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KEY ACTION KA151

“Inclusion is a journey, not a destination”

2025-1-IT03-KA151-YOU-000298873 - ACTIVITY 3

Youth Exchange

17 – 28 April 2026 Orvieto Italy

DATES: Arrival day: 17th April 2026 - **Departure day:** 28th April 2026

PLACE: House laboratory Cerquosino, località San Faustino 22 Morrano 05018, Orvieto (TR), Italy, 130 km away from Rome.

COORDINATING ASSOCIATION: Artemide Association - Italy

PARTNER ASSOCIATIONS:

Lithuania – **Tarptautinis bendradarbiavimo centras**

Spain - **Associació per la mobilitat internacional i emprenedoria YOUTH BCN**

Hungary - **Kreatív Ifjúsági Akadémia Magyarország**

Italy: **Coop. L'arcobaleno - Torino**

PARTICIPANTS: 30 (1 group leader + 6 participants from each Country). It is possible to involve for this youth exchange some young people with disability, in this case the group should be set with 1 group leader, 1 accompanying person and 6 young people.

AGE: 17 - 30 (only the group leader and the accompanying person can be over 30)

WORKSHOP LANGUAGE: English



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WHAT TO BRING

Equipment:

- Bring a **medium** rucksack or suitcase as a luggage: in the bedrooms there is not a lot of space and considering that you are going to share the room with other participants it's better to save as much space as possible.
- **a personal water bottle**

Clothes and shoes:

- Comfortable clothes and shoes for the activities
- Comfortable white trousers, t-shirt **completely white** for theatre activities)
- Swim suit

Toiletry:

- Towels;
- Toothpaste, soap and shampoo
- hair dryer

Others:

- Personal medicine;
- Traditional food, songs, dance or whatever you like to share with us during the Intercultural night in order to present your community and Country. There will be the opportunity to cook typical food from your Country, but it's not sure that in Italy we have all the ingredients you need.
- Traditional poems, lullaby or songs (that can be sang).
- A USB device where you can save music, photos, materials, video... at the end of the exchange.

Important:

1. at the House laboratory il Cerquosino there is **NO washing machine.**
2. at the House laboratory Il Cerquosino there is a little internet connection. It will be open to everyone during the free time (9 -10 AM , 1 - 4 PM and 9-11 PM more or less)
3. 1 or sometimes 2 dogs live in the House laboratory Il Cerquosino . They are very friendly, social and we consider them as part of the trainers staff, as pet therapists.



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ACCOMODATION, MAP AND AREA INFORMATION:



The area where the project takes place is called Elmo Melonta's Natural Park, which is situated on the mountains around the city of Orvieto, in Umbria region, in the centre of Italy. Orvieto is 130 km far from Rome, but it's easily reachable by train.

The accommodation of the exchange is part of a social eco-village, the house laboratory "Il Cerquosino", is managed by Artemide Association.



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The house laboratory Il Cerquosino from the outside

The accommodation is an old stone farmhouse which was restructured by the members of the Association following, wherever it was possible, methods of "green building" such as a phytopurification system for the drain water disposal and it focuses very much on the principles of recycling and reuse of materials.

For all these reasons we take care of the environment that hosts us, paying lot of attention to the use of resources such as electricity, water, heating and everything we borrow from the nature.

We invite all the participants involved in the projects to live, the days they are here with us, to follow the same sustainable practices (community life, garbage recycling, responsible water and electricity use ...)

The house has got a large kitchen, a common room with tables and couches for spending free time, a big activity room, a shared bathroom with sinks, six showers and five toilets (boys and girls use the same restroom) and five bedrooms (dormitory) and two little loft.



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The activity room



One of the bedroom



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FINANCIAL CONDITIONS:

Food and lodgement: 100% covered by the project;

Travel expenses anticipated by the participants will be refunded at the end of the project upon receipt of the travel documents in original and as soon as the Italian National Agency has paid the 1st instalment.

Very important: all the participant are requested to keep their travel tickets (boarding pass included) and then give it to Artemide staff during the training: there will be a specific moment.

Country	By Plane	Green Travel *
Italy (from Turin)	211 euro each participant	285 euro each participant
Hungary	309 euro each participant	417 euro each participant
Spain	309 euro each participant	417 euro each participant
Lithuania	309 euro each participant	417 euro each participant

* Sustainable means of transport (green travel)" refers to journeys mostly made with low-emission means of transport, such as bus, train or carpooling. (Erasmus + Guide 2023).

All the expenses exceeding that sum are not refunded.

Please note the price includes the return tickets (flight + 2nd class train + bus).

In principles taxis cannot be refunded, exceptions can be admitted but an authorization should be required.

If you are interested in visiting Rome you can come 1 day before or leave 1 day after, It is not possible anymore to stay longer. The accommodation and food will not be covered by the project.

TRAVEL INFORMATION: To arrive to “Il Cerquosino” (Orvieto) you need to fly to Rome. In Rome there are two airports: Ciampino and Fiumicino.

We ask you to arrive in Rome on the arrival day (**17th of April**) not later than **3 P.M.** and to book a flight on the **28th of April** that leaves not earlier than **2 P.M.**

From both Fiumicino or Ciampino Airport you have to reach one of the two main train station of Rome: **Roma Termini station** or **Roma Tiburtina station**. There are several ways to reach them from the airports, it depends on what time you will arrive.

Let us know in which one you will fly to and at what time you will arrive and we will send you the time schedule with the train/bus details in order to reach Orvieto for the meeting point that will be in Orvieto Station. Someone of the Artemide staff will come to pick you up and bring you to the House Laboratory Il Cerquosino by car/van.



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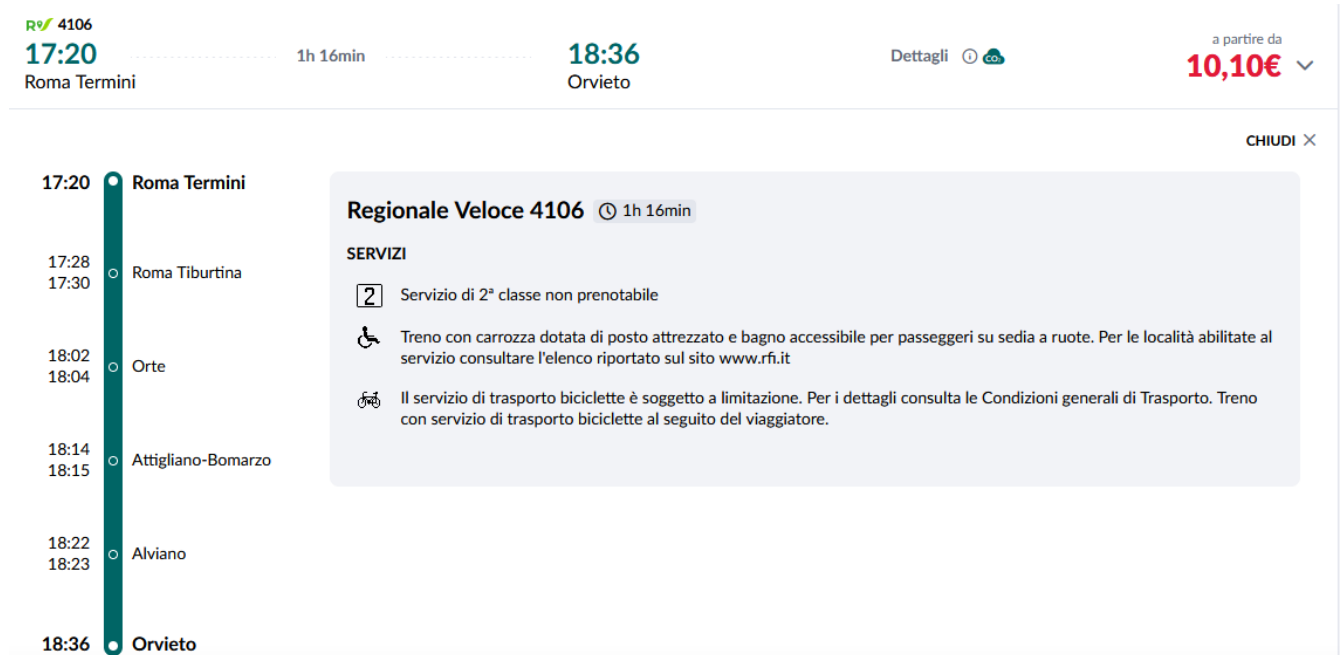
As soon as all the participants buy their e-ticket and travel details there are requested to send it by e-mail at the address: ilcerquosino.erasmusplus@gmail.com, and antonella.cerquosino@gmail.com so we can organize the meeting point.

For logistic issue we will fix 1 meeting point in the afternoon of **the 17th of April** at about 6,45 P.M., to gather all of you together at the fountain right outside Orvieto Station

Here you will find the mobile phone you can contact, in case you need:

Simona whatsapp: +39 3335816521

This is the last train to catch to be on time at the meeting point.



PROJECT DESCRIPTION

AIMS AND OBJECTIVE

The theme is social inclusion, active citizenship, solidarity and ability to collaborate with and beyond the differences.

By managing and sharing the path, laboratory activities, games of knowledge focused on the methodology of non formal education, the exchange is a simulation of active citizenship in order to provide participants with new tools useful to cope with certain aspects of their discomfort. The simulation is a real "active laboratory of needs"; it's based on the concept-metaphor of a "new born Village", how is it organized, growing, working, sharing rules, needs, goals and paths.

The goal is to experiment the encounter with different abilities and fewer opportunities, contact and the search for commonalities and the abatement of stereotypes and fears towards the



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"different from us". The concept of inclusion leads to the recognition of a right as a form of contrast to its opposite: exclusion

Face reality, know one's limits, sense of responsibility, confront one another, understand the fertility of error, learn from experience, do not be afraid to change, not be afraid to try.

Particular attention will be paid to the issues of differences, to the processes of creation of prejudices and stereotypes and possible activities that contribute to their deconstruction level both individually and collectively. We will go to explore the differences and similarities between countries and through the direct testimony of the social workers, will deepen the theme of being "in-between" between different social and cultural contexts and the possibilities social inclusion. **METHODOLOGIES:** The activities will be based on the active methodologies using an innovative approach, combining non formal education, theatre, manual workshops about the identification of personal resources, the song writing, photo/video.

PLANNED ACTIVITIES / WORKSHOP PROGRAMME:.

Team building activities, role playing, simulations, debates, theatre workshops, song writing, and manual and video workshops. All these activities are interactive tools that stimulate the active involvement of participants. In the course of the project the exchange of knowledge and technical tools will be constantly monitored through specific sessions on rating systems before and after:

- meeting between leaders group and the trainers: mutual discovery
- processing of non-violent methods of conflict management and sharing of work methods usually used in their local context;
- workshops of general introduction to theatrical techniques;
- workshops of song writing
- cooking workshops
- image workshops
- the realization of a final performance as a last tool
- Develop personal knowledge's about discrimination, stereotypes and prejudices: this work will help a better understanding of dynamics that are behind discriminator behaviours

ASSOCIAZIONE ARTEMIDE - CASA LABORATORIO "IL CERQUOSINO"

Artemide and its Casa Laboratorio Il Cerquosino are spaces of research and experimentation for the creation of an educating community that promotes intercultural dialogue, social inclusion and respect for nature. For over 25 years, at national and international level, we offer non-formal education trajectories, aimed above all at those who live in situations of exclusion and economic, social and cultural disadvantage.



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The House Laboratory “Il Cerquosino” has been restructured following bio building construction techniques focusing the attention on energy critical consumption: waters' herbal purification system, wood storage heater as well as to the principles of recovery and recycle materials; construction with local stone.

The association Artemide for years proposes itself as crossroad of experiences in the educational field, the EDUC-active project has as primary objective the education to the independence, the young people, above all if carriers of uneasiness, are stimulated and motivated asking them to be active part in the process of theoretical construction and practice of the activities. In this way they appreciate the responsibility of an assignment to acquit, the knowledge is assimilated in the best way when it is combined to artistic practical activity, ecological, handicraft. The responsibility towards the whole world becomes an obvious consequence. Idea is to connect experiences and different knowledge.

Our objectives:

- to enrich the training of social and youth workers and educators for the creation of an inclusive educating community
- to strengthen the expressive, relational and practical skills of children, young people and adults living in disadvantaged situations and exclusion through non-formal education pathways
- Promote respect for nature through environmental education activities, sustainable rural development, bio-construction
- To structure collaborations and synergies between local and international organizations for the promotion of arts, nature and inclusive education through activities and cultural events Through creativity, the arts, the use of the body and environmental education we encourage awareness of oneself, of one's abilities, and we create social networks in which each man, woman, boy and girl can express themselves and experiment. Artemide is also a key actor for rural and social development in its areas of intervention.

Since 1999 Artemide Association works with the Italian Youth National Agency organizing Training Courses and Youth Exchanges for social workers and young people coming from over Europe and beyond.

Since 1999 organize Workshops and seminar focused on non formal education, peace conflict resolution, social theatre, theatre of the oppressed, Living theatre, Aikido, Tango, African dance and drum, Clown, Taiko Japanese drum, The use of the voice, Auto constructions of solar panel.

CONTACT and more information:

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<http://www.cerquosinoartemide.org/>

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