



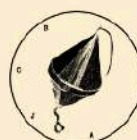
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16.9.-24.9.
Valsamoggia,
Italy



altera_lab.

UDRUGA
PRIZMA



16th September — 24th September 2025 |
Valsamoggia, Italy

— Information pack

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— About the project

Mindful Creators was born in response to the emotional, social and creative challenges faced by many young people today. In a time of increasing uncertainty, stress and disconnection from meaningful relationships and nature, this project offers a space for expression, connection and growth. Participants from Italy, Croatia, Slovenia, Armenia and Georgia will take part in a collective journey focused on personal and social well-being through non-formal education. The project blends mindfulness, artistic practices and intercultural exchange to strengthen emotional awareness, foster inclusion, and develop creative potential. Through shared experiences and meaningful dialogue, Mindful Creators seeks to provide tools for managing stress, promoting empathy, and building a stronger sense of community – empowering young people to become more aware, expressive and active in their own lives and within their local contexts.

— About the program

The exchange will take place in the natural setting of the Emilia-Romagna Apennines, where 32 young people from five countries will spend one week in shared activities. The daily programme is structured around experiential learning and non-formal education methods, combining mindfulness, body movement, and creative expression. Each day will include group workshops, collaborative artistic projects, guided meditation, and outdoor experiences designed to deepen awareness and connection. The programme also encourages cultural exchange and dialogue, with space for reflection, group sharing, and the exploration of inclusion and diversity. The setting, the methods and the atmosphere are all designed to support emotional balance, creativity and mutual understanding. The experience aims to be not just enriching on a personal level, but also a starting point for future engagement, action and community involvement.

— Participants profile

Residents of Italy, Armenia, Croatia, Georgia and Slovenia. Each national group will consist of 6 people: 5 participants aged between 18 and 25 and a group leader with no age limit.



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This youth exchange is open to young people from the local communities of the partner organisations who are curious about personal growth, interested in exploring mindfulness and creativity, and motivated to experience non-formal education through artistic expression, group activities and intercultural exchange.

[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/8fH8uvEGUJpnWTT17>

— Timetable

| MINDFUL CREATORS | | | | | | | | | |
|------------------|--------------------------------------|--|--|---|---------------------------|--|---|---|--------|
| Time | 16 SEP | Day 1 17 SEP | Day 2 18 SEP | Day 3 19 SEP | Day 4 20 SEP | Day 5 21 SEP | Day 6 22 SEP | Day 7 23 SEP | 24 SEP |
| 08:30 - 9:15 | A R R I V A L S | Breakfast | | | | | | | |
| 9.15 - 9.30 | | Intro of the day | | | | | | | |
| 09:30 – 11:00 | | Opening Introduction Name games | Intercultural learning | Introduction to the Mindfulness Guided meditation | Study Visit in Bologna | The Power of Voice Creative Rap | Participants Skillsshop (Croatia) | Evaluation through art Group portrait | |
| 11:00 – 11:30 | | Break | | | | | | | |
| 11:30 – 13:00 | | Getting to know each other Teambuilding | Mapping the needs of participants | How to deal with stressful situations? Self-care stations | Study Visit In Bologna | Contact improvisation | Participants Skillsshop (Armenia) | Dissemination and follow-up planning | |
| 13:00 – 15:00 | | Lunch | | | | | | | |
| 15:00 – 16:30 | | Expectations, contributions, challenges Group agreements | Understanding cultures through music | Music improvisation | Self-immersion time | Participants Skillsshop (Georgia) | Participants Skillsshop (Italy) | Evaluation | |
| 16:30 – 17:00 | | Break | | | | | | | |
| 17:00 – 18:30 | | Erasmus+ Youthpass Collaborative clay portrait | Somatic movement methods | Hands in Clay, Eyes Within | Self-Immersion time | Participants Skillsshop (Slovenia) | River of life | Youth Pass Cerimony & Closure | |
| 18:30 – 19:00 | | Daily Reflection | | | | | | | |
| | 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.*

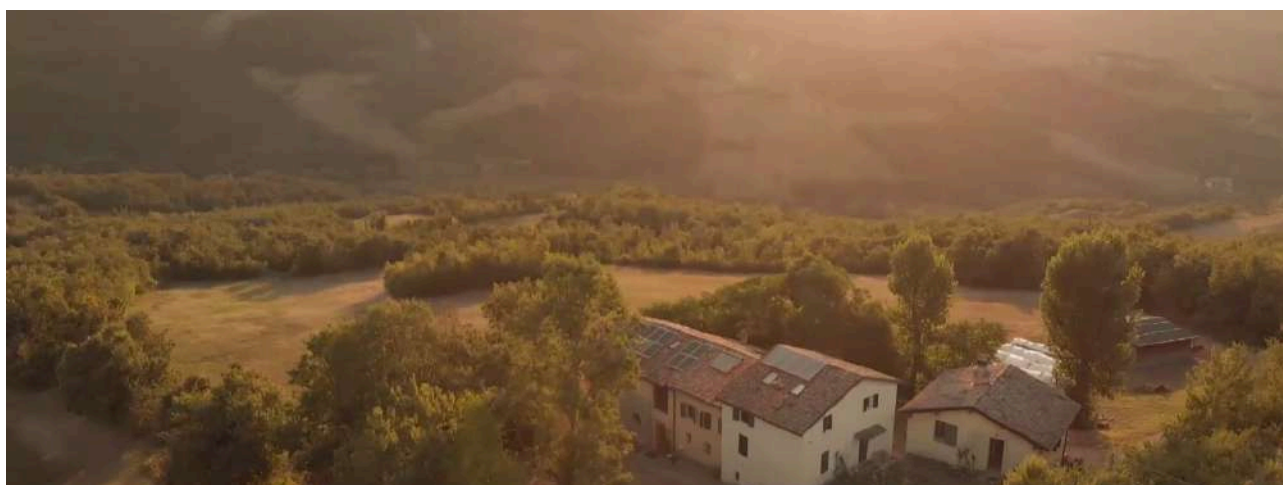


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— About the accommodation and location

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.



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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 predominantly 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



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and roaming generally work well. A wi-fi router will be available in the indoor common room for shared use.

— 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.



— **Laura Poghosyan** holds a Master's degree in Psychology and has over 10 years of experience in the field of non-formal education. As a trainer and educational psychologist, she works both locally and internationally with a focus on personal development, social inclusion, peacebuilding, conflict transformation, mental health, mindfulness and meditation. Her approach combines experiential learning with art therapy and somatic practices. She has extensive experience working with vulnerable groups, especially young people facing economic, social and cultural challenges. In her work, she promotes non-violent communication, self-awareness and deep connection as tools for healing and transformation.



— **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.

— Participation conditions

Participants should arrive by September 16 evening and will leave from September 24 morning. We require the presence for the entire duration of the Youth Exchange.



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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:

- Armenia - 395 euro
- Georgia - 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
- 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

The nearest airport is Bologna Airport (BLQ). It is allowed to travel up to 4 extra days before and/or after the exchange period (maximum 4 in total) although those days will be subject to your own costs and self-organization.

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

- First of all, **KEEP ALL** the tickets 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).



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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.

Selected 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 (electronic receipts without the price cannot be considered);
- boarding pass;
- photo of your ID card or Passport;
- 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.

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.



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BUS 686

- Start from BOLOGNA AUTOSTAZIONE at 14:20, 17:05 and 18:05
- Arrive at CA' BORTOLANI bus stop at 15:33, 18:20 and 19:20

LINK TO BUS TIMETABLE:  [tper_Bo686_BUS_Timetable.pdf](#)

If the bus company changes the timetable for the month of September, the organisation will inform the participants. Any updated timetables will in any case 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

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>

— 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,



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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



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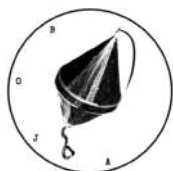
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