Co-funded by
the European Union

STUDIO PROGETTO
COOPERATIVA SOCIALE

YOUTH EXCHANGE
MATCH

Recoaro Terme, Italy
8-16 September 2025

PROJECT OVERVIEW

8-16 SEPTEMBER 2025

RECOARO TERME, ITALY

ACTIVE CITIZENSHIP AND HEALTHY LIFESTYLE

16-19 YEARS OLD PARTICIPANTS

PROJECT OBJECTIVES

- PROMOTE SELF-CARE AND CARE FOR OTHERS, ENCOURAGING RESPONSIBLE AND SUPPORTIVE BEHAVIOR
- USE SPORT TO TEACH CIVIC VALUES SUCH AS FAIR PLAY, COOPERATION, AND RESPECT FOR RULES
- FACILITATE INTERNATIONAL CONNECTIONS AND THE EXCHANGE OF IDEAS ON SPORT, HEALTH, AND WELL-BEING
- RAISE AWARENESS OF SUSTAINABILITY IN SPORT, PROMOTING ECO-FRIENDLY AND RESPONSIBLE CHOICES

- PROMOTE PHYSICAL AND MENTAL WELL-BEING THROUGH SPORTS AND NUTRITION EDUCATION
- ENCOURAGE ACTIVE CITIZENSHIP AND SOCIAL RESPONSIBILITY THROUGH REFLECTION AND COMMUNITY INVOLVEMENT
- FOSTER INCLUSIVENESS AND RESPECT FOR DIVERSITY THROUGH INTERCULTURAL PLAY AND SPORTS
- DEVELOP TEAMWORK AND LEADERSHIP SKILLS THROUGH GROUP SPORTS AND COLLABORATIVE ACTIVITIES

ACTIVITY PLAN

08/09 ARRIVAL OF PARTICIPANTS

09/09 GETTING TO KNOW DAY
TEAM BUILDING ACTIVITIES

10/09 FENCING WORKSHOP
TENNIS WORKSHOP

11/09 BENEFITS OF DANCING
DANCING WORKSHOP

12/09 GAME DAY

13/09 GETTING TO KNOW VENETO REGION

14/09 SPORTS FESTIVAL IN VALDAGNO

15/09 EVALUATION OF THE PROJECT
REFLECTION

16/09 DEPARTURE DAY



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
- 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 clothes for sport
- 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)

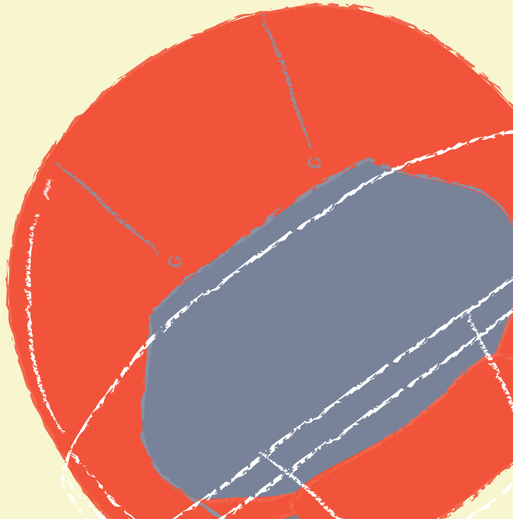
PARTICIPANTS PROFILE

age 16 - 19 y.o. interested in the topic and ready to take part in the whole duration of the project
(A good level of English is not required)

leader at least 21 y.o. without an upper age limit, able to communicate in English and facilitate the activities proposed by the hosting organisation, previous experience will be a plus

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

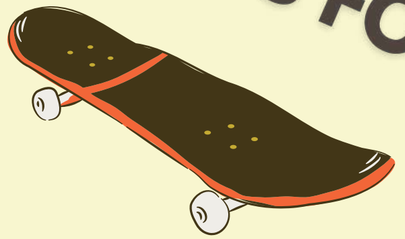


ACCOMODATION





THE WHOLE HOTEL IS FOR US!



Isola







Hotel Isola
Via Campogrosso, 35 - 36076 Recoaro Terme (VI)

HOW TO REACH RECOARO

The Youth Exchange will take place in Recoaro Terme, a town and municipality in the province of Vicenza, Veneto, in northern Italy, which is known for its mineral spring waters.
Following, you will find all the information on how to arrive in Recoaro from all the nearest airports.

Let's make it simple and divide your trip into 3 fundamental steps:

- **Get to Vicenza train station from the airport**
- **Get to Recoaro bus station from Vicenza**
- **And finally, get to the Hotel Isola from Recoaro's bus station**



HOW TO REACH RECOARO

The nearest airports are (send us the options you find, in order we can tell you if it is manageable to reach the venue):
Verona
Venice
Venice-Treviso

A bit farther but still fine (your flight should land not after 15.00/16.00):
Milano-Bergamo
Milano-Malpensa
Milano-Linate
Bologna



FROM VERONA AIRPORT

From VERONA airport, you have to take the bus to Verona Porta Nuova (railway station). The Aerobus service from the airport to the train station runs every 20 minutes, every day of the week.

There are trains from Verona to Vicenza every hour. The ticket costs 6,50€.



FROM TREVISO AIRPORT

Option 1
From TREVISO airport, you have to take the bus to the train station Treviso Centrale. The ticket is 5€.
Then you will take a train from Treviso Centrale to Vicenza every hour. Anyway you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.
Prices go from 6,50€.

Option 2
From TREVISO airport, you can take the bus to the train station of Venezia-Mestre
The ticket costs 12€ one way (return ticket 22€ with 10 days validity).
You can buy it online (they say that you have a discount, but it is not true... it costs the same also in the automatic ticket machine), or on board Ryanair flights or in the automatic ticket machine/ticket office in the airport.
Then you will take a train from Venezia-Mestre to Vicenza.
There are trains from Mestre to Vicenza very often, anyway, you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.
Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than Frecciabianca, and it t about 30 minutes more.



FROM VENICE AIRPORT

From Venice airport, you have to take the bus to the train station of Venezia – Mestre.
The ticket costs €10 (€ 18 round trip). You can buy it online (you can have a discount, but only if you buy more than one ticket), or in the automatic ticket machine/ticket office in the airport.
Then you will take a train from Venezia-Mestre to Vicenza.
There are trains from Mestre to Vicenza very often; anyway, you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.
Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.



FROM MILANO-BERGAMO AIRPORT

From Milano-BERGAMO (Orio al Serio airport) you have to take the bus “Orio shuttle“ to Milano Centrale (railway station). The bus leaves from Arrivals, Platform 2 every half an hour and it takes about 50 minutes to arrive at the Milano Centrale train Station.
The ticket costs 10€.
Then you will take a train from Milano to Vicenza.
There are trains from Milano to Vicenza every hour; anyway, you can check the site of the Italian railway station; there is an English version, so it will not be difficult for you.
Prices go from 17,55€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.
If you are lucky you can catch a cheaper Flixbus (only one per day arrives straight to Vicenza). Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (the Flixbus stop is very near the train station).
Another good option is to check travel schedules and options on the Trainline website.



FROM MILANO-MALPENSA AIRPORT

From Malpensa airport, you have to take the Malpensa Express,
the train goes to Milano Centrale (railway station) 20 times every day.
The ticket costs 13€ one way (return ticket 20€ with 30 days validity).
Then you will take a train from Milano to Vicenza.
There are trains from Milano to Vicenza every hour; anyway, you can check the site of the Italian railway station; there is an English version, so it will not be difficult for you.
Prices go from 17,55€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.
If you are lucky you can catch a cheaper Flixbus (only one per day arrives straight to Vicenza). Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (the Flixbus stop is very near the train station).



FROM MILANO-LINATE AIRPORT

Milano Linate you have 2 options to get to Milano Centrale:
You can take the Linate shuttle.
The ticket will cost you 7,00 euros.

Another option is to take a metro and go to San Babila stop, then you can change and take the red line, or you can have a short walk enjoying the street view of Milan and arrive till Duomo, then you have to take the yellow line using the same ticket and arrive to Milano Centrale.

Once you have arrived at the railway station you have to take the train to Vicenza.
There are trains from Milano to Vicenza every hour, anyway, you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.
Prices go from 14,30€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.



FROM BOLOGNA AIRPORT

From Bologna airport, you have to take the Marconi Express, which in 7 minutes will take you to Bologna Centrale Station.

Once in Bologna, you have to take a train to Vicenza.
There are trains from Bologna to Vicenza every hour. Anyway, you can check the site of the Italian railway station, there is an English version, so it will not be difficult for you.
Prices go from 13,05€ up to 29,00€... The regional trains are cheaper than Freccia trains, but sometimes you can find special offers also for Freccia tickets.

You can also check Flixbus for better options.



ONCE YOU ARRIVE IN VICENZA

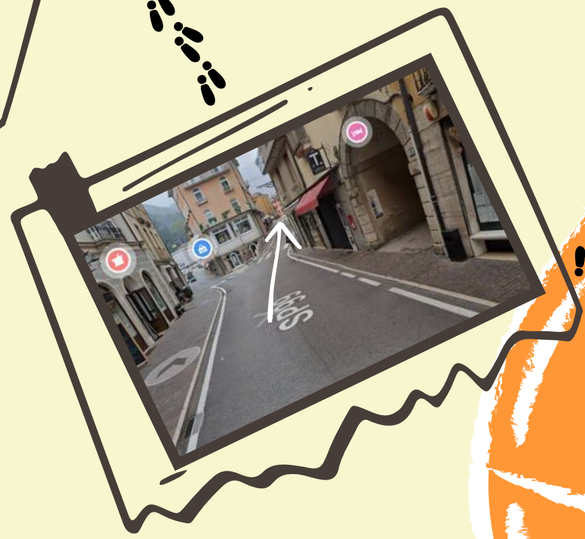
GO TO BUS STATION:
Once you're at Vicenza's train station, you've to take a bus to Recoaro. You have to walk out of the station and go to the left, and walk about 150m to reach the bus station.
The bus leaves almost every half hour and takes less than 1,5 hours to arrive in Recoaro.
BUY TICKETS PHYSICALLY
You can buy the ticket at the ticket machine, ticket office or in the tabaccheria inside (a small shop with a lot of things!). To ask for the ticket you can try to ask it in Italian saying "Vorrei un biglietto per Recoaro per favore", or just use English, they usually get it. The bus that you are going to take is Linea E01 to Valdagno/Recoaro Terme and will leave from box 5.



ONCE YOU ARRIVE IN RECOARO









Recoaro Terme Bus Station

Hotel !!

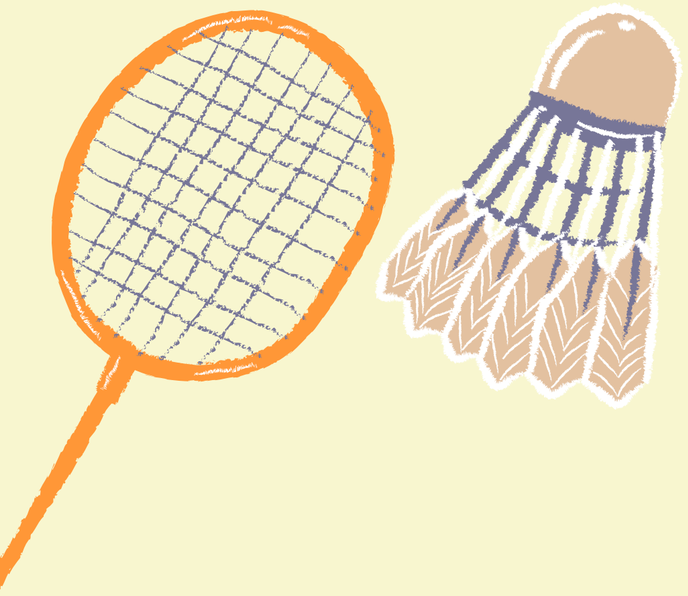


FINANCIAL CONDITIONS

All accommodation and food costs will be covered by the project. Travel costs will be reimbursed according to the distance band fixed by the European Commission. You will receive back your travel costs up to the amount stated by the European Commission according to the distance band (see the table below), by giving us all your tickets, boarding passes and bills related to the travel.
The reimbursement will be paid ONLY by bank transfer after receiving all the tickets.

DISTANCE BAND	AMOUNT REIMBURSED	GREEN TRAVEL*
Between 100 and 499 KM	211 €	285 €
Between 500 and 1999 KM	309 €	417 €
Between 2000 and 2999 KM	395 €	535 €
Between 3000 and 3999 KM	580 €	785 €

*Travel that use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling (instead of plane) receive a bigger amount of reinbursement.



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FOR ANY INFORMATION, PLEASE WRITE TO:
PROGETTAZIONE@STUDIOPROGETTO.ORG
WE ARE WAITING FOR YOU!



