

ABOUT THE PLACE

The workshop takes place in Presegno (Brescia) and its surrounding area. Presegno is a small village with less than a dozen inhabitants. The village is situated 1000 meters above sea level in the mountains of the Sabbia Valley. Here you can read more about the place.

ACCOMMODATION

Participants stay in a shared accommodation house (the former school of the village). The house consists of 2 big sleeping rooms, dining room, kitchen and toilets. If you want more privacy you can bring your tent and sleep outside.

FOOD

In the village there are no shops and there's only one bar. Food is prepared together in the kitchen of the house where we stay.

MONEY POLICY

- 1) Approx 60 euro for the accommodation (6 nights)
- 2) Approx 60 euro for the food (6 days)

PARTICIPANTS

Max number is ~10.

Not for those who suffer vertigo and panic attack.

EQUIPMENT

Bring appropriate shoes (we'll walk on steep mountain trails), long trouser (against insects), sun lotion, sun cap, water bottle/thermos, backpack, lunchbox, warm clothes (it might be slightly cold in the evening, we're 1000 meters high...), water proof jacket and everything you need in case of rain.

Bring your sleeping bag (there're enough beds but not enough bed-sheets...).

If you have a history of anaphylaxis or any other allergic reaction to insect bites, bring your own epinephrine autoinjector and/or antihistamines.

If you have a mobile phone, download a white noise generator and a tone generator app (If you can't find one, I will send you a couple of links by email).

HOW TO GET THERE

- 1) Flight to Milan, Bergamo/Orio al Serio, Verona or to any other city in northern Italy
- 2) Take a bus or train to Brescia.
- 3) Take a bus to Vestone/Lavenone.

I'll come and pick you up at the bus station.

More detailed info will be sent to the registered participants.

REGISTRATION

send an email to: baitabaita AT riseup DOT com