



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

2nd - 11th AUGUST - SAN GIORGIO DEL SANNIO, ITALY

L.I.G.H.T.
LIGHTNESS IN GENERATION OF HIGHER THOUGHTS

AN ERASMUS + AND IMMAGINARIA YOUTH EXCHANGE



ABOUT THIS YOUTH EXCHANGE

L.I.G.H.T. is an Erasmus + youth exchange aimed to enhance awareness and increase the soft skills necessary for young people to relate to the topic of climate change and implement sustainable actions within their own communities.

Our approach, inspired by what the late Italian author Italo Calvino defined as “the lightness of thoughtfulness”, will address the relation between young people and climate change in a holistic way, starting from the individual dimension of self-awareness to achieve, by the end of the project, a civic participation rooted in collective consciousness.

WHO CAN PARTICIPATE

- **4 young people** (age 18-29) per each of the partner organisations from Germany, Greece, Italy, Lithuania, Romania and Turkey, interested in the topic of sustainability and willing to make an impact in their communities.
- **1 leader** (no age limit) per each group of participants, with experience in international projects and in the facilitation of group dynamics.

We welcome the participation of young people with disabilities who, if required, can be accompanied by a tutor. Please contact us for further information on the topic.

The project activities will last from the 2nd to the 11th of August 2024.

We expect all the participants to reach the project venue by the evening of the 1st of August, when we will enjoy the first informal meeting and dinner together, and to leave by the morning of the 12th, after breakfast.

The project venue is San Giorgio del Sannio, a town of 10000 inhabitants well known for its picturesque green surroundings and for its lively nightlife.

During their stay, participants will be hosted in a guesthouse part of the complex of the local St. Francis' monastery, located in the centre of the town, next to the main square and to the bus terminal, with cafes and shops at a few minutes' walking distance.

The venue boasts its own theatre and is provided with large indoor and outdoor activity spaces that provide safety, comfort and opportunities to be both together and enjoy their privacy. The participants will sleep in tidy, wide 5/6-bed dorms with shared bathrooms, while the meals will be prepared by our professional cooking crew of 3 chefs, long-time collaborators of Immaginaria's in Erasmus + projects, therefore with solid experience with international groups and with specific needs in terms of dietary choices, food allergies and intolerances, religious and cultural food-related taboos.



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.

Country	Organization	Email
Lithuania	Visuomeninė organizacija Musninkų kaimo bendruomenė	musninkaikb@gmail.com
Romania	ASOCIATIA PENTRU DEZVOLTARE ACTIVA	dezvoltare.activa@gmail.com
Turkey	DOGAYA DONUS GENCLIK VE SPOR KULUBU DERNEGI	selcuk@dogayadonusdernegi.org
Greece	UNITED SOCIETIES OF BALKANS	placements@usbngo.gr
Germany	Alrahallah theater - berlin e.V	alrahallahtheater.berlin@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!**

Your l.i.g.h.t. team

