

Multilateral - Youth Exchange
Understanding emotions through senses
August 4th - 12th 2026 (travel days included)
APV 15th - 18th June 2026 (travel days included)
Filaga, Sicily, Italy
IT, EE, TK, RS

As part of their Erasmus+ accreditation, InformaGiovani and its IGnet network partners are organising a youth exchange called '**Understanding emotions through senses**'. This event aims to promote socio-emotional learning and psychological well-being among young people by encouraging them to recognise their strengths and personal resources and challenging common myths surrounding mental health.

The World Health Organization defines mental health as a state of emotional and psychological well-being, whereby individuals can recognise their abilities, cope with normal life stresses, build meaningful relationships and contribute to their community. However, reflecting on one's emotional well-being is still not a common cultural practice, which can hinder the development of the necessary skills to manage stress and difficult situations.

As is well known, adolescence is a crucial time for emotional and social development. During this period, young people learn to manage their emotions, cope with stress and form relationships with others. However, factors such as peer pressure, social expectations, and the influence of the media can cause anxiety and insecurity, making it difficult to establish a sense of identity.

Emotional disorders, particularly anxiety, are becoming increasingly prevalent among young people, highlighting the importance of preventive and educational initiatives. It is therefore essential for organisations working with young people to create safe and supportive spaces where adolescents can explore their emotions, build resilience and develop healthy coping strategies.

The youth exchange, '**Understanding emotions through senses**', aims to address these needs by raising awareness of mental health issues and fostering socio-emotional skills. Young people will explore primary emotions, learn to recognise and regulate them, and reconnect with their senses. Through non-formal educational methods, such as art, theatre, sensory and creative exercises, games and group discussions, participants will enhance their emotional intelligence, boost their resilience and identify healthier alternatives to risky behaviours. This will equip them with the skills needed to overcome challenges and promote their overall well-being.

The youth exchange will address the following objectives:

- raise awareness of the benefits of good mental health at different stages of life and in society.
- promote mental health and well-being by encouraging self-awareness, emotional expression, and reflection on how to maintain one's own and others' psychological and emotional balance.
- explore and regulate emotions through sensory-based learning experiences, developing the ability to



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- respond constructively to the emotions of others.
- help to break down the stigma surrounding mental health and create safer, more inclusive societies.

The project responds to European Youth Goal 5 (mental health and well-being) by promoting well-being and mental health, and helping to break down the stigma surrounding mental health issues and promote the social inclusion of all young people.

Date: August, From 4th to 12th 2026

Place: Filaga, (Palermo), Sicily, Italy

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

Target group: young people aged 14-17 years old

Leader age and profile: 25+ with experience in working with young people, leading groups and activities using NFE

Countries involved: (Italy, Estonia, Serbia, Turkey)

Condition: Food and Accommodation are provided by the host organization

Travel costs: Based on the 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, art, theatre, role playing, games, reflections, simulations, work in groups, etc.

APV in presence for leaders: From 15th to 18th of June 2026

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-it is not permitted**
- 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 04/08				AST - Filaga to Palermo 12/08			
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 04/08
<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 12/08
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/>

[LINK TO THE APPLICATION FORM](#) FOR LEADERS AND PARTICIPANTS

For further information please contact Alice at erasmus@informa-giovani.net

Youth Exchange - Understanding Emotions Through Senses - August 4th - 12th 2026

	Tue - 04.08	Wed - 05.08	Thur - 06.08 Sense: sight	Frid - 07.08 Sense: smell	Sat - 08.08 Sense: all
		Energizer	Energizer	Energizer	Energizer
9:30		Get to Know	Meeting with an expert: What are emotions? How to recognise and regulate them	Tool for recognising emotions	Erasmus+ opportunities for young people
12:30		Agenda, expectations, contributions		Hound Dogs activity	Mid-term Evaluation + visit
13:00	Lunch	Lunch	Lunch	Lunch	Lunch
16:00		Team Building	The emotion diary: introduction	Arts & crafts: Scent Scrapbook	Sensorial treasure hunt / Sensorial bingo
19:00	Arrivals	Stay together: Set our own open and safe space	Arts & crafts: collages and storytelling		
		Youthpass Key competences	Meeting among leaders & group		Meeting among leaders & group
20:00	Dinner	Dinner	Dinner	Dinner	Dinner
After-dinner	Welcome evening	Games	Intercultural evening	Intercultural evening	
	Sun - 09.08 Sense: hearing	Mon - 10.08 Sense: touch	Tue - 11.08 Sense: taste	Wed - 12.08	
	Energizer	Energizer	Energizer		
9:30	Tool for regulating emotions	Theatre as a tool for expressing emotion, to recognize others' emotions and respond constructively	Preparing the event: work in groups	Departures	
12:30	Emotion management techniques				
13:00	Lunch	Lunch	Lunch		
16:00	Mindfulness & meditation: reconnecting with nature and emotions Free	Preparing the event: sharing ideas and division in groups	Final evaluation & reflection		
19:00			YouthPass Ceremony		
		Meeting among leaders & group			
20:00	Dinner	Dinner	Dinner		
After-dinner	Intercultural evening	Self-managed	Event open to local public, shared dinner and firewall party		