



Youth Exchange Paint Your fEUTURE

Orta Nova, Italy
25/06/2025 - 02/07/2025

Erasmus+

Arricchisce la vita, apre la mente.



Funded by
the European Union



Agenzia Italiana
per la Gioventù



About the project

"Paint your fEUture" is a youth exchange designed to address the growing challenges of hyperconnectivity and its impact on young people's mental health. In today's digital world, the constant presence of social media can lead to issues such as cyberbullying, hate speech, and media illiteracy, affecting self-esteem and emotional well-being. This project seeks to bring awareness to these challenges and provide young people with creative tools to navigate them in a healthier way.

At the heart of the project is the use of visual arts—drawing, photography, and digital graphics—as a means of self-expression, mindfulness, and emotional balance. Through artistic creation, participants can reflect on their emotions, find a positive distraction from the pressures of the digital world, and develop essential skills for both personal and professional growth. Art becomes a powerful language to convey messages of hope, inclusion, and resilience.

Beyond personal development, "Paint your fEUture" promotes active engagement in the community and intercultural dialogue, encouraging young people to take an active role in society. By working together in a multicultural environment, participants strengthen their ability to collaborate, communicate, and break down stereotypes. The project also emphasizes the importance of European values such as solidarity, inclusion, and respect for diversity.

WHO CAN TAKE PART?



Each partner organization will send 5 participants and 1 group leader (6 people in total). Participants and Leaders must agree to take part in the whole duration of the Youth Exchange: June 25h - July 2nd 2025

Participant Profile:

- **Age requirements: between 18 and 26 years old;**
- **Want to become aware of the risks of persistent use of social media;**
- **Want to learn how to make the best use of technological and useful tools;**
- **Has a basic-intermediate level of English;**

Leader Profile:

- **Age requirements: older than 18 years old;**
- **Is able to support his/her group;**
- **Previously participated as participant and/or leader to any youth project at national or international levels;**
- **Has high English literacy (B2-C1) level;**
- **Has previous experience in Youth Working and/or Erasmus+ programme;**

**HOW TO GET TO
THE
ACCOMMODATION?**

Before buying any ticket the travel route must be approved by us, so before booking your flights, please ask your sending organization or your group leader to forward your travel itinerary to us. Once you have received their approval, you can proceed with the booking Your best choice will be to land in Bari Airport!

Choose preferably flights that are landing in Italy in the morning or the day before.

Very important: We will create a pickup point in Bari according to your arrivals. It is important that you will assure your presence in Bari not later than 18.00 on June 25th.

Transport will be organized with a bus from the pickup point to the venue of the Youth Exchange. Cost of this bus is 30€ per person, and it will be covered with the travel budget. This means that if your total reimbursement is 309€ (580€ for Portugal), you will be cut out 30€ from the total amount, so it will become 279€ (550€ for Portugal). 30€ is for round way trip.

This bus is already booked so the cost will be cut off from each participant regardless their intention to catch this bus.

Do not reserve any train ticket in order to reach Orta Nova, as we will provide internal transport from Bari to the venue. 🙏

After you will communicate to us your arrivals, we will make a schedule that you can follow with information on the exact time and place of the pickup point!

Same goes for the departures on July 2nd , knowing that the organized bus will bring you to Bari Airport or Train Station early in the morning according to most of the group departure times.



***If your flight will not land in Bari, you have to take a bus/train for Bari.**

Trenitalia or Flixbus are the train /bus that you have to take

<http://www.trenitalia.com> Trenitalia web site

<https://www.flixbus.com/> FlixBus web site.

***If your flight arrives to Napoli, from Napoli STAZIONE F.S. (METROPARK) to Bari There are also some several bus from Napoli to Bari.**

Flixbus <https://www.flixbus.com/>

Itabus <https://www.itabus.it/en/home>

Marino Bus <https://marinobus.it/en/>

***If your flight arrives to Rome.**

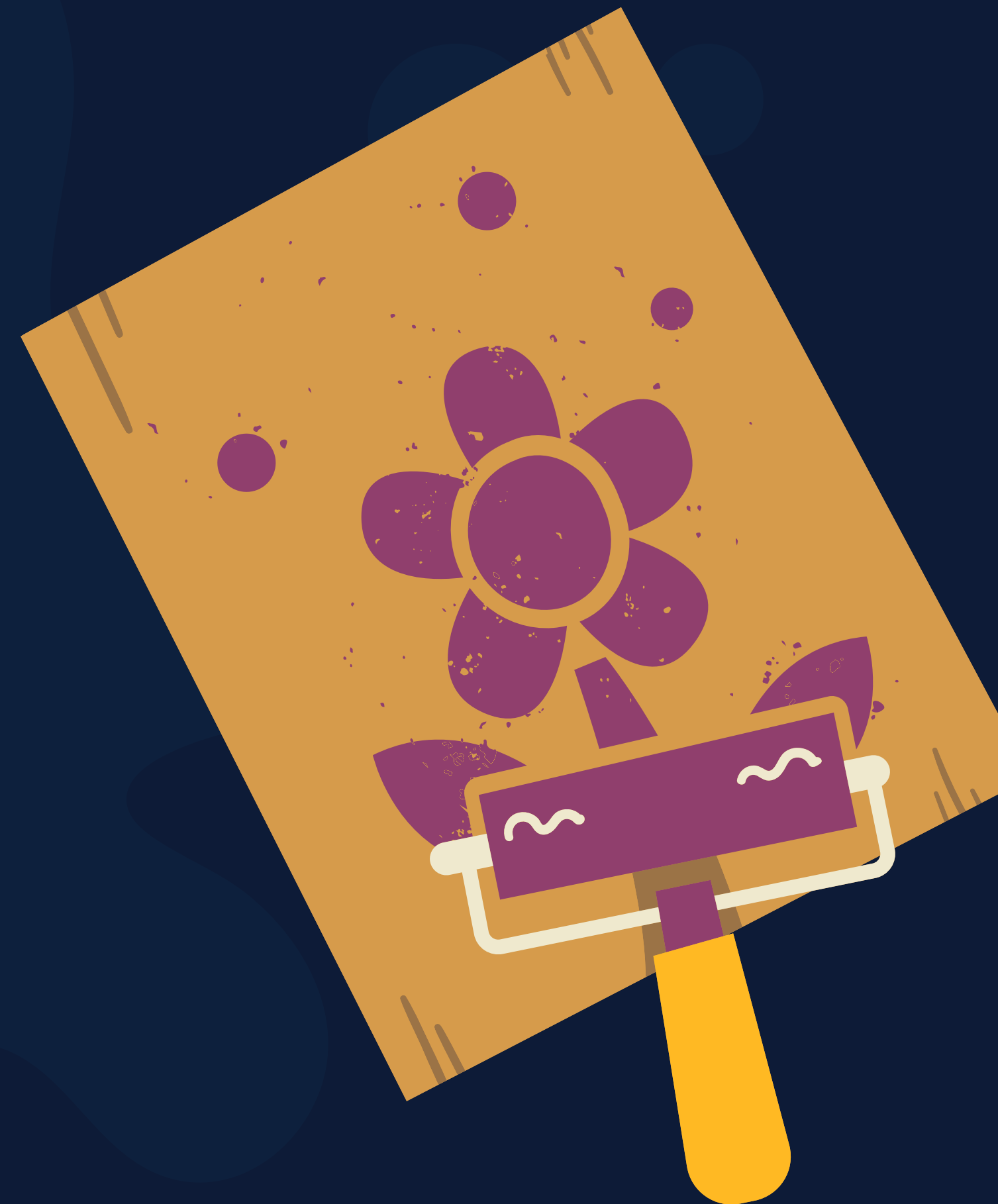
Trenitalia is the train that you have to take until Bari (There are also some several bus from Rome to Bari)

Trenitalia <http://www.trenitalia.com>

Flixbus <https://www.flixbus.com/>

Itabus <https://www.itabus.it/en/home>

Marino Bus <https://marinobus.it/en/>



TICKETS GUIDELINES

The following guidelines are very important. Please make sure to read them carefully, and if you have any doubt please ask your group leader or sending organisation!

Arrival and Departure day of the Youth Exchange are: June 25th - July 2nd 2025.

Don't forget to keep all your tickets, receipts, reservations and boarding passes! In case of missing documentation, we will NOT be able to reimburse you!

Eligible extra days accepted from the National Agency for extending your stay in Italy and receive your reimbursement for your travel fully by our organization are up to 2 extra days.

Once again, the travel route must be approved by us, so before booking your flights, please ask your sending organization or your group leader to forward your travel itinerary to us. Once you have received their approval, you can proceed with the booking.

Accepted travel days are:

25/06/2025 – 02/07/2025

24/06/2025 – 02/07/2025

23/06/2025 – 02/07/2025

25/06/2025 – 03/07/2025

25/06/2025 – 04/07/2025

24/06/2025 – 03/07/2025

When you create your travel itinerary, please forward it to your group leader or sending organization following the scheme below as example. This will help us to speed up the process and approve your itinerary as soon as possible! Any other format or screenshots will not be accepted by us as a travel proposal. Thanks for your collaboration!

Example of how a travel itinerary should be written:

(New York – Los Angeles)

Departure: New York – Los Angeles

Date: 1/03/2023

Departure: 9:00 AM – Arrival: 10:00 PM

Cost: 30 euros (cabin baggage included)

Return: Los Angeles – New York

Date: 10/03/2023

Departure time: 11:00 AM – Arrival time: 5:00 PM

Cost: 50 euros (cabin baggage included)

Be sure to include local transportation, such as a bus or train if applicable, to and from Bari in your travel itinerary!



NEEDED TRAVEL DOCUMENTS FOR REIMBURSEMENT

Flight tickets - choose second class, cheaper flights.

For flight tickets you will have to provide: Ticket Reservation (you receive it online after you buy your flight, on which you find the cost of the ticket) & Boarding pass (for both ways, printed in original or pdf) and reservations invoice.

IMPORTANT: we strongly advise you choose either checked baggage or carry-on baggage at the time of booking. The travel budget will not cover both of them and we can not reimburse both costs. Remember to take a screenshot of your boarding passes in the app as they will disappear after your travel, so we need to save the proof.

- **Train, Bus and Shuttle tickets - make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice is better;**
- **Transport by taxi or Rent a Car - reimbursement is allowed only if public transport is not available; a personal written declaration will be needed. (Before using it you can speak with us in order to arrange a cheaper solution if possible);**

All flight reservations, boarding passes, or any other tickets should be uploaded in PDF format to Google Drive.

Google Drive Link: <https://drive.google.com/drive/folders/1mS=8XCw4Kfffwu3C5xGAMsm15E2MJ0j8?usp=sharing>



Project budget covers: 100% costs for accommodation, 100% costs for 3 meals (breakfast, lunch, dinner) & 2 coffee break per day.

Reimbursement will be done after all travel documents and payment proofs will be collected. Reimbursement will be transferred on the organization bank account.

Within this cost: We will create a pickup point in Bari according to your arrivals. It is important that you will assure your presence in Bari not later than 18.00 on June 25th. Transport will be organized with a bus from the pickup point to the venue of the Youth Exchange. Cost of this bus is 30€ per person, and it will be covered with the travel budget. This means that if your total reimbursement is 309€ (580€ for Portugal), you will be cut out 30€ from the total amount, so it will become 279€ (550€ for Portugal). 30€ is for round way trip.

Very important: this bus is already booked so the cost will be cut off from each participant regardless their intention to catch this bus.

Group Leaders must collect all travel documents for their group in the "Travel Documents" folder:

https://drive.google.com/drive/folders/1A3R_ujF6L1XUM5UALdAXX2KxVEcA68qC?usp=sharing

Besides collecting the digital form, remember to also gather the paper tickets and bring them with you. After collecting all printed original forms, you should take pictures/scans and put them together on Google Drive with the digital version of tickets.

Please find in each Drive folder an Excel file called 'Reimbursement Calculation' to fill in once you have purchased your travel tickets.

Very important: Reimbursement will be completed only when all documents are correctly collected.

TRAVEL BUDGET
ROMANIA – 309€
SLOVAKIA – 309€
LITHUANIA – 309€
PORTUGAL – 580€
SPAIN – 309€

THE VENUE

The venue of the youth exchange you are about to be hosted is a charming "Agriturismo" surrounded by beautiful countryside. The accommodation is designed to encourage socializing and collaboration, with hostel-like rooms that can comfortably accommodate several participants each. We believe that staying in this cozy and rustic environment will provide a unique opportunity for participants to connect with each other and experience the local culture firsthand, the way Italian families are akin to!

Check these links out to start dreaming of your Italian dream!:

- <https://www.youtube.com/watch?v=WIE9LEDqdDs>
- https://www.tripadvisor.it/Hotel_Review_g4580714_d10744795_Reviews_Kyathos_Agriturismo

Lunch & Dinner will be served by host organization with traditional food from Puglia, so be prepared to taste delicious food! Breakfast & Coffee Break will be organized by host organization... we will try to keep you energized and happy!



TO DO LIST

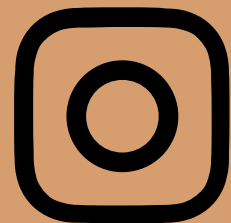
Please make sure to follow the next steps:

- Fill in the Application Form by May 10th: <https://forms.gle/iVjaQEDBAJuNuDpd7>.
- Reserve your tickets by May 15th. Upload your tickets and reservations in our drive, as explained in the previous pages of the Infopack.
- Once you reserve your tickets, join the official Facebook group, where we will share more info and updates about the project:
<https://www.facebook.com/groups/993097788956344/>
- Prepare yourself on the topic of the project, bringing your creativity and positive energy!
- Cultural Night: Every national group of participants from one country will need to present their culture on the intercultural evening: you can bring some traditional food, show traditional dances and tell interesting facts and stories about your Country. You can also prepare games and quizzes!
- Safety and Insurance: the project budget will not cover a travel health insurance, by the way we highly recommend to bring with you the European Health Insurance Card or to stipulate an health insurance.

OUR CONTACTS & PARTNERS



Educazione Benessere



educazione_benessere



educazionebenessereerasmus@gmail.com



OUR PHONE NUMBERS: (WE ARE USING WHATSAPP!)

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CARMINE +39 389 78 64 256

ROCCO +39 327 009 6476

OUR PARTNERS:

**Asociatia "Tineret pentru
Dezvoltare Durabila"
ROMANIA**

**Asoc. Socio. Cultural.
Verdesur Alcala
SPAIN**

**MB KIKULIS
LITHUANIA**

**Associacao Leopardo
Daltonico
PORTUGAL**

**Buduca Generacia Europy
SLOVAKIA**