



Move and Thrive

● Move to feel better

Movement can support physical health, emotional balance, and mental wellbeing.

● Get Inspired

Read books, listen to music, watch films, walk in nature. Inspiration is everywhere.

● Thrive together

The project encourages young people to grow, support one another, and live healthier lives.

● Reconnect with Nature

Outdoor experiences can help participants feel grounded, present, and connected.



INFOPACK

Project title: **Move & Thrive: A good injection of community wellbeing improvement**

Action type: KA152-YOU - Mobility of young people

Project code: 2025-1-IT03-KA152-YOU-000303576

Topics: Physical and mental health, well-being

New learning and teaching methods and approaches

Community development

Mobility: **6th – 12th July 2026 (excluding travel days)**

Arrival day: 5th July 2026

Departure day: 13th July 2026

Venue I II Favogoloso, Alatri (FR)

Group I 5 participants + 1 group leader for each partner

ABOUT THE PROJECT

Mobility information

“**Move & Thrive: A good injection of community wellbeing improvement**” is an international Youth Exchange aimed at promoting the physical and mental well-being of young people through movement-based practices, especially Yoga and Biodanza. The project encourages a holistic approach to health by combining body awareness, emotional development, social connection, and intercultural learning.

The project was developed in response to the growing issue of sedentary lifestyles and their negative impact on both physical and mental health. Partner organisations identified the need to offer young people meaningful opportunities to reflect on healthy habits, emotional well-being, self-regulation, and quality of life through accessible and engaging non-formal education methods. In this context, Move & Thrive aims to support young people in becoming more aware of the importance of daily movement, not only as a way to improve physical health, but also as a tool for reducing stress, strengthening emotional intelligence, and fostering personal and social well-being.

Through a combination of experiential learning, peer exchange, creative reflection, and movement practices, the project creates a safe and inclusive learning space where participants can explore healthier lifestyles, strengthen their self-awareness, and build stronger connections with others. By integrating non-formal education, intercultural dialogue, and practical methods that participants can continue using in everyday life, the project contributes to the promotion of healthier, more connected, and more resilient young people.

Objectives

Move & Thrive sets out to:

- equip young people with practical tools to improve their physical and mental well-being through movement-based practices such as Yoga and Biodanza;
- raise awareness about the importance of daily physical activity as a key factor in preventing sedentary lifestyles and promoting healthier habits;

- encourage participants to become multipliers of healthy lifestyles and well-being practices within their local communities;
- promote personal growth, active participation, and intercultural learning through creative workshops, discussion groups, and peer learning activities;
- co-create a collective E-Book to document the learning process, experiences, and outcomes of the exchange, and to support dissemination after the mobility.

Target Group

The primary target group of the project consists of 30 young people aged 18 to 25 coming from 5 partner countries: Italy, Spain, Türkiye, Portugal, and Greece. Each partner organisation will send 6 participants, including at least 3 young people with fewer opportunities. The participant group will be accompanied by 5 group leaders, one per country, and supported by 2 facilitators with experience in non-formal education and international group facilitation.

The project particularly targets young people who are interested in improving their awareness of physical health, mental well-being, and healthy lifestyles beyond traditional fitness approaches. Special attention is given to the inclusion of young people with fewer opportunities, including those facing economic, social, and geographical barriers, as well as migrants and NEETs. The project aims to ensure a diverse, inclusive, and supportive group in which all participants can actively contribute and benefit from the experience.

Beyond the direct participants, the project also targets:

- the partner organisations, which will strengthen their capacity to use movement-based and non-formal education methods in youth work;
- the local communities of the partner countries, which may benefit from follow-up activities, dissemination actions, and greater awareness of healthy lifestyles and well-being;
- a wider network of young people, youth workers, and community actors, who will be able to access the project's results and methods through the E-Book and dissemination activities.

ELEMENTS OF ACTIVITY

Venue

The youth exchange will take place at Il Favogoloso, located in Alatri (Frosinone, Lazio), at Via Monte Capraro 5. The venue is a countryside accommodation facility in a natural setting overlooking the Ciociaria area, designed for group stays and surrounded by a calm rural landscape. It offers a peaceful and inspiring environment that is particularly suitable for international youth exchanges, non-formal education activities, group work, and community living.

Il Favogoloso is immersed in nature and provides a context that encourages focus, slower rhythms, meaningful interaction, and connection with the surrounding environment. The area is characterised by open space, countryside, and a quiet atmosphere, making it especially appropriate for a training course based on participation, reflection, experiential learning, and collective life. The venue is also described as a good base for discovering the territory of Alatri and Ciociaria.

A valuable aspect of the venue is its large outdoor area, which offers additional possibilities for experiential learning and a deeper connection with nature. For this reason, we are also confirming

the possibility of setting up a limited number of trekking tents in the outdoor space, in order to give part of the group the opportunity to experience sleeping in nature in a simple and safe way. This option can help reinforce some of the core values of the project, such as mindfulness, adaptability, connection with the environment, and a more conscious relationship with one's body, emotions, and surroundings.

The venue offers:

- shared accommodation in shared rooms, with no single rooms foreseen for participants;
- a central kitchen/common area and indoor shared spaces for daily community life;
- large outdoor spaces and green surroundings that can be used for informal meetings, energisers, reflection, outdoor educational moments, and the setting up of a limited number of trekking tents;
- a natural and residential environment that supports concentration, group cohesion, personal well-being, and connection with nature.

Practical arrangements

Participants will be accommodated in shared rooms, and room sharing is an essential part of the group experience. The accommodation is simple, welcoming, and community-oriented. Since the activity takes place in a rural natural area, participants should be ready for a stay that is more focused on group life, learning, and connection with nature than on urban comfort or nightlife.

Each room has its own bathroom, which helps ensure a good balance between shared living and personal comfort. At the same time, common spaces will play an important role in the experience, as participants will spend time together not only during workshops, but also during meals, informal discussions, and self-organised moments.

The venue includes both indoor and outdoor spaces, allowing the programme to combine workshop sessions, small group work, informal exchanges, and reflection activities in different settings. Depending on the programme and weather conditions, some activities may also take place outside, making use of the natural surroundings and the open-air environment. The presence of wide external areas is particularly valuable for a project which is connected to community-based learning, participation, and experiential educational methods.

As the venue is located in a quiet countryside area, participants should be aware that this is not a town-centre accommodation and that services such as bars, restaurants, or supermarkets are not immediately around the corner. For this reason, it is advisable to bring all essential personal items, medicines, and anything needed for the stay.

Participants are asked to respect the venue, the shared spaces, the rhythms of the group, and the surrounding natural environment. Caring for the place that hosts us is part of the educational experience itself: we therefore encourage everyone to use resources responsibly, avoid waste, keep common spaces clean and welcoming, and contribute to creating a respectful, sustainable, and supportive atmosphere throughout the mobility.

All accommodation, meals, and educational activities during the official programme are covered by the Erasmus+ project. Any personal expenses outside the official programme remain at the participants' own cost, so bringing a small amount of pocket money is recommended.

Important Notes

Meals and diets: meals will be simple, home-style and largely inspired by the local Mediterranean cuisine. The menu will be with only Vegetarian options, and we will do our best to accommodate special dietary needs (vegan, allergies, intolerances, religious restrictions) if indicated in advance in the application/registration form.

Language: the main working language of the project will be English. A B2 level (according to the Common European Framework of Reference for Languages - CEFR) is recommended to ensure active participation in group discussions, exercises and collaborative tasks.

Connectivity: Wi-Fi is available at the hostel, but please keep in mind that this is a rural area, so the connection may be slower or occasionally unstable. Mobile network coverage is generally sufficient, but short disruptions are possible. Should that happen, we invite you to take it as an opportunity to disconnect from the digital world and reconnect with yourself, with nature and with the group, embracing a slower rhythm and deeper presence during the exchange journey.

How to reach the venue

The closest and most convenient international airports are:

- Rome Fiumicino (FCO)
- Rome Ciampino (CIA)

From both Rome airports, participants should first travel to Roma Termini and then continue by train to Frosinone railway station, which will be the official arrival point for the project. From Fiumicino Airport, the easiest option is the Leonardo Express, the direct train connecting the airport to Roma Termini in around 32 minutes. From Ciampino Airport, participants can use the Ciampino Airlink service, which combines shuttle bus and train connection to Roma Termini.

Arrival by train – mandatory meeting point

All participants are required to arrive at Frosinone railway station. From there, the project team will organise group transfers to Il Favogoloso at specific time slots, which will be communicated in advance.

Trains to Frosinone from Rome (Roma Termini / Roma Tiburtina):

- Regional trains regularly connect Rome with Frosinone. Travel time may vary depending on the connection, so participants are strongly encouraged to check the most updated timetable in advance on the official Trenitalia website.

Important travel notes

- Frosinone railway station is the only official arrival point for the project.
- Collective transfers from Frosinone station to the venue will be organised only at predefined times on the arrival day.
- Individual transfers outside the organised time slots may not be guaranteed and, if needed, will have to be arranged independently.
- Participants are therefore strongly encouraged to book their flights and trains according to the arrival times indicated by the organisers.

- Once tickets are booked, all participants are requested to send their full travel plan to the organising team as soon as possible, including: airport of arrival, train details, and expected arrival time in Frosinone.

All transfer details, including meeting point, timing, and practical coordination, will be shared in advance through the WhatsApp group and by email. The organising team will remain available to support participants in planning their journey and ensuring a smooth arrival at the venue.

CONSORTIUM

Network information

Move & Thrive is implemented by a transnational consortium of 5 partner organisations from Italy, Spain, Türkiye, Portugal, and Greece.

The consortium is coordinated by KLAP APS (Italy) as applicant and lead organisation, while the other partners contribute as sending organisations and active partners throughout all phases of the project. The partnership brings together NGOs, youth organisations, and community-based actors with complementary backgrounds in youth work, non-formal education, well-being, social inclusion, community engagement, and personal development.

The consortium was built not only to implement one youth exchange activity, but also to function as a collaborative learning network, where each organisation contributes to the preparation of participants, the design of activities, the support of young people with fewer opportunities, the dissemination of results, and the follow-up of the learning process after the mobility. The partnership reflects a shared interest in promoting healthier lifestyles, emotional well-being, active participation, and international cooperation through accessible and experiential educational approaches.

Host organization

KLAP APS is a non-governmental organisation based in Rome, Italy that works to empower young people by promoting peace, tolerance, solidarity, human rights, democratic values, and active participation, with a strong focus on personal growth, non-formal education, and community engagement. The organisation is particularly committed to supporting young people with fewer opportunities, including NEETs and young people at risk of social exclusion, by creating learning spaces and participation opportunities that are inclusive, accessible, and meaningful.

KLAP promotes educational and community-based initiatives aimed at helping young people develop their potential, strengthen their competences, and take an active role in their communities. Its work includes training courses, youth exchanges, outdoor experiential learning, group facilitation, awareness-raising activities, and community engagement processes, with particular attention to non-formal education as a tool for empowerment and self-development. The organisation also values social and environmental sustainability and encourages young people to become responsible and proactive citizens.

Project Partners

Applicant: KLAP APS (E10377131 - IT)

Partners: Associació juvenil de creació Kunstant (E10321164 - ES), Serik Kultur Sanat ve Egitim Dernegi (E10039513 - TR), ASSOCIAÇÃO MUDANÇARTE (E10348576 - PT), NetworCon NON PROFIT CIVIL LAW COMPANY (E10387443 - GR)

WHAT TO BRING WITH YOU?

Since the project is based on movement, well-being, non-formal education, intercultural exchange, and connection with nature, the following items will support your participation throughout the programme.

Please bring items that reflect your cultural identity and background. This may include non-perishable traditional food, symbolic objects, music, small instruments, textiles, or other elements that can be shared during intercultural evenings and informal moments of exchange. As the youth exchange values community, participation, and peer learning, these contributions can help create a richer and more meaningful intercultural experience.

A personal notebook or journal is strongly recommended for use during reflection moments, group discussions, creative workshops, and personal learning processes. As participants will also contribute to the collective E-Book and take part in activities based on storytelling, self-expression, and shared reflection, it may be useful to bring any small materials that support your creative process, such as pens, colours, or personal objects that inspire you.

Please bring comfortable clothing suitable for movement-based activities, including clothes for Yoga, Biodanza, stretching, relaxation, and group sessions. We also recommend bringing sports shoes or comfortable walking shoes, as well as clothing suitable for outdoor activities and time spent in nature. Since some moments of the programme may take place outside, and the venue includes wide green spaces and the possibility of using a limited number of trekking tents, it is important to be prepared for both indoor and outdoor experiences.

We also advise you to bring a reusable water bottle, in line with the project's environmentally friendly approach, as well as your personal hygiene kit, towel, and any daily-use personal items that you may need during your stay. You should also carry any regular medication, together with practical items such as sunscreen, insect repellent, and any other essentials that may be useful in a rural and nature-based setting. The preparation section of the project already highlights the importance of bringing adequate clothes for the activities and weather conditions, especially considering the outdoor dimension of the exchange.

If you are comfortable doing so, you may also bring a small blanket, shawl, or warm layer for relaxation sessions, evening reflections, or quiet time outdoors.

As Move & Thrive encourages mindfulness, emotional awareness, reconnection with natural rhythms, and personal well-being, it is helpful to bring things that make you feel grounded, comfortable, and open to the experience.

Most importantly, bring an open mind, a collaborative attitude, and willingness to move, reflect, share, and connect with others. The exchange is designed to support personal growth, emotional intelligence, healthy lifestyles, and social connection through non-formal education, Yoga, Biodanza, intercultural learning, and collective participation.

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, KLAP APS, as hosting and coordinating organisation, will ensure that participants are covered by the insurance arrangements required for the implementation of the mobility activity. This is an essential element of the project and will be managed in accordance with Erasmus+ standards and responsibilities for youth worker mobility activities.

At the same time, participants are recommended to arrange additional personal travel insurance, especially if they wish to have broader coverage for situations that may occur before, during, or after travel. This may include:

- medical expenses not fully covered otherwise;
- trip cancellations or delays;
- lost or stolen baggage;
- other travel-related incidents.

Please note that any extra personal travel insurance arranged individually is not reimbursable under the Erasmus+ project budget and must therefore be covered by the participant.

It is also each participant's responsibility to:

- stay informed about any health, travel, or entry regulations related to Italy at the time of the mobility;
- check the official travel information provided by their national authorities or embassy;
- comply with all applicable travel and health regulations during the journey and the stay;
- verify any re-entry requirements before returning to their home country.

Participants are kindly asked to inform the organising team in advance about any medical conditions, allergies, special needs, dietary requirements, or other relevant concerns, so that the hosting team can provide the best possible support and ensure a safe and inclusive 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 facilitators, 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, which 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 national group leader 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 after the activity. 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 supporting 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.

During the mobility itself, you will follow a full daily timetable of activities, including sessions, workshops, reflection moments and group processes. Each activity is an integral part of the learning path and should be lived to the best of your abilities and you are expected to participate actively, be present and engaged throughout the whole programme. Alongside the main sessions, there will also be secondary activities linked to the promotion of the project during the mobility, such as preparing daily or periodic reports, creating short texts and impressions, and contributing to social media posts through your personal networks (e.g. Instagram, Facebook, TikTok, etc.), as well as supporting the production of photos, videos, reels and other visual materials. These are not dissemination activities in the formal Erasmus+ sense, but part of the mobility itself and are necessary to document and promote the project while it is taking place. By reading this info pack, you acknowledge and accept this distinction and confirm your commitment to contribute to these promotional tasks in practice during the mobility.

Another key requirement for reimbursement is your active participation during the youth exchange. 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, which you can access here "OPEN FOLDER": [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 and in the 100-499km range is 285,00 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 Spain, Türkiye, Portugal, and Greece.

Italy	285,00€
Spain	309,00€
Türkiye	309,00€
Portugal	309,00€
Greece	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: apsklap@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 youth exchange, 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

KLAP APS Office (Administrative contact): Office contact: apsklap@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.

Looking forward to meeting you soon!

KLAP APS Team