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Agenzia Italiana
per la Gioventù



YOUTH EXCHANGE

RECONNECTING
BACK TO NATURE, FORWARD TO OURSELVES

AUGUST 30 - SEPTEMBER 6, 2025

SAN LORENZO DORSINO, TRENTO, ITALY

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PROJECT OVERVIEW

DURATION

august 30 - september 6, 2025
(travel days included)

LOCATION

Monte Bondone, Trento, Italy

PARTICIPANTS

between 18 and 30 years old as
a young participant, over 18
years old as a team leader



PARTICIPANTS COUNTRIES

Greece, Portugal, Italy and Spain

KEY WORDS

connection with nature, community
life, mountain hike, cooperation,
reflection, digital detox, forest,
vegetarian food...



THE MAIN GOAL OF THE PROJECT

EXPLORING: WHAT?

Our goal is to plant seeds of hope by **strengthening our connection to the natural world** and rethinking **the way we live and interact with it**. Together, we will question existing perspectives, share personal insights, and co-create **practical tools to promote sustainability and active citizenship**

CHANGING: HOW?

Through the experience of **community living, meaningful group activities and time for personal reflection and connection**. This will take place in a **inspiring environment** located on Mount Badone, a mountain in Northern Italy

**NO COMPROMISES
A TRULY IMMERSIVE EXPERIENCE!
SOME IDEAS OF THE ACTIVITIES**

EMOTIONAL BAROMETER
AND CIRCLE OF NEEDS

TREKKING TRIP

LOCAL WILDLIFE AND
ENVIRONMENT

DIGITAL DETOX

SHARE CHORES,
KITCHEN DUTIES,
CLEANING, WRITING DAILY
REPORTS AND CAPTURING
PHOTOS

TEAM BUILDING GAMES
IN THE FOREST,
INTERCULTURAL EVENINGS

THE LOCATION



THE ASSOCIATION

The **social promotion association Noi San Carlo** was founded by a **group of young people** from the parish of San Carlo in southern Trento to foster a sense of community. Together, they organize **youth groups, catechism, parish events, and summer camps** in Deggia, collaborating with other parish and neighborhood groups.

THE HOUSE

Surrounded by pine, beech, and spruce woods, the Deggia house includes **two floors for sleeping and hygiene, and a third with a kitchen and dining hall**. Sports fields and a large tent allow for varied activities. Nearby, the village of San Lorenzo offers **essential services like a bakery and a Coop supermarket**

CHECK OUT THE LINK FOR ALL THE INFO!

<https://www.deggia.it/>



ARRIVAL AND DEPARTURE

ARRIVAL

The meeting point is **by 5 PM on August 30th in Trento**, near the train station (Lungadige Monte Grappa, 1, 38121 Trento TN). There, you'll meet a member of our team and **a bus** we've booked **will take all of us to the house**.

DEPARTURE

Check-out will be at **10 AM on September 6th**. A bus will take you back to the **same spot** near Trento train station.



HOW TO GET TO TRENTO



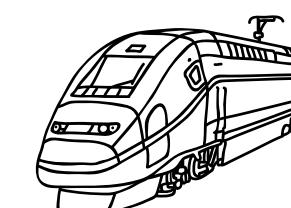
BY PLANE

Trento doesn't have its own airport. The **closest one is Verona International Airport (VRN)**, about 90 km away. It's well connected—trains run every hour, and the journey takes around one hour. Please, do make sure that there is a bus or a train connection that matches your flight. You can also consider flying into **Milan (Bergamo or Malpensa), Bologna, or Venice Treviso**. We especially recommend Bergamo (BGY) because it has a good FlixBus connection to Trento.

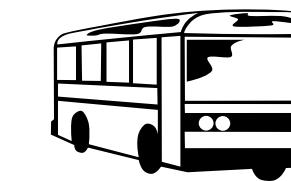
For Italian participants, we will cover travel costs only if they use the train or bus

TRAIN AND BUS CONNECTION

trenitalia



itabus



flixbus

 **ECONNECTING**

IMPORTANT THINGS TO KEEP IN MIND FOR THE TRIP

SEND YOUR PLAN BEFORE PURCHASING AND WAIT FOR APPROVAL

Please consult our team before booking any travel. We will assist you in identifying the most suitable travel options and will check the eligibility of the tickets to ensure there are no reimbursement issues. **All tickets must be approved by us in advance, otherwise they will not be reimbursed.**

IF YOU WANT TO EXTEND YOUR TRIP

In case of earlier arrival or later departure, participants themselves **must cover the accommodation and other expenses**. Transport reimbursement covers a maximum of **either**:

- **two days before** the project starts
- **two days after** it ends
- **or one day before and one day after**

KEEP YOUR RECEIPTS

The refund will be made after receiving the complete travel documents: **keep all receipts from your trip, save the QR codes** of your flight tickets before departing taking a screenshot.

IF YOU WANT TO TRAVEL GREEN

If you want to travel green — and we encourage you to do so — write to us and together **we'll explore the possible solutions within our budget**

REIMBURSEMENT

01

Accomodation, meals and travel costs are fully covered for all participants during the period mentioned.

02

100 % of the travel costs, but no more than the maximum compensation amounts given below, will be **reimbursed** upon presenting all necessary tickets & invoices. The limit for the **travel budget varies for each country**.

03

Use this website (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>) to **find out your distance**. Write at the START, your location, from where you will start your travel and at the END, Trento. You will get a km number as a **result which will correspond to financial support** that you may get for your travel costs. Below you will find an **approximation**:

Spain, Portugal and Greece

about 309 EUR

Italy

about 56 EUR

PARTICIPANTS' PROFILE

You should apply if:

01

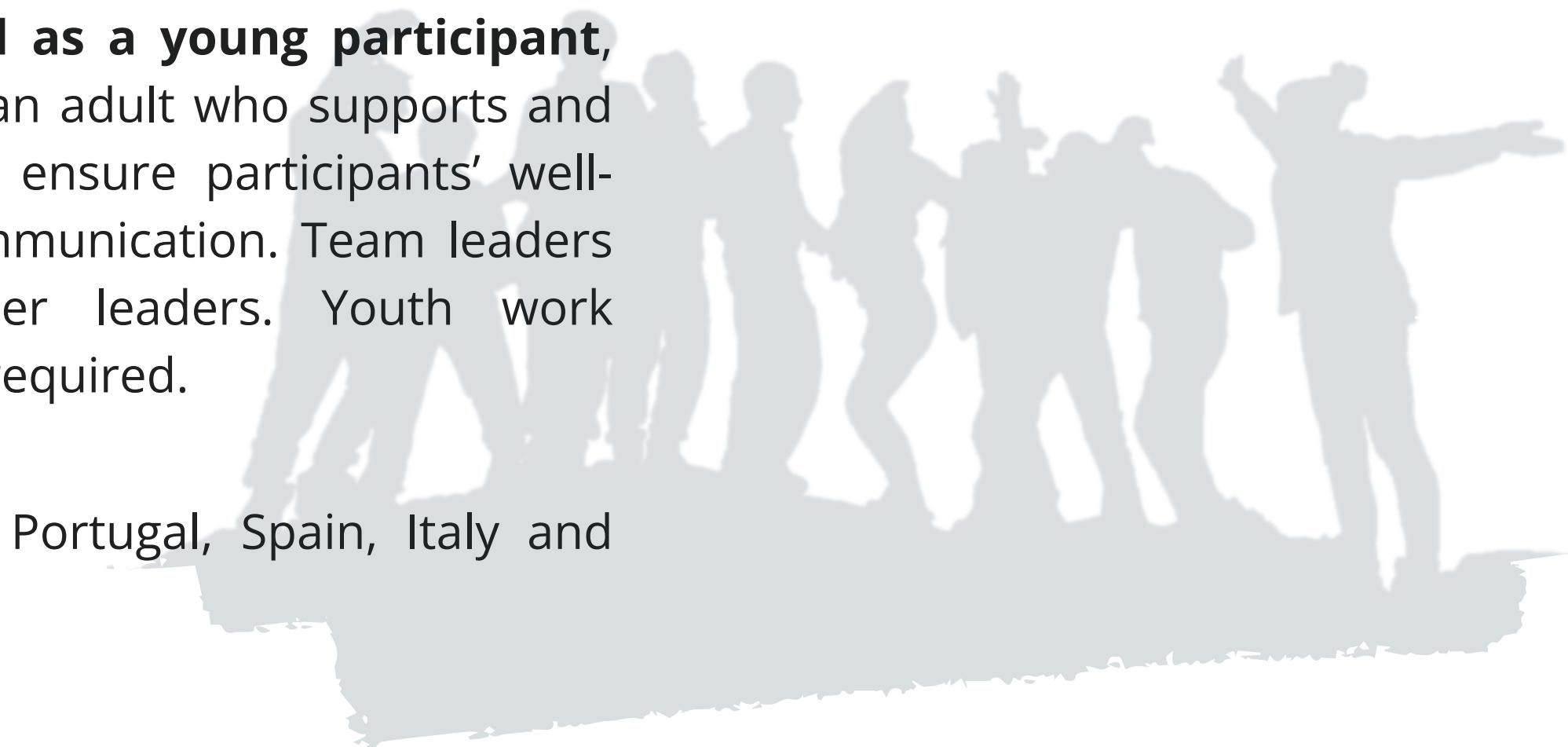
you are **between 18 and 30 years old as a young participant, over 18 years old as a team leader** - an adult who supports and accompanies the national group. They ensure participants' well-being, facilitate learning, and assist communication. Team leaders coordinate with organizers and other leaders. Youth work experience and English skills are usually required.

02

you are from one of these countries: Portugal, Spain, Italy and Greece

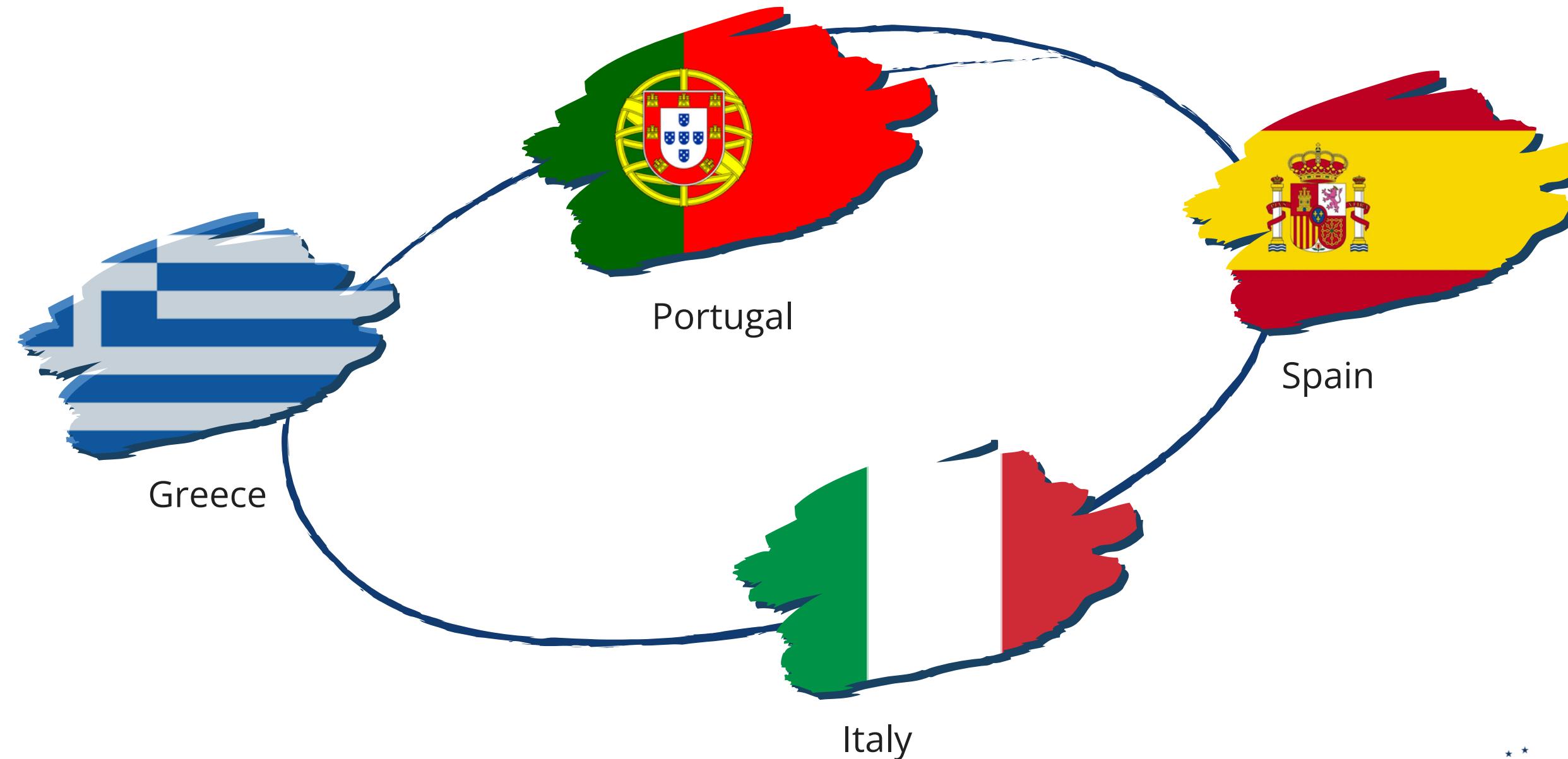
03

our ideal candidates are passionate about addressing the topics in this info pack and are committed to creating positive change locally



PARTICIPANTS' COUNTRIES

Each team includes **5 young participants aged 18 to 30, plus a team leader who must be over 18.**



REFERENCE ORGANIZATIONS AND CONTACTS

GREECE

Green Active Solution
activegreensolution@gmail.com



SPAIN

ALEA
aleaspain@proton.me



PORTUGAL

Self Made
selfmadegeral@gmail.com

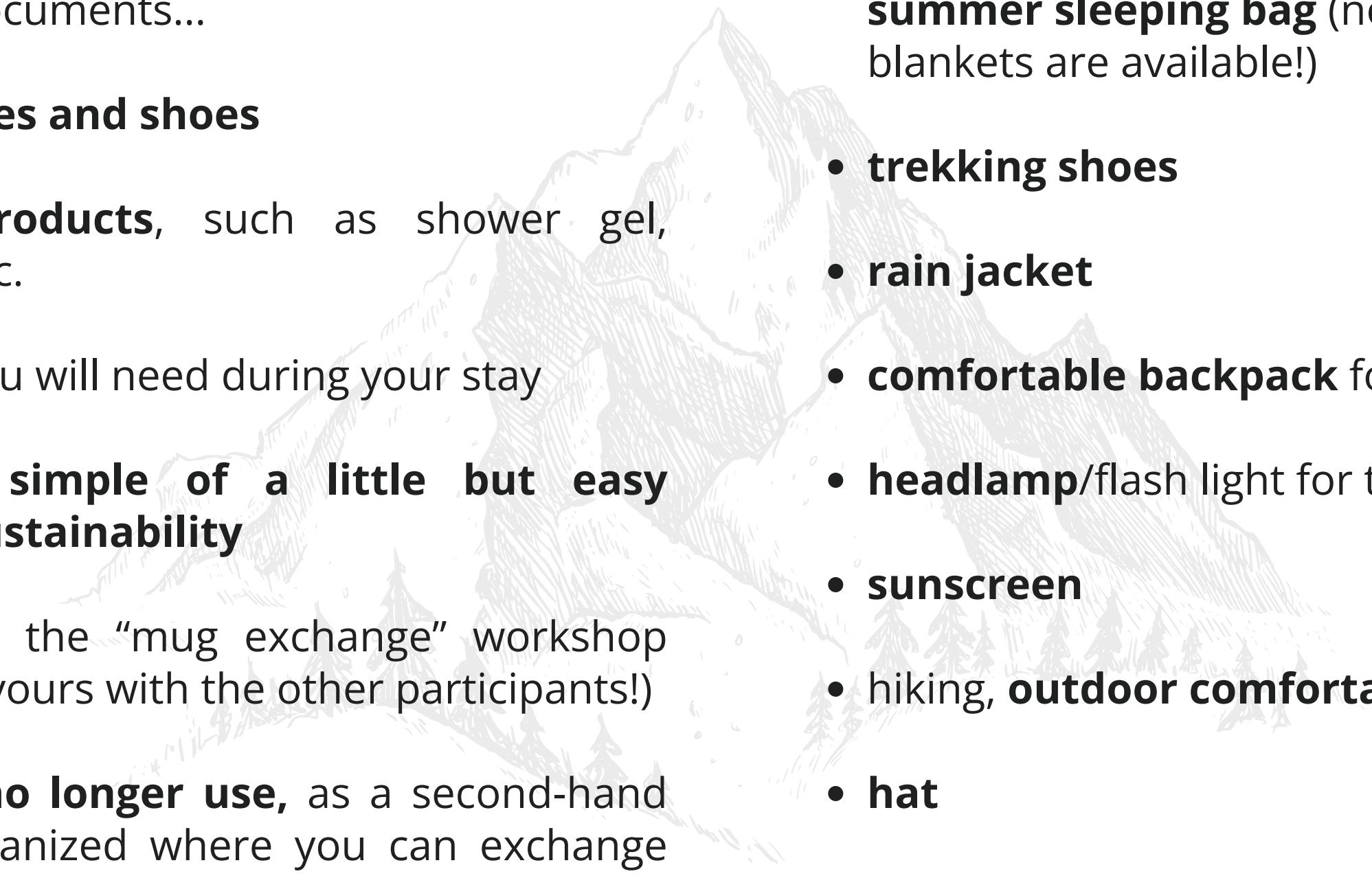


ITALY

Romagna +
reconnectingYE@romagnaplus.eu



WHAT TO BRING



- **necessary documents**, such as IDs, EU health insurance, travel documents...
- **comfortable clothes and shoes**
- **personal care products**, such as shower gel, shampoo, comb, etc.
- **any medication** you will need during your stay
- **reusable bottle**, simple of a little but easy commitment to sustainability
- **personal mug** for the “mug exchange” workshop (you will exchange yours with the other participants!)
- **bring items you no longer use**, as a second-hand market will be organized where you can exchange goods
- **mattress protector, sleeping bag liner or summer sleeping bag** (no sheets are provided, but blankets are available!)
- **trekking shoes**
- **rain jacket**
- **comfortable backpack** for the hike
- **headlamp/flash light** for the night
- **sunscreen**
- **hiking, outdoor comfortable Clothes**
- **hat**
- **towel**

CULTURAL EVENINGS

As part of our cultural evenings, we would like to **find out more about your country**. We kindly ask you to prepare an **interactive presentation of your country**. This can include:

- **Traditional food and drinks** (definitely recommended!)
- Music and dances
- Games or quizzes
- National costumes
- Short presentations or videos

FULLY vEGETERIAN

Please let us know as soon as possible whether you have **any special needs or allergies** we need to know. We will do our best to accommodate the needs of everyone.

There aren't any supermarkets nearby. Some cooks will be helping us out with the meals. We'll be getting our food from local producers and **we'll be going for an all-vegetarian menu** to encourage respect for animals and more sustainable eating.

Everyone will take turns doing the dishes and keeping the kitchen clean.



HOW TO APPLY



Application Form - Reconnecting

Back to Nature, Forward to Ourselves

When: 30th August - 6th September (travel days included)

Where: Monte Bondone, Trento, Italy

Who: 18-30 youngsters, 18+ (no age limits) group leaders

Participant countries: Italy, Greece, Portugal, Spain

APPLY HERE

In order to apply for this youth exchange, please, you can fill in the application form here



The deadline to apply is 20/06/2025.



OUR ORGANISATION

Romagna+ is a **youth organization from Forlì, Italy**, involving young people actively involved in Erasmus+ projects.

We came together with a shared goal of **encouraging young people to be more active citizens**.

Our main goals are to **raise awareness about the Sustainable Development Goals** (SDGs) and provide the tools needed to **tackle social issues effectively among our peers**.

CONTACT US

For more questions about the project, please contact

reconnectingYE@romagnaplus.eu

Instagram (@romagnaplus)





THANK you!