



REtREATING BEAUTY

What We Hide
What We Hold
What We Choose

Date

12-19 June 2026

Venue

Palermo, Italy



Erasmus+



Presentation

Giosef Italy is a national youth organization dedicated to promoting active participation, social inclusion, intercultural dialogue and European mobility opportunities for young people.

Through non-formal education, community projects and international partnerships, Giosef Italy supports youth empowerment and fosters positive social change across Italy and Europe.

 @giosef_italy  Giosef Italy - Giovani Senza Frontiere

 www.giovanisenzafrontiere.it





BRIEF DESCRIPTION OF THE PROJECT

Retreating Beauty – What We Hide, What We Hold, What We Choose is a **youth exchange** that invites participants to critically explore culturally constructed ideals of **beauty, consent, boundaries, and interdependence**. Through embodied practices, creative expression, and non-formal education methodologies, the project creates a safer and reflective space to question dominant norms and experiment with more inclusive, caring, and relational ways of being.

The project is grounded in feminist, intersectional, and body-based approaches, combining analytical tools with experiential learning. Participants will engage in collective reflection, dialogue, and movement-based activities to connect personal experiences with broader social narratives

PARTNERS

INTERNATIONAL PARTNERS: → 5 participants + 1 group leader

-  SPAIN → La Vibria Intercultural
-  GREECE → DreamTeam
-  ESTONIA → EUnexus
-  ROMANIA → Yellow Shirts
-  HUNGARY → Dél-alföldi Teleházak Egyesülete
-  SWEDEN → FORENINGEN FRAMTIDSTAGET

COORDINATING ORGANISATION

-  ITALY → 5 participants + 1 group leader





OBJECTIVES

GENERAL OBJECTIVES

To explore and critically reflect on culturally constructed ideals of beauty, consent, boundaries, and interdependence, fostering embodied awareness, empathy, and inclusive practices in both personal and social contexts.

SPECIFIC OBJECTIVES

-  To critically examine and deconstruct dominant beauty norms and sexual/romantic scripts.
-  To understand consent as an ongoing, negotiated, and relational process.
-  To increase awareness of personal boundaries and the ability to communicate and respect them.
-  To cultivate empathy, solidarity, and interdependence through embodied and reflective practices.
-  To co-create shared principles for safer, more inclusive, and supportive social spaces.



LEARNING OUTCOMES

-  **Critical awareness** of social norms related to beauty, bodies, and relationships.
-  **Practical skills** in negotiating consent and boundaries.
-  **Greater confidence** in expressing needs, limits, and respect for others.
-  **Embodied experiences** of trust, care, and interdependence.
-  **Motivation** to actively contribute to safer and more inclusive communities.



PREPARATORY VISIT - TBD

The **Preparatory Visit** will bring together representatives of the partner organisations to align the educational vision, methodology, and care framework of Retreating Beauty – What We Hide, What We Hold, What We Choose. This phase will focus on:

- sharing expectations, needs, and sensitivities related to the project's core themes (beauty norms, consent, boundaries, embodiment);
- co-designing the learning flow and adapting activities to the intercultural composition of the group;
- defining safeguarding measures, safer space principles, and support roles;
- coordinating logistical aspects and responsibilities among partners.

Accommodation, meals, and travel costs for the Preparatory Visit will be covered according to Erasmus+ Programme rules.

PARTICIPANT PROFILE

Covered expenses, support for participants with fewer opportunities

- 👤 Age range: 18–30 years
- 👤 Profile: young people interested in body politics, consent, gender issues, social justice, arts, and non-formal education.
- 👤 No prior expertise required.
- 👤 Language: working language English (basic communicative level).
- 👤 Inclusion: participants with fewer opportunities are encouraged to apply; specific support measures will be discussed individually.

Role of group leaders:

- Supporting participants before, during, and after the mobility.
- Acting as a point of reference for communication between participants, facilitators, and organisers.
- Contributing to the creation and maintenance of a safer, respectful, and inclusive group environment.
- Supporting participants in moments of emotional or practical difficulty, in line with the project's care-based approach.
- Actively participating in the programme, reflection moments, and evaluation activities.



VENUE & ACCOMMODATION

The project will take place in **Palermo** city center, hosted at **Domus Carmelitana** a welcoming residential venue used for educational and community-based activities.

Participants will be accommodated in shared rooms.

Common spaces are available for workshops, reflection, and informal moments. The venue reflects values of simplicity, care, and community living.

More practical details (rooms, bathrooms, Wi-Fi, what to bring) will be shared closer to the activity.



VENUE & ACCOMMODATION

Available:

-  Shared rooms
-  Shared bathrooms
-  Wi-Fi
-  Working spaces
-  Reflection areas
-  Towel & toiletries

Bring:

-  EU plug adapter (Type F/L)
-  Comfortable clothing & walking shoes
-  Slippers for the shower
-  Notebook & pen

City: Palermo

Accommodation: IV Traversa, Via Raffaello, n°5 - 81030, Casapesenna, Italy



HOW TO REACH THE VENUE

Participants should plan their arrival at Palermo Falcone–Borsellino Airport (PMO).



From Palermo Airport to Palermo Central Station

- **Bus (Prestia e Comandè):** Direct shuttle from Palermo Airport to Palermo Central Station. Runs approximately every 30 minutes. Travel time about 50 minutes.
- **Train (Trenitalia – regional train):** Train from Punta Raisi Airport station to Palermo Central Station. Runs every 30–60 minutes. Travel time about 60 minutes.



From Palermo Central Station to the Venue

Domus Carmelitana is located in the historic centre of Palermo, within walking distance or a short local transport ride from Palermo Central Station. Detailed instructions on how to reach the venue from the station (walking route or public transport lines) will be provided in the final infopack, together with a Google Maps link.



MEALS & LOGISTICS

During the exchange, participants will receive three meals per day, provided at the venue's internal canteen, together with coffee breaks during activity days.

Special dietary needs (vegetarian, vegan, halal, allergies or intolerances) will be accommodated upon prior communication in the participation form.

As this is a residential youth exchange based on shared living, participants are expected to actively contribute to a respectful and caring environment. This includes:

- respecting meal times and shared schedules,
- taking care of common spaces,
- collaborating in small daily tasks if requested (e.g. keeping spaces tidy),
- being mindful of food waste and sustainability practices.

Meals are considered an integral part of the learning experience, offering informal moments for intercultural exchange, connection, and group bonding.

RECOMMENDED ARRIVAL TIME

Participants are expected to arrive on 12 June 2026, preferably during the afternoon, in order to take part in the welcome and opening activities.



PREPARATORY TASKS

- ☞ Before arrival, participants will be asked to:
- ☞ Fill in a participation and logistics form
- ☞ Engage in light preparatory reflection (introductory materials or questions)
- ☞ Prepare a small contribution for intercultural moments

WHAT TO BRING

- ☞ ID or passport
- ☞ European Health Insurance Card
- ☞ Comfortable clothing suitable for movement
- ☞ A small symbolic object from home (optional)



REIMBURSEMENT RULES

Participants coming from countries that require a VISA, will be supported and additional expenses will be covered

You will be reimbursed only if these 3 conditions are fulfilled by EACH MEMBER OF YOUR GROUP:

-  You gave **all the ORIGINAL tickets and boarding passes** to our organization. It is fundamental to bring the invoices or the travel confirmations where is clearly shown:
 - the name & surname of the traveler;
 - the cost incurred/price paid;
 - the date and itinerary of the travel;
 - the date of the purchase;
-  You must **attend the entire duration of the Youth Exchange**.
Absence from any activity is only permitted for justified and documented reasons, communicated in advance.
-  You **submitted every survey and report** that our organization or EU requested;

Travel Budget (per participant)

Distance band : [CALCULATE HERE](#)





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