

# YOUTH EXCHANGE

*Discovering you*



**TRENTO, ITALY**

**28.11 - 4.12.24**

# INTRODUCTION

*Discovering you* youth exchange is all about understanding what EU citizenship means today and what is its future. It is important to listen to what young people have to say about their vision on being “European”: do they all share and agree on values that built the Union? Does being a good EU citizen mean for them to vote in local or European elections, to go out with “Fridays for Future”, to know EU environmental or EU political agenda, to open EU borders to refugees? Let’s find out together!



# activities WHAT

Throughout the week we will explore what European citizenship means, discover the policies and practices in the countries that are participating in the exchange and understand the power and value of volunteering and active participation.

## Thursday 28/11

This day is all about arrivals, discovering the space and surroundings of our youth worker exchange location and getting a good rest after a long day of travelling.

## Friday 29/11

The next day is dedicated to getting to know each other, talk about the program and participate in the European Volunteering Capital closing ceremony in Trento.

## Saturday 30/11

Saturday we will learn about the origins of the citizenship and reflect together on how we see the future of the European citizenship, through workshops, role plays and group work, debates and open discussions with our peers from different countries.

## Sunday 01/12

We will visit the Museum of one of the fathers of the Union, Alcide De Gasperi in Pieve Tesino. We will do simulation of an EU law on a topic that can unite everyone, such as the creation of a foreign and defense policy.

## Monday 02/12

This day is all about visiting the initiatives and happenings of the European Volunteering Capital agenda and discovering Trento through interactive activities.

## Tuesday 03/12

The last day is dedicated to evaluating the activities of the youth exchange and offer space to the group to share their experience.

## Wednesday 04/12

This day is all about departures and see you soon goodbyes.



# WHERE

---

## ▶▶ **TRENTO, ITALY**

We will meet in Trento, a beautiful town with a population of about 120,000 inhabitants. Trento is situated in the north of Italy, near the border with Austria, and is known for its beautiful countryside, with lovely mountains and lakes. It is an excellent opportunity for hiking, sailing, and mountain bikes trips.

## ▶▶ **ACCOMMODATION**

The house is located in Candriai, a mountain area nearby Trento. The house is a self-management house with a nice equipped kitchen, a common room and shared bedrooms for 3-4 people. There will be wi-fi, a projector for music and movie nights and a wide outdoor space for activities.



# HOW

The exchange will be organized as "self management". We will be divided in groups and we will prepare delicious meals and international dinners. We will also eat out in some of the days :)

Think of a typical dish your group could prepare, as well as some typical traditional activities your group would like to share during the youth exchange.

Some meals will be managed by a catering service taking into consideration all of your food preferences and restrictions.



# *international* **TRAVEL**

Actual travel expenses from the country of residence to the place of exchange will be reimbursed up to the amount indicated below. The refund will be made after receiving the complete travel documents (original tickets and boarding passes). The maximum amount of travel costs will be calculated according to your residence in your country up to the place where the exchange takes place.

[You can calculate the amount using the official link.](#)

## **eligible transportation**

Participants must travel by public transportation (plane, train, buses) in the dates specified (28th and 4th) in order to get the reimbursement.

Please find the information about the reimbursement of the travel expenses according to Erasmus plus criteria.



Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

## **GREEN TRAVEL**

TRAIN  
BUS  
CARPOOLING  
BIKE

# what to bring? CHECKLIST

We will be spending together 7 days (including your travel days) in a city in the mountain range, doing many different activities both within the accommodation center, as well as outside. Here is a list of what you should bring with you :)

## essentials

- towels
- bed linen and pillow covers
- toiletries
- hairdryer
- warm clothes\*
- comfortable clothes
- indoor shoes\*\*
- comfortable shoes
- reusable water bottle
- personal medication

## and more

- an item you don't use/need anymore and that someone else could use
- typical food/items from your country
- musical instrument/game\*\*\*

\*late autumn and winter are a bit breezy here in Trento

\*\* it might be rainy, so we will leave the dirty/wet shoes at the entrance

\*\*\* optional in case you have space/for your free time





*join us*

# THE GROUP

**5 COUNTRIES | 25 PARTICIPANTS**

**▶▶ ITALY ▶▶ SPAIN ▶▶ BELGIUM  
UKRAINE ▶▶ POLAND**

*age 18 -30*

*motivated to be active*



**JOIN US!** DEADLINE **06/09**  
**APPLICATION FORM**

---




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



*contact us*

 [info@incoweb.org](mailto:info@incoweb.org) | [patricia.dragan@incoweb.org](mailto:patricia.dragan@incoweb.org)

 [www.incoweb.org](http://www.incoweb.org)

 +39 0461 1822775