

## TRAINING COURSE

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# FROM IKIGAI TO ACTION

Youth Employability & Social Impact

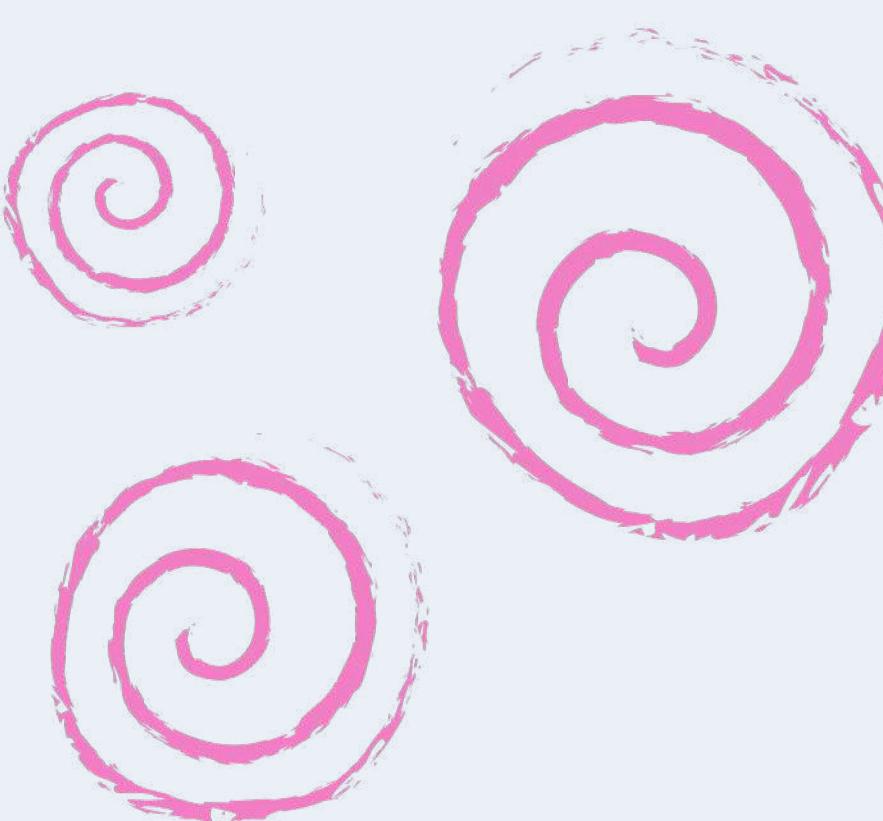
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16th March (Arrival)

23rd March (Departure)



# WHAT IS IKIGAI?



**From IKIGAI to Action: Youth Employability & Social Impact** is a six-day training course, taking place from March 17 to March 22, designed to support youth workers and young people aspiring to become youth workers in exploring purpose, employability and social impact through the IKIGAI framework.

**The project aims to transform IKIGAI from a personal reflection tool into a practical methodology for youth work**, supporting young people in connecting their passions, skills and values with meaningful social action.

# OBJECTIVES



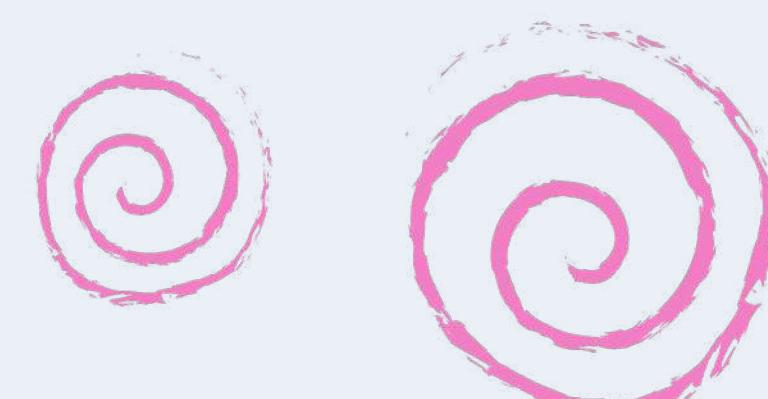
To support youth workers and young people interested in youth work in strengthening their personal and professional purpose through the IKIGAI framework.



To provide practical tools and methodologies for youth orientation and employability, integrating IKIGAI into non-formal education and youth work practices.



To encourage the transformation of personal purpose into concrete social action, fostering active participation and local initiatives in participants' communities.



# HOW?

The Training Course will be implemented through non-formal education methods, combining **experiential learning, self-reflection and peer learning**. Participants will explore and apply the IKIGAI framework through interactive workshops and group activities, transforming personal insights into practical tools for youth work. The process will support participants in developing concrete ideas and follow-up actions to be implemented in their local contexts.

# WHO?

The training course is designed for **30 participants** who are expected to be active and have at least some experience in working with young people, such as **facilitators, youth workers, trainers, educators, mentors, youth leaders, community leaders, etc.** Participants need to have a good command of the English language and be motivated to fully commit to the training course and to the local follow-up activities afterwards.

# WHO WE ARE?



**Entropia APS** was founded in 1997 and has since become a reference organization for international mobility projects in the Rende area, in Calabria, with over 10 years of experience

**The mission** of the association is to foster cultural exchange, active citizenship, inclusion, solidarity, and youth participation, empowering young people to engage with their communities and develop social and civic skills

**Entropia** has implemented several projects under the Erasmus+ and European Solidarity Corps (ESC) programs, including workshops and labs that engage young people and support the development of their skills and competencies in informal settings, fostering both personal and professional growth

# COSTS & TRAVEL ARRANGEMENTS

The maximum **TRAVEL COST** reimbursement is based on the distance calculator supported by the European Union. We will **NOT reimburse** the amounts that get over the maximum budget for each participant, or the tickets that did not receive previous **APPROVAL**

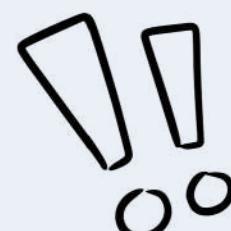
**According to the restrictions of the E+ Programme, we can only refund if:**

Your travel route is **from your hometown to the venue** in Italy and back (check for exceptional cases with the coordinator)

You have chosen **reasonable and economic means** of transportation (e.g. Economy fares for flight tickets, cheap airlines, 2nd class trains)

Your **travel dates** are according to the programme (1 day before OR after the project dates is allowed, but lodging during these days is on your own expenses)

You have a **receipt or invoice** for the cost of your plane ticket and the **boarding pass** or the **train/bus tickets**

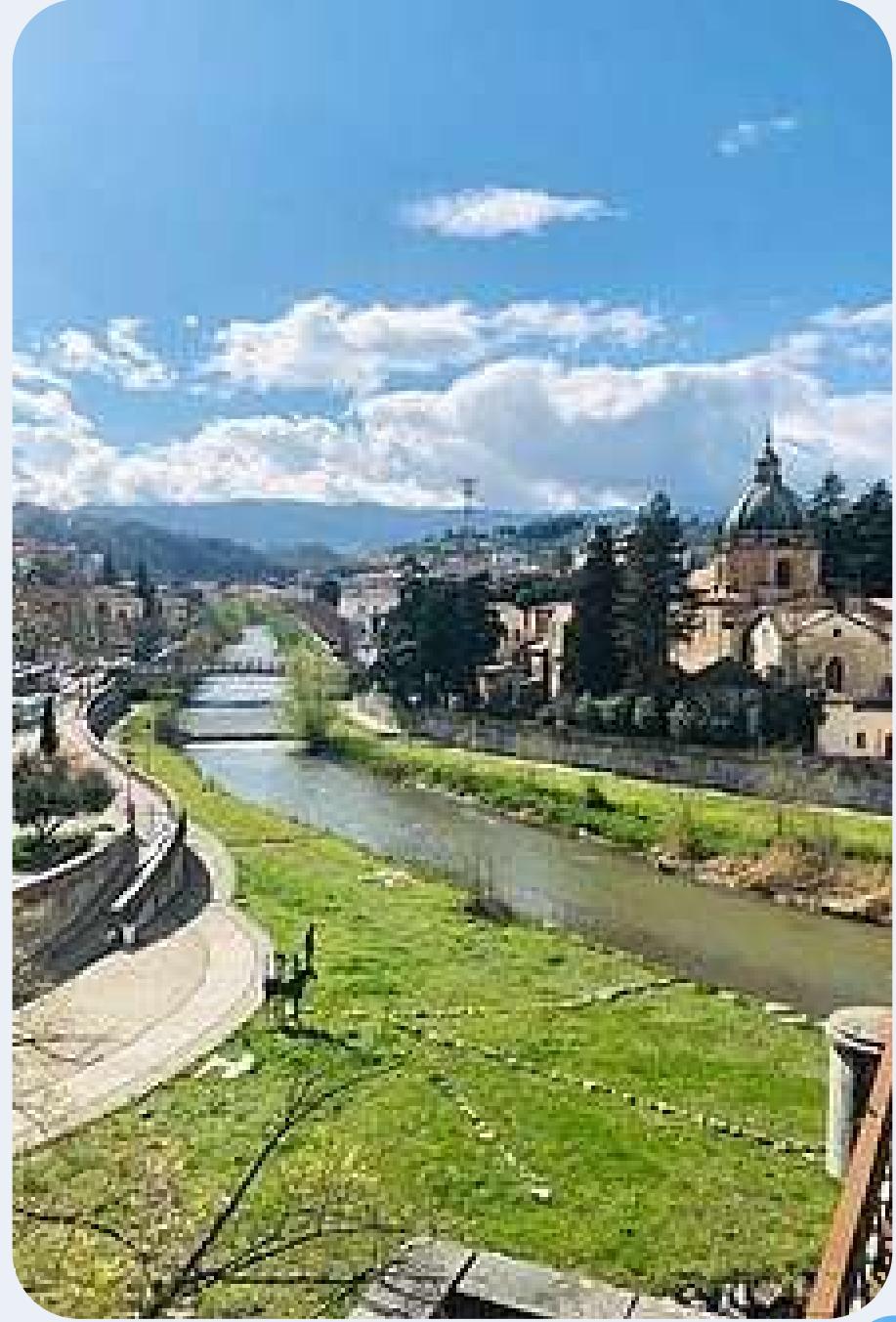


In case of **green travel**, participants have 2 travel days for arrival and other 2 travel days for return

# AMOUNTS PER DISTANCE

Travel distance	Normal travel	Green travel
10 – 99 km	28 €	56 €
100 – 499 km	211 €	285 €
500 – 1 999 km	309 €	417 €
2 000 – 2 999 km	395 €	535 €
3 000 – 3 999 km	580 €	785 €
4 000 – 7 999 km	1188 €	1188 €
8000 km or more	1735 €	1735 €

# HOW TO REACH US



The closest airport is **Lamezia Terme**, it doesn't have many international flights, but it is well connected with many Italian international airports, like Milan, Rome, Pisa, Naples. From Lamezia or other airports, you can take a train to **Castiglione Cosentino train station** or a **Bus to Rende**, which will be the final destination of your trip. Once in Rende, you can use apps like Cosenza Autolinee TPL to buy urban bus tickets.

**NOTE:** Before booking please confirm the tickets with the project coordinator by email



**Check trains and buses:**  
[www.trenitalia.com](http://www.trenitalia.com)  
[www.flixbus.it](http://www.flixbus.it)

# ACCOMMODATION

- During the project we will stay in the **Campus of the University of Calabria** in Rende
- We will be accommodated in the **Residenza Socrates** in rooms of **2-3 people (divided by gender)**
- **3 meals per day** (breakfast, lunch, dinner) + **2 coffee breaks** will be provided
- Bed sheets and towels **are provided**
- WIFI is available



## Residenza Socrates

Via Alberto Savinio, 87036 Quattromiglia CS

**Check-in:** between 3 pm and 8 pm

**Check-out:** at 10 am

# TO DO BEFORE

**Step 1**

**Fill the APPLICATION FORM**

**Step 2**

**Wait for the email confirming your selection.**

**Step 3**

**If you have been selected, please reply to the confirmation email.**

**Step 4**

**Send your travel plan proposal.**

## TO DO AFTER

All the participants, with the support from the sending associations, are supposed to **disseminate the project outcomes and results**, organising a **local practice** to transfer the gained competences to more youth workers, educators, and youth. The team of the TC will give further information and support participants in any phase. It will be **necessary to provide the proofs of dissemination** and local practice.

# CONTACTS

*If you have any questions concerning the organisation of the project,  
please contact the project coordinator*



## **Julija Staniulyte**

Project Coordinator in Lithuania

*Email to: [julija@tavo-europa.eu](mailto:julija@tavo-europa.eu)*

# JOIN NOW WITH TAVO EUROPA!

**Educator Pass 2026.** You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the most suitable and motivated participants to all of our projects.

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