



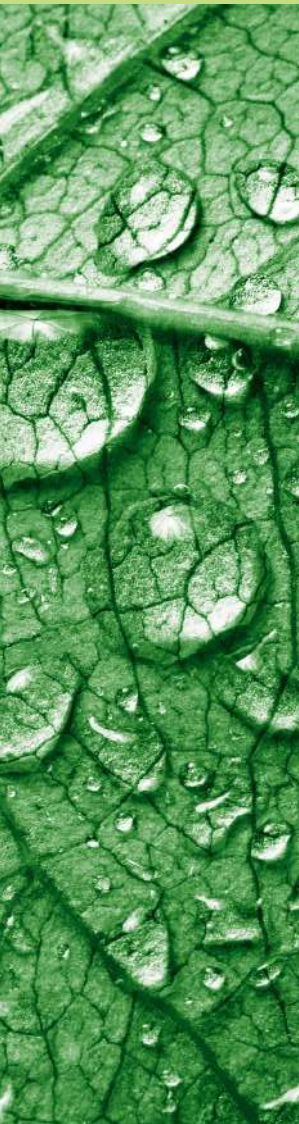
Florence, Italy

29th June - 5th July 2026

# Collecting voices for sustainability

**YOUTH EXCHANGE  
PARTNER COUNTRY**

2025-1-IT03-KA151-YOU-000303754 LM-EXCH-P-1



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# SUMMARY & OBJECTIVES

We will explore the **four dimensions of sustainable living**, a framework developed by Gaia Education, to understand how our voice can be a powerful tool for shaping a better future.

## Objectives:

- To introduce participants to the four dimensions of sustainability (social, ecological, economic, and worldview)
- To empower young people to express their ideas and values through active participation
- To foster awareness of sustainability challenges and encourage critical thinking
- To strengthen communication, collaboration, and civic engagement skills

## Learning outcomes:

- Gain knowledge of the key principles of sustainable living
- Develop greater confidence in expressing their opinions and perspectives
- Improve their teamwork and intercultural communication skills
- Be able to identify concrete actions to contribute to a more sustainable future

# PARTICIPANTS PROFILE

→ The project will have a duration of 1 week (5 days + 2 travel days.) It will take place in **Settignano, Florence, Italy**.

→ In this project we will have participants from **4 countries**, specifically, 6 participants per country: (1 group leader + 5 participants).

→ The **profile of participants** that we are looking for the exchange are:

- 1 group leader (no age limit) (GL should participate to the advanced planning visit in June)
- 5 participants (18 - 25 years old)
- **Eager to learn and share:** we are looking for individuals who are eager to expand their knowledge about critical thinking and to share insights and learnings with their peers and communities.
- **No specific prior knowledge required:** the program is designed to be accessible to all young people interested in the topics.
- **Open to developing new skills:** participants should be open-minded and ready to develop skills in leadership, communication, creative expression, and digital advocacy.
- **Language:** basic English is recommended as it will be the working language of the exchange program. Participants should be able to understand and engage in discussions, workshops, and creative sessions to a basic extent. **If participants have specific language barriers please let us know in advance.**



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# METHODOLOGY

The Youth Exchange is based on non-formal learning methods, combining individual reflection, group activities, and practical workshop. The inclusive and experiential approach encourages self-awareness, collaboration, and critical thinking, equipping young people with tools to thrive .

# ACCOMMODATION

Participants will stay at a venue in shared 4–6 bedrooms, providing opportunities for networking and connection among peers. All meals are covered by the project. Travel reimbursement will be done according Erasmus+ rules.

**Location:** Villa Morghen

Via Feliceto 8 50135 Settignano, FLORENCE

# WEATHER

In late June, Florence is warm to hot, generally sunny, and can feel quite humid, with average high temperatures around 30–32°C (86–90°F) and lows around 18–20°C (64–68°F) in the evenings.

You should pack light, breathable clothing like t-shirts, dresses, and shorts, along with comfortable walking shoes, sunglasses, and a hat to protect yourself from the strong sun.

We always suggest light, comfortable outfits!



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# ADVANCED PLANNING VISIT

Group leaders, or alternatively one participant per national group, are required to attend the Advanced Planning Visit on 11 June (10 and 12 of June are travel days).

Travel and accommodation costs will be reimbursed under the same conditions as for the Youth Exchange.

During the visit, the workshops of each national group will be reviewed together, the accommodation facilities will be visited, and all the main activities of the Youth Exchange will be discussed.

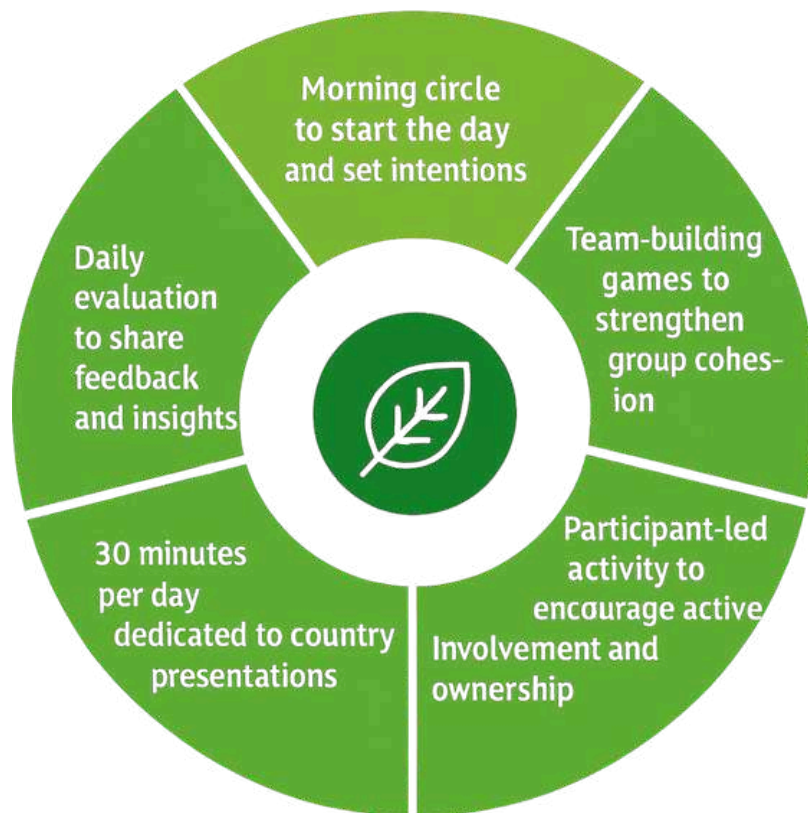


# PROGRAM FLOW

The daily flow is basically how each day of the youth exchange is organized so that everything runs smoothly and everyone has a good time

It's like a simple routine we follow every day: we start together (usually with a morning circle), play some games to wake up and connect, take part in fun activities and workshops, and also have time to share, reflect, and relax.

The idea is to keep a nice balance between learning new things, meeting people, and enjoying the experience. It also helps you know what to expect each day, while still leaving space for surprises and creativity!



# Participants duties

## All national teams will:

- Present their organization & country in a creative and interactive way (for example through a game, quiz, dance, or other engaging activity rather than a PowerPoint or video presentation).
- Prepare and deliver one 90-minute workshop exploring one of the four dimensions of sustainable living.
- Bring, if possible, one laptop or tablet per team to support group work.
- Actively participate in all project activities.



## Dissemination:

**To be eligible for reimbursement**, each national team will:

- Write a post or article about the project after the activity;
- Organize an online or offline dissemination event within their organization or with other youth workers to share the project results.
- Participants should provide photos, a description of the event, and an attendance list as proof of dissemination.



# SELECTION PROCESS

## **SELECTION OF PARTNERS**

Interested organizations should send an email with the organisation profile and validated OID.

- Each organization must send 6 participants (5+1 group leader).
- Deadline: 10/05/2026
- [erasmus.mobilities.icse@gmail.com](mailto:erasmus.mobilities.icse@gmail.com)

## **SELECTION OF PARTICIPANTS**

Each organization has to select 5 participants and 1 group leader, respecting gender balance. Participants should be age 18-25, group leaders have no age limits but we suggest 18-30 years old.

- Deadline: 25/05/2026
- [erasmus.mobilities.icse@gmail.com](mailto:erasmus.mobilities.icse@gmail.com)

## **TRAVEL ORGANIZATION**

The sending organizations are responsible for organizing the travel arrangements of their participants.

They must inform the hosting organization in advance about their planned itinerary and the travel budget for their group before purchasing any tickets.

This step is necessary to ensure that the travel plan complies with the project rules and budget limits.



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# Transport

All transportation within the city will be done using public transport.

How to reach the venue:

- If you arrive at the airports of Florence, Pisa, Bologna, first reach Florence Santa Maria Novella train station. From there, you can either take the tram or a bus, and then connect to bus number 10, getting off at the Settignano stop.
- If you arrive at Campo di Marte train station, you can directly take the bus number 10 to reach the venue area.

**We recommend checking your route in advance with Google Maps to find the most convenient and up-to-date directions.**

We strongly **encourage participants to choose green travel** options, as they are more sustainable and environmentally friendly. Green travel also comes with an extra benefit: it allows up to **6 days of travel** instead of the standard 2, giving you more flexibility and time for the journey.

**We are fully available to support you** in organizing and facilitating this type of travel, helping you find the best routes and solutions for your group. **Choosing green travel is a great way to make your Erasmus+ experience even more meaningful and responsible.**

# TRAVEL REIMBURSEMENTS

Travel expenses (travel from your departure city to the project venue) will be reimbursed by bank transfer to the **participant's sending organization**, which will be in charge of making the final transfer to the participants. The project is organised with a 2025 funding scheme, and travel support will be paid according to the Erasmus+ distance band. To calculate the distance, please use this link [Distance Calculator](#) by entering the location of your organization and the project location.

Contribution to the travel costs of participants, including group leaders, accompanying persons and facilitators, from their place of origin to the venue of the activity and return.	Travel distance	Green travel	Non-Green travel
Below 500 km, participant will, as a general rule, travel with low-emissions means of transport  <b>Financing mechanism:</b> contribution to unit costs.  <b>Rule of allocation:</b> based on the travel distance and number of persons.  The applicant must indicate the distance between the place of origin and the venue of the activity <sup>114</sup> by using the distance calculator supported by the European Commission <sup>115</sup> .  For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total. <sup>116</sup>	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
	8000 km or more	1735 EUR	1735 EUR

## **BEFORE BUYING THE TICKETS YOU NEED THE COORDINATOR'S APPROVAL BY EMAIL**

The travel grant is paid only after the youth exchange and after the participant has filled in the EU-survey and given all the needed travel documents (travel tickets, boarding passes, invoices, proof of dissemination).

# TRAVEL REIMBURSEMENTS

## **For the reimbursement of the flight ticket:**

- All boarding passes in original, including the return ones, which can be sent after the mobility.
- An invoice from the travel agency/website/airlines company from where the flight ticket was bought. The email confirmation of the flight is not replacing the invoice.

## **For any other travel tickets (busses, trains, ferry etc.):**

- If you buy your tickets from an office, in cash, then you need the hard copy of the ticket with the price on it or the ticket and a receipt (if the ticket has no price on it).
- If you buy your tickets online, then you need the electronic ticket and the payment confirmation (same as above).

**NOTES:** Invoices must be released by official travel companies/offices and not by the sending organizations.

The invoices released by any sending organization does not count, as the sending organization is not a travel agency.

**Only the original travel documents are taken in consideration for the reimbursement.**

Please be sure that you have and bring all the requested documents with you in Italy during the activity (in paper or electronically), as without them we cannot make you the reimbursement.

For electronic documents, **screen shots/print screens are not considered.**

# ICSE & CO

We are non-profit organization based in Florence, Italy, working in the field of youth, education, and international cooperation.

We promote sustainable development, social inclusion, and active citizenship through Erasmus+ projects, training courses, and youth exchanges.

The organization focuses on non-formal education methods, empowering young people and youth workers to develop skills, share experiences, and engage in creating more sustainable and inclusive communities.

## CONTACT

All official communication will be managed by the email [erasmus.mobilities.icse@gmail.com](mailto:erasmus.mobilities.icse@gmail.com)

### **Project Manager**

Michele Iagulli +39 3287894796

Selected participants will be added to a Whatsapp group to facilitate the communication.



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