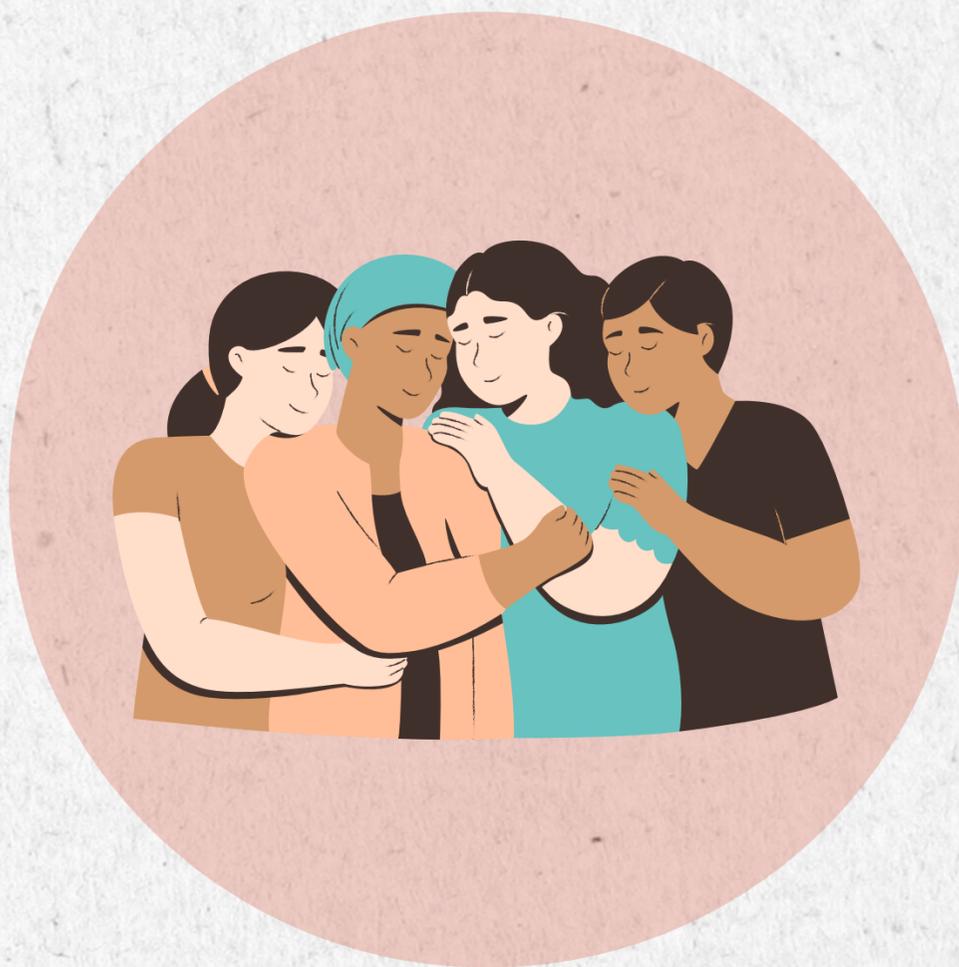


Believe in you(th) Youth Exchange

YOGA & COACHING for
MENTAL HEALTH and ANXIETY



21-29 July 2025
Bagnacavallo, Ravenna, Italy



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





ABOUT THE ORGANIZATION

Spazio Zero APS is committed to promoting Eu opportunities for youth, enhancing active youth participation, fostering intercultural understanding, and encouraging volunteering.

We aim to make a significant impact at the local level, and we continue to strive towards creating a vibrant and inclusive community for the local youth in Lugo, Ravenna, Italy.



ABOUT THE PROJECT



The aim of Believe in You(th) is to:

- Understanding Youth Anxiety
- Challenging the "Performance Society"
- Introducing Yoga & Body Movement
- Introducing Coaching for Personal Growth
- Raise Awareness on economical, climatic, social obstacles and systemic barriers
- Help participants to face discomfort
- Create a safe space and support network
- Promote the Erasmus+ program and values



ABOUT THE METHODOLOGY

We will use non-formal education to achieve our goals, including activities such as...

- Yoga practice
- Breathing and meditation sessions
- Coaching workshops
- Outdoors activities
- Team-building activities
- Cultural local visit
- Feedback sessions



ABOUT THE PROGRAM

DAY 1

Getting to know each other and team-building

DAY 2

Workshops on anxiety, performance, success and systemic barriers

DAY 3

Yoga practice and workshops

DAY 4

Coaching workshops and self-development

DAY 5

Cultural visit

DAY 6

Participants' space: creating workshops and activities

DAY 7

Dissemination and follow-up activities



PARTICIPANTS PROFILE

- Young people engaged in issues of mental and physical health
- Ages between 18 and 25
- Fully committed and active
- Able to disseminate the results
- Reside in: Croatia, Greece, Italy, Lithuania, Spain

Each country organization will send 5 participants and 1 team-leader, who can be older than 25.



ACCOMODATION

The accomodation is Antico Convento San Francesco, based in Bagnacavallo, Ravenna, Italy



You will stay in common rooms with other 4-5 participants and each room will have its own bathroom. You will find bed sheets, blankets (if needed) and towels.



The accomodation provides also a dining room and activity room, as well as a nice outdoor space with a garden to relax and do yoga activities.

MEALS

Breakfast, lunch, and dinner, as well as coffee breaks, are included in the budget.

The accommodation does not have a kitchen: meals will be provided by a catering service. However, a fridge is available for your use.

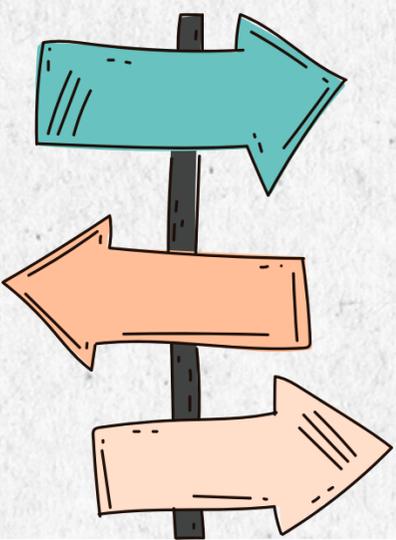
We will take your dietary needs into account and ensure a healthy and delicious menu suitable for everyone!





TRAVEL INFO

- It is preferable that all participants fly into **Bologna G. Marconi Airport** (BLQ) for both arrival and departure.
- From Bologna Airport, you can take the Marconi Express to Bologna's central train station (€12.80 one-way). From there, trains to Bagnacavallo run every hour (see transfers on Trenitalia).
- Once you arrive at Bagnacavallo station, we will pick you up and take you to the venue.
- Alternatively, you can fly to **Milan**, travel to Milano Centrale train station, and then take a direct train to Bagnacavallo, or one with a transfer in Bologna.





TRAVEL INFO

According to the requirements of the Italian National Agency, the travel days are scheduled for:



ARRIVAL DAY: July 21st
DEPARTURE DAY: July 29th

if participants have any requests for different itineraries, please send us an email, and together, we will find the best solution for each participant!

TRAVEL BUDGET:

COUNTRY	N° OF PARTICIPANTS	BUDGET PER PARTICIPANT
GREECE	6	309€
SPAIN	6	309€
LITHUANIA	6	309€
CROATIA	6	285€
ITALY	6	0€

PERSONAL STUFF

(WHAT TO BRING)



DOCUMENTS

Ensure you carry a valid passport or an appropriate identification document for international travel. Check its expiration date to ensure it remains valid for the entire youth exchange. Additionally, obtaining the European Health Insurance Card (EHIC) is mandatory to guarantee medical coverage in Italy.



SUITCASE

For outdoor activities, we recommend wearing comfortable clothing that allows free movement for both indoor and outdoor activities. As temperatures are expected to be high, there is no need for heavy clothing. However, we suggest bringing a hoodie for the night, as temperatures may drop slightly.

For yoga practice you can bring a towel or an extra mat.

TRADITIONAL FOOD AND DRINKS



During the evening we will organise Intercultural Nights. For this occasion, don't forget to bring traditional food from your country!

TRAVEL RULES

HOW TO BUY THE TICKETS?



The team leader of each group will help organize the

trip for the participants. Participants or group leader will send the travel plan to infoassociazionespaziozero@gmail.com

Once the Spazio Zero team will confirm the trip, participants can buy the flights.

For resuming here are the steps that any participants must follow:

1. Arrange the trip with the team leader
2. Send the travel plan to infoassociazionespaziozero@gmail.com
3. Wait a response from Spazio Zero team
4. Buy the ticket once we allow you

REIMBURSEMENT

In order to be refunded for the travel please take with you:

- the invoices
- the original boarding passes
- the original bus/train tickets



THE TRAINERS

FEDERICA

Federica holds a Master's Degree in Languages for International Cooperation, and during her university years she had the chance to live in Morocco, France and Tunisia.

In 2019 she joined the European Solidarity Corps to follow a volunteering project in Greece, and since then she kept collaborating with different organizations (and learning Modern Greek!).

She is an experienced language teacher, a group facilitator and yoga teacher, who will lead you through this journey of discovery and development.



SILVIA

Silvia holds a Bachelor's Degree in Foreign Languages; she did many experiences abroad: she did her Erasmus in Bochum, she did ESC volunteering in Bruxelles, she worked in Berlin in Erasmus+ KA2 projects, she was Group Leader for an Erasmus+ VET project and lead a group of students in Sevilla. From these experiences, she discovered her passion for Erasmus+ world and now it's active thanks to Spazio Zero in promoting EU opportunities to other youngsters.



THE PARTNERS

