



LEGAMBIENTE

Infosheet 2014
Leg17|Vaiano_Sofignano
30th July-13th August

Dear friend,

we are really happy to welcome you in our workcamp Leg **17 – Vaiano_Sofignano**

We need you to complete the **Confirmation Form**: it is very important, we need this form back not later than 2 weeks before the camp starts. It should be emailed to (info@legambienteprato.it) in copy to incoming@legambiente.it

Thank you!

DATES: 30th July-13th August

LOCATION: The Municipality of Vaiano in the Province of Prato counts 10.000 inhabitants. The outstanding landscape and its villages displaced all over the green mounts of Vaiano. Make it the perfect place where to enjoy nature, history and culture just few km far from the main city Prato. Vaiano is a lively place with several cultural and leisure public activities offered to the citizenship and tourist all over the year. All the main facilities are displaced in the center of Vaiano shops, banks, post office, public offices and library, public bus and train and connection to other cities. For further information Please visit: www.comune.vaiano.po.it. The workcamp will take place in the small locality of Sofignano, just 2 km far away from the center of Vaiano. Sofignano grows within the valleys of Calvana's mounts. The main natural elements of this area consist in the Calvana's mounts system. Where the landscape and panorama allow tourists and hikers to admire from the top of the mountain all the land where Prato-Pistoia-Florence are displaced. Further information on natural landslide of Vaiano territory can be found at this weblink: <http://www.areeprotette.provincia.prato.it/Calvana/Calvana.php>

MEETING POINT

WHERE? The meeting point will be in VAIANO TRAIN STATION

WHEN? The 1° Meeting point will be on Wednesday 30th July at 2.00 p.m (14.00)

The 2° Meeting point will be on Wednesday 30th July at 7.00 p.m (19.00)

The responsible of workcamp or local staff will wait you there wearing yellow t-shirt or cup, to be better recognized

HOW TO REACH THE MEETING POINT:

How to reach VAIANO TRAIN STATION

- 1) **From FLORENCE AIRPORT (Peretola):** take bus LAM MT AZZURRA Prato - Firenze which stops in Prato Centrale Station. On this link <http://www.capautolinee.it/orari.html> please click on the name of the bus line. From PRATO CENTRALE station please take a regional train headed to BOLOGNA and get off at VAIANO train station, which is the next

stop after PRATO CENTRALE (there is 1 regional train almost every hour the cost is 2.50 euro)

2) From PISA AIRPORT: take the bus from PISA AEROPORTO - TO FLORENCE; there are 2 companies that deliver this service:

a) <http://www.autostradale.it/pdf/festivitaareoport/PIF118.pdf>

b) http://www.terravision.eu/italiano/files/2012/06/pisa_timetable.pdf

Once arrived in Florence:

-If you arrive in FLORENCE PERETOLA airport, please follow the indication above at point 1).

-If you arrive in Florence Santa Maria Novella train station please take a regional train headed to VIAREGGIO or LUCCA and get off at PRATO CENTRALE train station. From Prato Centrale please follow indication to reach VAIANO train station (see above point 1) (the cost of train from Florence to Vaiano is 3.00 euro)

3) From BOLOGNA AIRPORT: Take Aerobus from BOLOGNA AIRPORT to BOLOGNA STAZIONE CENTRALE. From the central station of Bologna please take the regional train BOLOGNA-PRATO CENTRALE. You have to get off at VAIANO station which is the train stop just before Prato. (the cost of the regional train from Bologna to Vaiano is: 7.15 euro)

If you land in ROME or MILAN Airport, please reach FLORENCE OR PRATO STATION with the following train companies:

1) <http://www.trenitalia.com/cms/v/index.jspvgnextoid=4ddd1a035296f310VgnVCM1000005817f90aRCRD>

2) <http://www.italotreno.it/EN/Pages/default.aspx>

Since you're going to take part in an environmental experience, we suggest you to choose, if possible, a more environmental friendly transport to reach the location of the camp. Flying may look cheap, but the price we pay in terms of pollution is much more expensive. We suggest you to choose, if possible, a more environment friendly transport to reach the location of the camp. Flying may look cheap, but the price we pay in terms of pollution is much more expensive.

ACCOMODATION:

The accommodation of the workcamp consists in the Visitor center of Sofignano <http://goo.gl/maps/nHcAO>, which is the public structure where to deliver information to tourist and hikers. The visitor center also has a rear apartment with full kitchen, bedrooms and bathroom + a big didactical room where further beds will be displaced. This is the where volunteers can live, sleep and eat. The visitor center is only 2 km far from Vaiano train station, which therefore can be easily reached also by feet in case of journeys and trip during the free time of volunteers.

WHAT TO BRING:

The general suggestion is to travel light with useful and efficient items. Here some useful suggestions:

During July Italy has high temperatures (between 32° and 35°) and very sunny days. Working hours will be in the very early morning in order to avoid as much as possible the hot wave.

TO WORK IN THE NATURAL AREAS, what to bring (Compulsory)

- ▲ Sun protection cream
- ▲ Cup

- ⤴ Sunglasses
- ⤴ Anti insect/anti mites lotions
- ⤴ Mountain/trekking shoes or safety boot
- ⤴

YES



- ⤴ Long trousers to protect legs
- ⤴ Water flask (metal made): 1.5-2 liters
- ⤴ Towels or fabric tissue
- ⤴ jacket in case of colder nights or hiking in the nearby mountain
- ⤴ Umbrella/K-way in case of summer rain-storms

FOR YOUR FREE TIME and for your life in the CAMP

- ⤴ Snickers
- ⤴ Flip flops
- ⤴ Towels for personal hygiene*
- ⤴ Portable Sheets + Sleeping bag
- ⤴ Small Torch or frontal torch
- ⤴ Photo-camera (phone camera are ok): to collect pictures of the workcamp and to prepare for free-time activities

In general it's better to favour re-usable items ...

*For your personal hygiene, please try to reduce the amount of plastic recipients (shampoo-conditioner – shower gel, toothpaste and so on)

More suggestions on what to bring with you will be given anytime you wish.. just write me :)

LANGUAGE OF THE CAMP

English will be the official language of the camp.

DESCRIPTION OF THE ACTIVITIES:

Volunteers will be involved in working activities for about 30 hours per week. The working hours will be during the early morning in order to avoid too much sun/hot exposure.

The aims of the workcamp is to clean, cut grasses, restore part of benches of a low-hill pathway for hikers and bicycle running close to main river Bisenzio. The other task volunteers are called to accomplish is to clean and cut grass of a so called “Strada Bianca” leading to “Vigna di Venere”, one of the most important historical/naturalistic witnesses of Vaiano countryside in the frame of Calvana’s mounts system protected area



Sofignano, the workcamp's place in the Municipality of Vaiano



**Panoramic view-
Calvana's mounts
system**

ABOUT LEGAMBIENTE LOCAL GROUP: Legambiente Prato was founded in 1986; since then it has been engaged in the defence of environmental heritage, promotion and education on environmental issues throughout young students and the whole citizenship. Focusing on renewable energies, sustainable development, wastes, biodiversity, promotion of healthy life styles Legambiente Prato has set up since its beginning, several projects which still produce outstanding outcomes. Listed below some of the most successful activities of the organization:

- ⤴ Management of “rifugio le cave” environmental education center (CEA) inside a natural reserve – www.rifugiolecave.it
- ⤴ Summer International Workcamps in the Province of Prato
- ⤴ Permanent environmental education in Prato's Schools on the following topics: Water, Energy, Biodiveristy, Climate Change
- ⤴ National Campaigns “Puliamo Il mondo” “Festa dell'albero”, “Non scherzare con il fuoco”, “100 strade per giocare”
- ⤴ Youth in Action program: European Volunteering Service (EVS)
- ⤴ More details are available at the following website www.legambienteprato.it
- ⤴ PLEASE TAKE A LOOK ALSO to our 3d Presentation concerning our activities carried out so far in 2013:

http://prezi.com/nq4s1ibjo0yb/?utm_campaign=share&utm_medium=copy&rc=ex0share



CAMP LEADER PHONE NUMBER:

The general contact information of legambiente Prato are: (see the picture below)

LEGAMBIENTE PRATO



Via tinaia 15 - 59100 Prato - tel/fax 0574577804



The responsible of Legambiente Prato's Workcamps is ILARIA PROTTI

- ⤴ mobile phone: +39 3334760857 (Whatssup and Facetime available)
- ⤴ e-mail: info@legambienteprato.it (please write always in the object of the email "Vaiano_Sofignano Workcamp")
- ⤴ Please add **Legambiente Prato** as friend on **Facebook**, so you'll be added to the **FACEBOOK GROUP: Workcamps Legambiente Prato 2014** in order to share pictures, posts and information within us. The group is already active with some preview pictures :)
- ⤴ Soon Informations about workcamps will be available also in the website: www.legambienteprato.it

USEFUL LINKS

SEE in the above paragraph



HAVE A GREAT TIME !!!

Legambiente Voluntary Office Staff
Legambiente Onlus
Voluntary Service Office
Via Salaria 403; 00199 Roma – Italy

Incoming Responsible:
Laura Marino
e-mail: incoming@legambiente.it
Tel. +39 0686268324.

Take pictures from the workcamp, place posts and photos on your social networks profiles, use hashtag #summervolunteer, tag on @volontariambiente

WHO ARE WE?

Legambiente is a non-profit leading environmental organisation in Italy that works for the safeguarding and enhancement of natural resources; environment; common health; animal and plant species; historical, artistic and cultural heritage; territories and landscapes. Since its foundation in 1980, Legambiente's hallmark is the **scientific environmentalism**, which is the willingness to build every environmental protection project on a solid base made of scientific data. Legambiente mission is to **make the environmental culture the centre of a new kind of development and diffused well-being**. Important values for the association are the improvement of environmental quality, the fight against all forms of pollution, a wise use of natural **resources**, the construction of a more balanced relationship between human beings and the nature. Spreading those values could be an effective way to respond to the challenges of our time: the modernization of the economy, the commitment to beat unemployment, the struggle for peace and against all forms of discrimination and social injustice, the effort to consider globalization not only as a mere trading of goods but also as a means to improve quality of life and to give rights to billions of men and women forced to live in poverty.

Formed by 20 regional committees and more than 2000 local groups, Legambiente runs national and international campaigns about different issues.

LEGAMBIENTE'S WORKCAMPS

Legambiente has been organising volunteering campaigns since 1991, promoting summer-camps in many protected areas both in Italy and abroad, with the aim of raising public awareness on environmental issues such as forest-fire or habitat degradation, collecting information on natural resources, promoting green tourism, developing sustainable economy, helping people to be active for the conservation of our natural and cultural heritage. International workcamps are part of the association's main campaigns and volunteers' activities contribute to achieve the goals of each campaign.

The common aim of workcamps is to improve areas with distinctive naturalistic and cultural features and to help preventing environmental emergencies of our country. The main activities volunteers carry out are related to paths maintenance or cleaning of beaches and protected areas; furthermore, volunteers collaborate in fire prevention or raising awareness on environmental issues.

Some workcamps are organized in mountain locations, in the framework of the campaign "**Carovana delle Alpi**" (Caravan of Alps). This annual campaign, which was first organised in 2002, describes the alpine system in detail, reports cases of environmental decay and evaluates experiences of sustainable development and ecological re-conversion of the economies. It also supports the consolidation of the system of protected natural areas.

Other projects are focused on the conservation of our national cultural heritage: the aims of "**Salvalarte**" (Save the Art) are to awake public opinion, promote the claim and restoration of monuments and art works that have been abandoned to decay.

Legambiente also gives the opportunity to discover small villages and local traditions of Italy, protected and promoted by "**Piccola Grande Italia**" (Small Big Italy) campaign, which aims at increasing the value of our great heritage – environment, cultural property, local typical products and traditions – cherished in small Italian towns, the irreplaceable defence grounds of the Italian identity. The campaign has already involved 500 towns with less than 5 thousands inhabitants, mountain and provincial communities.

Duration. Legambiente's international work camps usually last 2 weeks. All participants are expected to arrive on the first day and to leave on the last day of the work camp.

Number of participants. Each workcamp can host between 8 and 15 international volunteers.

Age. The minimum age limit is 18 and there is **no maximum** age limit. One workcamp (Leg14) is for teenagers (16-17).

Aims. Voluntary work camps have three main objectives:

- promoting cultural exchange;
- protecting the Italian environmental, historical, cultural and artistic heritage;
- raising the awareness of local communities and foreign volunteers about the value of the natural and cultural heritage.

Work organization. Each work camp can be differently organized according to its specific needs.

Volunteers will be working approximately 30 hours/week. Sometimes they may be asked for working over the weekend or early in the morning in case of high temperature.

Volunteers are expected to be open-minded, flexible, and adaptable to different situations. Moreover, they need to be inclined to face either lacks or unexpected events with a positive attitude.

Not elsewhere specified, special skills are not required. Nevertheless, participation, enthusiasm and motivation are welcome!

Usually volunteers sleep in mixed rooms. Single or double rooms are not available. Shifts for cooking and cleaning are scheduled during the first day.

Every volunteer is responsible for all aspects of the daily life on the work camp.

Pets are not allowed since they could interfere with local flora and fauna.

Food. In the most part of our workcamps food will be almost vegetarian and based on local products. Volunteers will eat meat very few times.

Language: English is the official language of the work camp. Each workcamp will host a maximum of 2 volunteers for each country, in order to create a heterogeneous group and to foster a real cultural exchange.



The workcamp you are going to join is organised by an association who is part of the international youth network Alliance. The **Alliance of European Voluntary Service Organisations** (<http://www.alliance-network.eu/>) promotes intercultural education, understanding and peace through voluntary service.

International Voluntary Service (IVS) strives for a fairer world, one that is more sustainable, more healthy and with more balanced resources and social justice, that will lead toward the development of people, communities, their happiness and solidarity.



International
Campaign
for Sustainability
in Voluntary Service

The Alliance, also through the workcamps, is implementing an international **Sustainability Campaign** (<http://www.alliance-network.eu/our-campaigns/environmental-sustainability-campaign/>), aimed at spreading the principles of environmental sustainability

and at raising active citizenship committed with a fairer society. Being aware of the delicate relationship between human beings and the surrounding environment, we invite all actors - volunteers, camp leaders, organisers – to reflect upon their impact on local communities as well as their role in our global society; we are all part of the same wonderful earth and have the responsibility of safeguarding the natural resources it offers.



Vaiano Sofignano workcamp will participate in the **Energy Free Day**: an international event implemented simultaneously in the projects of the Alliance and other networks!

During one or two afternoon, volunteers of the workcamps will be called to join some games about Energy saving strategy, Carbon footprint calculation and any other ideas to reflect about the Energy question.

We encourage our volunteers to use their creativity, knowledge and intelligence to find ways to carry out their working or leisure activities without electricity, in a more natural and simple way.

We are all part of a great movement, a global challenge that connects our lives; it manifests itself in all of our actions – may they be big or small. Saving energy has an important positive impact on local and international levels.



LEGAMBIENTE

CONFIRMATION FORM

Leg 17_Vaiano_Sofignano workcamp, 30th July-13th August
Meeting Point: Vaiano train station

Please return this form to Legambiente as soon as possible.

It should be emailed to info@legambienteprato.it

to ILARIA PROTTI in copy to incoming@legambiente.it

Thank you!

I (Name) confirm I shall be

Attending the project	
Contact telephone number	
Email address	
I will arrive at the meeting point on time	YES NO

My travel plans are as follows:

Time Arrival	
Arrival Terminal	
Flight number	
I will travel to the meeting point by	
And will arrive to	

I have special needs (ex. allergies, diet, diseases, etc.):

WE SUGGEST THAT YOU CHOOSE, IF POSSIBLE, A MORE ENVIRONMENT FRIENDLY TRANSPORT TO REACH THE LOCATION OF THE CAMP. FLYING MAY LOOK CHEAP, BUT THE PRICE WE PAY IN TERMS OF POLLUTION IS MUCH MORE EXPENSIVE.

Date:

Signature



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