



Co-funded by  
the European Union



31 august - 6 september

Recoaro Terme, Italy

# Youth Exchange SERIES

**ENVIRONMENT  
NATURE PROTECTION  
HEALTHY LIFESTYLE**

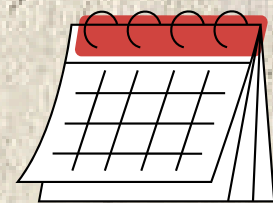
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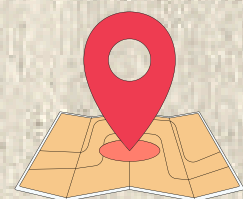




# Project Overview



31 August – 6 September, 2024



Recoaro Terme, (VI) Italy



Environment & nature protection & healthy lifestyle



13–16 years old participants from



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Studio Progetto Soc. Coop. Soc. is proud to invite you to the Youth Exchange "SERIES" which is about environmentally friendly lifestyles and nature protection. This edition of YE "SERIES" is about experiencing outdoor activities and reconnecting to the environment.

With this project, we would like to take participants outdoors, promoting the importance of exploring nature, demonstrating that spending time and learning outdoors is a great way to keep fit both mentally and physically. Through outdoor activities, non-formal education and connection to nature, we would like young people to engage with sustainability.



## Project objectives

To explore the nature around us, to learn to approach it with the aim of knowing how to enjoy its riches with respect.

To build eco friendly habits, to improve our future and be aware that action can impact the quality of our lives.

To educate participants to respect animals and forest in order to recognize their important role in environmental well-being while respecting the values of sustainability.

To raise awareness of and encourage young people to practice ecological outdoor activities and assume sustainable lifestyles.





# Activity Plan



## DAY 0 - 31/08

### *Arrivals & welcome*

Arrivals of participants  
Check-in starting from 3PM  
Accommodation and welcome activities  
Welcome dinner

## DAY 1 - 01/09

### *Getting to know*

Getting to know each other  
Official Opening of the Youth Exchange  
Intro on the topic  
Youthpass  
Hungarian National evening

## DAY 2 - 02/09

Trekking Day  
Exploring the mountains with Le Guide  
Spanish National evening

## DAY 3 - 03/09

Fishing Day  
Getting to know Valdagno  
Finnish National evening

## DAY 4 - 04/09

Game Day  
Sustainability  
Italian National evening

## DAY 5 - 05/09

### *Final evaluation*

Self assessment moment  
Think for Future  
Final evaluation  
Youthpass and official closing ceremony  
Farewell evening

## Day 6 - 06/09

### *Departure Day*

Departure of participants  
Check-out at 10AM







# Participants Profile

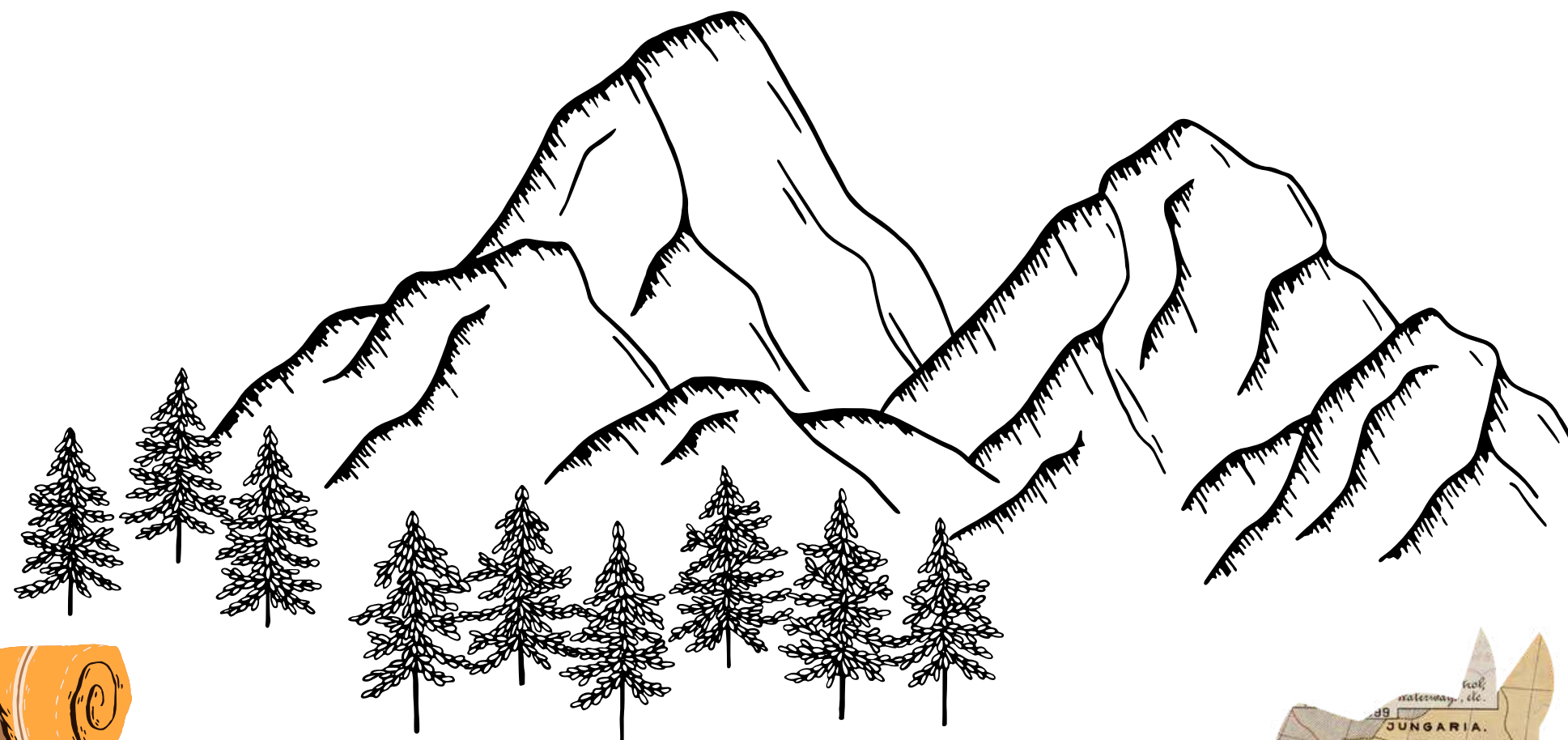
10 young people (13-16 years old) and  
2 youth leaders (preferably older than 23  
years old) from each country team.  
Take into consideration the gender balance!

A good level of English is not required.

However, leaders should have a good level  
of English and previous experience in  
Erasmus+ projects, in order to guide and  
support their group throughout the whole  
process, from preparation to the end of  
the dissemination activities.



## Participant Countries







# General Responsibilities of Participants



- Respect others and ensure basic rights and freedoms to participants and facilitators that all people are entitled to regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or other status
- Be able to respect timetable of the educational activities
- Respect time and content framework
- Behave responsibly
- Be able to attend 100% of the program
- Be able to actively attend the entire duration of the youth exchange

- Promote healthy lifestyles
- Settle all the agreed obligations regarding travel costs
- Be willing to transfer knowledge to the members of his/her organization
- Take care of working space and materials
- Be responsible for personal and others safety
- The organizational team keeps the right to exclude participants from the exchange or reduce/cancel the reimbursement of the travel costs of the participant in case that participant does not respect the rules and responsibilities of the exchange





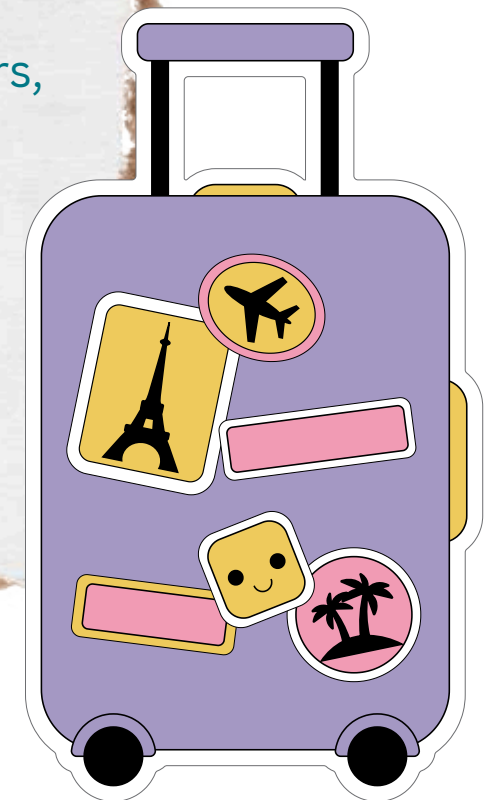
# What to bring with you?



- Your motivation to enjoy the exchange and your best curiosity to meet other cultures!
- Your passport or **ID card**
- Your European **Health Insurance Card**  
<https://ec.europa.eu/social/main.jsp?catId=559>
- All your travel **tickets** for reimbursement (remember to keep the **boarding pass** -> "A boarding pass is a document provided by an airline during check-in, giving a passenger permission to board the airplane for a particular flight. As a minimum, it identifies the passenger, the flight number, and the date and scheduled time for departure. In some cases, flyers can check in online and print the boarding passes themselves");

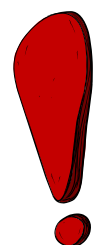


- Other stuff you might need (toilet things, etc.)
- Your own **water bottle**, so we can avoid the use of plastic as much as possible
- All necessary for personal hygiene, like shampoo, toothpaste, soap, hair dryer, etc... and **comfortable warm clothes, raincoats and trekking shoes** (or at least gym shoes). The programme foresees walks and activities in the woods, be prepared for that!
- Medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.)
- Your own **towels** and **bed sheets** or **sleeping bag** (we will provide pillows and blankets)



## Group Preparation

**Don't forget to prepare the intercultural evening dedicated to your country with typical food and entertainment**  
**Prepare some ice-breaking games and energizers to be offered at the beginning of each day**





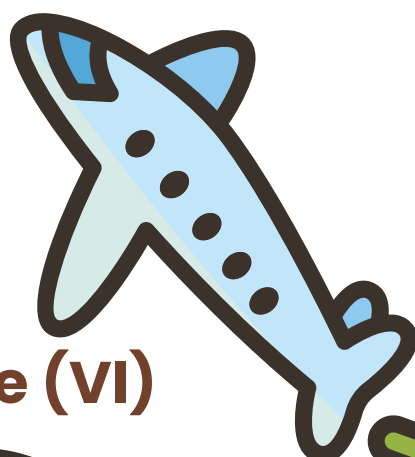


# Accommodation



**Hotel Isola**

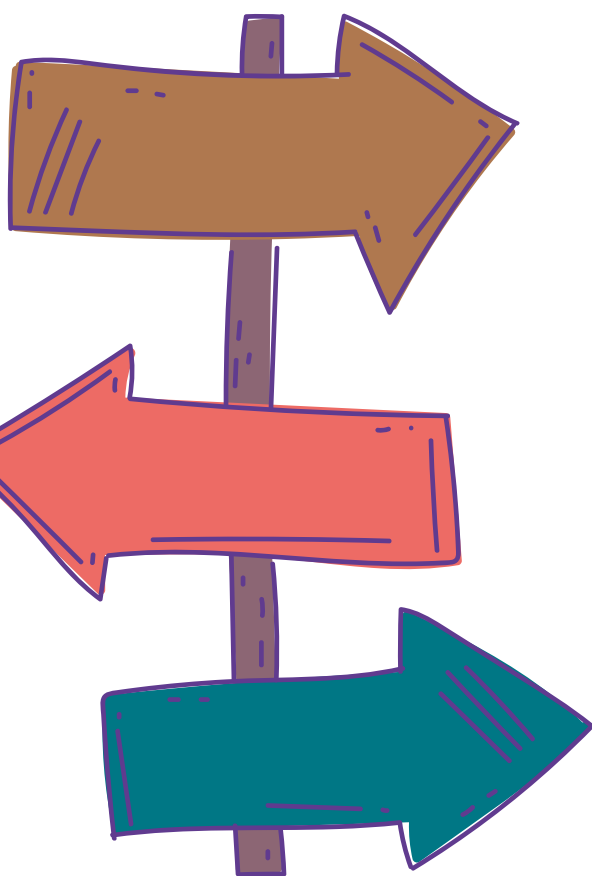
**Via Campogrosso, 35 – 36076 Recoaro Terme (VI)**



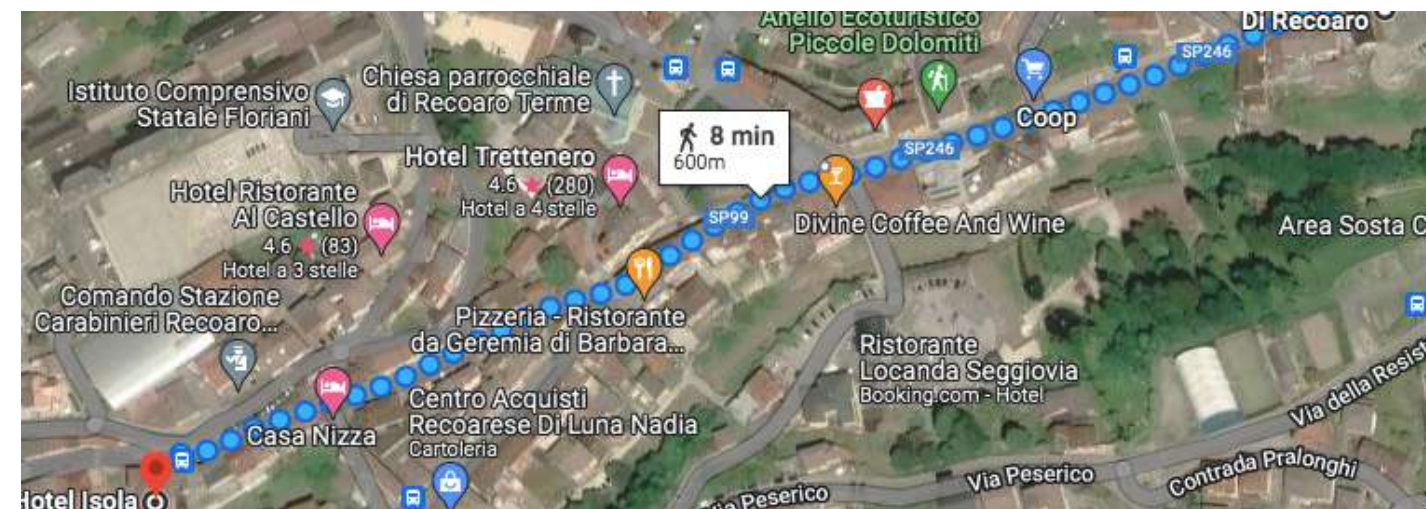




# How to get to the Hotel in Recoaro



The hotel Isola is in Via Campogrosso 35, so once you are in Recoaro bus station just walk around 600m (8 minutes according to Google maps!) straight ahead and you will find a passage on.







# THANK YOU

For any information, please write us:



**progettazione@studioprogetto.org**

We are waiting for YOU!

For participation, fill in the following  
online registration form:

**<https://forms.gle/a9AXob1sHS4Zv3UW6>**

