



Agenzia Italiana
per la Gioventù



Funded by
the European Union

23-31 LUGLIO 2026

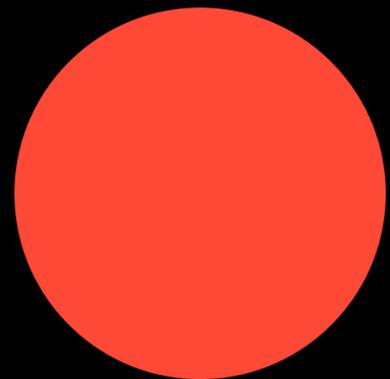
INFOPACK

BAGNACAVALLO (RA) ITALY

The art

of feeling

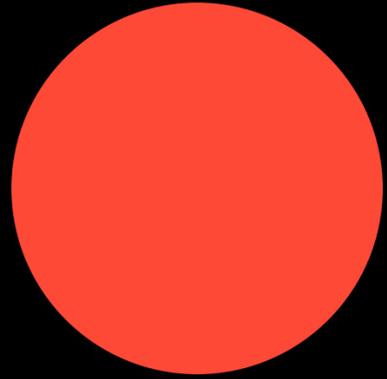
A PROJECT DESIGNED FOR THE DIFFICULTIES OF EXPRESSING ONESELF IN TODAY'S NOISY SOCIETY, CREATED TO PROMOTE SELF-AWARENESS AND EMOTIONAL IDENTITY, ALLOW PARTICIPANTS TO EXPRESS THEIR FEELINGS THROUGH ARTISTIC AND NON-VERBAL LANGUAGES AND CONVEY THAT ART IS A UNIVERSAL LANGUAGE, UNDERSTANDABLE BY EVERYONE.



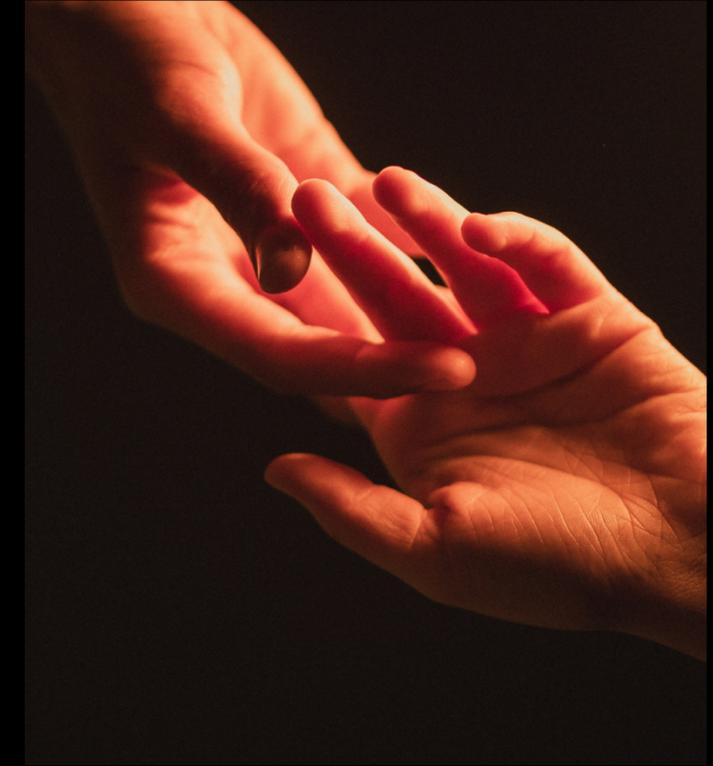
THE PROJECT



IT IS A PERSONAL AND INTERCULTURAL GROWTH PROJECT DESIGNED FOR YOUNG PEOPLE WHO WANT TO CHALLENGE THEMSELVES IN A CREATIVE WAY. THROUGH **THEATRE, MOVEMENT, MUSIC, AND DRAWING**, WE WILL EXPLORE **EMOTIONS AND NON-VERBAL COMMUNICATION**, WITHOUT REQUIRING ANY ARTISTIC SKILLS. WE WILL WORK USING NON-FORMAL EDUCATION METHODS, PRACTICAL ACTIVITIES AND SHARED REFLECTION MOMENTS. BY ENGAGING WITH PEERS FROM DIFFERENT COUNTRIES, YOU WILL DEVELOP INTERCULTURAL AWARENESS AND DISCOVER NEW WAYS OF EXPRESSING YOURSELF. AT THE END OF THE PROJECT, YOU WILL RECEIVE A YOUTHPASS CERTIFICATE RECOGNIZING THE SKILLS YOU HAVE ACQUIRED.



THE OBJECTIVES



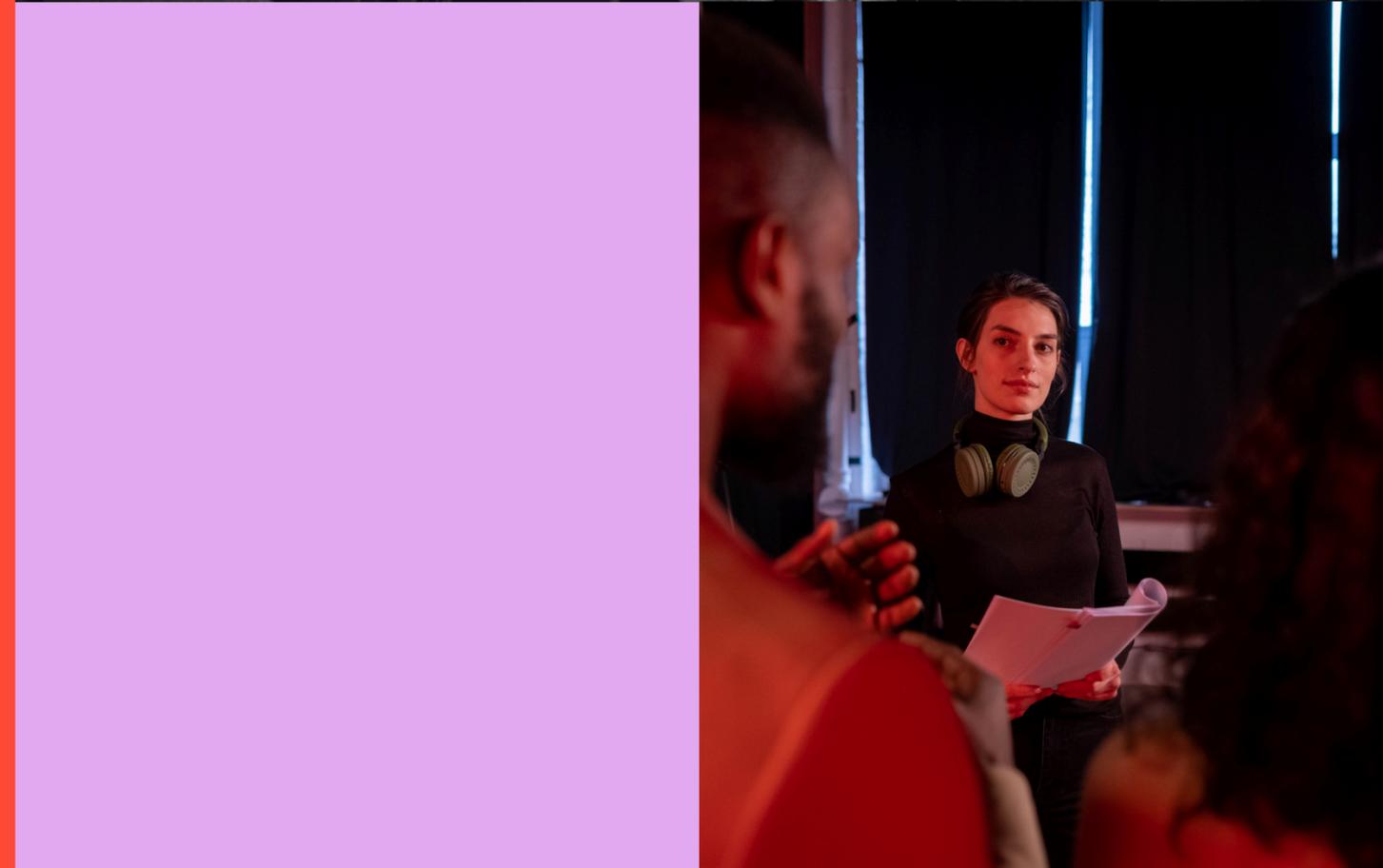
- TO PROMOTE GREATER SELF-AWARENESS AND UNDERSTANDING OF ONE'S EMOTIONAL IDENTITY;
- TO FOSTER EMPATHY, ACTIVE LISTENING, AND CONNECTION AMONG YOUNG PEOPLE;
- TO USE MOVEMENT TO STRENGTHEN THE CONNECTION BETWEEN MIND AND BODY;
- TO ENABLE PARTICIPANTS TO EXPRESS THEIR FEELINGS THROUGH ARTISTIC AND NON-VERBAL LANGUAGES;
- TO CONVEY THE IDEA THAT ART, IN ALL ITS FORMS, IS AN INTERNATIONAL LANGUAGE, UNDERSTANDABLE TO EVERYONE.

PARTICIPANT PROFILE

AGES: 18-25

RESIDE IN: ITALY
SPAIN
GREECE
SLOVAKIA
GERMANY

YOUNG PEOPLE MOTIVATED AROUND THE TOPIC OF THE PROJECT, FULLY COMMITTED AND ACTIVE, ABLE TO DISSEMINATE THE RESULTS, EACH COUNTRY ORGANIZATION WILL SEND 5 PARTICIPANTS AND 1 TEAM-LEADER, WHO CAN BE OLDER THAN 25





LOCATION

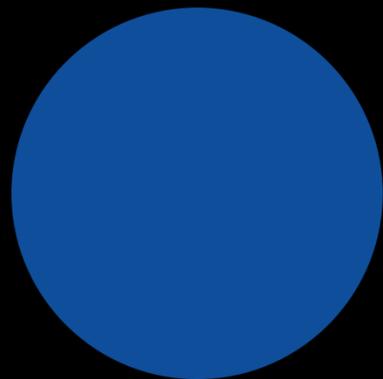
LOCATION

THE ACCOMMODATION WILL TAKE PLACE AT [ANTICO CONVENTO SAN FRANCESCO](#), LOCATED IN BAGNACAVALLO, IN THE PROVINCE OF RAVENNA, ITALY. PARTICIPANTS WILL STAY IN SHARED ROOMS WITH FOUR TO FIVE OTHER PARTICIPANTS. EACH ROOM HAS ITS OWN PRIVATE BATHROOM. BED SHEETS, BLANKETS (IF NEEDED), AND TOWELS ARE PROVIDED BY THE ACCOMMODATION.

THE VENUE ALSO OFFERS A DINING ROOM AND AN ACTIVITY ROOM. IN ADDITION, THERE IS A PLEASANT OUTDOOR SPACE WITH A GARDEN WHERE PARTICIPANTS CAN RELAX AND SPEND FREE TIME TOGETHER.

BAGNACAVALLO (RA) ITALY





TRAVEL INFO



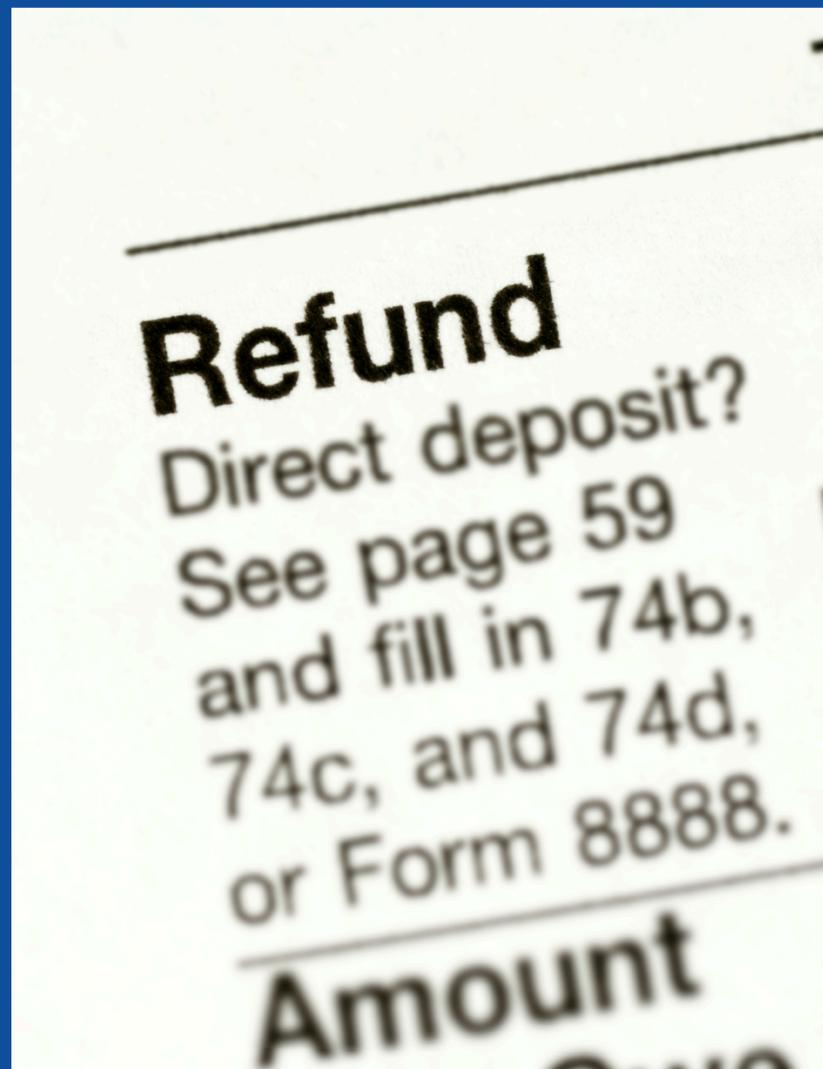
IT IS PREFERABLE THAT ALL PARTICIPANTS FLY TO **BOLOGNA GUGLIELMO MARCONI AIRPORT (BLQ)** FOR BOTH ARRIVAL AND DEPARTURE.

- FROM BOLOGNA AIRPORT, YOU CAN TAKE THE MARCONI EXPRESS SHUTTLE TRAIN TO BOLOGNA CENTRALE RAILWAY STATION. THE TICKET COSTS APPROXIMATELY €12.80 ONE WAY.
- FROM BOLOGNA CENTRALE, TRAINS TO BAGNACAVALLO RUN APPROXIMATELY EVERY HOUR.

YOU CAN CHECK SCHEDULES AND CONNECTIONS ON THE TRENITALIA WEBSITE.

ONCE YOU ARRIVE AT BAGNACAVALLO TRAIN STATION, THE VENUE IS ONLY A FIVE-MINUTE WALK AWAY. ALTERNATIVELY, YOU MAY FLY TO MILAN. FROM THE AIRPORT, TRAVEL TO MILANO CENTRALE RAILWAY STATION AND TAKE A DIRECT TRAIN TO BAGNACAVALLO, OR A TRAIN WITH A TRANSFER IN BOLOGNA.

TRAVEL REFUND



RULES & DOCUMENTS

! IN ORDER TO BE REFUNDED FOR YOUR TRAVEL AFTER THE PROJECT YOU WILL NEED TO SEND IN A PDF FORMAT (NOT SCANNED):
FLIGHT INVOICE, INCLUDING NAME, SURNAME, TRAVEL DATES, DESTINATIONS AND PRICE ORIGINAL BOARDING PASS ORIGINAL BUS/TRAIN TICKETS !

MAXIMUM AMOUNTS PER COUNTRY:

ITALY - 0,00€
GREECE - 309,00€
GERMANY - 309,00€
SLOVAKIA - 309,00€
SPAIN - 580,00

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.



CLOTHES

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.

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!



**MEET
THE TEAM**

DANAI NAKOU

ORIGINALLY FROM GREECE, I HAVE BEEN LIVING IN ITALY FOR THE PAST SIX YEARS. I DISCOVERED ERASMUS+ BY PARTICIPATING IN A PROJECT MYSELF, AND I WAS THRILLED WHEN MY FIRST PROJECT AS A FACILITATOR WAS APPROVED. SINCE THEN, I HAVE BEEN WORKING MAINLY WITH THEATRICAL AND ROLE-PLAYING METHODS ON TOPICS SUCH AS HUMAN RIGHTS, EQUALITY, AND SUSTAINABILITY. I AM AN ACTIVE YOUTH WORKER AT SPAZIO ZERO APS, COMMITTED TO MAKING A POSITIVE IMPACT ON OUR LOCAL COMMUNITY BY CREATING BOTH INTERNATIONAL AND LOCAL OPPORTUNITIES FOR YOUNG PEOPLE.

MARTINA MAIONE

HI EVERYONE!

MY NAME IS MARTINA AND I'M FROM ITALY. I JOINED THE ERASMUS+ WORLD AS A PARTICIPANT, AND I'M VERY EXCITED ABOUT THIS JOURNEY.

I AM A PASSIONATE AND CREATIVE PERSON, DEEPLY CONNECTED TO ART IN ALL ITS FORMS. I LOVE EXPLORING DIFFERENT ARTISTIC LANGUAGES FROM VISUAL ARTS TO DESIGN, FROM CREATIVE EXPRESSION TO EXPERIMENTAL PRACTICES. FOR ME, ART IS A WAY TO COMMUNICATE BEYOND WORDS AND TO CONNECT WITH PEOPLE, CULTURES, AND EMOTIONS.



SPAZIO ZERO APS

SPAZIO ZERO APS IS A YOUTH ASSOCIATION BASED IN LUGO, ITALY, DEDICATED TO CREATING QUALITY OPPORTUNITIES FOR YOUNG PEOPLE'S PERSONAL AND PROFESSIONAL GROWTH. ACTIVE BOTH LOCALLY AND INTERNATIONALLY, THE ORGANIZATION PARTICIPATES IN ERASMUS+ AND EUROPEAN SOLIDARITY CORPS PROJECTS WHILE STRONGLY ENGAGING LOCAL YOUTH IN GLOBAL EXPERIENCES. SPAZIO ZERO APS PROMOTES EQUALITY, MULTICULTURALISM, DIVERSITY AND CREATIVITY IN ALL ITS ACTIVITIES.

