces and villas and eight thermal baths. The central meeting place was the Forum, the heart of Greek and Roman cities, which was presumably situated in the area of today's Piazza Italia. The presence in the city of a small Jewish community goes back to the IV century B.C. and this is documented by a titulus (sign) sculpted on a square block of stone and displayed in the National Museum of Magna Grecia. With the decline of the Roman empire and the invasions of the barbarians, the centre lost its economic importance. In the first half of the X century A.D., the city was conquered by the Arabs and then by the Byzantines towards the end of the same century. In 1060 it was the turn of the Normans under Roger, who



had to struggle for a long time to overcome the resistance of the inhabitants battered behind the strong fortifications in order to defend their settlement. Incorporated into the Duchy of Calabria, it had close links with Sicily, which continued profitably even under the Swabian, Angevin and Aragonese dominations. Then, having passed under Spanish domination, Reggio suffered frequent raids by the Muslim fleets and this characterized the second half of the XVI century. The seventeenth century took the city back to its original splendour, with the construction of architecturally splendid buildings, of churches, Collegio dei Gesuiti (Jesuit College), Fontana nuova (new Fountain), Palazzo del Governo (Governor's Palace) and the restoration of Duomo (Cathedral), amid citrus-fruit, mulberry, olive groves and vineyards. Passing then under Bourbonist domination, the eighteenth century city was destroyed by the catastrophic earthquake of the 1783. Rebuilt according to the plan of the engineer Giovambattista Mori, the city was created with a checkerboard layout, divided by a long straight street, Corso Garibaldi, and intersected by a series of parallel side-streets going up from the sea towards the mountains. The new and modern urban layout led to the complete demolition of the old historical buildings already damaged by the earthquake. In 1860 Reggio was freed from the Bourbonists thanks to the intervention of Garibaldi and his troops. A gradual reconstruction process finally took the city towards a structural and economic rebirth and the Unity of Italy. On the 28th December, 1908, Reggio was struck by a devastating earthquake, followed by a tidal wave, which caused the greatest number of the many thousands of victims, as the survivors sought refuge from the falling buildings on the beach. The damage was enormous, and there are very few buildings left to represent the period: chiesa della Cattolica (Cattolica church), palazzo Nesci (Nesci house), chiesa di San Pietro (St. Peter's church), castello Aragonese (Aragonese Castle).



The rebuilding of the city was entrusted to the engineer Pietro De Nava, who applied very strict anti-seismic regulations. In the Fascist period the city was enlarged to include several nearby villages, forming the greater Reggio, with new districts and facilities. Until 1970 the city was the Regional capital of Calabria, a title which then passed to Catanzaro, causing widespread protests which then broke out into the bloody revolt of the people of Reggio.

REGGIO AT GLANCE

Museo Nazionale della Magna Grecia - National Museum of Magna Grecia

Among the most important museums in Italy, it houses a large patrimony of finds brought to light over the past hundred years of archaeological activity on regional territory. The section on marine archaeological is quite extraordinary with the famous Riace bronze statues as its culminating feature.

Teatro Comunale Francesco Cilea - Francesco Cilea Theatre

Re-opened to the public after a long period of restoration, it offers a rich annual program to satisfy the tastes of lovers of prose, opera, ballet and music.

Piazza Italia

In the past, a traditional meeting place in the Greek, and later Roman city, it is today a square surrounded by the Government buildings of the city. The open-air excavation site testifies to its ancient past.

Duomo - Cathedral

Rebuilt from what remained of the Cathedral destroyed by the 1908 earthquake, it testifies to the decorative opulence of the city that no longer exists.



Villa Comunale - Villa Comunale

A unique botanical garden, this is a place worth visiting for the beauty of the plants growing there, with about 150 different species of trees.

Castello Aragonese - Aragonese Castle

A construction that has survived natural catastrophes and demolition, the Castle still keeps intact its military structure and its fascination. Today it is used for important exhibitions.

Lungomare e i suoi lidi - Promenade and its lidos

An example of harmonious perfection. The happy union of Art Nouveau and classical style buildings and the variegated and majestic vegetation slopes down towards the evocative sea of the Straits of Messina, with Sicily in the background.

Villa Geonese Zerbi

A noteworthy building in Venetian style on the seafront of the city, which in the last few years has become the perfect home for contemporary art.

Corso Garibaldi

This is the most elegant street in Reggio, running parallel with Promenade. Today it's a pedestrian zone lined by the art nouveau buildings constructed after 1908 according to the anti-seismic regulations and building plan imposed in 1911; with these, the city was to be built "conforming to the demands of architectural art, inspired by the example of the most modern and advanced cities...". This is the best shopping street, with shops, squares and monuments, and beautiful buildings among which palazzo Nesci (Nesci house) is the only architectural example of the buildings before the 1908 earthquake.



GETTING AROUND TOWN

By bus

The urban public transport service is made up of the network of ATAM buses. To visit the historical centre the bus stops are along the Promenade going from north to south, and along Via Torrione from south to north. Frequent services cover the whole day.

By car

It is not difficult to drive in Reggio Calabria, and there are various places which can serve as landmarks to help you find your way among the numerous streets in the historical centre, where the main artery, Corso Garibaldi, is today a pedestrian zone. The heavy traffic of private cars has led to a series of regulations, among which parking places at payment in the centre from 7.30 a.m. to 7.30 p.m. on weekdays.

On foot

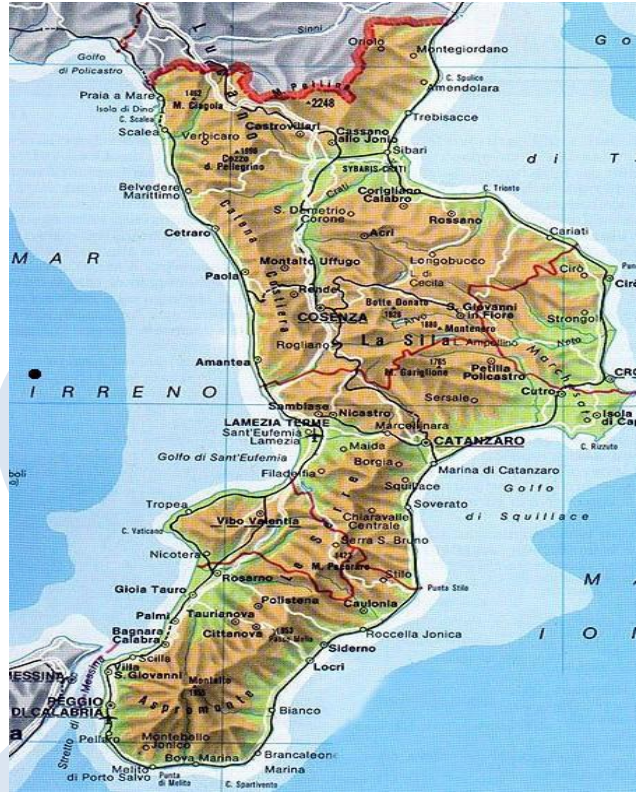
It is very enjoyable to stroll along the Promenade or Corso Garibaldi, the main streets in the centre. Walking lets you admire the buildings and monuments, enjoy the beautiful plants and have closer contact with the local people. The upper part of the centre can be reached by means of the streets going up from the Promenade which sometimes end up in characteristic staircases. Don't be discouraged by the climb: the views from above satisfy even the most exacting tourist.



2.3 Photo Gallery



ITALY



CALABRIA



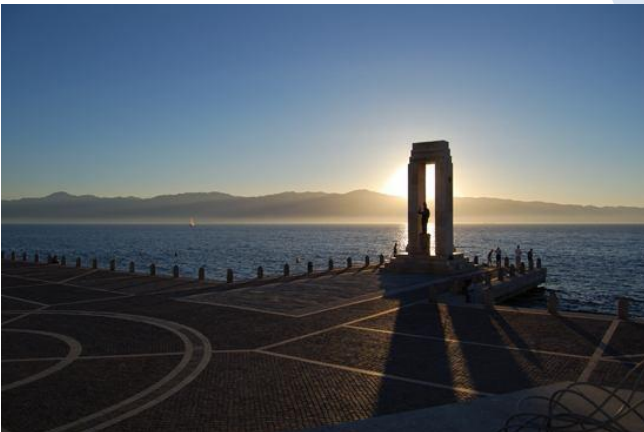
VIEW



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VIEW



ARENA STRAIT



ARAGONESE CASTLE



VILLA GENOESE ZERBI



NATIONAL MUSEUM OF MAGNA GRECIA



Eurolaboratorio Giovani Oggi



PROMENADE



RIACE BRONZE STATUES



PROMENADE



FRANCESCO CILEA THEATRE



PALAZZO S. GIORGIO - MUNICIPALITY



3. OUR SERVICES

3.1 Italian language course

On your arrival, you will attend an intensive Italian Language and Culture Course. Normally, the course consists of 2 weeks, 4 hours per day (standard programme). It is focused on the following aspects:

- Oral comprehension;
- Oral expression;
- Written comprehension;
- Written expression;
- Vocabulary;
- Grammar;
- Homework;
- Motivation and creativity;
- Participation and adaptability;
- Attendance and punctuality.

The first day is scheduled a written test about Italian language introduced at the start of the lessons. In this way it is possible to value linguistic competences of each trainee, in order to form classes that could respect the difference and similarities between the knowledge levels of each of the students, and avoiding placing students in the same group with other that have very different linguistic competences.

The course's purpose is to assure the trainee progressive learning of Italian language, according to their level. Teachings will be performed on the basis of innovative and interactive methodologies. During times of teaching activity, a range of interactive and innovative tools will be incorporated in the course where possible, in order to expedite the learning of Italian language. To this



aim direct conversation will also be used. Dedicated listening exercises will mainly be used in the lessons to increase the knowledge of daily use and slang.

At the end of the course you will receive a Frequency Certificate.

We would like to remind you that both attendance and punctuality are compulsory; absence can lead to the participant being dropped out of the programme.

3.2 Accommodation

All the apartments are close to the city center (the farthest flat is situated at 2 km from Piazza Italia, the center of the city). All apartments' locations are well connected by public transport.

All apartments are equipped with:

Kitchen: Kitchen furnitures, cutlery and crockery, pans and dishes; laundry facilities; fridge; stove and oven.

Living room: centre table and chairs.

Bedroom: Single Beds, closet, bedside table, blankets and pillows;

Bathroom: Shower and/or bathtub, bidet and toilette.

Some apartments are equipped with:

Kitchen: Microwaves and vacuum cleaner.

Living room: TV, Wi-Fi connection.

Bedroom: Study tables.

The trainee will be required to share the accommodation with other members of the group. Moreover each student should respect the space and customs of his roommate. Tolerance and comprehension are needed. Always keep the



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house clean. Periodically visits by EGO staff may occur to control the house and equipments conditions.



IMAGES OF TYPICAL APARTMENT



3.3 Professional experience

Reggio Calabria, a city of ancient tradition of Magna Grecia, has proved its ability to adapt to the times, without affecting its historical and cultural spirit. The economy is mainly based on the third sector. In particular, the trade sector for a large number of businesses. In recent years there has been a clear process of evolution of the entrepreneurial system.

A special mention is deserved by the activities classified in the category "communication and great events" that identify the city among the most active of Southern Italy. In fact, the touristic sector in Reggio Calabria, in a progressive and constantly growing, is experiencing a rapid process of internationalisation.

EGO provides a wide range of job opportunities through various trade agreements signed with companies well entrenched in the territory. In this regard, it is possible to distinguish eleven areas:

- Archaeology / History and preservation of cultural heritage/ filing/ library
- Architecture / Engineering
- Programmers / Web design
- Technical audio / Video
- Communications / Journalism (press and radio)
- Administration
- Marketing / Advertising
- Tourism / Hotel
- Social services / Volunteer
- Motor Sciences
- Biology / Chemistry



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3.4 Tutoring

Before arriving to Italy you have to inform us about the date and time of arrival telephoning to our office (+39) 0965 920591, or sending us an e-mail: ego@giovaniooggi.eu.

Besides it would be useful to inform us about your exact arrival at Reggio Calabria Station or Airport in order to best organize your accommodation.

The tutors of EGO will be available to carry the trainees from 6 am till 2 am.

The tutors of EGO will monitoring and verifying that the language and training program is conducted in the better way, in line with the general and particular aims. In the end the tutors can be present, should it become necessary to redefine the traineeship program without changing the project objectives and in close collaboration with the project Coordinator and the participant. The tutors of EGO will give support to each participant for all the problems about accommodation, training and socialization or integration.

The tutors will be available all day via mobile phone.



4. HOW TO ARRIVE TO REGGIO CALABRIA

4.1 Airports

Reggio Calabria – www.sogas.it

Lamezia Terme – www.sacal.it (128km from Reggio. Take the train from Lamezia Terme Centrale to Reggio Calabria Centrale, departures every hour).

Catania - www.aeroporto.catania.it (125km from Reggio. Take the train from Catania Centrale to Messina Centrale and then the ferry-boat from Messina Marittima to Reggio Calabria Marittima).

4.2 Train station

Reggio Calabria Centrale – The principal train station of the city, it is served by daily trains from Naples, Rome, Milan, Turin. To see all routes check www.trenitalia.it



5. OTHER USEFUL INFORMATION

DRIVING

In Italy, the traffic is processed by the right side (i.e.: the opposite of UK). In squares and crossroads, those vehicles presenting on the right side have priority, unless there are signs adverting the opposite. Traffic signs obey to international rules.

CAR RENTAL

In airports, main international bus/train stations and main cities, there are rental services without driver.

There are also vehicles prepared with automatic gears or for handicapped people.

BUSINESS / STORES

Generally stores are open from Monday to Friday, opening from 9 am until 8 pm. Some stores close from 1 pm until 3 pm for lunch. A lot of stores are open also on Saturday usually 9 am - 7 pm. Some stores, like supermarkets, are open on Sunday.

CURRENCY

Italy is part of the European Union where Euro is the common currency.

1 Euro is divided into 100 cents. For the coins there are the following values: 1, 2, 5, 10, 20 and 50 cents; 1 and 2 Euros. The notes are differentiated by their size and colour and come in denominations of 5, 10, 20, 50, 100, 200 and 500 euros.



CASHMACHINES AND BANKS

Italy has a national network of cash machines (ATMs) from which you can withdraw cash 24 hours a day.

You can exchange money at banks, which are open from 08.30 am to 3 pm, Monday to Friday.

FOOD

From pasta to meat or fish plates, finishing with very sweet desserts, Italy is one of the better place in the world for gastronomy. All kind of food, vegetables and fruit can be easily found in every market. To buy fresh vegetables, fruit and typical products we advise you to visit the local weekly market every day in *Piazza del Popolo* where local retailers reunite and realise a kind of fair.

Generally Italian do 3 meals per day. In the morning, between 07:30 and 10:00, a light breakfast, usually taking a drink (coffee with milk, dark coffee or juice) a croissant or yogurt; main meals are lunch, between noon and 2.30 pm; and dinner 7 - 9 pm. Between meals it's often common to take a coffee or eat a little snack (around 11:00 and 17:00). For most Italian a main meal must finish with a coffee.

In Italy eat out it's a common habit. Lunch or dinner at restaurants, especially on weekends, it's always a good excuse to meet friends or taking a tour around the country.

HEALTH

If you need medical assistance, go to the local Health Centre. Emergency Services in Hospitals are just to be used in extreme cases (trauma, intoxications, burnings, heart strokes, AVC's, breathing problems, etc.).

In case of accident during your stay in Italy, the citizens of the 27 European



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Union countries, Iceland, Liechtenstein, Norwegian or Switzerland, have access to free health care or low cost (the same benefits as Italian citizens). For that, you have to present the European Health Card Insurance (issued in the country of origin) and your passport or ID card.

EMERGENCIES

At any time in case of emergency you can call 112 (free call). The operator will ask you what kind of service you need: Police, Fire Department or Hospital (ambulance).

WEATHER

Reggio Calabria possesses a typical Mediterranean climate with mild and rainy winters and hot summers. The average temperature in the winter is 14° during the morning and 8° during the night, in the summer is 28° in the morning and 18° in the night. The coldest month is February (10° - 5°), the hottest is August (32° - 20°).

POST OFFICE

The Post Offices are open from 09.00 to 18.00 (from Monday to Friday).

COMMUNICATION

Public telephones from Telecom Italia, can be easily found all over the city. There are two common types of telephones: those who work with coins and those with cards. International phone cards (advised because they are cheaper) are at sale in the stores from Post Offices, tobacconist and in some kiosks.

Italy is one of the European countries with a bigger rate of mobile phone users. The four principal networks operating – Tim, Vodafone, Wind, 3 – have international roaming agreements, and provide a good service in all territory.



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You can find numerous Internet Points or cyber cafes, or even bars with wireless Internet where you can access at a very lower price (some bars even have free Internet for customers). The office of EGO has also free wireless Internet and one pc available for the trainee.

IMPORTANT

Attention: this is a standard guide. Some changes may be noticed depending on the project demands, promoter, time of permanence, etc. Please inform yourself before departure.

CONTACTS

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