

YOUTH EXCHANGE

RETHINK SUSTAINABILITY: *the impact of our actions*



TRENTO, ITALY

03.06 - 10.06.25

INTRODUCTION

RETHINK SUSTAINABILITY:

the impact of our actions

is a hands-on international youth exchange connected to sustainability, climate change and artistic expressions. The aim of the project is to empower young people to become active social change-makers by acquiring new skills, knowledge and environmental understanding.

The “Rethink sustainability: the impact of our actions” project is an 8 day youth exchange that brings together 25 young people from Italy, Spain, Portugal, Poland and Ireland to share their view on sustainable living, understanding the impact of the everyday actions, participate in artistic workshops and DIY eco workshops.



activities WHAT

Throughout the week we will explore how are everyday actions impact others and the environment, explore sustainable alternatives to products and habits, talk about the impact of climate change on human rights and use artistic forms of expression to raise awareness on global challenges.

TUESDAY 03/06

This day is all about arrivals, discovering the space and surroundings of our youth exchange location and getting a good rest after a long day of travelling

WEDNESDAY 04/06

The next day is dedicated to getting to know each other, talk about the program and do parallel upcycling workshops while talking about fast fashion.

THURSDAY 05/06

Thursday is dedicated to sustainability when it comes to food and daily self care, visiting an urban garden where we will learn about edible plants and how plants can be used in diy bodycare products.

FRIDAY 06/06

The next day is dedicated to reflecting on the impact of climate change on humans rights and talk about challenges in our countries and communities. Through serigraphy workshops and artistic sessions, we will create powerful messages to raise awareness.

SATURDAY 07/06

Saturday we explore the city through urban trekking paths, talking about sustainable and livable architecture as well as innovative designs for the future.

SUNDAY 08/06

On Sunday we go for a hike in the mountains and reflect on alpine biodiversity, as well as artistic expressions through natural elements.

MONDAY 09/06

The last day is dedicated to evaluating the activities of the youth exchange and offer space to the group to share their experience.

TUESDAY 10/06

This day is all about departures and see you soon goodbyes.



WHERE

● TRENTO, ITALY

We will meet in Trento, a beautiful town with a population of about 120,000 inhabitants. Trento is situated in the north of Italy, near the border with Austria, and is known for its beautiful countryside, with lovely mountains and lakes. It is an excellent opportunity for hiking, sailing, and mountain bikes trips.

● ACCOMMODATION

The house is located in Candriai, a mountain area nearby Trento. The house is a self-management house with a nice equipped kitchen, a common room and shared bedrooms for 3-4 people. There will be wi-fi, a projector for music and movie nights and a wide outdoor space for activities.



HOW

The exchange will be organized as "self management". We will be divided in groups and we will prepare delicious meals and international dinners. We will also eat out in some of the days :)

Think of a typical dish your group could prepare, as well as some typical traditional activities your group would like to share during the youth exchange.

Some meals will be managed by a catering service taking into consideration all of your food preferences and restrictions.



international TRAVEL

Actual travel expenses from the country of residence to the place of exchange will be reimbursed up to the amount indicated below. The refund will be made up to 2 months after the return day, after receiving the complete travel documents (original paper tickets and boarding passes, invoices where we can see the name of the participant and the amount spent). The maximum amount of travel costs will be calculated according to your residence in your country up to the place where the exchange takes place.

You can calculate the amount using the official link.

ELIGIBLE TRANSPORTATION

Participants must travel by public transportation (plane, train, buses) in the dates specified (3rd and 10th) in order to get the reimbursement.

Please find the information about the reimbursement of the travel expenses according to Erasmus plus criteria.

BE GREEN AND GET DIGITAL TICKETS

...it's easier for reimbursement too



Travel distance	Green travel	Non-Green travel
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

GREEN TRAVEL

TRAIN

BUS

CARPPOOLING

BIKE

what to bring? CHECKLIST

We will be spending together 8 days (including your travel days) in a city in the mountain range, doing many different activities both within the accommodation center, as well as outside. Here is a list of what you should bring with you :)

Essentials

- towels
- bed linen and pillow covers
- toiletries
- hairdryer
- warm clothes*
- comfortable clothes
- indoor shoes**
- comfortable shoes
- reusable water bottle
- personal medication

AND more

- an item you don't use/need anymore and that someone else could use
- typical food/items from your country
- musical instrument/game***

*mornings and evenings are a bit breezy here in Trento

** it might be rainy, so we will leave the dirty/wet shoes at the entrance

*** optional in case you have space/for your free time





join us
THE GROUP

5 COUNTRIES | 25 PARTICIPANTS

▶▶ ITALY ▶▶ SPAIN ▶▶ PORTUGAL
IRELAND ▶▶ POLAND

age 18-26

motivated to be active
interested in sustainability

JOIN VS | DEADLINE 28/04
APPLICATION FORM

contact us