



# EUROPEAN DREAM CUP 2023

Foiling Youth Challenge



The **EUROPEAN DREAM CUP** is a new international regatta format, a major sporting event, which will bring together from 1 to 15 July 2023 ten crews composed of young people aged 13 to 18, from 10 European countries in Gargnano (BS). The events will take place at Circolo Vela Gargnano's **Sailing Village**.

## EUROPEAN DREAM CUP: FULL PROGRAMME

### 03 JULY

#### HOW TO TRANSFORM THE WOUNDS OF THE SOUL INTO STRENGTHS AND REALISE YOUR LIFE TO THE FULL

*Maria Sabadini, Stefania Bonomi (Insieme per Mano onlus)*

The story of a little girl who lived through the Vietnam war and was able to take her life back into her own hands. Speech, exchange with questions and debate.

### 05 JULY

#### SUSTAINABILITY TALK

*One Ocean Foundation*

### 06 JULY

#### WEBINAR IN CONNECTION WITH UGANDA-GULU

*Maria Sabadini, Stefania Bonomi (Insieme per Mano onlus)*

*Suor Giovanna*

Meeting between street children and the European Dream Cup boys. Talk by Sister Giovanna on inclusion projects in Gulu and video connection with young people in Africa.

### 06 JULY

#### CHARITY DINNER

*Insieme per Mano ONLUS*

**h 19:00**

Gala dinner at "La Torre San Marco" in Gardone Riviera. Special guest Sergio Muniz. The proceeds of the dinner will go to the ONLUS Insieme per Mano.

To register, please visit: [www.europeandreamcup.eu](http://www.europeandreamcup.eu)

### 07 JULY

#### TALK WITH MATTEO PENNACCHI

**h 18:30**

"A journey through beauty". Reflections on travelling with Matteo Pennacchi, traveller and traverser of worlds.

### 07 JULY

#### LIVE SHOW: TRA LE MIE ONDE

*Sergio Muniz, Fabrizio Ofria*

**h 19:00**

A journey between music and words through the notes and voice of Sergio Muniz, where experiences, anecdotes and thoughts mingle with the sea. Free live show open to the public at the Sailing Village.

### 08 JULY

#### PHYSICAL AND PSYCHOLOGICAL PREPARATION OF ATHLETES

by *TEAM11*

Lecture for participants on the topics of psychological preparation of athletes, in cooperation with Academy for Psychotherapy Logotherapy, by TEAM11 is a founding partner.

### 08 JULY

**OPENING CEREMONY:** *start of the regatta*

### 09 JULY

#### SUSTAINABILITY AND INCLUSION IN SUB-SAHARAN AFRICA

*Maria Sabadini, Stefania Bonomi (Insieme per Mano onlus)*

Witnessing a journey in the equatorial forest among the Pygmy tribes.

### 12 JULY

#### REBORN FROM THE DARK

*Giordano Tomasoni (Paralympic athlete)*

Sport as a tool for rebirth and inclusion.

Talk by Insieme per Mano onlus.

### 13-14 JULY

#### FINALS OF THE INTERNATIONAL REGATTA

### 14 JULY

#### CHARITY PARTY

*One Ocean Foundation, CVG*

Charity Party at Circolo Vela Gargnano to raise funds for sustainability and One Ocean Foundation.

For more information: [www.europeandreamcup.eu](http://www.europeandreamcup.eu)



European Dream Cup



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