

Music for Freedom

~

**Training for partners on project design,
possibilities of implementation of an audio editing and mixing studio in prison
and validation of competencies (C2)**

~

Date: 3rd – 6th April 2023

Hosting organisation: Arci Liguria

~

La Spezia, Italy

~

Info Pack



<http://www.myspezia.it/gallery>

► Arci Liguria

ARCI Liguria is the regional committee of ARCI in the Ligurian territories of North-Western Italy. At present, ARCI is the largest independent association dedicated to the promotion of culture, social values and civil rights in the country. With more than 300 clubs and 50.000 members, ARCI Liguria represents a network whose well-grounded structure enhances democratic participation and social integration at local level. Since 1977 ARCI's mutualistic associations, non-profit organizations, art galleries, volunteering groups and clubs aim to promote culture and sociability in the region.

In accordance with its goals, ARCI Liguria services and activities include the defense of migrants' rights, through offices that provide legal assistance as well as work and education orientation. We also deal with several SPRAR (Protection System for Asylum Seekers and Refugees) welcoming systems.

We support the promotion and initiatives about Anti-Mafia culture, non-formal education activities addressed to children at school and in suburban districts and the enhancement of Civic Service and volunteering as a self-developing and active-citizenship tool for youth people. In addition, Arci Liguria manages many recreational activities in its clubs and across the region.

Thanks to the presence of our Committees and educators, we operate in several prisons in several cities (Imperia, Savona, La Spezia, Genova and Chiavari) and, in collaboration with Public Institutions and other associations, we provide services to prisoners and ex-prisoners.

► Venues

La Spezia (same as in Italian)

The city of La Spezia is the largest and most populous town in the extreme "Levante" (namely our Eastern Coast) of Liguria. From there, you can enjoy a panoramic view with wide opening on the gulf and with the Apuan Alps in the background and experiencing the relaxing life of a typical Ligurian town.

Despite of not being famous in itself, it's located in a great position to explore the Ligurian coast. Staying a few days in La Spezia, moving during the day to explore the surroundings, can be an excellent idea: those who want to admire the beauties of this stretch of Liguria while keeping a low budget, will be able to do so thanks to the cheap accommodations in the city. We suggest you to visit Cinque Terre, Lerici or Porto Venere.

Want to know more about La Spezia? Click [HERE \(http://www.myspezia.it/\)](http://www.myspezia.it/).

Please, note that once arrived in the city centre, all meeting's venues (except for the prison, which is outside the city and reachable by bus or car) will be easy to reach by walk or by bus.

From the 3rd to the 6th of April our working venue will be the [Dialma, Cantiere Creativo Urbano](#) – *Dialma, Urban Creative Centre*, based in Via Claudio Monteverdi, 117, 19122 La Spezia.

[HERE \(https://ildialma.it\)](https://ildialma.it) is our training venue official website.

On the 4th morning we will visit the city prison, **Villa Andreini** in Via Fontevivo.

Please, see [HERE \(https://g.co/kgs/MkTuWf\)](https://g.co/kgs/MkTuWf) how to get to Villa Andreini.

Since we will need to have each of you authorized by the penitentiary institution, we ask you to fill in the Logistic file, taking care to enter your personal data correctly. [HERE](#) is the link!

<https://docs.google.com/spreadsheets/d/10CL2btk NI2-jC0yR25h8q2PDFkzoLVWR4Ls5bMQuxA/edit?usp=sharing>

We'll have our social dinner, in the evening of the 4th of April, at [Osteria all'Inferno dal 1905](#).

If you fill in the Logistic file, you'll also find special options for meal.

One more time, [HERE](#) is the link 😊

You can find all useful information about bus tickets and stops, [HERE \(https://www.atcesercizio.it/en/biglietti/\)](#).

► Accommodation

By way of example, we indicate below some hotels and B&Bs.

Of course, you can feel free to choose another solution.

Hotels

[HOTEL FIRENZE](#) Very close to the train station.

[NH HOTEL](#) In front of the city's port and the beautiful seaside walk of La Spezia.

[ALBERGO DELLE SPEZIE](#) We highly recommend this eco-friendly hotel for its eco-design and care for the environment. It's also very close both to the train station and the seaside.

Bed & Breakfast

[AFFITACAMERE DEL PRIONE](#) is located inside a typical Ligurian building (terratetto) which dates back to the year 1500 and was completely restored in 2020.

[AFFITACAMERE IL VIAGGIATORE](#) is located in the historic center of the city, a few steps from the pedestrian area of Corso Cavour.

► Restaurants and pubs

All located in the centre of the city.

Typical ligurian restaurants (“osterie”)

Osteria all'Inferno dal 1905

+39 0187 29458, <https://maps.app.goo.gl/sZKLAuHhQ2yFdMHS6>

La Pia Centenaria

+39 0187 739999, <https://maps.app.goo.gl/ozhnc5pD7zEGJ2Wm6>

Typical restaurants with vegan options

Distro'

+39 0187 70138, <https://maps.app.goo.gl/nDRABZSqqF5EtvUQA>

La Loggia de Banchi

+39 331 950 1954, <https://maps.app.goo.gl/zZFEeRYK7tQtGwGaA>

► Activities

The following places are recreational spaces or clubs to experiment night life and cultural events:

Arci Canaletto

<https://www.facebook.com/arcicanalettosp/>

Skaletta Rock Club

<https://www.facebook.com/SkalettaRockClubOfficial/>

Shake Club

<https://www.facebook.com/shakeclub.laspezia/>

► Weather

It will be early spring, meaning temperatures between 14 and 17 degrees and days that could be windy and rainy. Please before leaving, better check the weather condition [HERE](#).

► Transfer

The nearest airport to La Spezia is Pisa Airport (64.3 km away).

The nearby airports include the ones in Genoa (110 km distance), Florence (FLR) (115.2 km), Bologna (BLQ) (126.2 km). Other airports: Milan Linate (LIN) (157.1 km) and Milan Bergamo (BGY) (174 km).

From Pisa Airport to La Spezia

There is a fast, direct train connection from Pisa Airport to La Spezia. That makes Pisa's airport the most comfortable one.

From Genoa Airport to la Spezia

By Bus: Volabus is the fastest connection service between Genova airport and Genova train station of Brignole (30 minutes). The service does not involve booking fees, luggage transport is free of charge; [HERE](#) you can find timetable and fares. There are two main train stations in Genoa: **Genova Brignole** and **Genova Piazza Principe**. In this case, it is best to arrive at Genova Brignole's one. Once arrived at Brignole's train station, you can proceed to take the train for La Spezia (approximately 2 hours).

Airlink, train+bus

Genoa Airport is linked to the Sestri Ponente Airport railway station by the Airlink shuttle service. Airlink operates one ride every 15 minutes from 6.00 am to 10 pm. You can use the Airlink service with a normal bus ticket (1,5 euros) or the bus+train local ticket (1,6 euros), and with a tourist ticket. You can buy your train ticket just after the landing at the arrival hall. Airlink Bus stop is located outside the Arrivals area (ground floor). From Sestri Ponente Aeroporto railway station it's possible to reach La Spezia as well. Check trains' timetable on www.trenitalia.com.

From Milan Malpensa to La Spezia.

When you arrive to Milano Malpensa Airport you can take Malpensa shuttle (www.malpensashuttle.it/en/index.html) to Milan Central Station. Then you can take a train to La Spezia train station. The total cost is about 25-35 €.

From Bergamo Orio al Serio to La Spezia.

When you arrive to Bergamo Orio al Serio, take a shuttle (http://www.orioshuttle.com/_eng/) to Milan Central Station. From there, you can take a train to La Spezia train station. The cost is about 25-35 € as well.

Feel free to consult us, we will be glad to help you plan your trip.

► Budget

As regard to the budget, you can consider a single allowance of 1.822,00 € for CPIP, AufBruch, Etic, Izmir, Asturia. Only EFA has a lower budget of € 1.318,00 due to the limited distance. In any case no one will overcome the distance band of 1999 km!

Please note that the mentioned amount covers the expenses for the attendance of two representatives, so if you are travelling alone, the recognize amount will be only € 911,00. Please

remind to keep both boarding passes and invoices of your flights and transfers as well as to ask receipts/invoices for accommodation and meal.

► **Useful numbers and contacts**

Ambulance/Medical Emergencies: 118

Police: 112

Fire Fighters: 115

► **Contact numbers**

Giuditta +39 3474563532

Filippo +39 3336207437