

Multilateral - Youth Exchange
BREAKING THE CYCLE
April 1st - 10th 2026 (travel days included)
Filaga, Sicily, Italy
(IT, EE, RO + 1 partners)

Open to: EU member states and third countries associated to the programme

As part of the Erasmus+ accreditation, and in line with InformaGiovani and IGnetwork partners' initiatives aimed at raising young people's awareness of issues related to the prevention of gender-based violence, InformaGiovani is organising a youth exchange called "**Breaking the Cycle**" in April in Filaga, Palermo.

This exchange aims to raise awareness of, and strengthen understanding of, gender-based violence, its causes, forms and consequences, while promoting gender equality, respect and non-violent relationships.

Young people today are increasingly exposed to gender stereotypes, unequal power relations, discrimination and various forms of gender-based violence, both offline and online. These issues are often normalised or ignored, which limits young people's ability to recognise violence, challenge harmful norms, and seek or offer support.

The aim of this project is to address these challenges by creating an inclusive, awareness-oriented learning environment in which participants can reflect on their own beliefs, challenge social norms and engage in open dialogue with peers from a variety of cultural and social backgrounds. Through non-formal educational methods such as simulations, role-playing, games, discussions and creative activities, participants will explore topics related to gender, consent, power dynamics, diversity and inclusion.

In line with European Youth Goals 2 (gender equality) and 3 (inclusive societies), the youth exchange also aims to empower young people to be active agents of change. It will encourage them to play an active role in recognising and preventing gender-based violence, promoting equality, and creating safer, more inclusive communities.

The exchange will involve young people aged 18–25, including those from disadvantaged backgrounds. It will respond to their need for connection, self-expression, participation and empowerment in building a society that is free from violence and discrimination.

The youth exchange will address the following objectives:

- Increase awareness and understanding of gender-based violence by exploring its different forms (physical, psychological, sexual, economic and online), root causes and impact on individuals and communities, while promoting empathy and accountability.
- Promote gender equality and inclusive attitudes by encouraging participants to recognise and challenge harmful gender stereotypes, sexism, discrimination and social norms that contribute to gender-based violence.
- To develop communication, empathy and conflict prevention skills by sharing tools for respectful communication, setting boundaries, consent, non-violent conflict resolution and learning how to respond to and prevent violent or harmful behaviour.



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- Create a safe space for dialogue on gender, identity, and violence – by providing an environment in which participants can share their experiences, perspectives, and knowledge relating to gender identities, diversity, consent, and healthy relationships, and feel respected and heard.

Date: April, From 1st to 10th 2026

Place: Filaga, (Palermo), Sicily, Italy

Group Composition: 1 leader + 5 participants (2 out of which facing fewer opportunities)

Target group: young people aged 18-25 years old

Leader age and profile: between 23-33 with experiences in working with young people, leading group and activities using NFE

Countries involved: (4 including Italy) Open to: EU member states and third countries associated to the programme

Condition: Food and Accommodation are provided by the host organization

Travel costs: Based on E+ distance calculator

Insurance: Participants and leaders are insured against illness, accident, third party liability and death. European participants must bring their European Health Card.

Methodology: Non formal Education, role playing, game, reflections, simulations, work in groups, etc.
APV online for leaders: (exact date will be agreed among involved leaders/partners)

Important: As this project is funded by the Erasmus+ Programme, participation is free of charge. Therefore, no fee can be charged to participants or leaders.

COORDINATING ORGANISATION

The Associazione InformaGiovani (iG) was founded in 2001 with the aim of promoting human and civil rights, especially for young people facing or at risk of facing social obstacles. Since 2009, it has been the coordinating body of an international network of various non-profit organisations, recognised and supported by the European Commission within the framework of the Erasmus+ programme.

The association has four main fields of action and intervention

- Promoting and encouraging access to information and the correct use of media and digital tools;
- Training young people and adults in non-formal education tools and techniques;
- Local and international volunteering as a tool for social intervention and active citizenship training;
- Supporting the participation of young people with fewer opportunities

The association is accredited by the Italian Youth Agency for the implementation of activities under the EU programmes Erasmus+ and European Solidarity Corps, and is a training body recognised by the National Order of Journalists. It is part of the Italian Eurodesk network, for which it manages a centre in the city of Palermo, in collaboration with the Municipality and the Regional Authority for the Right to Study. It is also a partner of the Alliance of Voluntary Service Organisations.

LOCAL HOST

The local community of Filaga and their local people involved in the project Terr@Terra will be the host. The "Terr@Terra" project intends to transform these places of Sicily into growth opportunities for those who have chosen to live there and for anyone who wants to discover and love Sicily. The project was born from this idea, with the aim of enhancing the naturalistic-environmental, historical-cultural, artistic, artisanal, food and wine and folkloristic resources of the Sicani territory, through the activation of educational, promotion and territorial animation actions, as well as with paths and services integrated in a system of sustainable use of the territory, starting from the bottom, "earth to earth" precisely, to favor processes of social infrastructure, youth social employment and socio-labor inclusion of disadvantaged people. Specifically, they intend to strengthen educational paths aimed at the social participation of people within a perspective of promotion of local culture, preservation

of local traditions and knowledge, enhancement of the environment, at the service of the community, of nature and social solidarity

ACCOMMODATION (Please read this section carefully)

We will be 25 people, leaders included, all the group will be hosted in a basic hostel in the small town of Filaga, in bunk-beds in sharing rooms, 10 beds-dormitory, and lockers. The building used to be a school and now is equipped as a very basic hostel, bathrooms and showers are limited and will be shared according to gender. Wi-Fi is available on the ground floor only.



FOOD AND DAILY TASKS

Food will be organized by local members and volunteers of Terr@Terra project. Participants will help in arranging the table, cleaning dishes, dining room, and common space divided in group and following shifts. Food will be organized by taking care of special diets and needs.

ALL THE ACTIVITIES WILL BE IMPLEMENTED IN FILAGA HOSTEL using indoor and outdoor spaces

Working hours are around 6-7 per day and all leaders and participants are required to take an active role in all activities and in the daily tasks.

ACTIVE PARTICIPATION AND PARTICIPANTS' CONTRIBUTION

All participants will be asked to contribute in cleaning dishes, tidying up the rooms, dressing the table, taking care of the common space and the indoor and outdoor spaces.

It is possible to cook/prepare simple traditional dishes for international evenings.

Participants and leaders are expected to take responsibility for the preparation and implementation of workshops, games and activities, and to participate actively throughout the duration of the YE (including daily tasks, media tasks, making videos/photos for promotion, etc.).

It is expected that participants and leaders will be ready to experience basic living conditions and experiencing community living atmosphere ☺

The accommodation comprises two dormitories, each equipped with five bunk beds, and a room with five single beds. We hope to divide participants according to gender; if this is not possible, we will organise mixed-gender rooms. Other solutions can be agreed upon by leaders and participants based on what is available at the facility.

TAKE IN MIND! Filaga is a village in a geographic-rural area, surrounded by mountains and woods. Participants should be ready to live in a calm (empty) environment (nice and welcoming!) and not expect to find metropolitan cities' assets. 😊

FINANCIAL CONDITIONS

This mobility is funded by the Erasmus+ Program (KA153-YOU): board, lodging and insurance are covered 100% by the Erasmus+ funding.

Travel cost will be reimbursed on the basis of actual expenses up to budget limit calculated [according to Erasmus+ distance band calculator](#) below. Expenses incurred in currency other than Euro will be converted according to the monthly rate set on the [official website InforEuro](#).

Travel Distance	Maximum travel reimbursement
10 – 99 km	28 EUR
100 – 499 km	211 EUR
500 – 1999 km	309 EUR
2000 – 2999 km	395 EUR

Reimbursement will be done by **bank transfer to the sending organisation** after receiving the needed supporting documents. The supporting documents are:

- Bus/train: original tickets / invoice
- Flight: e-booking or invoice + boarding passes

Note: photos or screenshots are not accepted. Scanned copies are fine.

Public means of transport will be reimbursed. (taxi is not refundable)

Maximum reimbursement available will consider the above budget limits.

WHAT TO BRING

- European Health Insurance Card
- Towel and toiletries (hygiene products, shampoo, towels, etc) – towels are not provided. If you don't bring it, you can rent it at the hostel at your own cost.
- Flip-flop for shower
- eco insect repellent, eco-friendly mosquito creams/sprays

- Any medicines you might need
- A sweater/ a jumper- Filaga is chilly at night!!!
- Comfortable shoes for light hiking in the wood
- Comfortable clothes
- Snack from your country for coffee break. (sweet, dry food, chocolates, candies, etc) - **please don't bring alcohol**
- music instruments if you play any
- re-usable bottle

BEFORE PLANNING YOUR TRIP TO FILAGA IT IS IMPORTANT TO KNOW...

Filaga is a remote rural area not easy to reach with public transport, therefore, it is important to schedule your trip taking into account the following information: bus at 18:45 is the last that you can take to reach the town, so don't miss it! Plan your trip following these recommendations:

Arrival in Palermo Airport (PMO) not later than 16:00	Departure from Palermo Airport (PMO) from 12:00 onwards
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IMPORTANT!!! you have to reach Palermo in order to get to Filaga, therefore, other airports are **NOT recommended!** Before purchasing any tickets, share with us the potential itinerary.

AST - Palermo to Filaga 01/04				AST - Filaga to Palermo 10/04			
Departure from	Time	Arrival to Filaga	Time	Departure from	Time	Arrival to Filaga	Time
Palermo AST- P.zza Giulio Cesare	18:45	Filaga bus station	20:20	Filaga	05:40	Palermo AST- P.zza Giulio Cesare	07:15
				Filaga	07:50	Palermo AST- P.zza Giulio Cesare	09:30



Official bus website where to check the bus time schedule (Italian only)

AST Website: <http://www.aziendasicilianatrasporti.it:8080/>

MEETING POINT IN PALERMO AND HOW TO REACH IT

Arrival day 01/04
<p>Meeting point: at 18:00 pm at Tabacco's shop in Piazza Giulio Cesare (it's a seller point for AST tickets) Important. Please arrive on time or in advance since buying ticket can require time Google map of the meeting point --> https://goo.gl/maps/yuoaCGyPRD6GZ2cL7</p>
Departure 10/04
All participants need to depart from Filaga by 10:00 am maximum





HOW TO REACH THE MEETING POINT FROM PALERMO AIRPORT (PMO)

Palermo Airport "Falcone e Borsellino" (PMO) is the nearest to the venue and the one we do recommend.

From Palermo Punta Raisi international airport (PMO) you need to reach the city centre by train or bus

BY TRAIN - TRENITALIA Direction: Palermo Aeroporto Punta Raisi to Palermo Central Station Price: One way €6.80 (the train takes between 50 and 60 minutes) Website: https://www.trenitalia.com/en.html	BY BUS - PRESTIA E COMANDÈ Direction: From Aeroporto "Falcone Borsellino" to Palermo Stazione F.S. (via Fazello) Price: One way €6.50 (only €6 if paid online) round ticket €11 (only €10 if paid online) Website: https://www.prestiaecomande.it/en/
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[LINK TO THE APPLICATION FORM](#) FOR INTERESTED ORGANISATION

For further information please contact Monica at monic@informa-giovani.net