

# — Information pack



12th August — 20th August 2026 | Valsamoggia, Italy

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## — About the project

“**ROOTS - Reflecting On Our Tomorrow’s Stories**” was created to offer young people safe and creative spaces where they can reflect on their roots, connect with peers from different European countries and imagine new perspectives for the future together.

The project is based on visual arts and creative writing as tools to express ideas, share experiences and build connections across cultures. Through activities such as painting, drawing, sculpture, printing, collage and storytelling, participants will explore their identities and transform personal stories into collective artworks.

The youth exchange will create a space where young people can express themselves freely, work together and see themselves as active contributors to dialogue, creativity and positive change.

The main goal of the project is to support the personal, social and cultural growth of young people through an intercultural experience based on art, creativity and active participation. Participants will be encouraged to explore their roots, imagine sustainable futures and share their visions, while developing confidence, skills and a sense of belonging.

## — About the program

**ROOTS** is a project that includes a one-week youth exchange involving 32 young participants from Croatia, Italy, Latvia, Lithuania, Slovenia and Spain, who will gather in Valsamoggia, Italy, in a place surrounded by nature and well suited for creativity and community life.

The youth exchange programme will be based on non-formal education and experiential learning, and it will develop in three main steps:

- First, participants will explore their identities and roots through personal reflection, creative writing and self-expression activities. These sessions will help them get to know themselves better and prepare for the artistic work of the following days.

- Second, they will take part in practical workshops using painting, drawing, sculpture with clay, printing, collage and collective writing. The activities will connect different forms of expression, showing how a text can inspire an image and how an artwork can become a story.

- Third, participants will work together to create collective installations, visual stories and performances, combining their individual ideas into shared artworks.

During the youth exchange, participants will also organise an artistic exhibition-performance, which will be an opportunity to share the results of the project and create dialogue with the local community. The final outcomes will also be collected in a digital catalogue.

## — Participants profile

Residents of Croatia, Italy, Latvia, Lithuania, Slovenia and Spain. Each national group will consist of 5 people: 4 participants aged between 18 and 25 and a group leader with no age limit.

This youth exchange is open to young people from the local communities of the partner organisations who are curious, open-minded and interested in art, creativity and intercultural exchange. It is designed for participants who are motivated to take part in artistic workshops, creative writing, group activities and shared creative processes, and who are willing to share ideas, experiences and perspectives in an open and respectful environment.

### [Application / registration form link](#)

To apply to participate in the project or if your participation has already been confirmed by the organisation in your country, please fill in the following form:

<https://forms.gle/wQCSqnJYJTKZsmSbA>

# — Timetable

## ROOTS Reflecting On Our Tomorrow's Stories

Time	12 AUG	Day 1 13 AUG	Day 2 14 AUG	Day 3 15 AUG	Day 4 16 AUG	Day 5 17 AUG	Day 6 18 AUG	Day 7 19 AUG	20 AUG	
08:30 - 9:30	A R R I V A L S	Breakfast								D E P A R T U R E S
09:30 - 11:00		Opening Introduction Name games	Body-mapping	Illustration and storytelling	Participants Skillshop	Participants Skillshop	Sensing object	Artistic evaluation of the experience		
11:00 - 11:30		Break								
11:30 - 13:00		Getting to know each other	Roots Journal Living paintings	Sculpting with clay	Participants Skillshop	Participants Skillshop	Roots Journal Selection & Creative Quotes Wall	Dissemination and follow-up planning  Group portrait		
13:00 - 15:00		Lunch								
15:00 - 16:30		Painting: expectations contributions challenges	Roots creative cards	Participants Skillshop	Free afternoon	Printing workshop	Preparation of the Exhibition / Performance	Roots reflection & Evaluation		
16:30 - 17:00		Break								
17:00 - 18:30		Erasmus+ Youthpass  Collaborative portrait creation	Creative writing	Future postcards	Free afternoon	Collage	ROOTS Exhibition / Performance	Youth Pass Ceremony & Closure		
18:30 - 19:00		Reflection								
20:00 - 21:00		Dinner								

### [TIMETABLE LINK](#)

**Note:** *The timetable is subject to change and may be adapted together with the participants, based on the group's needs and dynamics.*

*Further informations for preparation will be shared by email and WhatsApp group before the mobility.*



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## — About the accommodation and location

The project will be hosted at the Casa la Lodola Bio-farmhouse (<https://casalalodola.it/>) located in San Prospero, a hamlet of Savigno in the 'Appennino Bolognese', a natural area in the hills 43 km from the city of Bologna.

**Maps location:** <https://maps.app.goo.gl/nA8jzamF6RgUxGf18>



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The facility has three floors, an indoor activity room of 50mq, kitchen, common area, two dormitories and several bathrooms.

The courtyard area, in continuity with the surrounding meadows and fields, offers a relaxing view for the eyes and the passing company of grazing sheep.

Activities will be held either in the indoor hall or in the outdoor courtyard as appropriate.





## **Sleeping rooms**

The facility has two large dormitories that can accommodate up to 15 people each, into which participants will be divided. Some rooms on the second floor will be available for group leaders.



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The organisation will provide the structure with materials for personal hygiene, bed linen and towels. **N.B. Food:** Meals will be prepared by a professional kitchen team and will be often vegetarian, in line with the hosting venue's philosophy. Vegan meals or alternatives for participants with allergies or specific dietary needs will be provided upon request. **N.B.** The accommodation does not have full wi-fi coverage, but mobile phones and roaming generally work well. A wi-fi router will be available in the indoor common room for shared use.



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## — About the team



— **Davide Banin** is a trainer specialised in art-based methods and intercultural learning. He has extensive experience in organising artistic and cultural events, and in developing projects for social inclusion and youth empowerment, both in Italy and internationally. Passionate about painting and visual arts, he believes in the transformative power of art as a tool for connection, expression, and personal growth.



— **Lucija Marin** is a visual artist with a main focus on sculpture. In her artistic work she mainly creates installations with waste materials and investigates themes relating to the natural world, which she presents through various media. Through her works she questions the impact of consumerism on the environment and the relationships between tradition, culture and environmental pollution.



— **Alessandro “Sasha” Garau** is a musician, composer and producer with a degree in 'Music, Commercial Composition & Technology' from the University of Hertfordshire, UK. For years he has been creating music and relationships in the city of Bologna by connecting to many local, professional and underground realities. Expert in the realisation of

self-produced projects, with specific skills aimed at understanding the overall vision of a creative path.



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## — Participation conditions

**Participants should arrive by August 12 evening and will leave from August 20 morning.** We require the presence for the entire duration of the Youth Exchange. During this period the participants coming from all countries will be hosted all together at Casa La Lodola.

- Food and accommodation is fully covered by the organizers with the support of the European Commission's Erasmus+ Programme.
- The organization will buy health travel insurance to the selected participants that need one.
- Travel costs will be reimbursed, up to travel cost limit (listed below) according to Erasmus + programme.

In a practice of shared hospitality and exchange, as an important aspect of the project, participants are invited to a collaborative spirit and to contribute to the respect of common spaces and the environment.

### MAXIMUM REIMBURSEMENT:

Lithuania	309 euro
Latvia	309 euro
Spain	309 euro
Croatia	285 euro using Green Travel methods (eg. train, bus, carpooling) / 211,00 euro if travelling by plane
Slovenia	285 euro using Green Travel methods (eg. train, bus, carpooling) / 211,00 euro if travelling by plane
Italy	56,00 euro using Green Travel methods



**N.B.** If you have any questions about the travel plan, please contact the e-mail [associazioneottovolante@gmail.com](mailto:associazioneottovolante@gmail.com)

**The nearest airport is Bologna Airport (BLQ).**

*Participants may travel up to 3 extra days before and/or after the activity. Please note that any costs related to these extra days will not be covered by the project and must be arranged independently by the participant. In specific cases, exceptions may be considered in agreement with the project coordinator.*

**In order to get your reimbursement, please pay attention to the following procedure:**

- First of all, **KEEP ALL** the tickets and reservations you get to prove your expenses (bus tickets, train tickets, electronic flight ticket, travel reservations and invoices, electronic receipts etc.). For train and bus tickets make sure the date, the itinerary and the price are visible on the ticket. Taxi reimbursements are generally not allowed, unless otherwise agreed.
- Second: **KEEP ALL** your flight boarding passes (outward and return).

**N.B.** If you use the airline's phone app, be sure to take a screenshot of the boarding pass, as this is in many cases automatically deleted from the app after you have travelled.

All participants will have to upload all the required documentation in the drive folder that will be shared by e-mail: all original tickets and receipts with the price; boarding pass; travel reimbursement form. Once all the documents are correctly received we will proceed with the reimbursement by bank transfer to the participant or through the partner organization.

## — Travel informations: how to reach the project

**All participants are advised to travel to the city of Bologna**, which is 43 km away from the project host structure. From Bologna it is possible to reach Casa La Lodola by bus.

*Casa La Lodola - final destination maps location:*

<https://maps.app.goo.gl/nA8jzamF6RgUxGf18>

If travelling by plane, **the nearest airport is Bologna (BLQ)**, but you could also fly to another Italian airport and reach Bologna by train or bus.



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## **Bus from Bologna city to “Casa La Lodola”**

Bus no. 686 connects the Bologna bus station (Bologna Autostazione - maps: <https://maps.app.goo.gl/psYy7xzutwba4eEaA> ) with the Ca' Bortolani stop (Final bus stop - maps: <https://maps.app.goo.gl/yvNbrMXLRm4tfwai9> ), which is 2 km from Casa La Lodola.

Once you get to Ca' Bortolani stop, the organization will be at disposal to pick-up you by car depending on your arrival time if needed.

**BUS 686 (note: the bus timetable is now valid until 6th of June - the new timetable for August 2026 will be shared after this date once published)**

- Start from BOLOGNA AUTOSTAZIONE at 12:15, 13:15, 13:50, 14:25, 17:10, 18:10 and 19:15 (*time until 6th June*)
- Arrive at CA' BORTOLANI bus stop at 13:30, 14:30, 15:07, 15:42, 18:35 and 19:35 and 20:32 (*time until 6th June*)

LINK TO BUS TIMETABLE: [tper\\_Bo686\\_BUS\\_Timetable.pdf](tper_Bo686_BUS_Timetable.pdf)

If the bus company changes the timetable for the month of August, the organisation will inform the participants. **The updated timetables will be published by the bus company at this link:** <https://www.tper.it/bo-686>

N.B: Please inform us about your travel plan in advance. **For any last minute change or delay in your travel schedule, please contact:**

+39 348 688 2687 / [associazioneottovolante@gmail.com](mailto:associazioneottovolante@gmail.com)

**Travel safety** - Please remember to bring your European Health Insurance Card (EHIC), with which you have free access to Italian healthcare facilities. The organisation is willing to provide travel health insurance in special situations and on request.

What is the European Health Insurance Card? A free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Liechtenstein, Norway, and Switzerland, or the United Kingdom under the same conditions and at the same cost (free in some countries) as people insured in that country. Cards are issued by your national health insurance provider. Find more information here <https://ec.europa.eu/social/main.jsp?catId=559>



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# — What to bring

## While packing, don't forget:

- If you have a small musical instrument or small percussion instrument that can make sounds, bring it along, we will use it for activities.
- Please bring your own bottle for refilling water while you are outside the center.
- Comfortable clothes & sturdy shoes for the activities and walking (as we will do active exercises and we will walk around).
- Some products from your country (sweets, drinks, anything else specific, music, dances, etc.) – we want to take advantage of our multicultural group so we would like to organize an international evening.
- Any games, materials (books, videos, photos, other products) that could be used during the program or free time.
- Your European health insurance card.
- If for health reasons you take any specific medicine please bring sufficient supplies for the duration of your stay, in case it could be impossible to find them on location.
- You can bring your personal notebook or tablet.
- There is the possibility of a trip to the river, we recommend you bring a swimming costume.
- GOOD mood!



## — Partners and contacts



**Associazione Ottovolante** (Italy)

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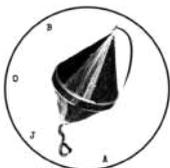
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