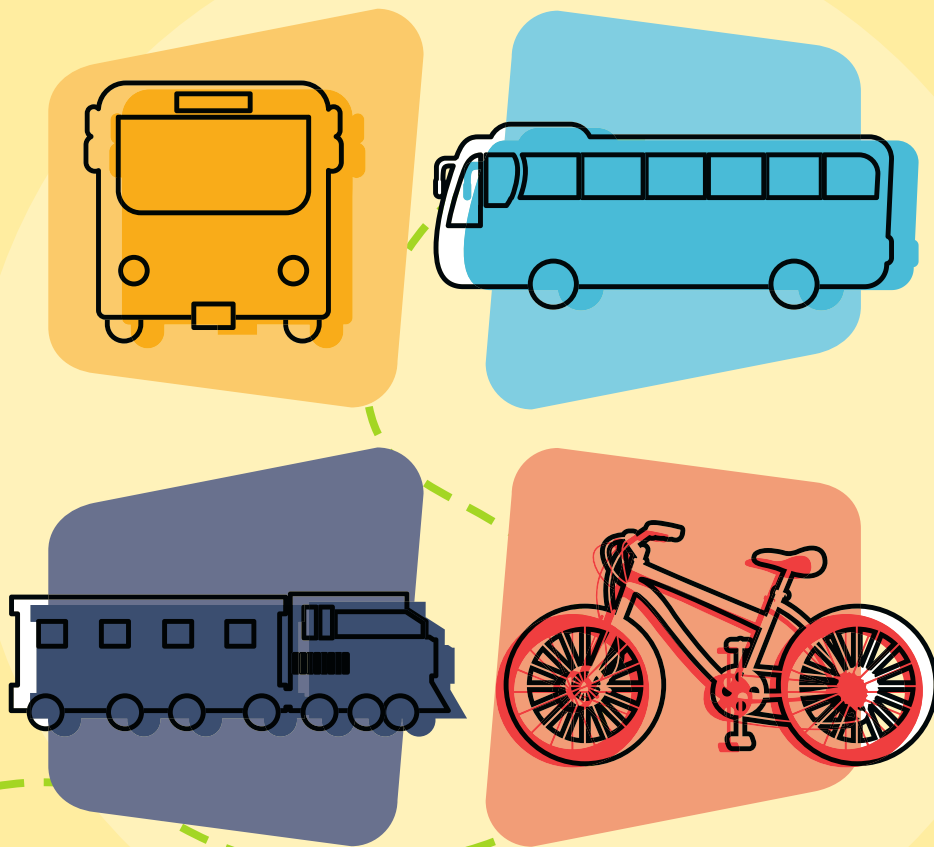


# **SWEET & SUSTAINABLE**

**ERASMUS+ YOUTH EXCHANGE**



**Preparatory visit: 15–18 March 2025**

**Youth Exchange: 23 April – 2 May 2025**



**FUSCALDO (ITALY)**



The Sweet & Sustainable 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) with special focus on Goals 9 and 11.
- ☀️ Deepen the knowledge of young participants & society on the environmental impact of mobility & logistics.
- ☀️ Learn to recognize & appreciate sustainable ways of moving goods and people.
- ☀️ Encourage the adoption of more sustainable practices and lifestyles, especially about use of greener means of transport.
- ☀️ Learn to live & work in intercultural environment, promoting the principles of diversity, equality & inclusion in Europe, as well as the values of solidarity, tolerance & justice.
- ☀️ Engage young people in actions to raise awareness about the practices of transportation & mobility.
- ☀️ Enhance artistic skills through designing & implementing urban regeneration actions.



# WHO CAN PARTICIPATE?

Total of 42 participants from 7 different countries (Bulgaria, Greece, Hungary, Italy, Romania, Slovenia & Spain).

Each group will be formed by **5 young people (age 18-26)** & **1 group leader (age 18+)**.

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

- interested or willing to learn about sustainable travel and transportation,
- curious, ready to share & learn from each other, discovering about environmentally friendly and sustainable practices connected with Sweet & Sustainable ways to move goods and people.

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.

**Main tasks:** take part in the PV, know the profile of their team members, specific needs & travel plans; support their team to prepare activities, reimbursement documents, follow up; collaborate with the facilitators, partner organisations and rest of the leaders to ensure wellbeing of the participants and the optimal implementation of the activities (including group reflections, daily & final evaluations, etc).



# ACTIVITIES & DATES

## **Preparatory visit (PV)**

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**15.03.2025 - 18.03.2025**

*(16-17th working days)*

**2 people per organization**

*(1 group leader + 1 participant. The same 2 people must participate in the YE as well)*

## **Youth Exchange (YE)**

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**23.04.2025 - 02.05.2025**

*(9 days of activity + 1 travel day split between arrival and departure, best if activities can start on 23.04 at least in the late afternoon/evening)*

**6 people per organisation**

*(5 participants + 1 group leader)*



## BEFORE THE EXCHANGE

All participants will have to take part in:

### 2 ONLINE MEETINGS

with the other teams (March-April)



### LOCAL PREPARATION & TASKS FOR EACH GROUP:

- Research & prepare some information about sustainable and less sustainable transport and travel practices in your country (use of public transport, cars, e-vehicles, in daily life and for tourism, transport of goods, etc)
- Prepare 1 session related to the project topic (to be assigned during the preparatory visit)
- Prepare intercultural evening activities & 2 energizers



## AFTER THE EXCHANGE

After returning home, in May each group have to do:

- **DISSEMINATION** (3 online posts and/or face-to-face events, at least 1 in the social media of the sending organisation) to share their experiences, sustainable practices and information about the project & Erasmus+ with their local community.
- **SUBMIT REIMBURSEMENT DOCUMENTS & PROOFS OF DISSEMINATION BY 31.05.2025**



# 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 to/from local organisations & other stakeholders
- learn how to recognize sustainable way to move and use it
- get your hands dirty by giving new life to foot-paths in Fuscaldo (regenerating pedestrian areas)
- discover ideas for more sustainable habits
- spend outdoor time in the Catena Costiera and Fuscaldo
- organise intercultural evenings
- create a digital outputs (*booklet, video, etc.*) to promote sustainable mobility practices and the project

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



# IMPORTANT DATES



27.01.  
latest

Select group leaders & participants  
for the Preparatory visit

31.01.  
latest

Book travel tickets for the  
participants in the Preparatory visit

15.02.  
latest

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

25.02.  
latest

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

15-18.  
03.

**PREPARATORY VISIT IN FUSCALDO  
(2 TRAVEL DAYS INCLUDED)**

22.03.

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

10.04.

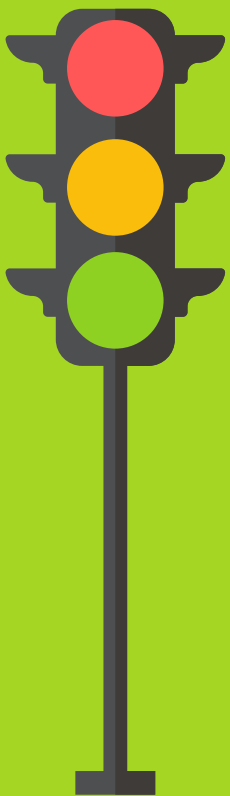
2nd international online meeting of  
all participants, leaders & facilitators  
(provisional date)

23.04.  
-  
02.05.

**YOUTH EXCHANGE IN FUSCALDO  
(1 TRAVEL DAY INCLUDED)**

31.05.  
latest

Finish dissemination & follow up  
activities. Final deadline to submit  
last travel documents





## **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 and houses 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, towels, shampoo and shower gel will be provided.







## HOW TO ARRIVE TO FUSCALDO?

The nearest **airport** to arrive is **Lamezia Terme**. You can also fly to **Naples** or **Rome** (more flights and cheaper available to these 2 airports).

From Lamezia, Naples or Rome you have to take a **train to Fuscaldo** (or Paola only in exceptional cases). From both train stations, the hosting organization will organize car transfers to the venue in accordance with your arrival times. You need to be in Fuscaldo until 17-18h latest on arrival day.

### Book train tickets in Italy only from

<https://www.trenitalia.com/en.html> or <https://www.italotreno.it/en>

Be aware! Train prices are changing often (same as flights), some trains also get full, especially around holidays, so book your tickets well in advance (don't wait for the day of your trip!!).

### For airport transfers in Rome and Naples use the SHUTTLE BUSES ONLY

Avoid using the trains from/to Fiumicino airport in Rome (other participants have had a lot of problems with it, it is also more expensive).

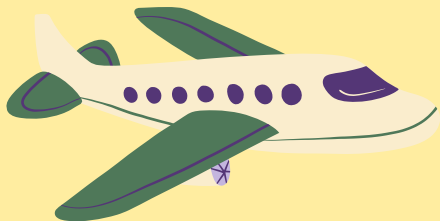
**Shuttle buses link airports with main train station, NO intermediate stops.**

Buy shuttle bus tickets online just before you go on the bus, this way you don't have to send us the paper tickets by post and usually it is cheaper online.

**ROME\*** - Terravision ([buy here](#)) & Tambus ([buy here](#)) - this one also goes at night.

**NAPLES** - Alibus ([buy here](#))

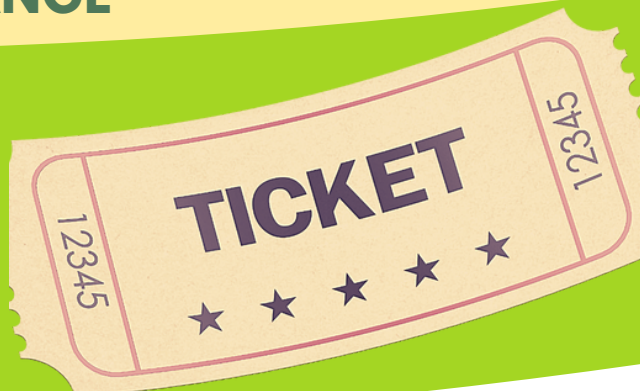
*\*more shuttle companies available in Rome. You can take them as well.*



# TRAVEL BUDGET

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

BULGARIA 309,00 €  
GREECE 309,00 €  
HUNGARY 309,00 €  
ROMANIA 309,00 €  
SLOVENIA 417,00€ Green Travel  
SPAIN 309,00 €



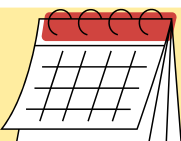
**NB!!! READ CAREFULLY!!**

## CONDITIONS FOR TRAVEL COSTS REIMBURSEMENT:

- Travel proposals and their costs need to be approved by Paolab (coordinating organisation) in advance. **Send your full trip plan to and from Fuscaldo including screenshots of dates, times, prices, to/from information.** Taxi not reimbursable, cars only if no public transport option. 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, ESKY, OMIO, ETC. WILL NOT BE REIMBURSED!**

- **Full participation in all the activities** during the **preparation**, the **exchange** in Italy and the follow up & dissemination **after** the exchange.
- Presenting all **tickets, boarding passes**, etc together with the correctly filled **reimbursement form** for your whole national team. The documents must contain the full information (dates, to-from, names, price), do not present partial screenshots. All documents should be uploaded to a Google Drive folder by each participant. **If you have paper tickets you should upload a picture and sent the originals by post to Paolab, or give them during the exchange.**



**DEADLINE TO RECEIVE ALL DOCUMENTS: 31.05.2025**

**(DOCUMENTS RECEIVED AFTER THIS DATE WILL NOT BE REVIEWED & REIMBURSED)**

- **Reimbursement will be paid** for the whole national team to the partner organisations **after** accomplishing all follow up activities (dissemination, etc).

**NOT FOLLOWING ALL THE CONDITIONS MENTIONED HERE &  
THE INDICATIONS OF THE COORDINATOR REGARDING YOUR TRAVEL  
MAY RESULT IN NOT REIMBURSEMENT OF YOUR TRAVEL COSTS**



# **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

BULGARIA Association INSPIRATION

[vdahnovenie@gmail.com](mailto:vdahnovenie@gmail.com)

GREECE INTER ALIA

[elina@interaliaproject.com](mailto:elina@interaliaproject.com)

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**THE SWEET & SUSTAINABLE  
YOUTH EXCHANGE PROJECT  
IS CO-FUNDED WITH THE SUPPORT OF  
THE EUROPEAN UNION IN THE FRAME OF THE  
ERASMUS+ YOUTH PROGRAM**



**Co-funded by  
the European Union**



**Agenzia Italiana  
per la Gioventù**

