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Pinarella di Cervia

Italy

sound of inclusion

MUSIC-BASED TOOLS IN YOUTH WORK



lokalPatriot

EASTERN
THEATRE
FOUNDATION



MEMENTO MORTIS

30 FRIENDS



— Information pack

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— About the project

In contemporary society young people face complex and multidimensional challenges. Music, understood as a universal language and a tool of non-verbal communication, holds unique potential to overcome linguistic and cultural barriers, to foster inclusion, wellbeing and active participation, and to develop transversal competences such as empathy, collaboration and self-esteem.

“Sound of Inclusion: music-based tools in youth work” share the will to disseminate inclusive musical methodologies, transfer competences to territories and practitioners with fewer resources, and strengthen the capacities of youth workers in using music as a non-formal educational tool to work with young people, including youth with fewer opportunities and those with a migrant background.

The main objective of the project is to strengthen the competences of youth workers in the use of music as a non-formal educational tool, capable of promoting inclusion, participation and wellbeing among young people, with particular attention to those living in disadvantaged conditions.

The specific objectives are to:

- experiment with and share accessible musical methodologies to promote inclusion and participation;
- reinforce youth workers' capacity to operate in multicultural contexts and with young people with a migrant background;
- promote young people's psychosocial wellbeing through collective musical practice;
- create a repertoire of tools that are replicable and adaptable to the partners' local contexts;
- foster intercultural dialogue and the exchange of good practices at European level.

The project foresees a Training Course based on practical workshops, non-formal education and experiential learning. Following the course, a Toolkit with methodologies, reflections and guidelines for adaptation to different contexts will be developed and disseminated, in order to broaden the impact beyond the direct participants.



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— About the program

The main activity of the project is an 8-day international Training Course that will take place in Pinarella di Cervia. It will involve 28 participants from 9 European countries: Croatia, Estonia, Greece, Italy, Latvia, Poland, Slovenia, Spain and Ukraine.

The participants will be youth workers with diverse backgrounds, united by their interest in using music as an educational and inclusive tool. The project's methodological framework is based on non-formal education, with an experiential and participatory approach. All sessions are designed to stimulate active participation, creativity and peer learning, so that youth workers become co-creators of educational tools that can be replicated in their own local contexts.

The methodological programme will combine several complementary dimensions:

- Experiential and outdoor activities, with immersive experiences in nature and urban spaces to connect music, environment and personal wellbeing.
- Creative and performative workshops, involving collective expression processes that stimulate imagination, inclusion and co-creation.
- Intercultural learning, through the sharing and cross-fertilisation of musical traditions from the partner countries, with reflections on the educational and social value of diversity.
- Accessible digital tools, using free apps and simple tools to record, edit and disseminate sound content.
- Reflection and evaluation, through debriefings, feedback groups and self-assessment to consolidate learning and support the adaptation of methodologies to local contexts.

Following the Training Course, participants and the whole team involved will collaborate on the co-creation of a Toolkit collecting methodologies, guidelines and recommendations.

— Participants profile

Participants will have diverse professional and cultural backgrounds, united by a shared interest in using music as an educational and inclusive tool. They may be youth workers, facilitators, project coordinators, volunteers, educators, artists or musicians engaged in non-formal education contexts.

Each partner organisation will involve 3 participants who are active in youth work (staff, members or volunteers), motivated to explore music-based inclusion, and ready to transfer what they learn by testing and sharing the methods in their local activities after the Training Course.

[Application / registration form link](#)

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

<https://forms.gle/9mAKq6FmSvRkguvd6>



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— Timetable

[TIMETABLE LINK](#)

TC Sound of Inclusion

Time	28 MAY	Day 1 29 MAY	Day 2 30 MAY	Day 3 31 MAY	Day 4 1 JUN	Day 5 2 JUN	Day 6 3 JUN	Day 7 4 JUN	Day 8 5 JUN	6 JUN	
08:30 - 9:30	A R R I V A L S	Breakfast									
09:30 – 11:00		Opening Introduction Name games	World café: Inclusion and art	Music improvisation and Rhythm orchestra	Sound-walk	Power of voice	Sound Visualizer	Fundacja Teatr Wschodni (Poland) Workshop	Evaluation through art	D E P A R T U R E S	
11:00 – 11:30		Break									
11:30 – 13:00		Getting to know each other	Creation of instruments with recycled materials	Teatro Metaphora (Portugal) Workshop	Eesti People to People (Estonia) Workshop	Creative Rap	3D Friends (Latvia) Workshop	LokalPatriot (Slovenia) Workshop	Adaptation of the methods to our target groups		
13:00 – 15:00		Lunch									
15:00 – 16:30		Expectations contributions challenges Target groups mapping	Memento mortis (Greece) Workshop	Sound tree Sound flower Be your own Dj	Self-immersion time	Udruga Prizma (Croatia) Workshop	Algorythm	Echoes of the landscape	Dissemination plan Learning outcomes and summing up		
16:30 – 17:00		Break									
17:00 – 18:30		Body percussion circle	Intercultural learning: Music Presentations	Smart Lab / Band Lab	Self-immersion time	Colectivo Yapanqui (Spain) Workshop	Voices of the landscape	Biosonology	Evaluation of the TC and reflection circle Youthpass		
18:30 – 19:00		Reflection									
20:00 – 21:00		Dinner									

Note: *The timetable at this link is subject to change and part of the program is co-created with the partner organizations / country team involved. The program is combining the program facilitated by the trainers with sessions that each organization / country will propose.*

Further informations for preparation and tools will be shared in April and May 2026.



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— About the accommodation and location

The Training Course will take place at Mare e Vita Village (www.mareevita.it), located in Pinarella di Cervia, on the sea side of Emilia-Romagna region.

Maps location: <https://maps.app.goo.gl/iw6nxgg1ZXrJ2YZB8>



Mare e Vita Village is located, just a few steps from both the pine forest and the beach. The venue offers a peaceful environment for creative and group-based activities.

The structure will provide a dedicated activity room for our sessions. Depending on the programme, activities will take place both indoors and outdoors.

The structure is a complex composed of several buildings and offers various common areas for free time, including a bar, sports courts and outdoor shared spaces.

The venue also offers access to a private beach area with a limited number of sunbeds and umbrellas available free of charge for the group. Next to it, there is a public beach area as well.



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Rooms: Accommodation will be mainly in double rooms, with some triple rooms. Bed linen and basic personal hygiene materials will be provided by the hosting organisation. It is recommended to bring a personal towel, although towels can also be provided if needed.



Food: Meals (breakfast, lunch and dinner) are provided by the hosting structure Mare e Vita. Vegan meals or alternatives for participants with allergies or specific dietary needs will be provided upon request. We plan 2 meals in different locations (one lunch and one dinner) together with the whole group.



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— About the team



— **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.



— **Marco Salaris** is an artist, researcher and trainer from Sardinia working in the field of sound, music and artistic methodologies. He is a certified Operator in Biosonology and has developed projects and collaborations in the international avant-garde art scene. His work focuses on listening, sound exploration, and the relationship between sound, perception and wellbeing.



— **Angelica Foschi** is a multi-instrumentalist and music educator based in Bologna. She began her musical training at a young age studying piano and later specialized in accordion, developing a personal artistic research on the instrument at the Ivan Illich Popular School of Music in Bologna, where she also teaches. She has attended seminars on improvisation, contemporary music and jazz in Italy and abroad. Angelica teaches piano and accordion, leads ensemble music workshops, and is active as a musician, composer and performer in music and theatre projects.



— **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 visual arts, he believes in the transformative power of art as a tool for connection, expression, and personal growth.



— Participation conditions

Participants should arrive by May 28 evening and will leave from June 6 morning. We require the presence for the entire duration of the Training Course. During this period the participants coming from all countries will be hosted all together at “Mare e Vita Village” in Pinarella di Cervia.

- 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:

- Estonia- 309 euro
- Greece - 309 euro
- Latvia - 309 euro
- Poland - 309 euro
- Spain - 309 euro
- Portugal - 395 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

N.B. *If you have any questions about the travel plan, please contact the e-mail associazioneottovolante@gmail.com or by WhatsApp +393486882687*

*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.*



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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. It's not allowed to reimburse taxis.
- 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 have to reach PINARELLA DI CERVIA (Cervia). *Mare e Vita village - Pinarella di Cervia - final destination maps location:*

<https://maps.app.goo.gl/iw6nxgg1ZXrJ2YZB8>

Most travellers will likely reach Cervia by train, as it is usually the easiest final connection. Please note that the local train station is called “Cervia - Milano Marittima” and it is located about **2.5 km** from Mare e Vita Village. From the train station, we will coordinate a **local bus option** and, if possible, a **car pick-up** (details will be shared closer to the activity).

A) BY PLANE

The recommended airports are **Bologna (BLQ)** and **Rimini (RMI)**, as they offer the fastest connections to Cervia / Pinarella di Cervia.

Good alternative options are **Venice Marco Polo (VCE)** and **Treviso (TSF)**, which often have many international flights (please consider a longer transfer to the final destination).



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Ancona (AOI) and **Forlì (FRL)** are relatively close, but they operate **limited and seasonal routes**, so please check availability in advance.

If needed, you may also consider **Milan Bergamo (BGY)** and **Milan Malpensa (MXP)**, however these options usually require **longer travel time** to reach Cervia.

Each of these airports and cities above are connected by train line or bus to reach the location.

Connections from airports to Cervia

- From **Bologna Airport (BLQ)**, you can take the Marconi Express (cabin train) to Bologna Centrale railway station and then a regional train to Cervia-Milano Marittima.
- From **Rimini Airport (RMI)**, you can travel to Rimini train station (bus) and then take a train to Cervia-Milano Marittima.
- From **Venice (VCE)** or **Treviso (TSF)**, you can reach the respective train stations (Venezia Mestre / Treviso Centrale) and travel by train to Cervia-Milano Marittima, usually with one change (often in Bologna or Ravenna).
- From **Ancona Airport (AOI)**, you can reach Ancona train station and then travel by train to Cervia-Milano Marittima.
- From **Milan (MXP/BGY)**, you can reach Milano Centrale and then travel by train to Cervia-Milano Marittima (often with changes).

Trenitalia (Train) website: www.trenitalia.com/en

Other options of connections are buses, mostly Flixbus. Sometimes buses are starting directly from airports.

TRAIN

The train station you should arrive in Cervia is named “**CERVIA MILANO MARITTIMA**” and is located 2,5 km from the hosting structure “Mare e Vita village”.

Maps location of Cervia train station (final stop):  Cervia - Milano Marittima

Train tickets are available on Trenitalia website: www.trenitalia.com/en



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BUS

If travelling by international bus (e.g. FlixBus), we recommend arriving in one of the following cities:

- Bologna
- Rimini
- Cesena
- Ravenna

From these cities, you can easily reach “**Cervia-Milano Marittima train station**” by regional train.

Please note that direct buses to Cervia are limited, so arriving in one of the cities listed above is usually the most convenient option.

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

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.
- The beach and the sea are just a few meters from the venue, so we recommend bringing a swimming costume and towel.
- GOOD mood!



— Partners and contacts



Associazione Ottovolante (Italy)

email: associazioneottovolante@gmail.com

Davide Banin - tel.: +39 348 688 2687 (*WhatsApp*)

Claudia Morettini - Tel.: +39 338 948 8763

LokalPatriot

LokalPatriot (Slovenia)

email: kim@lokalpatriot.si



Udruga Prizma (Croatia)

email: info@udrugaprizma.hr



Memento mortis (Greece)

email: info@mementomortis.com



Colectivo Yupanqui (Spain)

email: colectivoyupanqui@gmail.com



3D Friends (Latvia)

Email: lvfriends3d@gmail.com

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Fundacja Teatr Wschodni (Poland)

email: teatrwschodni@gmail.com



Eesti People to People (Estonia)

email: ptpest@hot.ee



Teatro Metaphora (Portugal)

email: tmetaphora@gmail.com



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