

Breaking the Mould



Siena, ITALY



**4th MAY 2026
10th MAY 2026**



7 Participants

+

1 Leader

from each country
Age between 18-30 years old

This project aims to help young people recognise and question the gender stereotypes that shape their lives. Expectations about being “like a boy” or “like a girl” in the media, language and daily life restrict young people's self-expression and pave the way for continued inequality. With our project, we aim to make these invisible barriers visible and support young people in taking an active role in a more free and egalitarian society.

Our goal in the field of youth work is to enable participants to critically analyse gender roles, understand different experiences through empathy and dialogue, and disseminate what they have learned in their local communities. In this way, as young people's self-confidence, communication and critical thinking skills develop, awareness of gender equality will also spread.

In short, our project will both inform young people and make them active agents of change, contributing to an inclusive and egalitarian youth work practice.





WELCOME TO SIENA, ITALY!

Siena is a historic city located in the Tuscany region of central Italy, known for its strong cultural identity, well-preserved urban structure, and long academic tradition. With a population of around 50,000, Siena functions as an important local center for education, culture, and public administration rather than a large metropolitan hub.

Unlike major industrial or port cities, Siena's economy is largely based on education, research, public services, and small-scale local enterprises. The city is home to the University of Siena, founded in 1240, which plays a central role in academic life and international cooperation. Research, healthcare, and cultural institutions contribute significantly to the city's social and economic development.

Siena's history dates back to Etruscan and Roman times, followed by a period of great prosperity during the Middle Ages as an independent city-state. This historical continuity has shaped Siena's strong sense of community and civic identity, which is still visible in everyday life. The city is traditionally divided into districts (contrade), which remain active social and cultural units rather than purely symbolic divisions.

In recent years, Siena has placed increasing emphasis on sustainability, heritage preservation, and quality of life. Policies promoting walkability, protection of historical areas, and environmental responsibility are part of the city's approach to balancing tradition with contemporary needs.

Surrounded by the rolling hills of the Tuscan countryside, Siena is closely connected to its agricultural surroundings, particularly in wine and olive oil production. Overall, Siena represents a city where historical heritage, academic life, and community-based living continue to coexist with modern social and environmental challenges.



How to Get to Siena

1. By Air

The closest major airports serving Siena are:

Florence Airport (FLR) – approx. 85 km

Pisa International Airport (PSA) – approx. 120 km

Rome Fiumicino Airport (FCO) – approx. 250 km (best option for international flights)

From these airports, participants can continue their journey to Siena by train or bus.

From Florence Airport, travelers can reach Florence city center by tram or bus and then continue to Siena by train or bus.

From Pisa Airport, direct trains run from Pisa Centrale to Siena.

From Rome airports, participants can travel to Rome city center and then continue to Siena by train or long-distance bus.

2. By Train

Siena is connected to Italy's national rail network via Siena Railway Station, located a short distance from the historic center.

Train routes to Siena:

From Florence: Regional trains run frequently and take approximately 1.5 hours.

From Rome: Travel time is around 3–3.5 hours, usually with one change (often in Florence or Chiusi).

From Pisa: The journey takes about 2.5–3 hours, typically with one transfer.

Train tickets can be purchased online through Trenitalia or at station ticket machines.

3. By Bus

Bus travel is a very practical option for reaching Siena, especially from nearby cities.

Florence–Siena buses run frequently and take around 1.25 hours, often faster than the train.

Long-distance bus companies such as FlixBus and Itabus connect Siena with cities including Rome, Florence, Bologna, and Milan.

Buses usually arrive at Siena Bus Station, which is located close to the city center and easily accessible on foot or by local transport.

When booking your travel to the project site, please be reminded that it is mandatory to choose the most cost efficient travel option available. Before buying your ticket, make sure to contact us for approval since it is mandatory.

MAXIMUM REIMBURSEMENT PER PERSON

| COUNTRY | PER PERSON (€) |
|---------|----------------|
| Italy | €0 |
| Poland | €309 |
| Greece | €309 |
| Hungary | €309 |
| Türkiye | €275 |

Please note that reimbursements will be transferred to your organization’s or team leader’s account on the 10th of September 2026. Early or late payments outside this general timeframe are not possible.

Accommodation

Details regarding accommodation, typically arranged at hostels, will be communicated through various channels, emphasizing the importance of staying informed. Additionally, please note that accommodations during the project will usually be in hostels. Hostels are known for their affordability and communal atmosphere, providing basic amenities. Therefore, we suggest you pack personal items if you wish. Detailed information about transportation to the accommodation will be provided through the project's Facebook group.

Kindly be informed that three meals per day will be provided.

Please note that check-in to the rooms is after 2:00 pm and check-out is until 11:00 am.

Currency in Italy & Money Exchange

The official currency in Italy is the **Euro (€)**. It is used for all purchases, including transportation, food, and accommodation.

Money Exchange Options:

ATMs (Bancomat): Widely available throughout Naples and at the airport. Most international debit and credit cards are accepted. This is usually the easiest and safest way to get Euros.

Currency Exchange Offices: You can find exchange bureaus at airports, train stations, and in the city center. Rates may vary, so it's good to compare before exchanging large amounts.

Banks: Major banks also offer currency exchange services during business hours.



💡 Tip: Always check the exchange rate and possible service fees before making a transaction.

General Rules

To ensure a safe, respectful, and well-organized project experience, all participants are expected to follow the rules below throughout the activity period:

1. Respect and Inclusion

Participants must treat each other with respect, regardless of nationality, gender, beliefs, cultural background, or personal differences. Any form of discrimination, harassment, or exclusion is not acceptable.

2. Active Participation

All participants are expected to attend activities on time and take part actively. Engagement, cooperation, and openness are essential for achieving the project's learning objectives.

3. Responsible Behavior

Participants are expected to behave responsibly and respectfully at all times, both during activities and in shared spaces. Actions that negatively affect the group or the project's reputation may result in corrective measures.

4. Accommodation and Venue Rules

Participants must respect the accommodation, training venues, and public spaces used during the project. Cleanliness, care for shared facilities, and compliance with house rules are required.

5. Alcohol and Substance Policy

The use of alcohol or illegal substances during project activities is strictly prohibited. Participants must be in a suitable condition to participate fully in all sessions.

6. Health and Safety

Participants should follow safety instructions and immediately inform the coordinators of any health issues, accidents, or concerns. Personal well-being and group safety are top priorities.

7. Communication and Documentation

Participants may be asked to sign attendance lists, take part in photos or videos, and complete evaluations. Cooperation with these procedures is necessary for project reporting and accountability.

8. Environmental Responsibility

Participants are expected to act in an environmentally responsible way, especially during outdoor activities. Littering or damaging nature and public spaces is not acceptable.

9. Compliance with Project Team

Participants must follow the guidance and instructions of the coordinators and team leaders to ensure the smooth implementation of the project.

Failure to comply with these rules may result in warnings or, in serious cases, exclusion from project activities.