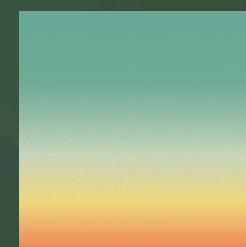




# ECOLAB

Turning Challenges into Change

Youth Exchange | 1-8 September '25 | Presenzano



Erasmus+





We warmly invite you to take part in an exciting and free international Youth Exchange, supported by the Erasmus+ Programme of the European Union.

This unique experience brings together young people from Croatia, Cyprus, Greece, Italy and Portugal to explore key topics around sustainability, share perspectives, and collaborate on impactful social campaigns.

In this infopack, you'll find all the essential details about the mobility. Please read it carefully before applying. We look forward to receiving your application!



# PROJECT SUMMARY

This project invites young people to explore sustainability not only through everyday habits but also by acknowledging the emotional side of climate awareness, including eco-anxiety.

We believe meaningful change comes from communities making consistent, small steps—rather than striving for perfection.

Through non-formal education, peer exchange, and hands-on experiences, you'll gain tools to live more sustainably, inspire those around you, and contribute to a lasting positive impact.

Recognizing the influence of social media, we'll also explore how to amplify your message and promote sustainable practices beyond the project itself.

Let's transform concern into purpose — and purpose into action 🌱



# MAIN OBJECTIVES

- **Equip young people** with the skills, knowledge, and confidence to integrate sustainability into their everyday lives
- **Transform eco-anxiety into resilience** and purpose through tools like reflection, mindfulness, research, and meaningful action
- **Foster intercultural exchange** by exploring global sustainability practices and co-creating adaptable, community-based solutions
- **Harness the power of social media** to make sustainable living more accessible, relatable, and far-reaching



# HOSTING ORGANIZATION



**MORE INFO**



**FOLLOW US**



**CET Platform Italy** is a non-governmental organization and part of the international CET network. Founded in April 2016 by youth workers and civil society activists, we are committed to promoting **European values, culture, and opportunities through EU programmes.**

We collaborate with local and international partners to improve the quality of youth projects, encouraging the exchange of experiences and best practices.

**Our mission** is to strengthen the skills of young people and youth workers, promoting intercultural learning, active citizenship, and social inclusion through non-formal education.

**Our vision** is to empower young people in their personal and professional growth by supporting creativity, innovation, and entrepreneurship.



Agenzia Italiana  
per la Gioventù



Erasmus+

# PARTNERS



Cet Platform Greece



Čisteći medvjedići  
Croatia



Y.E.S Cyprus



Youth Wonderers  
Portugal



# PARRICIPANT PROFILE

We're looking for **young people aged 18–25** who are eager to take real steps toward a more sustainable future. Whether you're already involved in climate action or just beginning to explore your role in it, this exchange is for you!

If you're **passionate** about the planet, curious about how small actions can create big change, and want to explore how mindfulness and creativity can help deal with eco-anxiety, we'd love to meet you!



**You don't need to be an expert!** We value openness, motivation, and a willingness to engage with others across cultures. We especially welcome young people with fewer opportunities (those from rural areas, low-income backgrounds, or facing personal challenges)

Each national team can have **6 participants and 1 experienced group leader (no age limit)**

***By applying, you commit to:***

- Taking part in all sessions of the exchange
- Preparing beforehand (small tasks)
- Participating in follow-up actions in your country
- Contributing to the online dissemination of the project

# Venue

**Masseria Cardilli** in Presenzano is a charming agritourism destination set in Italy's beautiful countryside. This farmstay offers an authentic experience of rural Italian life and hospitality. The farm is home to various animals and produces local delicacies like buffalo mozzarella, ensuring that all meals are fresh and locally sourced.

The venue has wide external spaces that can be used for our activities, or just to enjoy and relax during the informal and free time.



You will share **same-sex rooms for three people**, with participants from other Countries. Rooms are equipped with private bathrooms, bed linen and towels. Although we aim for individual beds, some rooms may have double beds, and sharing may occur. For this reason, preferences for roommates must be communicated in advance

You will be provided with three meals per day, plus two coffee breaks during the morning and afternoon sessions. As you'll be hosted in Italy, **meals will follow the traditional Italian** style, offering you the chance to enjoy local flavors and customs. Get ready for delicious pasta, locally sourced meat, cheeses, mozzarella, and fresh vegetables.

Note: **Breakfast is typically sweet** in Italian culture, and at the masseria, the host lovingly prepares homemade cakes and pies for you to enjoy. We kindly invite you to approach this tradition with curiosity and respect for local customs.

If you prefer a savory or different kind of breakfast to start your day, feel free to bring your own preferred items to have alongside or instead of what's provided.



**Food and Accommodation - Please read this info carefully!**

# HOW TO GET THERE

*N.B. It is very important, **before buying any tickets, to forward us your travel itinerary!** If you land too late, or depart too early, we won't be able to assist you in reaching the venue or catching your flight*



## Landing in Naples

1) Take the bus to the **main railway station** of Napoli, **Garibaldi**. The bus is named **Alibus**, from ANM company and you can follow the directions on the boards at the exit of the arrival terminal to reach the stop. Here's the **timetable**:

[http://www.anm.it/index.php?option=com\\_content&task=view&id=1314&Itemid=373](http://www.anm.it/index.php?option=com_content&task=view&id=1314&Itemid=373)

2) Take the regional train to **Vairano-Caianello**. Trains are quite frequent (every 1-2 hours), but last one is usually scheduled around 19:50. Check on **Trenitalia website** to customize your search and buy tickets: <https://www.trenitalia.com/en.html>



## Landing in Rome – Ciampino or Fiumicino

1) Take a bus to the **main railway station** of Rome, **Termini**. There are **several companies** for this route: Terravision, Schiaffini, Cotral, etc. Follow the directions on the boards at the exit of the arrival terminal to reach the stops. You can buy your ticket in advance on bus companies' websites (recommended), or directly at the stops.

2) Take the train to **Vairano-Caianello**. There are few direct trains (take options with **no change**), and last one is usually scheduled around 18:00. Check on **Trenitalia website** to customize your search and buy tickets: <https://www.trenitalia.com/en.html>

**Once in Vairano-Caianello, we will arrange transportation. Pick-up will be guaranteed only from 5 pm on the 1st of September; therefore, plan your trip accordingly. On the 8th of September, check-out is due by 10 am, and we will arrange transfers based on your travel plans**





# BUDGET & REIMBURSEMENT

"The travel **budget limit** for each participant from the partner countries is as follows:

**Portugal, Croatia, Greece, and Cyprus: 309 EUR.**

If you exceed the budget, it will be up to you to cover the extra expenses. In case the amount of your ticket is not written in euro, we will use the European commission currency converter with the exchange rate of the day of your purchase.

- The **above budget includes all the means of transportation for the round trip**, but TAXI, car sharing services and other similar private transportations are not refundable (e.g. Uber, MyTaxi, Blablacar, etc.). Return tickets must all be provided by postal service once you come back home, unless you have the chance to provide them to us during the Youth Exchange itself (highly recommended).
- You will need to be in Italy on the 1st of September and to leave on the 8th. Nevertheless, you are allowed to stay for a total of **2 extra days** (before, after, or a combination of both), but keep in mind that the **project budget doesn't cover food and accommodation outside of the official dates** (from dinner of the 1st to breakfast of the 8th).



You will be reimbursed only if these **4 conditions** are fulfilled by **EACH MEMBER OF YOUR GROUP**:

1) You gave all the **ORIGINAL tickets** and **boarding passes** to our organization. It is fundamental to bring the invoices or the travel confirmations where is clearly shown:

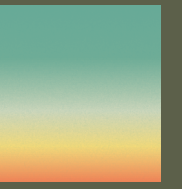
- the **name & surname** of the traveler;
- the cost incurred/**price** paid;
- the **date** and **itinerary** of the travel;
- the **date** of the purchase;

2) You must **attend the entire duration** of the Youth Exchange. Absence from any activity is only permitted for justified and documented reasons, communicated in advance.

3) You submitted every **survey** and **report** that our organization or EU requested;

4) You did your planned **dissemination** and follow-up activity, with **evidence** of implementation;





## HEALTH Insurance

Before coming to Italy, please make sure that you have a valid insurance! If you are EU resident, bring (or request if you don't have it yet) your European Health Insurance Card (EHIC), while if you are not eligible for it, you can buy a travel insurance when booking your flights, since every company give it as option. Such insurance must cover medical treatments and expenses abroad. This is absolutely a must to join the project.

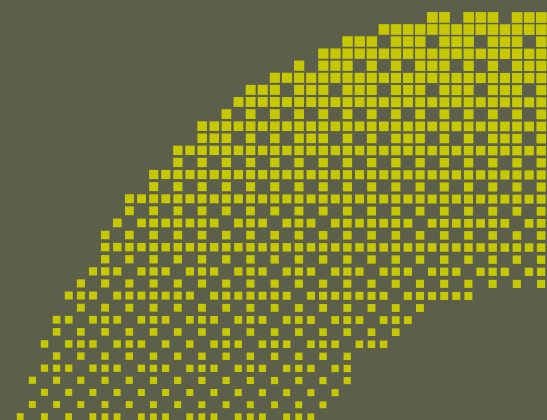
Costs regarding Health Insurance can be reimbursed ONLY to the participants not eligible for EHIC and ONLY if insurance is bought together with the flight ticket in the same invoice/confirmation. Any other scenario will NOT be taken into consideration.

Keep in mind that it will always be your full responsibility to comply with all the safety rules and regulations while participating to project



## Preparatory Tasks

A detailed timetable of activities and small preparatory tasks for each national group will be shared with selected participants prior to the youth exchange.



# CONTACT DETAILS

We will share an **Whatsapp Group & Padlet** for the project later on, to share contacts, information and material about the project.

In case of any question concerning your travel and preparation, please contact the partner organization from your Country. For direct communication with us, you can refer to the contacts below:

**PHONE NUMBER**  
**(Urgent communication only)**

+393495463343 (Andrea Bernieri,  
Project Manager)

**EMAIL ADDRESS**

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

**FACEBOOK**

[https://www.facebook.com/cetplatformitaly\\_](https://www.facebook.com/cetplatformitaly_)

**INSTAGRAM**

[https://www.instagram.com/cet\\_italy/](https://www.instagram.com/cet_italy/)

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