

RENDE (CS), ITALY

YOUTH EXCHANGE



From Inner Conflict to Global Peace:
Youth Building Non-Violent Societies

- Activity dates: 9–16 June 2026
- Arrival: 8 June 2026
- Departure: 17 June 2026



ABOUT THE YOUTH EXCHANGE

This project is a reflective and immersive journey focused on the role of **youth in navigating global tensions and social polarization**. In a world of contrasting narratives, it provides the clarity needed to bridge the gap between personal engagement and global awareness.

Moving beyond abstract theory, the programme approaches peace as a concrete daily practice. Participants will explore how **global dynamics influence their emotions and interactions, transforming helplessness into proactive responsibility**. The experience focuses on:



Critical Analysis:

Understanding conflict dynamics and how media shapes our perceptions.



Dialogue & Empathy:

Strengthening the ability to listen and communicate across differences



Active Peacebuilding:

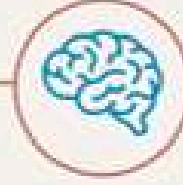
Moving from awareness to local action through non-violent approaches.



OBJECTIVES



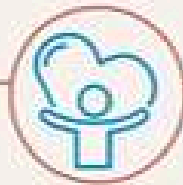
Support young people in **understanding the root causes of global conflicts** and their direct impact on both society and daily life.



Develop critical thinking skills to help participants navigate complex information flows and recognize how narratives are shaped.



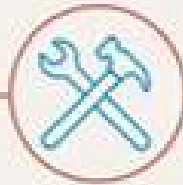
Strengthen core competencies in **non-violent communication, active listening, and constructive bridge-building** across differences



Encourage participants to reflect on their **individual roles** and the **weight of their own agency** within the broader social fabric



Empower young people to take the lead in promoting **peace-oriented** initiatives and **non-violent dialogue** within their local environments



Support the transition from **theoretical awareness to concrete responsibility**, providing the tools needed for everyday civic engagement.

PARTICIPANTS PROFILE



We are looking for curious, open-minded, and motivated **young people** who feel the need to make sense of today's complex world. This project is for you if you want to move beyond the "sense of helplessness"

32 Participants (Age: 18-30) + 8 Youth leaders from 8 European Countries

WE ARE LOOKING FOR YOUNG PEOPLE WHO:

- Are interested in **global and social issues**
- Are open to **dialogue and intercultural exchange**
- Are willing to **actively participate**
- Want to better **understand the world** and their role in it



NO PREVIOUS EXPERIENCE IS REQUIRED



METHODOLOGY

The study visit will be based on **non-formal learning approaches**, including:



Understanding **global conflicts**



Reflecting on **personal reaction and viewpoints**



Developing **dialogue and communication skills**



Exploring concrete ways to **take action**



EXPECTED OUTCOMES


- Have a better **understanding of global conflicts** and their **impact on society**
- Develop a more **critical and aware perspective** on information and narratives
- Improve their communication and **dialogue skills**
- Be motivated and equipped to promote **culture of peace** and **non-violent dialogue** in their communities
- Feel more **confident** in **expressing their views** and engaging with others

HOSTING ORGANIZATION

Entropia organization is based in the **University Campus of Rende (CS)** and is working with young people for about 30 years. The association has been managing DAM, a space that works both as a **cultural** and a **service center**, hosting many Italian and international students, **young people**, artists and locals for several activities. Its main aim is promoting active citizenship, inclusion, solidarity, peace and respect for humans and the planet, through arts, culture and communication.



WHERE?

-  **The activity will take place in Rende (CS)**
Visits will also be organized in the cities of Rende and Cosenza and in the surrounding areas.



HOW TO REACH US

The closest airport is Lamezia Terme, which is well connected to major Italian hubs like Milan, Rome, and Naples. From Lamezia, Naples, or Bari, take a train to Castiglione Cosentino or a bus to Rende. Once in Rende, use the Cosenza Autolinee TPL to buy urban bus tickets. the following page provides the full details.

NOTE: Before booking please **share and get your travel plan approved** by the association. Once approved send your **tickets purchase confirmation** within 3 days



Check trains and buses:
www.trenitalia.com
www.flixbus.it
italotreno.com
omio.com
InterSaj



Always keep your tickets and receipts, you will need them for reimbursement ! Travel refund is 309€ max

ACCOMMODATION



Participants will be accommodated in rooms of 2-3 people (divided by gender)



3 meals per day (breakfast, lunch, dinner) will be provided



Residenza Socrates

Via Alberto Savinio, 87036 Quattromiglia CS

Check-in: between 3 pm and 8 pm **Check-out:** at 10 am



HOW TO REACH US

FROM LAMEZIA TERME AIRPORT

- 🕒 **Direct Bus Option:** Alternatively, take a direct bus from the airport to Cosenza Università (Pensiline) for a 1 hour
- 🕒 **Train Option (Step 1):** Take the shuttle bus from the airport to Lamezia Terme Centrale station
- 🕒 **(Step 2):** Take a regional train to Castiglione Cosentino station,

FROM NAPOLI

- 🕒 **Airport to Napoli Centrale:** Take the Alibus shuttle from Capodichino Airport to the main train station
- 🕒 **Train to Castiglione Cosentino:** Take a high-speed train (Frecciarossa/Italo) to Castiglione Cosentino

FROM BARI

- 🕒 **Airport to Bari Centrale:** Take the train or the Tempesta/AMTAB shuttle from the airport to the city center
- 🕒 **Bari to Rende (Long-distance Bus):** Head to the bus terminal in Via G. Capruzzi and take a coach to Rende/Cosenza

Once you arrive at Castiglione Cosentino station, you can reach the University by taking a local city bus (lines 136 or 138) directly to the "Unical Pensiline" terminal or by walking the remaining distance (2.5 km)

Contact Us!



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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.

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