



Co-funded by
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YOUTH EXCHANGE

“RELATE”

謹賀新年

RELATIONAL
EMPOWERMENT
THROUGH
LISTENING,
AWARENESS,
TOLERANCE AND
ENGAGEMENT



08-16 JUNE
2026

RECOARO TERME (ITALY)



OVERALL AIM OF THE PROJECT

The project promotes personal and collective awareness through the body and communication. The exchange is based on the idea that being true to oneself is the first step towards building open, empathetic and inclusive relationships.

During the activities, participants embark on an experiential journey that combines Eastern mind-body wellness practices and Western models of communication and relationship building, with the aim of developing personal and social skills useful for combating stereotypes, discrimination and exclusion.

Through work on body awareness, listening and authentic expression, the project creates a safe space where every young person – regardless of their cultural, social or personal background – can feel recognised, valued and an active part of the group.



OBJECTIVES OF THE YOUTH EXCHANGE

- Strengthen personal awareness, helping participants to recognise emotions, needs, prejudices and inner resources.
- Promote inclusion and the value of diversity, fostering intercultural understanding and mutual respect.
- Develop inclusive communication skills based on non-violent conflict, active listening, empathy, and constructive communication management.
- To increase relational intelligence, improving the supportive ability to build collaborative and relationships within diverse group
- To integrate mind-body approaches as tools for empowerment, strengthening self-esteem, presence and the ability to participate actively.
- To encourage the active participation of young people with fewer opportunities, ensuring an accessible, safe space that respects different needs.
- Stimulate the transfer of acquired skills, encouraging participants to become promoters of inclusion and dialogue in their own communities.





AIKIDŌ



Aikido is a Japanese martial art based on harmony, awareness, and respectful interaction rather than competition or aggression. Its main goal is not to defeat an opponent, but to create balance and understanding through movement.

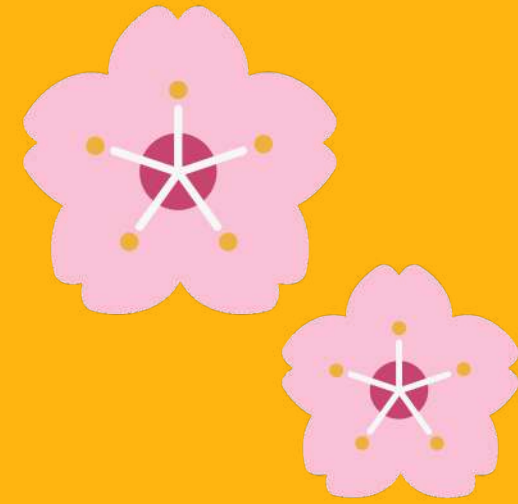
In aikido, practitioners learn to blend with another person's energy and redirect it in a peaceful and controlled way. This approach teaches how to respond to conflict without violence, promoting calmness and cooperation.

Through movement, breathing, and mindful awareness, practice, aikido develops body emotional balance, and active listening. It encourages trust, empathy, and mutual respect between participants.

More than a martial art, aikido is a practice of inclusive personal growth that helps build relationships and supports communication, self-awareness, and connection with others; values that align with the spirit of the RELATE youth exchange.



METHODOLOGY



In RELATE, we use an experiential, mind-body approach to personal and relational growth. Activities combine Eastern practices like aikido and mindfulness with Western communication methods, creating a space where participants can explore self-awareness, active listening, and authentic expression.

By connecting with their own emotions, needs, and biases, young people learn to build empathetic, inclusive relationships. Working together in a safe, supportive environment allows them to practice respect, balance, and nonviolent conflict resolution, fostering skills that they can bring back to their communities.

The methodology emphasizes presence, reflection, and embodied learning, helping participants grow personally, strengthen their relational intelligence, and engage meaningfully with others.

WHO CAN PARTICIPATE

Young people (age 16 - 19 y.o.). 5 participants per partner country - motivated to explore self-awareness, relational skills, and intercultural learning, and ready to take part in the whole duration of the project. A good level of English is not required.

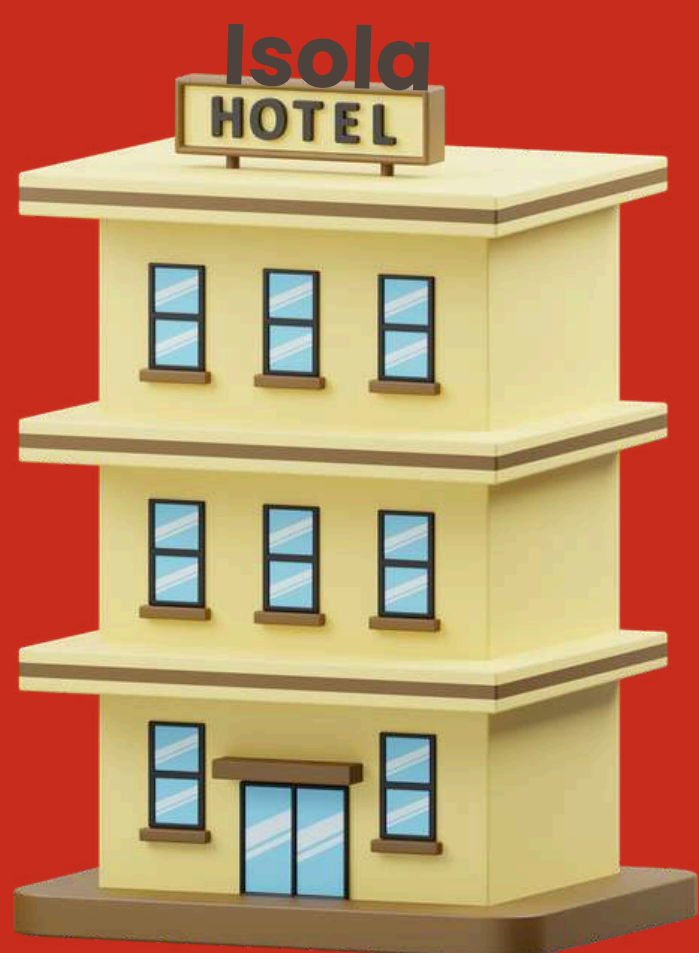
+

1 Youth leader per partner country (age 21+ y.o.) - able to communicate in English and support the participants throughout the activities proposed by the hosting organisation.



ACCOMODATION

the whole hotel is for us!



Hotel Isola
Via Campogrosso, 35 - 36076
Recoaro Terme (VI)

REACHING RECOARO



The project will take place in Recoaro Terme, a town and municipality in the province of Vicenza, Veneto, in the North of Italy, that is known for its mineral spring waters .

Let's make it simple and divide your trip in 3 fundamental steps:

- Get to Vicenza train station
- Get to Recoaro's bus station
- And finally get to the Hotel Isola

Nearest airports:

- Verona
- Venice/ Treviso
- Venice Marco Polo

A bit farther but still doable:

- Bologna
- Milano Bergamo

- Linate
- Malpensa



VICENZA FROM VERONA

From Verona Airport (Valerio Catullo), you need to take the Verona Airlink bus to Verona Porta Nuova (the main train station). The service runs every day, approximately every 20 minutes, and the trip takes about 15-20 minutes. Tickets can be purchased at the airport bus ticket counters, from ticket machines, or online on the official Verona Airlink website. Once at Verona Porta Nuova, there are frequent trains to Vicenza throughout the day. Regional train tickets can be bought at the station ticket counters, from ticket machines, or online through the Trenitalia website or the Italo website for high-speed options. Regional trains are cheaper than high-speed (like Frecciarossa or Italo), although they take a little longer.



VICENZA FROM TREVISO variant 1

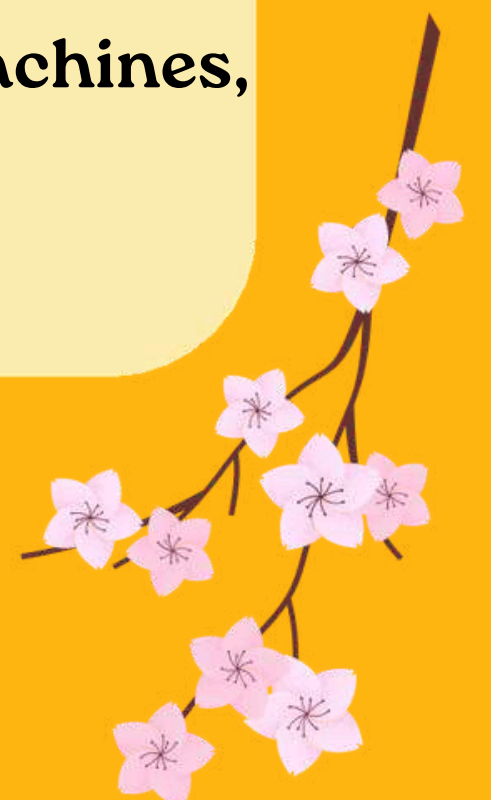
From Treviso Airport (Aeroporto di Treviso - Antonio Canova), you need to take a bus to Treviso Centrale (the main train station). The bus runs regularly throughout the day. Tickets can be purchased online, at the airport information point, or from ticket machines at the airport. Once at Treviso Centrale, there are frequent trains to Vicenza throughout the day. Regional train tickets can be bought at the station ticket counters, from ticket machines, or online via the Trenitalia website. Regional trains are cheaper than high-speed services, although they may take a little longer.



VICENZA FROM TREVISO variant 2

From Treviso Airport (Aeroporto di Treviso - Antonio Canova), you can take a bus to Venezia-Mestre train station. The ticket costs €12 one way (return ticket €22, valid for 10 days). Tickets can be purchased online, on board Ryanair flights, or at the airport via ticket machines or the ticket office.

Once at Venezia-Mestre train station, there are frequent trains to Vicenza throughout the day. Regional train tickets are cheaper than high-speed services and can be almost as fast as Frecciarossa. Tickets can be purchased at the station ticket counters, from ticket machines, or online via the Trenitalia website.



VICENZA FROM VENICE MARCO POLO

From Venice Marco Polo Airport (Aeroporto di Venezia - Marco Polo), you need to take a bus to Venezia-Mestre train station. The ticket costs €12 one way (€20 round trip). Tickets can be purchased online, at the airport ticket machines, or at the ticket office.

Once at Venezia-Mestre train station, there are frequent trains to Vicenza throughout the day. Regional trains are cheaper than high-speed services and can be almost as fast as Frecciarossa. Tickets can be bought at the station ticket counters, from ticket machines, or online via the Trenitalia website.



VICENZA FROM BERGAMO ORIO AL SERIO

From Milan Bergamo Airport (Orio al Serio - Orio al Serio Airport), you need to take the Orio Shuttle bus to Milano Centrale (the main train station). The trip takes about 50 minutes. The ticket costs €10, and can be purchased online or from the driver (buying from the driver may cost slightly more).

Once at Milano Centrale train station, there are frequent trains to Vicenza throughout the day. Frecciarossa high-speed trains are about 1 hour faster than regional trains and can cost almost the same if booked in advance. Tickets for regional and high-speed trains can be purchased at the station ticket counters, from ticket machines, or online via the Trenitalia website.



VICENZA FROM MALPENSA

From Milan Malpensa Airport (Aeroporto di Milano Malpensa), you need to take the Malpensa Express train to Milano Centrale (the main train station). The train runs approximately 20 times per day. The ticket costs €15 one way (€25 round trip, valid for 30 days). Tickets can be purchased online or at the airport information point. Once at Milano Centrale train station, there are frequent trains to Vicenza throughout the day. Frecciarossa high-speed trains are about 1 hour faster than regional trains and can cost almost the same if booked in advance. Tickets for regional and high-speed trains can be purchased at the station ticket counters, from ticket machines, or online via the Trenitalia website.



VICENZA FROM LINATE

From Milan Linate Airport (Aeroporto di Milano Linate), you have two options to reach Milano Centrale. You can take the Linate Shuttle bus, which costs €7. Tickets can be purchased online or at the airport bus stop.

Alternatively, you can take the metro from Linate to San Babila station, then either transfer to the red line to reach Milano Centrale, or enjoy a short walk through central Milan to Duomo, and then take the yellow line using the same metro ticket to reach Milano Centrale.

Once at Milano Centrale train station, there are frequent trains to Vicenza throughout the day. Frecciarossa high-speed trains are about 1 hour faster than regional trains and can cost almost the same if booked in advance. Tickets for regional and high-speed trains can be purchased at the station ticket counters, from ticket machines, or online via the Trenitalia website.

VICENZA FROM BOLOGNA

From Bologna Airport (Aeroporto di Bologna - Guglielmo Marconi), you need to take the Marconi Express to Bologna Centrale (the main train station). A one-way ticket costs €12.80, and a round-trip ticket costs €23.30. Tickets can be purchased online, at the airport ticket machines, or at the Marconi Express counters.

Once at Bologna Centrale train station, there are frequent trains to Vicenza throughout the day. Frecciarossa high-speed trains are about 1 hour faster than regional trains and can cost almost the same if booked in advance. Tickets for regional and high-speed trains can be purchased at the station ticket counters, from ticket machines, or online via the Trenitalia website.

Alternatively, there is also the FlixBus option from Bologna Airport or the city center to Vicenza, which may be a cheaper or convenient choice depending on your schedule.



ONCE ARRIVED IN VICENZA

Once you're in Vicenza's train station, you have to take a bus to Recoaro. You have to walk out the station and go to the left and walk about 150m to reach the bus station. The **bus** leaves almost every half an hour, and takes less than 1,5 hour to arrive in **Recoaro**.

You can buy the ticket at the ticket machine, ticket's office or in the tabaccheria inside. The ticket costs **6 euros**. You can try to ask it in Italian saying "Vorrei un biglietto per Recoaro per favore", they usually get English. The bus that you are going to take is **Linea E01** to Valdagno/Recoaro Terme and will leave from **box 5**.

Phase 1 – Self-Awareness & Group Building

Day 1 Arrival (08/06)	Arrival of participants, accommodation, welcome evening and informal activities
Day 2 Getting to Know Each Other (09/06)	Ice-breakers, team building, introduction to the project, sharing expectations and group agreements
Day 3 Knowing Ourselves & Communication (10/06)	Mind-body practices (breathing & Aikishintaiso), introduction to physical and mental stability, exploring expectations and communication styles, interactive communication exercises, basic aikido movements and body coordination

***** The organiser may slightly change the programme depending on the group dynamics and weather conditions**



Phase 2 – Listening, Relationships & Connection

<p>Day4 Listening & Body Awareness (11/06)</p>	<p>Reflection on expectations, body awareness and self-listening, active vs passive listening, communication through body positioning, introduction to Japanese practices, bokken exercises</p>
<p>Day 5 Intercultural Learning (12/06)</p>	<p>Intercultural exchange, sharing cultures, getting to know Veneto region</p>
<p>Day 6 Connection with Nature & Group (13/06)</p>	<p>Outdoor walk, observation and awareness of the environment, grounding and meditation, group connection and cooperation, reflection on nature, communication and the impact of technology, final debriefing</p>

***** The organiser may slightly change the programme depending on the group dynamics and weather conditions**



Phase 3 - Cooperation & Integration

Day7 Cooperation & Conflict Management (14/06)	Aikido practices, difference between conflict and contrast, nonviolent conflict management, communication strategies, time management, integration of learning through physical exercises
Day 8 Reflection & Learning Outcomes (15/06)	Group reflection, evaluation activities, Youthpass, sharing learning outcomes and personal growth
Day 9 Departure (16/06)	Departure of participants

***** The organiser may slightly change the programme depending on the group dynamics and weather conditions**



WHAT TO BRING

Documents

- Your passport or ID card
- Your European Health Insurance Card

Clothing & Equipment

- Comfortable clothes for daily activities
- Comfortable shoes
- Flip-flops / sandals
- Suitable shoes for the mountains (we will have outdoor activities)

Personal Items

- Personal hygiene items (shampoo, toothpaste, soap, etc.)
- Towels, bed sheets and pillowcases or a sleeping bag (pillows and blankets will be provided)

Health & Wellbeing

- Any personal medication you may need (e.g. allergy medicine, painkillers, etc.)

⚠ Other Essentials

- Your own reusable water bottle (to reduce plastic use)
- Food for the national evening
- Whatever you need for your energisers



FINANCIAL CONDITION

All accommodation and food costs will be covered by the project. Travel costs will be reimbursed according to the distance band fixed by the European Commission. You will receive back your travel costs up to the amount stated by the European Commission according to the distance band (see the table below), by giving us all your tickets, boarding passes and bills related to the travel. The reimbursement will be paid ONLY by bank transfer after receiving all the tickets.

DISTANCE BAND	AMOUNT REIMBURSED	GREEN TRAVEL*
Between 100 and 499 KM	211 €	285 €
Between 500 and 1999 KM	309 €	417 €
Between 2000 and 2999 KM	395 €	535 €
Between 3000 and 3999 KM	580 €	785 €

*Travel that use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling (instead of plane) receive a bigger amount of reimbursement.

Contact Us!



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Join with Tavo Europa

Explorer 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.

For more projects:

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



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