



ANNO SABBATICO
INTERNAZIONALE
2023-2024



ANNO SABBATICO

The will to start over
from oneself



'ANNO SABBATICO' (GAP YEAR)

1. Fundamental characters of the project

The *Anno Sabbatico Project* (gap year) aims to offer young people between the ages of 18 and 40 a different perspective and to develop with awareness an all-around relationship, not only with work, society, and nature but also with the universal and spiritual dimension of which we are all part. The program is held on a residential basis for nine months between October and June in stunning locations and contact with nature.

Focused on *multidisciplinary training, ecology and innovation*, it is conceived as an experience of living relationships, where theoretical insights alternate harmoniously with group work, social workshops, and creative and artistic activities.

The gap year comes to meet the objective difficulties of the new generations on the existential level and in making choices in social and professional spheres, by proposing a conscious revisiting of one's previous formative and cognitive process, in such a way as to provide participants with practical tools that facilitate their life choices and initiate a creative and responsible relationship in society.

2. General Aims and Objectives

The 'Scuola Anno Sabbatico' is part of the programs of the social promotion association called '*Patto per l'Anno Sabbatico / APS*'.

For young people who choose to join, this year can become only the beginning of a finalized path, which binds adult members, organizers, teachers, supporters to the service of their own evolutionary process, in a real *pact for life*. The APS initiatives that will follow the closure of the gap year include:

- *training internships in companies operating in various sectors;*
- *specialization courses with selected training institutions;*
- *professional assistance in starting business activities;*
- *assistance in the creation of new educational communities;*
- *short online update meetings;*
- *periodic one-week face-to-face meetings (every 4-5 years) for a retrospective comparison of individual and collective evolutions;*
- *job placement in the activities of the Association and its partners.*

The Association has the strategic objective of developing a network of Anno Sabbatico Schools in an integrated system of humanistic education and training in other regions of Italy and around the world.



3. Project Leader

Rinascita 18 S.r.l. Benefit Company, is the creator and project leader of the Anno Sabbatico project and was founded in 2018 as a training organisation and cultural enterprise, with a very specific aim: to support individuals' awareness of their capabilities, rediscover themselves through a holistic vision and anthroposophical understanding of the world.

The project is committed to shaping a human-centred society, based on the cultural development of the community, guiding young people towards a working future, and leading adults in their professional transition.

4. Partners of the project



- ▶ Orto in Arte;
- ▶ Essentiæ - Officinali del Casentino;

5. Program and structure

The program runs *from October to June*, structured in three alternating macro-areas of activity:

- I. TRAINING
- II. ART AND PHILOSOPHY
- III. WORKING GROUPS

I. TRAINING

The “Gap Year” with residence on local farms will follow a multidisciplinary program that aims to inspire healthy learning in students and enable them to fully develop their unique skills.

a. Educational goals

Through the acquisition of ever new experiences and knowledge, the training enables students to revisit in a critical and participative manner major themes relating to various aspects of cultural and social life.

The broad and varied program opens the horizon for students’ career choices with a greater awareness of the opportunities that the social landscape can offer them. In this way, students acquire a free and autonomous relationship with the environment and awareness of their skills and talents.

b. Subject areas and hours of lessons

	160 h
	70 h
	24 h
	27 h
▶ Anthropology and Society	9 h
	9 h
	35 h
	30 h

II. ART AND PHILOSOPHY

*Through artistic and philosophical disciplines,
socio-cultural and laboratory activities
students cultivate skills to find their path
and turn their footprints
to the service of the world.*

a. Educational goals

Art and Philosophy constitute an important aspect of the educational opportunities that are offered to the students, as they move into that subject area and acquire greater aware-ness of their capabilities.

Philosophical knowledge and artistic practice offer the opportunity to build a relationship with the world, within which one can recognize one's task/purpose/mission, and learn to operate freely, channeling one's creativity towards social aims.

b. Subject areas and hours of lessons

.....	88 h
.....	100 h
.....	30 h
.....	monthly meeting
.....	80 h
.....	80 h
.....	monthly meeting
.....	80 h
.....	50 h

III. WORKING GROUPS

The residential program, alternating study, cultural activity, and group work, makes use of practical tools to facilitate individual choices and initiate the individual to creative and responsible relationships within a social context.

a. Educational goals

Working groups put into action the developing knowledge that is not limited exclusively to the receptive aspect of acquiring data and information but extends to a deeper experience of the content through work of exchange, communication, and dialogue. This creates the prerequisites for developing the ability to relate theory to practice.

b. Subject areas and hours of lessons

	Water energizing production of products: horn manure, horn silicon, heap studying wild herbs: use, harvesting, etc study of wild herbs and autochthonous plants: use, harvesting, etc.
	Sowing seeds to open field transplanting plant cultivation fertilising and clearing the soil mulching: to keep weeds from growing permaculture experiment Watering harvesting of products and fruits tree cleaning fertilising sowing for green manure harvesting products maintaining and caring of ornamental plants care and pruning of bushes
	Sowing seeds to open field transplanting plant cultivation fertilising and clearing the soil mulching: to keep weeds from growing permaculture experiment watering harvesting of products and fruits
	Sharing seasonal menu preparation food purchasing kitchen help cleaning cooking baking.
	Garden/beach/pool, etc. classrooms/common room common bathrooms rubbish collection warehouse management and care any others.
	Drywall repairs other activities Diversified per farm
	Diversified per farm
	Diversified per farm

COURSES AND TEACHERS TRAINING

Biodynamic, Ecology and Biodiversity

Economy for the new humanity

Social Threefold

Philosophy of Freedom

Anthropology and Society

Goetheanism and Science

Philosophy and Theatre

Pictorial Art and Art History

The program includes the participation of other external guest teachers.



ART AND SOCIALITY

Experiencing Sound and Music

Storytelling and Poetry in Theatre

Creative Writing - Storytelling

The Art of Maieutics by Danilo Dolci

Meeting Colour & Shaping Shapes

Music, History and Instruments

Dancesophy and Tradizional dances

Alchemy of Human Talent

Anthroposture and Eurythmy

Cinema: Funkino project

Wellness, physical activity and sport

The program includes the participation of other external guest teachers.



COURSE COSTS AND SOLIDARITY

Costs - The total price for the residential course is 14,000 euros.

Solidarity - In our current times when chronic emergencies are undermining the root of every cultural and social reference, the need for guidance is equal for all. However, the financial availability of individual aspirants is not equal. We believe that the Anno Sabbatico School should be within the reach of everyone. Therefore, we come to you who wishes to participate but fear that you cannot afford it, in three different ways.

1 - While ensuring a very high quality to the experience offered, we have paid great attention to containing every item that makes up the overall cost of the course, which must still cover expenses for:

- a) *management and administration;*
- b) *teaching and training per thousand hours;*
- c) *tutoring of working groups for 850 hours;*
- d) *room and board for nine months.*

2 - We are inviting the solidarity of companies and individuals who understand the social value of the initiative, and responsibly choose to become **SUPPORTERS OF SCHOLARSHIPS**:

- a) *By sponsoring the project with a periodic donation (monthly, quarterly, semi-annually or annually) via bank or credit card direct debit. Direct debit is a practical and easy way to contribute to scholarships on a regular basis and allows us to better plan activities;*
- b) *by sponsoring the project with a one-time donation, which can be made by Bank Transfer or PayPal;*
- c) *Donations can also be personalized, specifying that they are made to benefit a specific candidate.*

3 - If you are unable to “disconnect” for the nine months, but still feel that this opportunity meets a deep need of yours, we have designed a specific format: online training for the duration of the course, and residential for the duration of one or three months. Of course, participation for all working groups and for some activities of the art/experiential workshops will be limited to on-site time. In return, you benefit from considerable cost savings. The blended course is an exception and will be accepted for a limited number of applicants.

** The benefits and scholarships will be provided to deserving people who demonstrate an effective need for support and are reserved for a limited number.*



SUPPORT THE PROJECT

You can choose to support scholarships with a donation that can also be intended for the benefit of a specific candidate of your knowledge.



TO ACCESS TO PAYPAL
CLICK ON THE LINK OR FRAME THE QR CODE

https://www.paypal.com/donate?campaign_id=LHDWH3QVUX6RG



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www.annosabbatico.com • www.rinascita18.com



INTENSIVE ONLINE ITALIAN LESSONS FOR FOREIGN STUDENTS

We offer an in-depth course on the Italian language in which we prepare with all the basics, to understand the structure of the language and how to apply the knowledge gained to practical use.

In this full immersion into the Italian language, we will guide students through the basics of grammar to build language skills both before and during the course.

The full immersion will begin 1 month before the 'Anno Sabbatico' program with daily 2-hour interactive lessons Monday through to Friday. Classes will continue for 1 hour daily Monday through to Friday for the first 3 to 4 months of the gap year.

LEARN MORE,
ASK FOR INFORMATION
OR BOOK AN INTERVIEW

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RINASCITA 18 S.R.L. SOCIETÀ BENEFIT - Legal and administrative headquarters: Via Alessio Narbone, 58 - Palermo 90138 - Tel: 91 70.25.595 - Direction and teaching secretariat: Via Virginio Orsini, 19 - Rome 00192 Telephone: +39 06 69368821. Tax code and registration number of the Commercial Register of PALERMO and ENNA: 06 662.510.822 REA Number: PA - 406656 - Date of incorporation: 30/01/2018 - Predominant activity exercised by the Company: Training courses - Code: 85.59.20 - training courses and refresher courses.



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PARTNERS OF THE PROJECT

