



Co-funded by the
Erasmus+ Programme
of the European Union



ALTRE STORIE

An Erasmus+ and Immaginario Youth Exchange

26th of August - 3rd of September

ABOUT THIS YOUTH EXCHANGE

ALTRE STORIE is an Erasmus+ youth exchange aimed to enhance awareness and increase the soft skills necessary for young people to relate to the topic of psycho-physical well-being in a more conscious way, starting from the awareness of the self in its individual dimension, to investigate then the collective one, by considering each of us as participant of the community, in terms of care and responsibility.

The approach will be oriented by the continuous search for awareness of one's own perception of well-being, and the continuous intertwining of the physical and psychological dimensions, as well as the individual and collective levels.

The objective of the path, in fact, will not only be to inform about mindfulness methodologies and sustainable life models but also to develop new perspectives that allow to think critically, to dissect the topics and investigate them, to let a thought evolve in the light of intercultural exchange and dialogue.

WHO CAN PARTICIPATE

- **6 YOUNG PEOPLE** (Age 14-17) per each of the partner organisations from Czech Republic, Poland and Hungary interested in deepening their listening to themselves as individuals and parts of a community and the concept of psycho-physical well-being.
- **2 TEAM LEADERS** (no age limit) per each group of participants with experience in international projects and in the facilitation of group dynamics

The project activities will last from the 27th of August to the 2nd of September. We expect all the participants to reach the project venue by the evening of the 26th August when we will enjoy the first informal meeting and dinner together, and to leave by the morning of 3rd September after breakfast

The project venue is San Giorgio del Sannio, a town of 10.000 inhabitants well known for its picturesque green surroundings.



PRACTICAL INFO



WEBSITE ST. FRANCIS'S MONASTERY

TRAVEL INFO

San Giorgio del Sannio is well connected with Naples and Rome, recommended hubs for both the options of green travel (via bus and/or train) and regular travel (via airplane). The AIR Campania bus company reaches San Giorgio del Sannio with 3 rides per day from Naples (stops at the “Napoli Metropark” main bus station and outside the airport). Updated timetable [here](#).

AIR CAMPANIA

The Caputo bus company reaches San Giorgio del Sannio with 1 ride per day from Rome (stop at the “Autostazione TIBUS-Roma Tiburtina” main bus station). Updated timetable and online bookings [here](#).

CAPUTO BUS

Participants choosing green travel can also opt to reach Benevento (approx. 15 kms distant) where our staff will be able to pick them up by car.

Travel costs will be reimbursed up to a maximum amount of 320 € in case of green travel (23 € for Italian participants) e 275 € in case of regular travel (no reimbursement for Italian participants).

Green travel: means of transportation that use low emissions for the main part of the travel (such as bike, train, bus, car pooling)

Immaginaria encourages the choice of sustainable means of transportation, whenever possible. The option of green travel can be chosen on an individual basis. Please remind that beside the higher reimbursement rate, if you choose green travel, you're entitled to 2 extra days for the duration of your travel.

IMPORTANT: your tickets are proof of your travel. As organisers of the project, we need to collect and keep them for administrative reasons. Without the original tickets and invoices clearly stating the participant's name, the travel details and the exact costs covered, we won't be able to make the reimbursement.

HOW TO PARTECIPATE

If you're interested in joining the project, please contact your country's partner organization, responsible for the participants' selection process.

<u>Country</u>	<u>Organization</u>	<u>Email</u>
Czech Republic	NA SLUNCI	inaliskova@naslunci.org
Hungary	ABOVE Foundation	aboveyouthfoundation@gmail.com - gergopalfy@gmail.com
Poland	Fundacja ARBUZY	renradz@wp.pl - fundacjaarbuzy@gmail.com
Italy	Immaginaria Cooperativa Sociale	jleniabarricella@gmail.com antoniochiaese@gmail.com miriamlasalvia96@gmail.com

WHAT TO BRING?

- **YOUR IDENTIFICATION DOCUMENTS AND TRAVEL TICKETS**
- **TOWELS**
- **TOILETRY PRODUCTS**
- **COMFORTABLE CLOTHES**
- **NATIONAL SNACKS, DRINKS, COSTUMES, INSTRUMENTS FOR YOUR INTERCULTURAL NIGHT**
- **SMILES**

**IN CASE OF DOUBT OR FOR FURTHER INFORMATION,
DON'T HESITATE TO CONTACT US!**

SEE YOU SOON!

