



Co-funded by the
Erasmus+ Programme
of the European Union

 **Ligonchio (Italy)**
26 May - 4 June

Sole & Soul

YOUTH EXCHANGE

Trekking with Donkeys, Self-Reflection
and Connection with the Local Community



What is it?



THE PROJECT

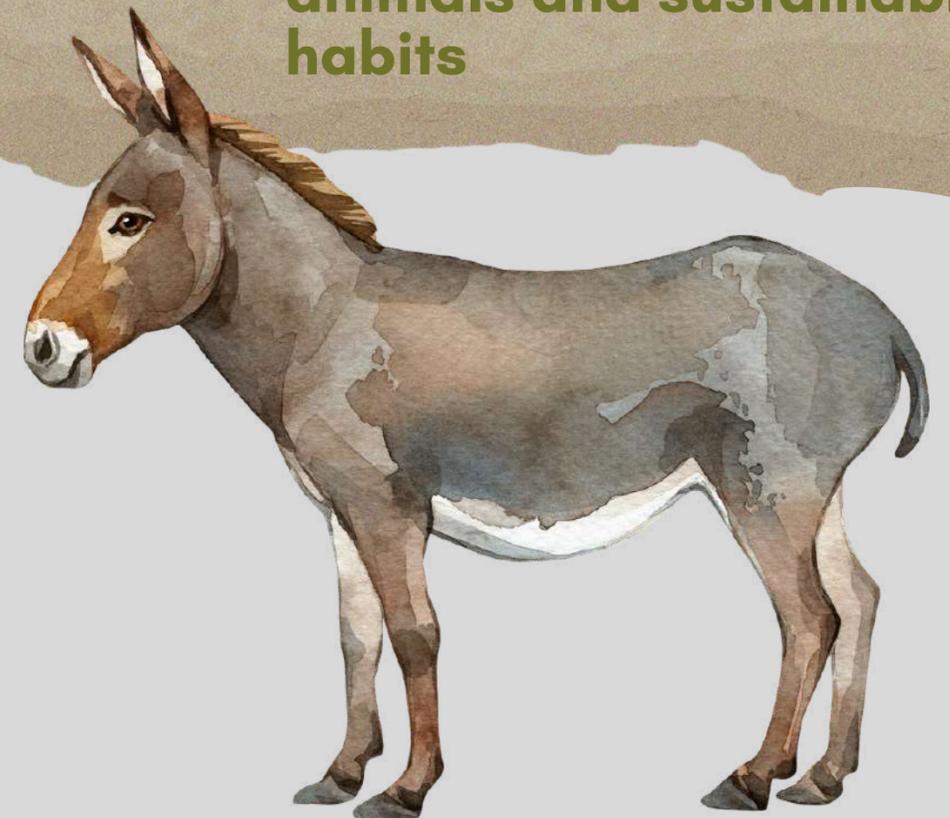
This 8-day Youth Exchange will gather 35 young people (18-25) and group leaders from Italy, Spain, Austria, Finland and Hungary.

We will spend time in nature, go trekking accompanied by donkeys and take part in simple creative workshops (art, video, movement) to reflect on the experiences and share them with each other.

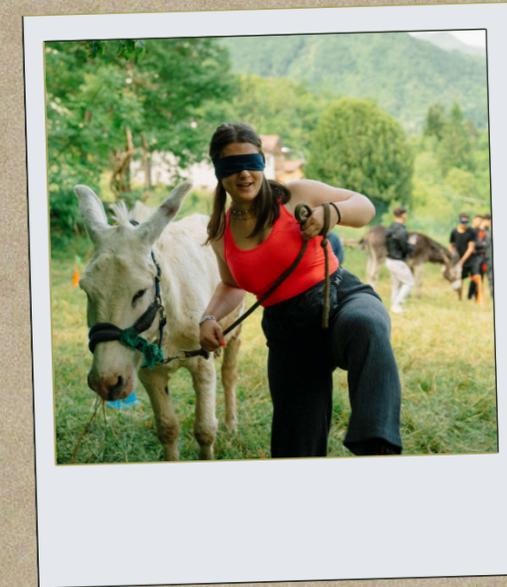
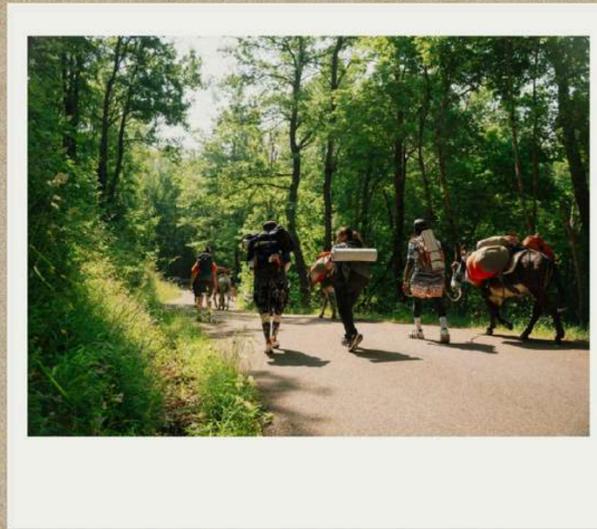
OBJECTIVES

The exchange aims to support well-being and self-awareness.

We will experience teamwork and build new friendships through shared tasks and intercultural activities, encourage creativity as a way to express feelings and strengthen our connection to nature, animals and sustainable habits



Venue & Accommodation



On days 1,2 and day 8, accommodation and most activities will take place at **Ostello dei Balocchi**, a cosy hostel set in a picturesque location 1,000 metres up in the Apennine Mountains. During these days participants will sleep in **rooms shared by 2-4 people** and **each room has its own shower**. The venue is remote and there is no shop close by, participants should bring all necessary items with them.

In between (days 3 to 7) we will **sleep in tents** near a building with basic facilities like a kitchen and a few showers, **work together in small groups on practical tasks** like gathering wood for fire, taking care of donkeys and cooking dinner. Breakfast on the days of trekking will be very basic (cookies and tea). The tents and sleeping matts will be provided, participants have to bring their own sleeping bag.

Timetable*

*This is a draft and may be subject to changes



Wednesday 26 May Thursday 27 May Friday 28 May Saturday 29 May Sunday 30 May Monday 31 May Tuesday 1 June Wednesday 2 June Thursday 3 June Friday 4 June

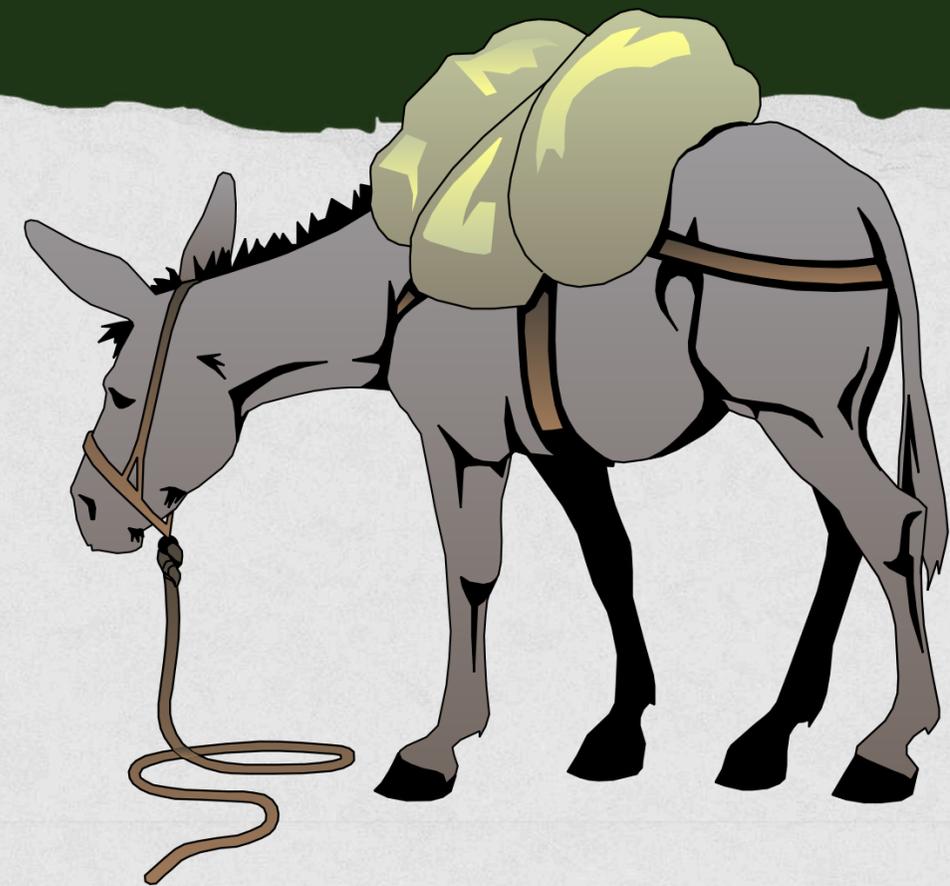
Breakfast									
GETTING TO KNOW EACH OTHER	GETTING TO KNOW THE DONKEYS	PREPARATION AND TREKKING	SENSES EXPLORATION	TREKKING	TREKKING BACK TO HOSTEL	WORKSHOP "TREKKING OF LIFE"	DISSEMINATION AND OTHER OPPORTUNITIES	DEPARTURE	
Lunch									
~19:00 (TBD) MEETING POINT IN REGGIO EMILIA	GROUP AGREEMENTS	OUTDOOR SKILLS	TREKKING	SENSORY WORKSHOP	TREKKING	FREE TIME	REFLECTION - ARTISTIC WORKSHOPS	EVALUATION AND CLOSING	
		INTERCULTURAL TEAM BUILDING	WORKING GROUPS AND COOKING	WORKING GROUPS AND COOKING	WORKING GROUPS AND COOKING	WORKING ON THE VIDEO			
	Daily reflection								
	Leaders' meeting								
Dinner									
FREE TIME	FREE TIME	INTERCULTURAL NIGHT	FREE TIME	BONFIRE	FREE TIME	FREE TIME	INTERCULTURAL NIGHT	FREE TIME	



Non Formal Education

ALL THE ACTIVITIES WILL BE ORGANIZED FOLLOWING THE NON FORMAL EDUCATION PRINCIPLES:

- Focus on participants' needs and interests.
- Adapt to the group dynamics
- Emphasize learning through practical activities (workshops, games...)
- Be inclusive: welcome diverse backgrounds for equal participation.
- Based on collaboration: Encourage teamwork and social skills.
- Focuses on practical skills like leadership and communication.
- Promote understanding through self-reflection.
- Based on cultural exchange



APV

One group leader per partner is invited to participate in the Advanced Planning Visit (APV) where we will co-create the programme based on the needs and interests of the participants and we will also discuss logistical arrangements, agreements and risk management strategies to ensure a nurturing, inclusive and smooth experience.

The APV will take place from 12-15 March (including travel days) at Ostello dei Balocchi, the same venue that will host the Youth Exchange.

To help us understand the needs regarding accommodation, dietary requirements and to ensure everyone's safety and well-being, we kindly ask all participants of APV to complete the REGISTRATION FORM.



If you have any questions related to travel or logistical arrangements for the APV, please feel free to contact us at: exchanges@peco.genova.it.

Food

DUAL APPROACH: HOSTEL & CAMPING

In the **hostel**, food will be prepared by our **kitchen staff**, that will provide **3 main meals and 2 coffee breaks** per day. The menu is based on **Italian cuisine**, therefore including:

- a light breakfast, mostly sweet
- pasta, rice or soups
- a large use of vegetables and salads
- moderate meat consumption

The menu will take into account: diets, allergies and intollerances.

For us to know your needs concerning rooming and diets and, in general, to guarantee your safety, we ask all participants of the Youth Exchange to fill in this **REGISTRATION FORM**

When **camping**, groups of participants will be organized to prepare dinner while breakfast and lunch will be provided by the kitchen staff.



Food

ALLERGIES, DIETS & CROSS-CONTAMINATION

Please note that our kitchen is self-managed. While we take care in preparing food, **we cannot guarantee the complete absence of cross-contamination**, including **traces of allergens**.

If you have **any food allergies or intolerances**, such as celiac disease, nuts or other specific allergens, **please let us know**. All meals may contain traces of common allergens, even if they are not listed in the recipe.

As the location is quite remote, we are **unable to provide Halal or Kosher** food. Therefore, we kindly ask for your cooperation in following a **vegetarian or vegan diet** during your stay.

Participants with severe allergies are strongly advised to bring their own safe food and, if needed, an EpiPen or other emergency medication, provided they are independent in its use.



What to bring?

- Small backpack
- Sleeping bag
- Towels and hygienic products
- Medicines that you might need
- Crocs or slippers for inside & shower
- Warm clothes (temperature can go as low as 5°C at night)
- Raincoat
- Trekking shoes
- Headlamp
- Anti-mosquito spray
- Sunscreen and a hat
- Sleeping mask and earplugs, if you need them
- Phone/camera for video-making



Travel

P.E.CO WILL ORGANISE
TRANSPORTATION FROM
REGGIO EMILIA TO THE HOSTEL
AND BACK

TO REACH REGGIO EMILIA, YOU CAN FLY TO MILAN OR TO BOLOGNA - please, check the schedule here: [trenitalia.com](https://www.trenitalia.com)

MILAN - arrive not later than 2:30pm on May 26th & depart not earlier than 3pm on June 4th

From Milan (all airports), take the bus/metro to the Central Station (Milano Centrale):

- from Malpensa to Central Station it's about 1 hour (10-13€);
- from Bergamo Orio al Serio it's 50 minutes (10-12€)
- from Linate (metro) it's 30 minutes (1.50€).

From **Milano Centrale**, take a train to **REGGIO EMILIA**. The train takes about 1:50 hours with **Regional Train** (13,70€).

BOLOGNA - arrive not later than 4pm on May 26th & depart not earlier than 1pm on June 4th

From Bologna Airport, you can reach the **Bologna Central Station** in 7 minutes (8.70€): [marconiexpress.it](https://www.marconiexpress.it)

From **Bologna**, take a train to **REGGIO EMILIA**. The train takes about 40 minutes (6€).



Travel

Before you book any tickets, **send your travel plans** (international and within Italy) to exchanges@peco.genova.it
Include: travel times and ticket prices.

We need to approve them before purchase. If we find a better option in terms of time, quality or cost, we might suggest a different itinerary.

If you're not sure you can meet the arrival/departure times or stay within your travel budget, just let us know - we'll help you figure it out!

Tickets bought without prior confirmation will not be reimbursed.





Travel Budget & Fees

THE ACCOMMODATION, FOOD & PROGRAMME COSTS FOR THE ACTIVITY DAYS ARE COVERED BY THE PROJECT.

Travel costs will be reimbursed in the framework of Erasmus+ travel bands. The cost of the **bus to the venue**, will be covered with a **deduction up to 40€** on the travel budget.

Therefore please consider the travel budgets as:

Italy.	Spain	Hungary, Austria	Finland
€245 Green travel	€269 Regular travel	€269 Regular travel	€355 Regular travel
		€377 Green travel	



Reimbursement

To get your reimbursement, we'll need:

- Scans of boarding passes
- Scans of bus/train/metro tickets
- Scans or digital invoices

Tip: take a screenshot of your boarding passes before taking your flight, as they often disappear from airline apps!

We cannot reimburse private transportation (example: Uber, taxi)



CLICK TO WATCH A
BEAUTIFUL VIDEO
FILMED DURING A
PAST PROJECT IN
LIGONCHIO :)



THANK YOU
AND
SEE YOU SOON!



Partners

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P.E.CO.

AUSTRIA

InterAktion

FINLAND

Metsäkartano

SPAIN

La Vibria Intercultural

HUNGARY

Élményakadémia

DURING THE MOBILITY, EACH "NATIONAL" GROUP WILL CREATE A SHORT VIDEO BASED ON ONE OF THE SENSES