

Program

G2C Training Event (C2)

Rende, Italy
19-27 August 2023



Saturday 19th:

- Before 5 pm: Participants arrival and hotel accommodation
- 7.30 pm: Greetings and welcome from the Alteredu staff
- 8 pm: Dinner



Sunday 20th:

- From 7.30 to 8.30 am: breakfast
- 8.45 am: briefing with illustration of the Programme
- 9.30 am: Transfer by train to Paola (bring necessary for swimming in the sea!), cultural excursus and meeting with Dr. Katia Stancato (entrepreneur)
- 1 pm: Lunch
- 5 pm: Return to the hotel by train
- 8 pm: Dinner



Paola



Monday 21st:

- From 7.30 to 8.30 am: breakfast
- 9 am (with break at 11 am): Welcome conference with presentation of the results of the project and testimonials from local entrepreneurs
- 1 pm: Lunch
- 5.30 pm: Visit to the City of Cosenza
- 8.30 pm: Dinner



Tuesday 22nd:

- From 7.30 to 8.30 am: breakfast
- 9 am (with break at 11 am): Meeting with the Young Members Club of the BCC Mediocrati
- 1 pm: Lunch
- 5.30 pm: Visit to the Unical Campus - University of Calabria
- 8.30 pm: Dinner



UNICAL - Università della Calabria



Wednesday 23rd:

- From 7.30 to 8.30 am: breakfast
- 9 am (with break at 11 am): Meeting in the Chamber of Commerce of Cosenza
- 1 pm: Lunch
- 5.30 pm: Visit to the Calabria News 24 headquarters and Visit to the City of Cosenza
- 8.30 pm: Dinner



Cosenza



Thursday 24th:

- From 7.30 to 8.30 am: breakfast
- 9 am (with break at 11 am): Meeting with the companies of excellence "Arancì" and "Non Solo Cioccolato"
- 1 pm: Lunch
- 2.30 pm: Visit to the Rende Water Park (bring necessary equipment for swimming in the pools)
- 8.30 pm: Dinner



Friday 25th:

- From 7.30 to 8.30 am: breakfast
- 9 am (with break at 11 am): Meeting with the Project Manager "The Sower" (Dr. Mario Reda" and with the Representatives of the Don Carlo De Cardona Anti-usury Foundation of Cosenza
- 1 pm: Lunch
- 2.30 pm: Visit to the Rende Water Park (bring equipment for swimming in the pools)
- 8.30 pm: Dinner



Saturday 26th:

- From 7.30 to 8.30 am: breakfast
- 9 am (with break at 11 am): Final Report of the Project and evaluation of the meetings of the week
- 1 pm: Lunch
- 4 pm: departure by bus to Terranova from Sibari (Alteredu headquarters) with meeting with local institutions and entrepreneurs - visit to the medieval village
- 8.30 pm: Dinner and return to Rende



Terranova



Sunday 27th:

- From 7.30 to 8.30 am: breakfast
- 9 am: Farewells and departures towards Lamezia Airport



Transport

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Public transport (bus, train) is very good and reliable and you can easily commute between the cities and the airport.

The main airport is **SUF - Lamezia Terme "Sant'Eufemia"**.

From the airport you can easily take the **train** to reach Rende.





From Airport to city (and back)

To reach Rende you have to first take the **bus** (the stop is just outside the airport) that will bring you to the train station (in the picture) and then take the **train** to the city.

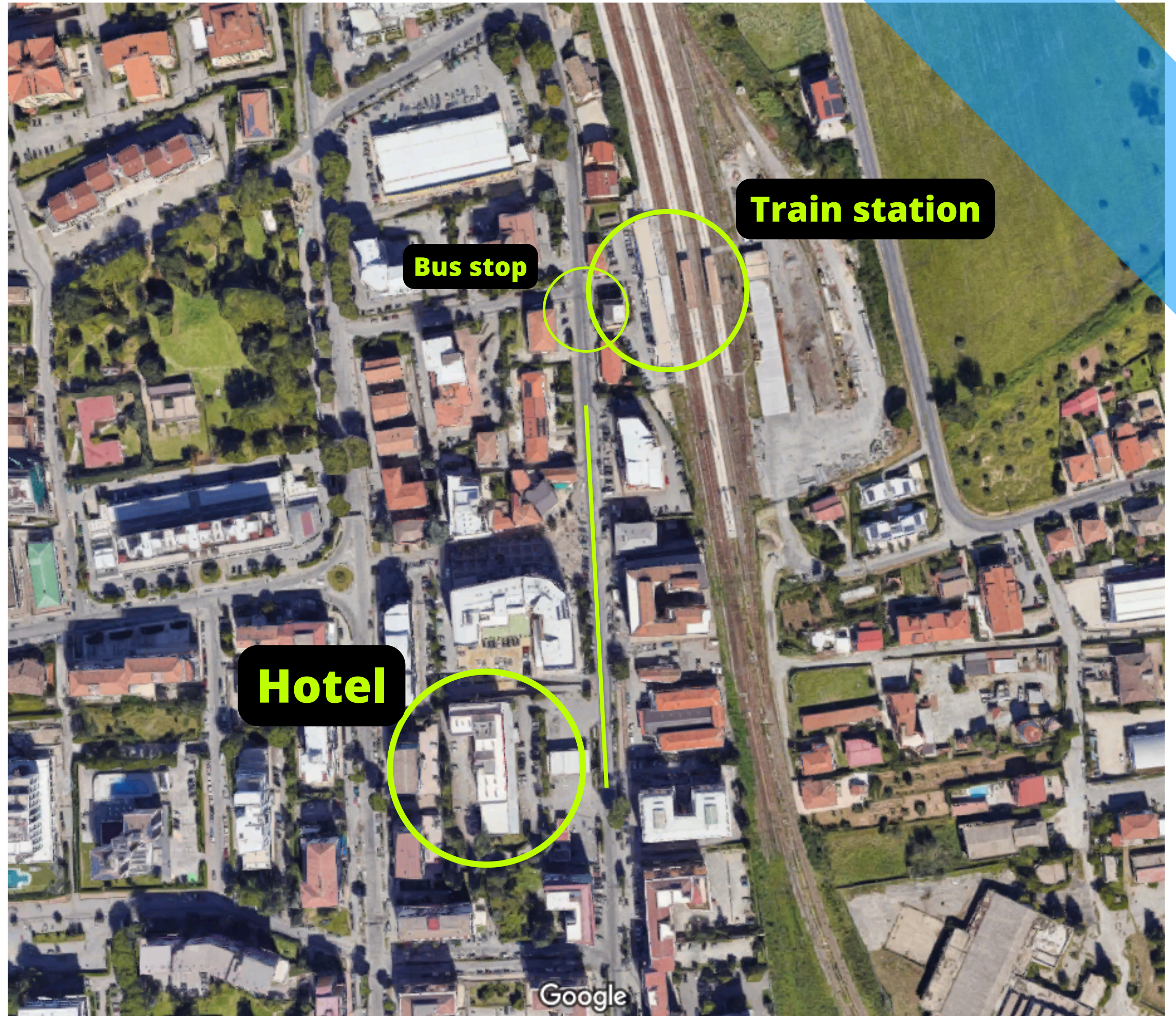
Both busses and trains are available every 30-60min so you don't have to wait much. To find out the timetable and buy the tickets, visit <https://www.trenitalia.com/en.html> and search from "Lamezia Terme Aeroporto" to "Castiglione Cosentino". (Very important!)

To go back to the airport just invert the destinations :)

Buying this ticket will give you access to **both the bus and the train**.

How to reach the hotel

BV President Hotel is located opposite to the train station, 200 meters south, making it very easy to reach by foot. Outside the train station you will also find a bus stop if you want to move in the city.



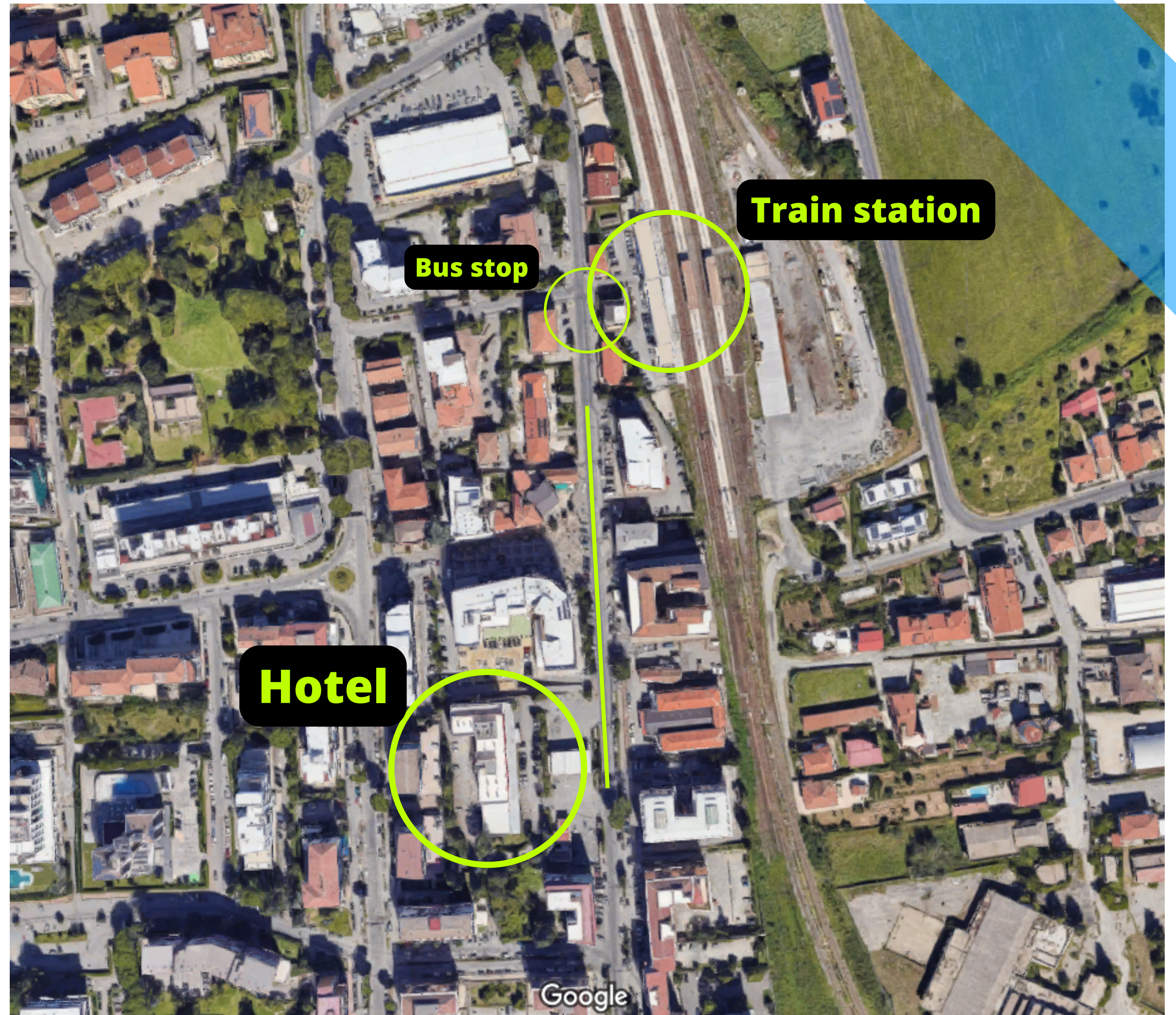
Move by bus

Outside the train station near the hotel you will also find a bus stop if you want to move in the city.

Bus timetable changes during the year so we suggest to use the Moovit app or website to find the right timetable. You can find it here:

<https://moovitapp.com/cosenza-3280/lines/it>

The correct bus line is "136".



Contact us!

If you have any questions feel free to contact us and we'll be more than happy to assist you!



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