

GET TOGETHER

LET'S UNITE TO GROW AS A
COMMUNITY



EXPLORE INTERCULTURAL
LEARNING, BUILD CONNECTIONS
ACROSS EUROPE, AND PROMOTE
YOUTH PARTICIPATION THROUGH
COLLABORATION, STORYTELLING,
AND LOCAL ENGAGEMENT.



Co-funded by
the European Union



INFOPACK

Project title: **Get together - Let's unite to grow as a community**

Action type: KA152-YOU - Mobility of young people

Project code: 2024-1-IT03-KA152-YOU-000197245

Topics: Awareness about the European Union

European identity, citizenship and values

New learning and teaching methods and approaches

Mobility: **13th-19th August 2025 (excluding travel days)**

Arrival day: 12th August 2025

Departure day: 20th August 2025

Venue | Parco degli Aceri di Subiaco, Subiaco (RM)

Group | 5 young people + 1 group leader for each partner

ABOUT THE PROJECT

"Get together – Let's unite to grow as a community" is a transnational youth exchange that brings together 30 young participants and 5 group leaders from Italy, Romania, France, Spain, and Portugal for a 7-day immersive experience in Subiaco (RM), Italy.

The project was born from a shared need across partner organisations to engage young people—especially those with fewer opportunities or without prior mobility experience—in intercultural learning and active participation within the Erasmus+ framework.

Get together addresses the following key challenges:

- Limited access to mobility opportunities: Many young people, especially from marginalised backgrounds, lack the resources, information or confidence to join international projects.
- Low awareness of Erasmus+: Despite its wide impact, the programme remains unknown or misunderstood by a significant portion of youth across Europe.
- Barriers to youth participation: Structural and cultural barriers continue to exclude some young people from local and international civic engagement processes.
- Lack of peer-based learning environments: Young people often learn best from each other, yet few spaces exist where this exchange can happen freely and safely.

In response, the project creates a collective space for young people to connect, grow, and build a sense of community. Through non-formal education, peer learning, and shared daily life, participants explore intercultural dialogue, inclusion, and the values of European citizenship. The project also empowers them to become multipliers of their experience, especially through the co-creation of a video narrative to promote Erasmus+ in their local communities.



Agenzia Italiana
per la Gioventù



The central objective of “Get together” is to promote the Erasmus+ programme, its principles and priorities, by enabling young people to experience its impact first-hand and by encouraging them to become local ambassadors of mobility. A key output of the exchange will be the co-creation of a video narrative, designed to raise awareness and inspire other youth to take part in future Erasmus+ experiences.

Key needs addressed by the project include:

- Limited access to international mobility experiences, especially among young people from disadvantaged backgrounds, who often lack information, encouragement, or opportunities to participate in Erasmus+ programmes.
- Low awareness of intercultural learning and European values, which reduces young people's sense of belonging to a wider community and their motivation to engage as active citizens.
- Lack of inclusive spaces for peer learning and youth expression, where young people can exchange perspectives, develop soft skills, and feel empowered to share their voices within local and international contexts.
- Insufficient involvement of local stakeholders, such as schools, municipalities, and youth organisations, in promoting non-formal education and supporting the outreach of Erasmus+ opportunities to more diverse youth groups.

Objectives

The project aims to:

- Facilitate intercultural exchange among 25 participants and 5 group leaders through non-formal education, encouraging reflection on identity, community, and active citizenship within a European context;
- Empower young people with fewer opportunities, especially those without prior mobility experience, by providing an inclusive and supportive environment to experience Erasmus+ for the first time;
- Promote Erasmus+ and youth participation at local and international levels through the co-creation of a video story that highlights the value of intercultural learning and community building;
- Strengthen cooperation between 5 partner organisations by exchanging practices, tools, and approaches to reach and engage more young people in meaningful learning experiences through mobility.

Educational approach

The Youth exchange is grounded in the principles of non-formal education (NFE) and experiential learning, creating a dynamic and inclusive environment where young people can explore the digital world together. The methodology encourages active participation, creativity, cooperation, and reflection, ensuring that learning is not only effective but also meaningful and enjoyable.

This youth exchange is designed to be learner-centered and inclusive, with activities tailored to different learning styles, cultural backgrounds, and personal experiences. Facilitators will act as guides, not teachers, creating a safe and supportive space where everyone can freely express themselves, take initiative, and contribute to the learning process.

Key elements of the educational process include:

- Interactive and thematic workshops on digital literacy, online safety, positive use of social media, cyberbullying prevention, and digital citizenship;
- Simulations, role plays, and games to explore real-life situations related to technology and internet use, helping participants reflect on their own behaviors and decisions;
- Art-based activities (e.g. video-making, photography, theatre) as creative tools to express ideas and co-create impactful messages for peers;
- Storytelling and life-sharing moments, encouraging participants to bring their personal experiences into the group, creating deeper connections and mutual understanding;
- Peer learning through group tasks, co-facilitated sessions, and intercultural exchange, fostering solidarity and collective intelligence;
- Daily reflection sessions to consolidate learning, process emotions, and build group cohesion, while preparing to apply knowledge in daily life.

A central focus will be the co-creation of a motivational video aimed at inspiring other young people to make conscious and positive use of digital technologies. Participants will be actively involved in designing, filming, and editing this collective output, which will serve both as a dissemination tool and as a tangible expression of their learning journey.

Throughout the exchange, participants will:

- Strengthen their awareness of digital challenges and opportunities;
- Develop practical skills to use digital tools more responsibly and creatively;
- Gain confidence in expressing themselves and collaborating across cultures;
- Contribute to a collective youth voice advocating for healthier digital practices.

The educational approach ensures that learning doesn't stop at the end of the mobility, but continues back home, where participants will be encouraged to share their experiences, engage their peers, and promote positive digital behaviors in their local communities.

Target Group

The exchange will involve 25 young people (aged 18–24) and 5 group leaders from Italy, Romania, France, Spain, and Portugal. Participants are selected by the partner organisations through local outreach, with particular attention to inclusivity and diversity. The selection will be confirmed in cooperation with the applicant organisation, ICARE, which will make the final decision on participant approval. Each national group includes 5 participants and 1 group leader, combining different levels

of experience with Erasmus+, including first-timers and experienced peers. This youth exchange is designed for young people who are:

- Curious about intercultural learning and European values, and eager to explore how international experiences can shape their sense of identity and belonging;
- Motivated to connect with peers from different countries, collaborate in a community setting, and take part in creative, hands-on activities;
- Ready to share their own life stories, interests, and ideas with others, and reflect on their role as active citizens;
- Interested in contributing to something meaningful, such as a collective video that promotes Erasmus+ and inspires more young people to get involved.

Gender balance & inclusion

All groups are composed with gender balance in mind, ensuring equal participation of young women and men, and welcoming non-binary or gender-diverse participants where possible. The project promotes diversity and inclusion in every phase, making sure everyone feels respected, heard, and valued. Each group leader has experience in international youth work and non-formal education. They will support participants throughout the whole journey – before, during, and after the exchange – ensuring a safe, fun, and empowering environment for everyone.

ELEMENTS OF ACTIVITY

Venue

The youth exchange will take place at Parco degli Aceri, an educational farm and nature-based facility located in the heart of the Simbruini Mountains Regional Park, near Subiaco (Province of Rome, Italy). Surrounded by forests, trails, and unspoiled natural beauty, the venue offers a peaceful and inspiring environment – perfect for group experiences, outdoor learning, and creative activities.

Originally developed by the Lazio Regional Parks Agency as part of the “Natura in Campo” programme, Parco degli Aceri was specifically designed to host educational and environmental activities for young people. The space promotes ecological awareness, group connection, and hands-on learning in contact with nature. The venue provides:

- Comfortable group accommodation, with shared sleeping rooms and bathrooms;
- A communal dining area with home-style meals prepared on site;
- Multiple outdoor and indoor working areas, including open fields, shaded terraces, and rustic activity rooms suitable for workshops, group work, and reflection time;
- A safe and welcoming space fully immersed in nature, ideal for exploring digital topics from a fresh, grounded perspective.



This venue encourages community spirit, environmental consciousness, and a digital detox atmosphere — aligning perfectly with the goals of Tech Youth, which combines reflection on digital life with offline connection, creativity, and peer learning.

More info: [Tripadvisor – Parco degli Aceri](#)

Practical arrangements

The Parco degli Aceri, located in the lush surroundings of Subiaco within the Simbruini Mountains Regional Park, provides a unique and immersive setting for this youth exchange. Designed specifically for educational and youth-oriented activities, the venue is surrounded by unspoiled nature and offers the perfect atmosphere for learning, creativity, and group connection.

Participants will be hosted in shared rooms with shared bathroom facilities. Sheets and mattress covers will not be provided by the venue so we invite you to bring them, or we recommend that you bring a sleeping bag to use during mobility. While the accommodation is simple, it is comfortable and intentionally designed to promote a sense of community, balanced with the opportunity for rest and privacy.

The venue includes a variety of indoor and outdoor spaces ideal for group activities, informal moments, and relaxation. From forest walks to open-air workshops, the Parco degli Aceri invites participants to slow down and connect—both with each other and with the natural environment.

Whenever possible, participants will also have the chance to explore the beauty of the surrounding area and get a taste of the local culture, food, and natural heritage. Free time will be integrated into the programme to allow space for rest, spontaneous interaction, and creative expression. Depending on group needs and energy levels, optional informal activities such as walks, games, or creative sessions may be self-organized.

Accommodation, meals, and all educational activities are fully covered by the project.

Participants are encouraged to bring some pocket money for personal expenses (e.g. souvenirs or toiletries).

Important notes During the mobility, meals will be primarily vegetarian, in line with the venue's ethical and environmental values. The availability of meat or fish is not guaranteed, so participants are encouraged to embrace a plant-based diet throughout the training. The main working language of the project will be English, and a B2 level of language competence is recommended, as per the Common European Framework of Reference for Languages (CEFR), to ensure active participation in discussions and collaborative tasks. Wi-Fi connection is available at the venue, and the Italian mobile network generally offers sufficient coverage. However, due to the rural setting, occasional disruptions may occur. Should that happen, we invite you to embrace the digital disconnection as a unique chance to reconnect with yourself, with nature, and with the group—stepping into a slower rhythm and deeper presence during the project journey.

How to reach the venue

The best airport to consider arriving in Italy for this project is Roma Fiumicino o Roma Ciampino. The venue can be reached by public transport through a combination of trains and buses. Below are the recommended options:

The most convenient way to reach Parco degli Aceri is by taking a Cotral bus from Rome to Subiaco.

Option 1: From Rome to Subiaco

From Roma Termini station, take Metro Line B in the direction of Rebibbia and get off at Ponte Mammolo. From the Ponte Mammolo bus station, take a Cotral bus directly to Subiaco. The ride takes approximately 1 hour and 15 minutes. You can check the updated timetable on the official website: servizi.cotralspa.it

Once you arrive at the Subiaco bus station, the project team will organize a transfer to Parco degli Aceri (approximately 10–15 minutes by car).

If you prefer to travel by train, you can follow this route:

Option 2: From Rome to Subiaco by train

From Roma Termini, take a regional Trenitalia train on the Rome–Pescara line and get off at Valle dell'Aniene–Mandela–Sambuci station. The journey takes about 1 hour. From Mandela station, take a Cotral bus to Subiaco. The bus ride takes about 30 minutes.

Once you arrive in Subiaco, the project team will arrange a transfer to Parco degli Aceri (around 10–15 minutes by car).

Important notes COTRAL bus schedules may vary. Please check the official website servizi.cotralspa.it for updated information. To facilitate the final transfer, please inform the organizing team in advance of your expected arrival time in Subiaco.

The project team is available to assist you with travel planning and to support you throughout your journey.

HOST ORGANIZATION

I CARE is a non-governmental organization based in Rome, Italy, dedicated to empowering young people through education, personal development, and international cooperation. Its mission is rooted in promoting peace, dignity, human rights, and democratic values, with a strong focus on inclusion and the fight against discrimination, violence, xenophobia, and social exclusion. The organization targets young people, youth workers, and adults—especially those from disadvantaged backgrounds, such as disrupted families, minority groups, and individuals with disabilities.

Key areas of work include:

- formal and non-formal education,



- international training courses,
- youth exchanges,
- outdoor experiential learning,
- coaching and group facilitation,
- awareness-raising on social and environmental responsibility.

With solid experience in Erasmus+ and active collaboration with NGOs, schools, municipalities, and public institutions, I CARE aspires to be a catalyst for positive social transformation across Europe. It firmly believes that young people are key agents of change in addressing the challenges of today's society.

PARTNER INVOLVED

Applicant: I CARE (E10000579 - IT)

Partners: Asociația De Tineret Onix (E10005104 - RO), Bokra Sawa (E10089091 - FR), Asociación Ojalá Sea (E10339596 - ES), Associação Poesia p'ra todos (E10315097 - PT)

WHAT TO BRING WITH YOU?

To ensure your active and comfortable participation in the youth exchange, we recommend preparing thoughtfully for both the educational and experiential dimensions of the mobility. Below is a curated list of items that will support your engagement throughout the programme:

Please bring items that reflect your cultural identity and heritage. This could include traditional foods (non-perishable), symbolic objects, musical instruments, textiles, or other elements suitable for sharing during intercultural evenings or informal moments of exchange.

A personal notebook or journal is highly recommended for use during plenary sessions, workshops, and reflection periods. Participants with musical or manual skills are invited to bring any relevant tools, materials, or instruments that could contribute to creative or co-designed workshop activities. Books—whether for leisure reading or for informal discussion with peers—are welcome and may enrich shared learning spaces during free time. In line with the project's environmental commitment, we kindly ask you to bring a reusable water bottle, as disposable plastics and paper cups will not be used during the sessions. Please bring your own hygiene kit and towel, as these will not be provided by the venue. This includes items for daily personal use and any specific products you rely on. Pack comfortable and weather-appropriate clothing, including hiking shoes and attire suitable for nature-based or outdoor activities that may involve walking through forests or uneven terrain.

Ensure you carry any medication you take regularly, as well as essential personal items such as sunscreen, insect repellent, and dietary supplements, as these may not be easily available onsite. Most importantly, bring a curious mindset and a collaborative spirit. The exchange is built around non-formal education principles and will involve manual, artistic, and participatory activities designed to foster community building, intercultural dialogue, and creative exploration.



INSURANCE AND SPECIFIC DOCUMENTATION

The safety and well-being of all participants is a key priority for the hosting team. In line with the Erasmus+ Programme Guide, ICARE provides insurance coverage during the youth exchange that includes protection for general risks associated with mobility activities.

However, please note that this does not include travel insurance. Therefore, we strongly recommend that all participants take out personal travel insurance that covers:

- Medical expenses
- Trip cancellations or delays
- Lost or stolen baggage
- Any other travel-related incidents

Please keep in mind that travel insurance is not reimbursable under the Erasmus+ project budget and must be arranged independently by the participant.

It is also your responsibility to:

- Stay informed about the health and safety regulations in Italy at the time of the training. You can check the official Italian government travel advisory at: www.viaggiare Sicuri.it
- Consult the website of your national Embassy in Italy for any specific updates or procedures
- Comply with all health regulations during travel and the stay in Italy
- Verify any re-entry conditions or national regulations before returning to your country

Please inform the organizing team in advance if you have any pre-existing medical conditions, special needs, or concerns, so we can provide the best possible support during your mobility experience.

BUDGET

There is no participation fee required by the hosting organization for this youth exchange. All essential costs related to the implementation of the project are covered by the grant received from the Italian National Agency through the Erasmus+ programme. This includes:

- Full board accommodation (lodging and meals during the project dates)
- Local transportation strictly related to the programme activities
- Educational materials and facilitation costs

While the hosting partner does not charge any fee, we cannot guarantee the absence of costs that may be independently required by your sending organization (e.g. administrative fees, preparation meetings, insurance support, etc.). We encourage you to clarify this directly with your sending partner prior to confirming your participation.

Optional contributions

Should the group, in agreement with the facilitator, decide to implement additional activities not included in the official programme (such as community outings, extra workshops, or experiential learning visits), a contribution may be requested to cover any extra associated costs. In such cases, participation will always remain optional, and costs will be communicated transparently in advance.

REIMBURSEMENT

As part of the Erasmus+ framework, travel costs will be reimbursed directly to your sending organization by bank transfer. Reimbursement will be based on the actual expenses you've incurred, as long as they fall within the limits set by the project's travel budget. To ensure your travel is reimbursed, there are a few important steps you must follow.

First of all, make sure to keep all your travel documents. This includes receipts, invoices, and especially your boarding passes in A4 PDF format — these must be downloaded directly from the airline's website. Please avoid screenshots or photos, as they are not accepted. Be aware that boarding passes often expire or become inaccessible after your flight, so it's essential to download them immediately.

Secondly, each participant will be required to complete the official survey sent by the European Commission through the Beneficiary Module. This step is mandatory and must be done promptly at the end of the mobility.

You will also be asked to actively contribute to the dissemination of the project's results. This means organizing or taking part in individual actions in your local community (such as a post, event, or article), doing a group dissemination activity with your national delegation and support your sending organization in implementing a shared dissemination plan. These efforts help ensure that the impact of the experience reaches beyond the group of direct participants.

Another key requirement for reimbursement is your active participation during the training course. You must have attended at least 85% of the sessions, demonstrating real engagement throughout the experience. All required documents must be uploaded to the official **Project Drive Folder**. If all steps are completed properly, the reimbursement process will begin and the funds will generally be transferred to your sending organization within about two months from the end of the project.

PARTICIPANT SPECIFIC TRAVEL REFUND

The total budget for the trip of each participant in the 500-1999km range is 309,00 euros carried out according to the standard travel regime. The green travel with the means of transport accepted by the procedure of the Erasmus+ Program is visible in the official guide under the heading "Budget category".

For this project, maintaining a maximum of two extra travel days, it is possible to take advantage of the green travel budget for participants from Italy. Green travel is not available for the participants from France, Portugal, Spain, Romania so the only option available is the standard travel regime.



Italy.....	285,00€
France.....	309,00€
Spain.....	309,00€
Portugal.....	309,00€
Romania.....	309,00€

RULES FOR REIMBURSEMENT

To ensure your travel is eligible for reimbursement, please follow a few important guidelines.

Only economy class travel is accepted. This applies to flights, trains, or ferries — as long as they are the most direct and reasonable routes between your home country and the project venue. Touristic stopovers or deviations are not covered by the Erasmus+ budget and will be at your own expense. When it comes to flights, it is essential that you book directly through the official websites of the airlines (e.g. Ryanair, Vueling, WizzAir, EasyJet, etc.). Please avoid purchasing tickets through third-party or intermediary platforms (such as eDreams, Kiwi, or Opodo), as those receipts will not be accepted for reimbursement purposes.

Before booking, you must send your proposed travel itinerary to: erasmus.icare@gmail.com

We will review and confirm whether the plan complies with the project rules. Only pre-approved travel will be considered for reimbursement.

The project covers only the travel that occurs within the official start and end dates of the mobility, but there is some flexibility. You are allowed to arrive up to two days before the start of the training or to leave up to two days after its official end — and still be eligible for reimbursement. These additional days can help you manage long journeys, flight connections, or simply travel more affordably.

Please note, however, that any extra accommodation, food, or personal expenses during these additional days are your responsibility. Touristic detours, activities, or city visits outside of the training programme are not reimbursable under any circumstances.

EMERGENCY CONTACTS

In case of any emergency during your stay in Italy, you can contact 112, the European emergency number active throughout the country. This number is free of charge and available 24/7 from any phone, including mobile devices without credit or SIM card.

What happens when you call 112? Your call will be directed to a centralized emergency response center, where a trained operator will assess the situation and forward your request to the appropriate authority — whether it's the Police (Polizia di Stato), the Carabinieri, the Fire Brigade (Vigili del Fuoco), or the Medical Emergency Services (Ambulance/118). The 112 operator may also provide first assistance instructions while waiting for the appropriate emergency team to arrive. In Italy, the traditional emergency numbers (113 – Police, 115 – Fire, 118 – Medical) are still in use in some areas, but 112 is the single, official number recognized across all European countries, and it is the safest option to use in any situation requiring immediate help.





During the training course, you can also reach out directly to the project coordination team for any issue that is urgent but not life-threatening (e.g. health discomfort, logistics problem, or personal safety concern).

Project Coordinator (On-site contact): Francesco – +39 3482596668

I CARE Office (Administrative contact): Office contact – erasmus.icare@gmail.com

We recommend that you save these contacts in your phone before arriving and carry them in your wallet or backpack for quick access if needed. For each request I doubt and / or specific clarification about the project, we invite you to send a message in advance.

Looking forward to meeting you soon!

I CARE Team

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