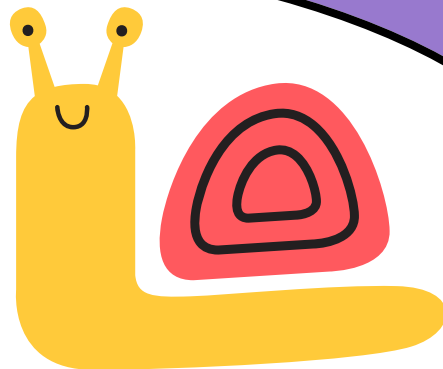


# SLOW FASHION WEEK



Erasmus+ Youth Exchange



Preparatory visit: 13-16 Sept 2024

Youth Exchange: 29 Oct - 07 Nov 2024



FUSCALDO (ITALY)



The **SLOW FASHION WEEK** youth exchange is a non formal education project aiming to help young people develop their competences & motivate them to become active citizens, while addressing socially important issues.

## The project goals are:

- ☀️ Promote the principles of sustainable development and the various Sustainable Development Goals (SDGs).
- ☀️ Deepen the knowledge of young participants & society on the environmental impact of the fashion industry.
- ☀️ Learn to transform old clothing into useful items.
- ☀️ Encourage the adoption of more sustainable practices and lifestyles, especially in relation to the consumption and use of fashion products.
- ☀️ Promote the principles of diversity, equality, and inclusion in Europe, as well as the values of solidarity, tolerance and justice.
- ☀️ Engage young people in actions to raise awareness about the practices and impacts of fast and slow fashion.





# WHO CAN PARTICIPATE?

Total of 42 participants from 7 different countries (Armenia, Croatia, Italy, Portugal, Romania, Slovenia & Spain).


Each group will be formed by **5 young people (age 18-25)** & **1 group leader (age 18+)**.

We are looking for **participants** that are not experts on the topic of sustainability and fashion industry, but are:

- interested or willing to learn about handcrafts & ways to give new life to old clothes and accessories,
- curious, ready to share & learn from each other, discovering about environmentally friendly and sustainable practices connected with slow fashion.

Participants with fewer opportunities or facing certain barriers are very welcome (for example: from disadvantaged or rural areas with high unemployment, not perfect level of English, having migrant or minority background, etc.).

**Group leaders** should have previous experience and support the members of their team in order to facilitate their full participation.



# ACTIVITIES & DATES

## Preparatory visit (PV)

**13.09.2024 - 16.09.2024**

*(14-15th working days)*

**2 people per organization**

*(1 group leader + 1 participant)*

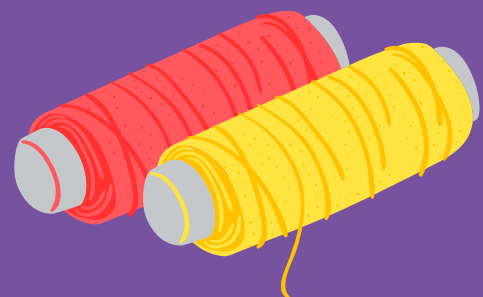
## Youth Exchange (YE)

**29.10.2024 - 07.11.2024**

*(9 days of activity + 1 travel day split between arrival and departure, best if activities can start on 29.10 at least in the late afternoon/evening)*

**6 people per organisation**

*(5 participants + 1 group leader)*



## Before the YE

All participants will have to take part in:

### 2 ONLINE MEETINGS

with the other teams (Aug-Oct)

### LOCAL PREPARATION & TASKS:

- research & prepare some activities about fast and slow fashion
- prepare some practical workshops related to the creation and transformation (upcycling) of clothes, accessories and other textile items (to be decided together in the online meetings)
- prepare 2 energizers and intercultural evening activities



## After the YE

After returning home, in Nov-Jan each group should do **DISSEMINATION ACTIVITIES & CREATIVE LABS FOR THE REUSE OF CLOTHES**

to share their experiences and information about the project with their local community.





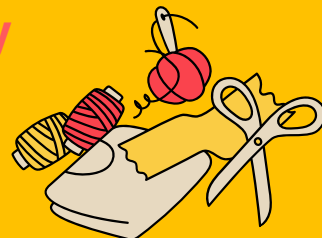
# WHAT ACTIVITIES TO EXPECT DURING THE EXCHANGE IN ITALY ...

A youth exchange is about sharing, debating, discovering & learning by doing things together.

So don't expect lectures, but to:

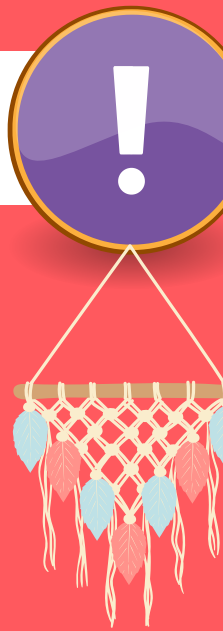


- share what you found out during the preparation
- visit local seamstress & other stakeholders
- learn how to reuse and **give new life to old clothes** you don't use
- get your hands dirty by **creating new clothes & other items**
- discover ideas for more sustainable habits
- spend outdoor time in the Catena Costiera and Fuscaldo
- organise intercultural evenings
- **organise an event (Slow Fashion Show) with our creations in Fuscaldo for the people from the local community**
- create a digital output (*booklet, video, etc.*) on clothing, reuse, upcycling & sustainable fashion practices



...more ideas to be decided together during the preparation months

# IMPORTANT DATES



**20.07.**  
latest

**Select group leaders & participants  
for the Preparatory visit**

**31.07.**  
latest

**Book travel tickets for the  
participants in the Preparatory visit**

**31.07.**  
latest

**Select the rest of the participants  
(earlier dates can be set on national level)**

**25.08.**  
latest

**Book travel tickets for the exchange  
(after approval from Paolab)  
Online Meeting with group leaders**

**10.09.**

**1st international online meeting of  
all participants, leaders & facilitators  
(provisional date)**

**13-16.  
09.**

**Preparatory visit in Fuscaldo (Italy)  
(2 travel days included)**

**04.10.**

**2nd international online meeting of  
all participants, leaders & facilitators  
(provisional date)**

**29.10.  
07.11.**

**Youth exchange in Fuscaldo (Italy)  
(1 travel day included)**

**20.01.**  
latest

**Finish dissemination activities &  
do creative labs for clothing reuse  
in each country**





## ABOUT THE VENUE & FUSCALDO...

*Fuscaldo is a town located on the western coast of Calabria. It is surrounded by green mountains and has a beautiful historical centre with stunning views over the Tyrrhenian Sea. The narrow streets and stones still witness its importance in the Middle Ages.*

The accommodations are organized by Fuscaldo Apartments, in flats all around the historical centre of Fuscaldo, near the Auditorium "Reitano" where indoors activities will take place.

The flats will be with shared rooms, max 2-3 pax per room and not more than 5-6 pax per flat. Every flat is provided with proper furniture and goods in order to guarantee your comfort. Bedsheets and towels will be provided in every flat.







## HOW TO ARRIVE TO FUSCALDO?

The nearest **airport** to arrive is Lamezia Terme. In this case there are buses or trains that arrive in Fuscaldo and/or Paola (next town). Otherwise you can fly to Naples or Rome.

From Lamezia, Naples or Rome you have to take a **train to Fuscaldo or Paola**. From both train stations, the hosting organization will provide a shuttle service in accordance with the arrival times of participants.

**Book train tickets only from <https://www.trenitalia.com/en.html> or <https://www.italotreno.it/en>**

Be aware! Train prices are changing often (same as flights), so book your tickets well in advance (don't wait for the day of your trip!!).



# TRAVEL BUDGET



PER PERSON, FOR EACH OF BOTH  
ACTIVITIES: PREPARATORY VISIT &  
YOUTH EXCHANGE

ARMENIA 360,00 €

CROATIA 320,00 € Green travel

PORTUGAL 360,00 €

ROMANIA 275,00 €

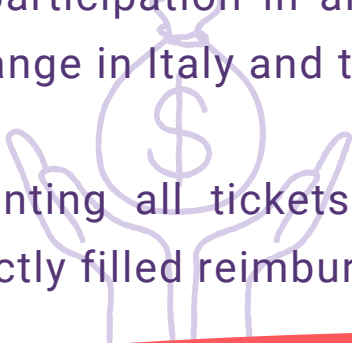
SLOVENIA 320,00 € Green travel

SPAIN 275,00 €



## Conditions for travel costs reimbursement:

- Travel proposals and their costs need to be approved by Paolab (coordinating organisation) in advance. Don't make any bookings without coordinating with Paolab first.
- Only book from the official airline and train company websites. Tickets bought from travel agents, other websites or APPs like kiwi, Omio, etc. will not be reimbursed.
- Full participation in all the activities during the preparation, the exchange in Italy and the dissemination after the exchange.
- Presenting all tickets, boarding passes, etc together with the correctly filled reimbursement form for your whole national team.



*Reimbursement will be paid for the whole national team to the partner organisations after accomplishing all follow up activities.*



# EMERGENCY NUMBERS & EUROPEAN HEALTH CARD

*112 European Emergency  
Number and Carabinieri*

*115 Fire brigade*

*118 Sanitary emergency  
contact*

*113 Police*

*Nearest **pharmacy** in  
Fuscaldo ([click here](#))*

*Nearest **supermarket**  
([click here](#))*

*Bring your  
**European Health Card.**  
For more info about it  
[click here.](#)*



# PARTNER ORGANIZATIONS

ARMENIA **Lusamood NGO**

lusamood@gmail.com

CROATIA **Civilna, edukativna i transparentna platforma**

croatia@cetplatform.org

ITALY **Associazione di Promozione Sociale PAOLAB**

paolab2006@gmail.com

PORTUGAL **Projeto Trinsheira**

info@projetotrinsheira.org

ROMANIA **Asociatia KASTA MORRELY**

akm.kastamorrely@gmail.com

SLOVENIA **Zavod Mladinski center Kotlovnica Kamnik**

info@kotlovnica.si

SPAIN **Asociación TILIA**

info@asociaciontilia.org





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Co-funded by  
the European Union



Agenzia Italiana  
per la Gioventù

