

MILANO, 2025

cadep
EURO TRAINING FORM

Info Pack

CADEP
EURO TRAINING FORM

Phone: +39 329 792 8160
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WELCOME

ACCOMMODATION

Hotel Residence Cenisio, via privata Giovanni Calvino, 21 - Milan

A receptionist will be waiting for you and will give you the apartment keys. They will also explain to you the accommodation rules.
The receptionist will give the map of Milano and will give all information to the students regards the how get to the Milano's center, supermarket, bank, restaurants, market, and so on

WELCOME MEETING

STAFF MEETING:
At the reception of the residence at 9.00
We will accompany you to the course location.

ACCOMMODATION



RESIDENCE CENISIO
VIA PRIVATA G. CALVINO 21
20154 MILANO (MI)
TEL. +39 02 365 79 308

Description: 1 apartment
Spacious and comfortable apartment, composed of two local: the sleeping area with single beds for each participants, wardrobe and chest of drawers , in it will accommodate an extra bed; the living area with single beds The one bedroom apartment has a large private bathroom with shower and bidet.
All kitchen utensils are provided as are toiletries, high quality bed linens and towels.
Once a week the staff will clean the accommodation and will change the sheets

Apartment services: free WiFi, tv 32" hd lcd, washing machine, stretch linen (on request), iron (on request), air conditioning/heating, Desk, fully equipped kitchen.

And also :
The participants will receive during the stay:
·Assistance 24 h
·Individual meeting
·Tutoring
·The participants will receive all information about the shopping, general information.

Breaking Boundaries Strategies for Supporting Students with Disabilities in Education

Place Via Chiossetto, 10, 20122 Milano (MI)

Monday	Tuesday	Wednesday	Thursday Friday	Saturday Sunday



- Understanding the principles of inclusive education.
- Exploring the legal framework and rights of students with disabilities.
- Recognizing the barriers and challenges faced by students with disabilities.

- Understanding the importance of individualized education plans (IEPs).
- Developing effective IEPs and strategies for implementation.
- Collaborating with parents, specialists, and support staff.



- Exploring assistive technologies and their applications.
- Identifying appropriate assistive technologies for different disabilities.
- Integrating assistive technologies into the classroom.

- Adapting curriculum and materials to meet diverse learning needs.
- Differentiating instruction for students with disabilities.
- Implementing accommodations and modifications.

- Building a positive and inclusive classroom culture.
- Promoting peer interactions and social inclusion.
- Implementing behavior management strategies for students with disabilities.



- Seminars in the field of inclusive education and disability support.
- Exploring current research, best practices, and emerging trends.

- Reflecting on the learning and experiences throughout the course.
- Developing an action plan to implement inclusive practices in participants' own classrooms.
- Evaluation and feedback on the course.

ABOUT US

Mobilty Projects

Our mission is to provide our participants with all the means needed to build their professional future by giving them the opportunity to have a practical experience abroad and to improve their language skills.

For this purpose, we manage different programmes co-financed by the European Union, we also work with schools, public institution and organization interested in developing new projects aimed at young generations.

In particular, we manage the following European Programmes:

Erasmus plus programme
Asl -Alternanza Scuola Lavoro
Pon e Por
Non formal education with pupils and high school students on subjects such as European citizenship, stereotypes, Intercultural learning.
Italian Language school
National Project
Study abroad
Local Projects



MAIN FUNCTIONS

• Management and organization for the pick-up service from/to the airport till the accommodation;
• Organization of internships and practice;
• Language course;
• Final certification;
• Monitoring and tutoring of all participants during the stay;
• Accommodation arrangement;
• Organization for the local transport;
• Planning of socio-cultural visits;
• Regulation of the follow-up procedures, the monitoring and tutoring process, orientation during the period of stay;
• Cooperation with the sending organization;
• Sharing the report documents;
• Dissemination of the final results gained during the exchange;
• Quality and commitment of the partnership.

CADEP operates in the social field too, as following:
• it is dedicated to the employment problems of integration into the working world to an encounter between supply and demand with greater attention to the integration of women;
• Promotes, with special initiatives, knowledge and meeting different cultures;
• It promotes initiatives of cultural exchanges between peoples;
• It deepens the culture of acceptance and solidarity, especially among young people The most important thing to remember is that an open mind and a willing disposition are paramount in order for you to gain the most from your time in Italy.

Participants are expected to:

·Be mature enough to face the difficulties of adapting to a life in a foreign Country.
·Have an open mind towards new experiences and situations.
·Take an interest in discovering new ways of life in different situations.
Take responsibility for their own personal and professional development.

ITALY



1. Presentation

Italy is bordered:

- on the North by Switzerland and Austria
- on the East by Slovenia and the Adriatic Sea
- on the South by the Ionian Sea and the Mediterrean Sea
- on the West by the Tyrrhenian Sea, the Ligurian Sea and the Mediterranean Sea
- on the North-West by France

In addition to the boot-shaped peninsula, the Republic of Italy comprises the islands of Sicily, Sardinia, Elba and many other smaller islands. Enclaves within mainland Italy are the independent republic of San Marino and Vatican City, the smallest country in the world, that is the Papal state, mostly enclosed by Rome.

The area of Italy is 3011,323 sq km (116,341 sq mi).

Administratively, Italy is divided into 20 regions, each of which is subdivided into provinces and city halls.

The Capital and largest city is Rome (population, 2006 estimate, 2,705,603), which is the most famous cultural and tourist centre.
Other cities with large populations include: Milan (1,303,437) an important manufacturing, financial, and commercial city; Pavia (80,000) in the hinterland of Milan, Naples (1,005,139), one of the busiest ports in Italy; Turin (975,139) a transportation junction and major industrial city; Palermo (666,552), the capital and chief seaport of Sicily; Genoa (615,686), the leading port in Italy and major trade and commercial centre; Bologna (373,026), a major transportation centre and agricultural market; Florence (365,966), a cultural, commercial, transportation, and industrial centre; Bari (325,052), a major commercial centre; Catania (301,564), a manufacturing and commercial city of Sicily; and Venice (271,251), a leading seaport and cultural and manufacturing centre.

2. Culture

From antiquity to modern times, Italy has played a central role in the World culture. Italians have contributed some of the world's most admired sculpture, architecture, painting, literature, and music. Although the Nation was politically unified about 160 years ago, the Italians do not consider themselves to be a "new" people, but see themselves instead as descendents of natural geographical boundaries and the disparate cultural heritage that has come down from Romans, Greeks, Etruscan, Arabs, Normans and Germans population.. Regional particularism is evident in local dialects, holidays, songs and regional cuisine. Central to all Italian life is the tradition of the family as a guiding force and focus of loyalty.
The long Italian art history includes names of painters such as Giotto, Piero della Francesca, Michelangelo, Leonardo da Vinci, Raffaello, Tiziano, Caravaggio, sculptors such as Donatello, Cellini or Antonio Canova and famous composers such as Antonio Vivaldi, Gaetano Donizetti, Giacomo Puccini, Gioacchino Rossini and Giuseppe Verdi.

3. Economy

A largely agricultural country before World War II (1939-1945), Italy has developed a diversified industrial base in the North, which contributes significantly to economy.
The Gross Domestic Product (GDP) in Italy was worth 2107.70 billion US dollars in 2021, according to official data from the World Bank. The GDP value of Italy represents 0.94 percent of the world economy.
Italy essentially has a private-enterprise economy, although the government formerly held a controlling interest in a number of large commercial and manufacturing enterprises, such as the oil industry (through the Italian state petroleum company), and the principal transportation and telecommunication systems.
Since World War II, Italian industry has expanded products have gained worldwide popularity. In the early 1990s the annual of the textile industry, one of the largest and most important, included 245,100 metric tons of cotton yarn. Among other major industries are the manufacture of motor vehicles, iron and steel, rubber, heavy machinery (particularly household electronic products) and foodstuffs, particularly pasta. Annual production of passenger cars totalled 1.5 million in the early 19990s. Shipbuilding, the processing of hemp and tobacco, and sugar refining are also important. Leading manufacturing centres include Genoa, Milan, Rome and Turin.

PERSONAL SECURITY AND HEALTH

Looking after your property

Traveller's cheques or Euro cheques are the safest ways to carry large sums of money. Also debit/ credit cards are the safest way to keep your money. Moreover, please consider smart wallet or virtual cards. Try to carry your cheque receipts and Euro cheque or debit/credit card separately to be on the safe side, and keep a copy of all documents such as your passport. Never leave your bags unattended and carry purses/ wallets and other valuable items in closed bags.

Medical Treatment

If you are in need of urgent attention go to the Pronto Soccorso (First Aid - ER) department of the nearest main Hospital. In case a consultation with a specialist doctor is needed, look online for the specialist you might need and you can get the consult under payment. If you have a serious medical complaint or allergy, you should bring a letter, preferably translated, from your doctor at home. Many doctors in the region speak English..

If you are ill

Candidates are requested to obtain a doctor's note and inform both their work placement supervisor and Europe for all if time away from work is necessary.

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Pharmacies

Pharmacies are open during from 8.30 to 12.30 and 16.00 to 20.00 from Monday to Friday, and from 9.00 to 12.00 on Saturday. You can can find the closest one online easily as they are spread around the city.

Police

In Italy there are three different security forces: the vigili urbani (municipal police) are most often seen in the streets regulating traffic and enforcing local laws; the carabinieri the armed military police is responsible for public law and order; the police (Polizia), or State office is more specialised in serious crime. The Italian Army usually stays nearby very busy centre such as the Central railway Station, the Cathedrals or anywhere needed.
Any of these should be able to help you. In the event of theft, go straight to the nearest police station (or carabinieri station) to make a statement. If there is a language problem, you should consult the nearest consulate, which you should do in the case of a lost passport.

Looking after yourself

Moving to a different country can be both exciting and stressful. It is important that you can look after yourself well. A 'holiday' style can't be maintained for a long period of time, especially when attending a language course and work placement. Eating properly and sleeping well is important. Unfortunately a reoccurring theme with participants abroad has been absences and even hospitalisation due to excessive use of alcohol. Bearing in mind that the object of the programme is language acquisition and professional training, alcohol related absences will not be tolerated.

Candidates are asked to act in a mature and sensible manner, showing respect for the Country's customs and beliefs. This is not to say that you must never drink, just avoid being excessive if you are 18. Smoking is also forbitten for underaged students and they will not be able even to buy cigarettes or electronic cigarettes.

Dentist

If you have any doubts about your teeth, see your doctor before you leave. Dentists are expensive in Italy. You can find the nearest one online, listed under the name of 'dentisti medici chirurghi'.

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EMERGENCY CONTACTS

Antonio's personal number to be used only in case of real emergency
+393297928160

Calling the following numbers is free of charge:

118: Ambulance
115: Fire-Fighters
113*: Polizia (Police)
112*: Carabinieri (military police)
117: Finance Guard.
1515: Woodland fire service, managed by the State Forestry Department
1518: Traffic and road conditions, managed by the Road Safety Information Co-ordinating Centre (CCISS Viaggiare Informati)
530: Blue number for sea emergencies, managed by the Corps of the Port Captaincies – Coast Guard (whose own number is: 800-090090)
* The functions of the Carabinieri and the Polizia in Italian society are overlapping. The Carabinieri are a sort of local branch of military Polizia derived from the ancient Corps of the Royal Carabinieri. The Carabinieri have the dual function of National defence and policing, and they have special powers and prerogatives.

Carabinieri offices are located in many villages across Italy, and there is more of a Carabinieri presence than a Polizia presence in Italy. In fact, if you're driving in the country and are nearing a collection of villages, you'll see signs directing you to the village where the Carabinieri office is located with the emergency number printed below.

In some cities, you can call both numbers (112 and 113) and they will be answered by the same person. However, you should probably address the police before the Carabinieri

PRACTICAL INFORMATION

Please go to your nearest tourist information office on the first day and ask for a good map of the city ('Una mappa della città'). Or the candidates can directly download it here
https://www.yesmilano.it/sites/default/files/filefield_paths/MappaMilano_Cartina.pdf_0.pdf

1. Using the telephone

As soon as you arrive to Italy, you may buy an Italian telephone card, to ensure that the staff of Europe for all can always keep in touch with you. In addition you will always have internet anywhere. The cost to buy a new SIM card are low. Otherwise, you can check with your own phone operator the best way to guarantee services while abroad.
From anywhere to Italy dial 0039 then the number with the area code. You have to dial also the first digit.

In an emergency, the free European emergency number is 112, reachable everywhere in the EU from both landlines and mobile phones.

2. Driving in Italy

If you have the European driving License, you can drive in Italy too. Please drive on the right and, generally, give way to the right. Seat belts are compulsory in the front and back. In town centres the speed limit is 50 km/h (30 mph); on an ordinary road 90 km/h (50 mph); and on motorways 110 km/h (70 mph). Penalties for speeding include spot fines and licence points and there are drinking and driving laws as anywhere else in the EU. Remember also that tolls are charged on most of the motorways. To hire a car, you must be over 21 and have held a licence for at least one year.

3. Shopping

Generally, shops are open around 9.00 /9.30 and some close for lunch at 13.00-15.00, with the exception of food shop and markets, which are in business from 8.00 am. In the afternoon, stores are open from 15.00 to 19.30 in winter and from 16.00-20.00 in summer. All shops are usually closed on Sunday. Please bear this in mind when planning your day.
The best time for finding a bargain is during the January and July sales. Look for windows signs with the word saldi or sconti.

4.Public holidays and events

Public holidays: New Year (1st Jan), Epiphany (6th Jan), St. Joseph (the patron, 19th March) Good Friday (variable), Easter Monday (variable), Liberation Day (25th Apr), Labour Day (1st May), Republic Day (2nd Jun), Assumption (15th Aug), All Saints (1st Nov), Immaculate Conception (8th Dec), Christmas Day (25th Dec), Boxing Day (celebrated as St. Stephen's Day, 26th Dec).

5. Eating in Italy

Italians generally eat 3 meals a day. Breakfast is a light meal, coffee or juice with a croissant or yoghurt, taken between 7.30 and 10.30, while lunch is the large meal of the day between 12.00 and 14.30. Dinner is taken in the evening between 19.00 and 21.00. Main meals in Italy often finish with a coffee but it is also normal to drink coffee and have light snacks between meals.

Eating out is also very common in Italy, especially at weekends, which is an opportunity to meet up with friends.
Remember to take and keep all your receipts from shops and restaurants, as it is the law that you must prove that you paid and that the shop/restaurant owner rang it in for tax purposes. You may be asked to show your receipt by plain-clothes police and fined, if you do not have one.

6. Cafes, bars and clubs

Italian bars are somehow calmer than in Europe. The majority of bars serve anything, from coffee and traditional snacks to ice cream and cakes.

Wine is very cheap compared to the Europe because it is a regional product. The price of beer on the other hand is the same as, if not more than, in Europe. Spirits are also quite expensive, but measures can be generous.

Be warned, both Italian men and women find getting drunk offensive. Visitors are asked to respect the Country customs and beliefs.

ACCOMMODATION RULES

Please find below useful information as well as house rules.

Dear Participants,
I would firstly like to welcome you! Below you will find the rules of the establishment which we would like you to read and sign so we can help make your stay with us more comfortable.

- All apartments are equipped with the following, (TV, Plates, Cutlery, Mugs & Glasses).
- All linen are provided on arrival as well as blankets during the winter season. Cleaning of the apartment is to be done by yourself. Please, kept the apt clean. Toiletries are to be bought by the student throughout their stay here.
- The garbage must be thrown in the rubbish bins located in the yard, don't leave rubbish outside the apartment. Separate correctly the waste.
- Do not throw sanitary napkins in the toilet.
- Always remember to close the gas valve when you have finished cooking.
- Always close the front door of the apartment building.
- Furniture and movable's can be moved to make your living space more comfortable if needed, however upon departure, all furniture moved needs to be put back in place and the apartment handed back to us clean and in the same condition it was handed to the student.
- Any breakages or any problem which is maintenance related needs to be reported to Mr ANTONIO so that we may tackle the problem immediately. Any breakages found not to have been reported to the Tutor, Mr ANTONIO will be considered to have been damaged by a student and charged accordingly.
- No items or itinerary are to be moved from the apartment. Upon departure, room inspections will be done and if any item has been moved or damaged without being reported, the items will have been considered as lost or damaged and items will be charged accordingly to the students living in the apartment.
- Near to the apartment live other families so please respect other people's privacy and keep the noise level to a minimum. We do not allow parties or loud music at anytime especially after 22.00pm and between 13.00pm – 16.00pm.
- All rooms and students are allocated as instructed by group director of the programme. If some students wish to share a room with any other particular students, this can be arranged on the day of arrival provided it is approved by The Tutor.
- Water & Electricity readings are taken monthly of every apartment on arrival at the apartment. Should the consumption exceed the standard usage of an average person over a 1 month period, the excess will need to be paid by the guest himself. (Water & Electricity are very expensive so please monitor what you use)
- Adhere to our NO SMOKING policy within all apartments
- If a student loses the key of the apartment, the cost will be paid by the student .

I agree to have read and understood the rules and regulations of Europe for All that have been handed to me by the undersigned.

GENERAL INFO

How to reach Duomo from Hotel Residence Cenisio
50 minutes walking
30 minutes taking Tram 12 or 14 from from Via Cenisio Via Induno (Cenisio M5 stop)

Closest Underground stations: Cenisio M5

SUPERMARKETS near Hotel Residence Cenisio
ALDI Milano Via Cenisio - Via Cenisio, 11, 20154 Milano MI
Carrefour Market - Milano Diocleziano - Piazza Diocleziano, 2-4, 20154 Milano MI
Pam local Milano Mac Mahon - Via Mac Mahon, 20155 Milano MI

HOSPITAL & ER
Pronto Soccorso Generale | Ospedale Fatebenefratelli e Oftalmico - Via Castelfidardo, 14, 20121 Milano MI
Pronto Soccorso • Ospedale dei Bambini "Vittore Buzzi" - Via Lodovico Castelvetro, 52, 20154 Milano MI (for children under 14 years old)

