

PROJECT NUMBER: 2024-3-IT03-KA152-YOU-000287978

YOUTH EXCHANGE

# Eco-anxiety no thanks: welcome complexity

15 - 23 MAY 2025

BOLOGNA, ITALY



Co-funded by  
the European Union





# THE CONTEXT

## Why this Youth Exchange?

Climate change and environmental degradation are some of the biggest challenges of our time. Many young people experience eco-anxiety, feeling overwhelmed by the complexity of these global issues and uncertain about how they can contribute to meaningful change.

This youth exchange, "Eco-Anxiety No Thanks: Welcome Complexity", aims to transform feelings of helplessness into empowerment. By providing practical tools, knowledge, and a collaborative space, we help young people tackle environmental issues in five key areas:

- 🌱 Food – Understanding sustainable agriculture and responsible consumption
- 💧 Water – Addressing water scarcity and inequalities in access
- 🌍 Biodiversity – Exploring ecosystems and how to protect them
- ⚡ Energy – Learning about sustainable energy consumption and solutions
- ♻️ Waste – Rethinking waste as a resource through circular economy approaches

Through interactive, non-formal education methods, participants will engage in problem-solving, hands-on activities, and knowledge-sharing. The goal is to equip young people with the skills and confidence to take action within their own communities, contributing to a more sustainable and resilient future.

This exchange isn't just about learning—it's about connecting, inspiring, and taking real steps

toward change. Let's move from eco-anxiety to eco-action together! 🌱 ✨

# THE YOUTH EXCHANGE



Now that you know why we're here, let's talk about how this experience will unfold! The Eco-Anxiety No Thanks: Welcome Complexity Youth Exchange is not just another event—it's an immersive journey where you'll explore, collaborate, and take action on environmental challenges alongside young people from different backgrounds.

## What to Expect

- Hands-on workshops and interactive sessions where you'll tackle real-world environmental issues. Creative activities
- to think critically, problem-solve, and design solutions for a more sustainable future. Group challenges, simulations,
- and teamwork-based learning to break down big problems into small, impactful actions. Discussions on local and global environmental policies to understand how you can
- be an advocate for change.

## More Than Just Learning

This exchange is about connection and action. You'll meet like-minded peers, exchange experiences, and gain the confidence to make a difference in your community. Whether it's through community projects, advocacy, or sustainable habits, you'll leave with a clear vision of how to contribute to a greener future.

 **Your Role? Dive In & Get Involved!** This is your space to share ideas, experiment, and explore different ways to make a positive impact. You won't just listen—you'll actively participate, collaborate, and create solutions. By the end of the exchange, you'll not only have new knowledge and skills but also a personal action plan to bring back home. Ready to turn eco-anxiety into eco-action? Let's go! 

# IMPORTANT TO KNOW

## Before leaving

Arrival on the **15/05/2025** (dinner included only)

Departure on the **23/05/2025** (breakfast included only)

### Essential Documents

#### ✓ Valid Passport/ID

Ensure your travel document is valid for the entire duration of the exchange.

#### ✓ European Health Insurance Card (EHIC) or Travel Insurance

If applicable, arrange your EHIC or private insurance for medical coverage .

#### ✓ Flight/Travel Tickets & Itinerary

You must send your travel itinerary to the organizers before purchasing your tickets .

#### ✓ Green Travel Self-Declaration (if applicable)

If you are opting for green travel (train, bus, carpooling), you'll need to sign a self-declaration document .

#### ✓ Boarding Passes & Receipts

Keep all original tickets, invoices, and proof of payment as they are required for travel reimbursemen

### Pre-Exchange Preparation

✓ **Complete the Pre-Departure Form** – You'll be asked to share your expectations, motivations, and any concerns before departure .


✓ **Attend the Online Pre-Departure Meeting** – This session will help you meet the group, understand the program, and clarify any questions .


✓ **Join the Project WhatsApp/Facebook Group** – This is where you'll receive updates and interact with fellow participants before arrival .


✓ **Prepare for Intercultural Exchange** – Bring something that represents your country (a small flag, food, traditional items, or a fun cultural activity to share).


# IMPORTANT TO KNOW Before leaving

## Rules & Responsibilities

 **Full Participation is Required** – You must attend all scheduled activities and engage fully throughout the program.

 **Social Media & Dissemination** – You'll be expected to help promote the project online and share your experience after the exchange .

 **Sustainability Commitment** – Be mindful of waste, energy use, and environmental impact during the exchange.

 **Final Reminder:** If you have special needs (dietary, medical, mobility, etc.), inform the organizers in advance!

**About free time** Our schedule will be packed! We'll make sure you do get some time to rest and visit the city but bear in mind that this is not the focus of the project per se. So if you desire to take a look around plan accordingly and arrive/leave earlier/later, of course within resonable limits. Remember that in any case accomodation&food will be provided only throught the duration of the training!

## Practical Packing Checklist

- ✓ **Comfortable Clothing** – Pack for various activities, including outdoor sessions.
- ✓ **Eco-Friendly Essentials** – A reusable water bottle, tote bags, and minimal-waste personal care items are encouraged!
- ✓ **Notebook & Pen** – For reflections, journaling, and taking notes.
- ✓ **Medication (if needed)** – If you have special medical needs, ensure you bring the necessary prescriptions .
- ✓ **Power Adapter** – Italy uses Type F/L sockets (230V, 50Hz), so bring an adapter if needed.

# PARTICIPANTS

## 5 Participants + 1 Group Leader per partner

- ◆ **Age: 18 - 25 years old**
- ◆ Group Leader (GL): Age 18+, no upper age limit
- ◆ Participants with Fewer Opportunities: **Each national group must include at least 2 participants with fewer opportunities** (e.g., socio-economic barriers, geographical challenges, or other marginalization factors) .
- ◆ **Motivation & Interest:** Participants should be highly motivated, interested in environmental sustainability, and ideally involved in youth work, activism, or community projects. Prior experience is not mandatory, but a strong willingness to learn and contribute is essential.
- ◆ **Engagement Beyond the Exchange:** Participants should be committed to actively engaging in the preparation, implementation, and follow-up phases of the project .
- ◆ **Gender Balance:** Each group should aim for a gender-balanced composition. Non-binary participants are welcomed and included .
- ◆ **Openness to Intercultural Learning:** Participants should be willing to engage with diverse perspectives, share knowledge, and participate in group discussions, activities, and team projects.



# PARTICIPANTS FORM

**\*To fill in in case of CONFIRMED  
SELECTION by your sending  
organization**

This will help us to make sure all of your needs will be  
timely addressed for you to get the best out of this  
experience!

**<https://forms.gle/wkTa5XCekJyfcEbS7>**



ECO-ANXIETY NO THANKS: WELCOME COMPLEXITY

# ACCOMODATION & VENUE

## ABITABO Bologna

- Via Sante Vincenzi, 45 – 40138 Bologna Participants will be
- staying in double, triple and quadruple rooms. The rooms might be mixed gender / please be aware of this as it is
- something we cannot change. Do let us know if you have specific needs in the participant form. Towels and bedsheets will be provided Laundry is available in place More info at:
- <https://www.abitabo.it/en/stanze-affitto-breve-termini-bologna/>
- \_\_\_\_\_
- \_\_\_\_\_
- **Activities** will be held in a multifunctional room within the same complex For project **launches and dinners** we will
- arrange reservation in different restaurants every time to make sure you'll get to experience our italian cousine!





## HOW TO GET TO BOLOGNA

### By plane

If you want to travel by plane, you best come to the **Airport of Bologna**.

Find your tickets on websites like [skyscanner.com](https://www.skyscanner.com)

### By train

If you plan to arrive to Bologna by train, you should check these two train companies:

**Trenitalia**: national railway company

<https://www.trenitalia.com/en.html>

**Italo**: private railway operator

<https://www.italotreno.it/en>

## HOW TO GET TO THE ACCOMODATION

### From the AIRPORT to the Central Station

Shuttle service "**Marconi Express**" from the Airport to the Central Station // 12.80€ one way ticket If the shuttle is out of service you can find the substitute bus. Please find **HERE** more info about busses to the city center

### From the CENTRAL STATION to the accomodation

Catch the BUS 37 - get off at CIRENAICA Find out the **itinerary** here

<https://maps.app.goo.gl/tENTbSGsbPR4qZeP7>

---

## WHATS INCLUDED

The project is co-funded by the Erasmus+ Programme of the European Union.

Accommodation and food (breakfast, lunch and dinner) will be included during the activity dates. On the arrival day, just dinner will be included; on the departure day, just breakfast is included.

All the other possible costs (personal transportation if you want to go out, extra food, etc) are not covered by the project.

## TRAVEL REIMBURSEMENT

To get your reimbursement, you need to present all the travel documents to our organization. We are going to refund you up to the maximum budget per travel (to come in Italy and to return) per person. Reimbursement will be made to your sending NGO which will then transfer you the amount.

Be aware: if you spend less, you will be refunded for real costs. If you spend more, you will reimburse up the maximum

**Please, send to your Sending Organization your travel proposals for approval, BEFORE purchasing them!**

Remember to keep all travel documents, such as flight tickets, receipts, etc., in their original and paper form. You will need them to claim your reimbursement!

**Note: screenshots for your boarding pass will NOT be accepted!** Please print the original document or send the original PDF.

# TRAVEL REIMBURSEMENT AMOUNTS

**\*Green Travel** (according to Erasmus+ standards) refers to sustainable means of transport that have a lower environmental impact, such as train, bus, carpooling, or other shared and low-emission travel options. It excludes air travel unless combined with a more sustainable mode for the majority of the journey. Participants choosing Green Travel may be eligible for additional travel days and financial support to encourage eco-friendly mobility.



**GREEN TRAVEL\*** Italy – maximum 285,00 Euro Spain – maximum 417,00 Euro Germany – maximum 417,00 Euro Romania – maximum 417,00 Euro Lithuania – maximum 417,00 Euro Turkey – maximum 417,00 Euro

**Standard Travel** Italy – maximum 211,00 Euro Spain – maximum 309,00 Euro Germany – maximum 309,00 Euro Romania – maximum 309,00 Euro Lithuania – maximum 309,00 Euro Turkey – maximum 309,00 Euro





# EXPLORER PASS 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects. For more projects: Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>

## JOIN NOW

<https://www.tavoeuropa.eu/youth-exchanges/eco-anxiety>

