



Co-funded by the European Union



# **ERASMUS+ TRAINING COURSE**

**(KA153 - MOBILITY OF YOUTH WORKERS)**

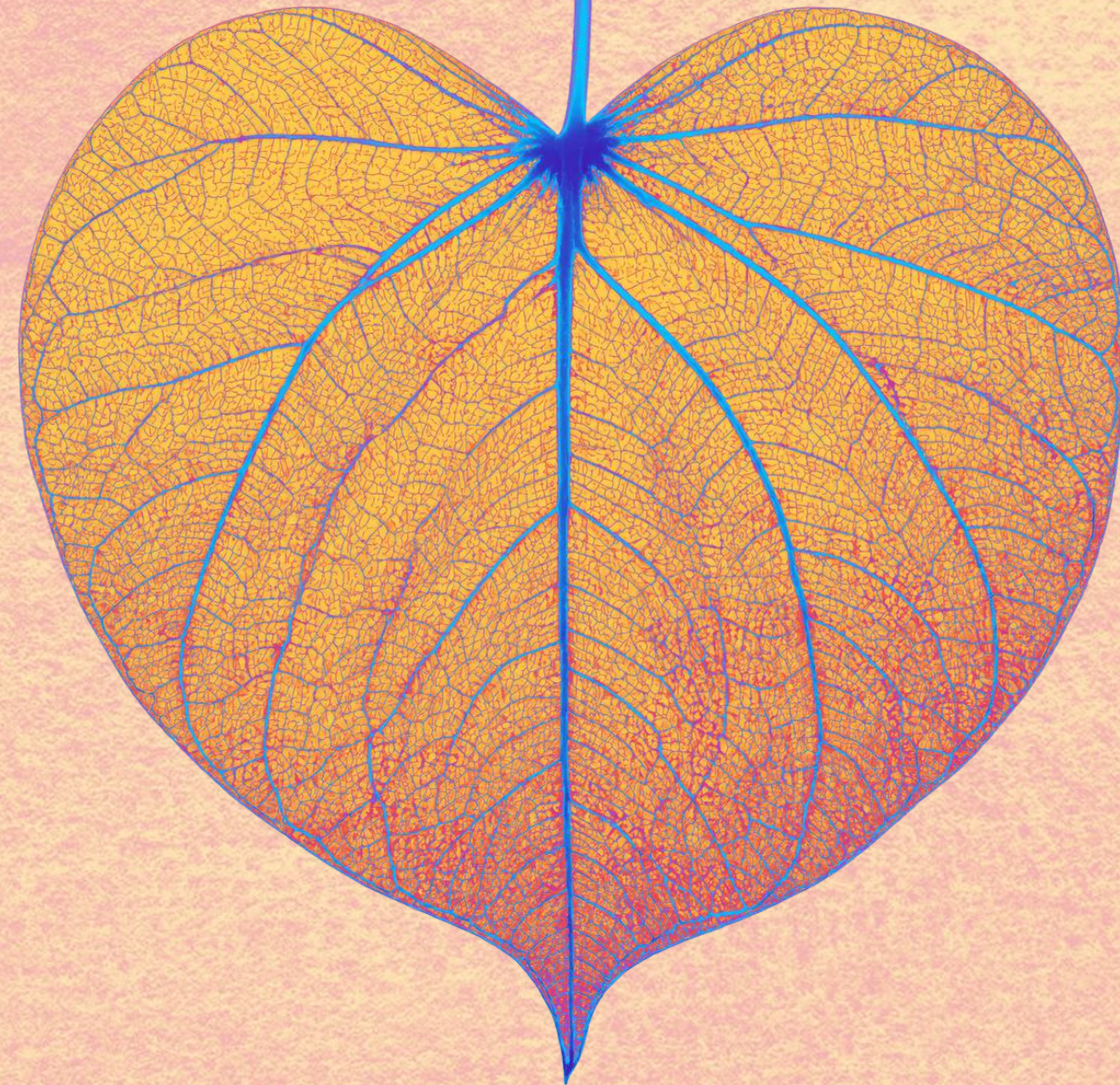
**@ MAIA  
ETHICAL  
CAMPING**

**29/06/26 - LAMA DEI PELIGNI,  
10/07/26  
ITALY**

**6  
countries participants**

**24**

WHAT IS H.E.A.R.T  
LAB?



**H.E.A.R.T. LAB** is an Erasmus+ Training Course designed for youth workers, educators and facilitators who want to strengthen their capacity to work with emotions in times of global crisis.

The training is designed as a progressive emotional and pedagogical journey rather than a sequence of isolated workshops. Through non-formal education, embodied practices, ecological learning and participatory methodologies, participants explore how emotions interact with power structures, group dynamics and social transformation.

# PROJECT OBJECTIVES

- **Strengthen** youth workers' capacity to recognise, regulate and transform emotional dynamics linked to global crises.
- **Provide** practical methodologies for facilitating emotional reflection and collective learning with young people.
- **Connect** intersectional analysis with embodied practices and ecological perspectives.
- **Develop** innovative non-formal education tools combining theatre, play, movement and participatory learning.
- **Foster** inclusive and accessible youth work practices grounded in care, solidarity and mutual responsibility.
- **Create** a transnational community of youth workers committed to promoting resilient, inclusive and emotionally aware youth work across Europe.

# NEEDS AND CHALLENGES THE PROJECT ADDRESSES

**Emotional impact of global crises.** Young people increasingly experience anxiety, frustration and emotional disorientation in response to climate breakdown, armed conflicts and social instability.

**Limited emotional literacy in youth work.** Youth workers are often expected to manage complex emotional dynamics without having specific training or facilitation tools.

**Disconnection between emotions and social action.** Many young people admire activism but feel powerless to engage, perceiving social change as something reserved for “heroes” rather than collective processes.

**Need for embodied and ecological approaches.** Youth work rarely integrates body awareness, relational practices and ecological perspectives that can support emotional regulation and resilience.

**Need for inclusive and intersectional facilitation.** Youth workers increasingly operate in contexts shaped by inequality, requiring approaches that address emotions, power dynamics, accessibility and diverse identities.

# THE PEDAGOGICAL JOURNEY

**H.E.A.R.T. LAB** follows a carefully designed pedagogical progression that balances emotional exploration, embodied learning and practical methodology development.

**Creating safety and collective agreements.** The training begins by establishing psychological safety through grounding practices, shared agreements and the creation of peer-support groups called Queer Families.

**Recognising emotions and emotional literacy.** Participants explore how emotions influence personal experiences, professional roles and responses to global crises.

**Decoding conflicts and systemic dynamics.** Through simulations and mapping exercises, participants analyse how emotions interact with power structures, inequality and decision-making processes.

# THE PEDAGOGICAL JOURNEY

**Embodied and relational practices.** Body-based experiences such as AcroYoga help participants explore trust, consent, boundaries and collective care.

**Ecological resilience and systems thinking.** Outdoor learning and ecological observation connect emotional processes with principles of resilience found in natural systems.

**Creative methodologies and transformative play.** Participants experiment with games, storytelling and theatre to explore emotional dynamics and social transformation.

**From learning to action.** The final phase focuses on co-creating a practical Toolkit and defining concrete follow-up actions in participants' communities.

# *THE EMOTIONAL ARC OF H.E.A.R.T. LAB*

## **Activation**

Exploring emotions, tensions and systemic challenges through emotional awareness, conflict mapping, crisis simulations and forum theatre.

## **Regulation**

Creating spaces of grounding, care and resilience through embodied practices such as AcroYoga, ecological learning and peer-support structures.

## **Transformation**

Turning emotional insight into action through transformative play, toolkit co-creation and follow-up actions in participants' communities.

# WHAT YOU WILL FOSTER/IMPROVE

**Emotional literacy in youth work**

**Intersectional & inclusive facilitation**

**Facilitating emotional processes**

**Conflict & crisis navigation**

**THROUGH**



**Creative & participatory methods**

**Embodied learning practices**

**Ecological & systemic thinking**

**Methodology design & toolkit development**

# LEARNING ENVIRONMENT

The training takes place in Lama dei Peligni, within the Majella National Park in central Italy.

Hosted at Maia Camping, the project is deeply connected to the surrounding mountain landscape. The natural environment becomes an active learning space where participants can slow down, reflect and reconnect with ecological systems.

Outdoor sessions, ecological observation and hands-on practices support a deeper understanding of resilience, cooperation and regeneration — both in nature and in human communities.

This rural mountain setting also allows participants to explore alternative forms of learning based on community, sustainability and collective care.

# OUTPUTS & IMPACT

**H.E.A.R.T. LAB** will produce several concrete outcomes:

- **H.E.A.R.T. LAB Toolkit** – a collection of methodologies developed and tested during the training.
- **Manifesto of Transformative Play** – a collective framework outlining principles for using play as a tool for emotional learning and social transformation.
- **Local follow-up actions** – participants will implement workshops and activities in their communities.
- **Transnational community of practice** – strengthening cooperation between youth workers across Europe.

# PROJECT PARTNERS



**ITALY: 01 21 APS**

*More info to the link: [linktr.ee/01\\_21aps](https://linktr.ee/01_21aps)*



**GREECE: Be Visible Be You**

*More info to the link: <https://www.instagram.com/bevisiblebeyou>*



**SPAIN: Y.E.P. Young European People's Association**

*More info to the link: [www.yepassociation.com](http://www.yepassociation.com)*



**GEORGIA: Leave a Mark**

*More info to the link: <https://www.instagram.com/leaveamark23/>*



**PORTUGAL: Associação Azes Valboenses**

*More info to the link: [linktr.ee/azesvalboenses](https://linktr.ee/azesvalboenses)*



**BULGARIA: Mladezhda**

*More info to the link: <https://www.facebook.com/Mladezhda>*

# **PARTICIPANTS' PROFILE**

## **4 participants from each country (18+ y.o.):**

Participants should be youth workers, facilitators, educators or people actively involved in youth-related initiatives with at least one year of experience in youth work.

Participants are expected to be actively involved in all phases of the project: preparation, implementation and follow-up.

### **Expected attitude:**

- Community-oriented and nature-friendly;
- Good communication in English (separate cases will be considered);
- Commitment and active participation;
- Physical readiness adapted to each person.

# PROJECT VENUE

**Maia Camping** is a **public tourist area** located in the heart of **Maiella National Park** (Abruzzo, Italy), surrounded by mountains, forests, and fresh air.

Despite being immersed in nature, it is minutes away from the historic center of **Lama dei Peligni** and all essential services (pharmacy, sanitary center, restaurants, shops, bar etc.)

Participants will be accommodated in **bungalows and tents**, depending on their needs and preferences.

The campsite includes:

- Sanitary facilities with hot showers and toilets
- Communal areas with kitchen, tables, chairs, and hammocks
- Drinking water access
- Outdoor cooking areas and a small playground

Maia Camping is the perfect place to experience **community life in nature**, with access to trails, forests, and open spaces for reflection, movement, and connection.

You can find more info to the link: <https://linktr.ee/maia.camping>

# ACCESSIBILITY OF THE PROJECT

## INCLUSIVE ACTIVITIES AND BRAVE SPACE PRINCIPLES:

The program has been designed with **flexibility, rest time, and reflection moments**, to welcome participants with different needs, rhythms, and conditions. The team is fully prepared and trained to work with participants from diverse backgrounds and identities.

We are a **Minorities** (Queer, Refugees, People that felt excluded at moments of their life) **connected, open-minded and anti-discriminatory team.**

From the very beginning, the group will establish clear community agreements based on **anti-speciesist, anti-racist, anti-ableist, anti-fascist, anti-homophobic and anti-sexist** values, to ensure a safe, respectful, and conscious learning space for all.

# THE VENUE'S ACCESSIBILITY

While **Maia Camping** shares these values, it is still located in a **natural, mountainous area** with some **architectural and nature-connected barriers** that must be taken into account:

- The terrain includes **uneven paths, slopes, and forested areas** that may present challenges for wheelchair users or people with limited mobility.
- Bungalows have a **step** at the entrance and **limited indoor space**, and are **not fully accessible**.
- As an alternative, **large yurt-style tents offer more interior space**, though they are located about **25-30 meters from the accessible toilet**.
- The main activity area is accessible and includes a local **accessible toilet**, but there is currently **no fully accessible shower** on-site.

*The campsite is undergoing a **gradual transformation toward greater physical accessibility**, but for now, it remains a **partially accessible outdoor** area with some infrastructural limitations. Participants joining this project should feel comfortable with a **spirit of adaptability and openness**, knowing they are contributing to a project held in a space that is still evolving.*

# FOOD

Before applying to the project it is important to know that during the project the food provided will be prepared by two **vegan experienced chefs**, that have a lot of experience in Erasmus+ Youth Projects. To be coherent with the ideals shared by the Youth Exchange, and to promote ethical choices based on anti-speciesist lines, **the food provided will be 100% plant-based.**

For any food needs, it is very important to notify the coordinating association.



## **OTHER IMPORTANT DETAILS**

**SOBRIETY.** We kindly ask you to refrain from using any substances in the camping that might alter your consciousness and therefore your presence amongst other people, as well as negatively influence your overall well-being.

**COMMITMENT FOR PREPARATIONS.** After you have been selected, you will be asked to participate in online meetings with your national groups as well as with all the participants from other countries.

**COMMITMENT TO FOLLOW-UP.** After the mobility we will ask to do at least one online sharing about the experience as well as one offline follow-up action in your home community and share the outcome of it.

**NO PARTICIPATION FEE POLICY.** You should be aware that we do not support collection of any extra financial means related to participants' selection, thus in case if it happens, you should inform the coordination team.





# WHAT TO BRING

- Please remember to bring **your documents (ID, passport)**.
  - We recommend that you obtain the **European Health Insurance Card (EHIC)** to be covered in Italy.
  - All **original tickets** of your travel.
  - Remember, we will stay in a camping close to the mountains, thus even if it will be summertime, **during the nights the temperature might plummet**.
  - **Clothes suitable for sports and active time in a mountainous area, comfortable footwear, long pants, a sweatshirt and a light jacket.**
  - Your own **towel, reusable water bottle, notebook, earplugs, sunscreen**.
  - Try your best to bring **biodegradable body care** - we are in the middle of the national park, thus it is important to minimise our harmful footprint.
  - **Something (edible, cultural, artistic, etc.) connected to where you are from** - you will be able to share it with everybody during the intercultural evenings.
- P.S. If you bring something edible, please, bring a plant-based version of it.**

# TRANSPORTATION ARRANGEMENTS

Participants must be in "**Pescara Terminal Bus**" on **the 29th of JUNE, at 6:00 p.m.**, where a **private bus** will pick them up, and drop everybody off at the camping in Lama dei Peligni.

For the return trip, we will get to Pescara with the same bus on the **10th of JULY, before 11:00 a.m.**, so participants can book tickets with departures starting from that hour.

Team leaders will help organize the trip for the participants. Group leaders will send the "travel plans" to **simo.associazione0121@gmail.com** and will wait for the **H.E.A.R.T LAB coordination team** to approve the trip. Once the staff team confirms the trip, the participants can book their travel to **PESCARA**.

This will be the meeting point: **<https://maps.app.goo.gl/AktupW5H3nTajP2SA>**

**Remember to keep ALL your tickets and boarding passes (both digital and physical)!**

# TRANSPORTATION ARRANGEMENTS

Here some advices to reach Pescara from main airports/cities

- **DI CARLOBUS:** <https://dicarlobus.com/>

***Options from Fiumicino Airport (Rome) - Tiburtina Bus Station (Rome)***

- **CLIKBUS:** <https://clikbus.it/>

***Options Fiumicino Airport (Rome) - Ciampino Airport (Rome) - Tiburtina Bus Station (Rome)***

- **PRONTOBUS:** <https://www.prontobusitalia.it/index.php?lang=it>

***Options Fiumicino Airport (Rome) - Ciampino Airport (Rome) - Tiburtina Bus Station (Rome)***

- **FLIXBUS:** <https://www.flixbus.it/>

***Options Fiumicino Airport (Rome) - Tiburtina Bus Station (Rome) - Bologna Bus Station***

- **TRENITALIA:** <https://www.trenitalia.com/it.html>

***Options Bologna Train Station - Bari Train Station***

# YOUR TRAVEL BUDGET

This project is funded by the **Erasmus+ Programme**, thus all the activities, accommodation and food are 100 % covered by the EU grant. The travel costs will be reimbursed within the limits set by Erasmus+ Programme Guide.

**IMPORTANT!** Please note that this mobility is not intended to support holidays or other detours before and/or after the YE, and that the amount spent will be refunded only if its part of a coherent travel plans coming from & going back to your place of residence.

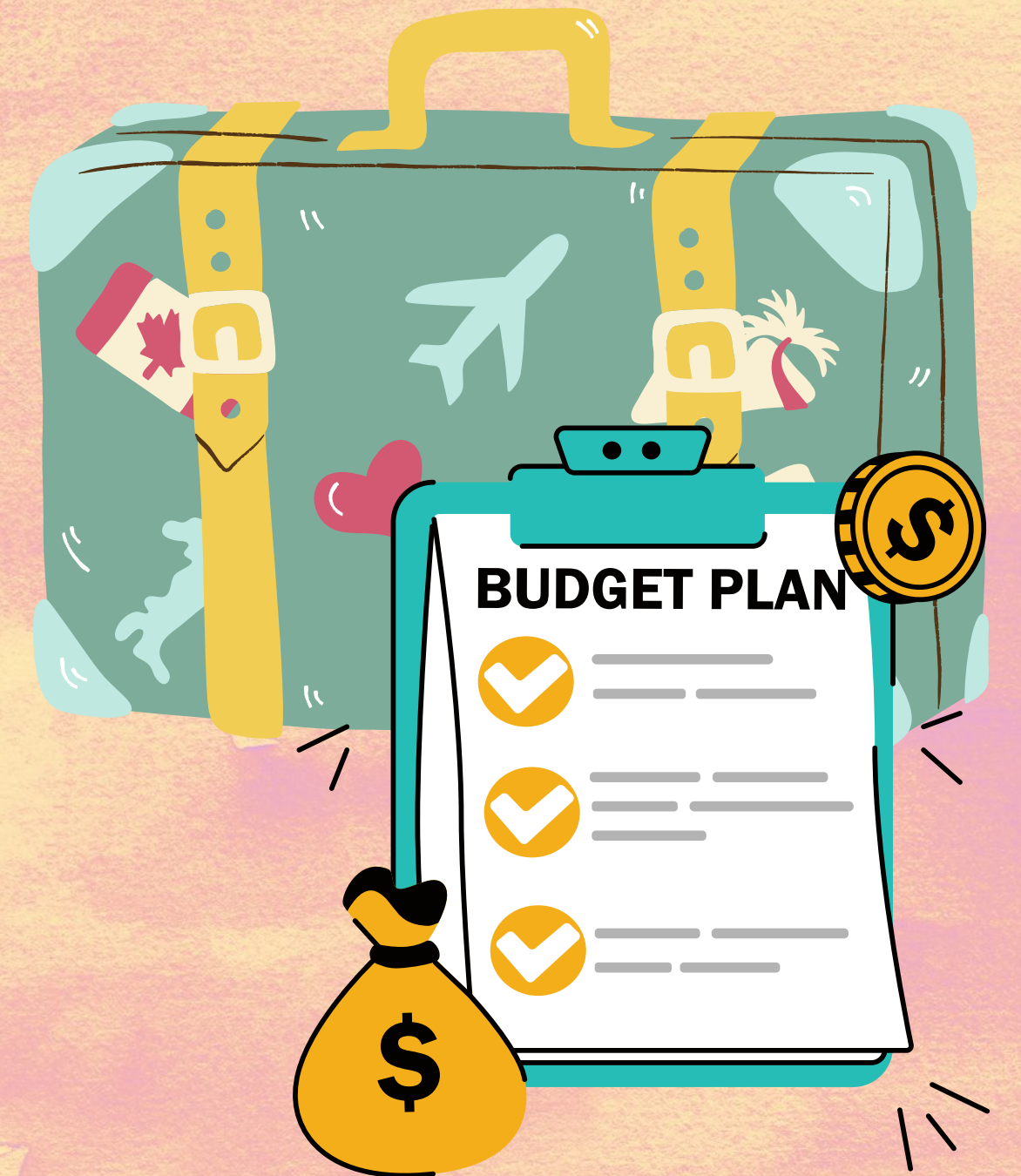
**NON-ELIGIBLE EXPENSES:** taxi fees; travel & accommodation for extra days (unless you choose Green Travel and have prior approval from the organizers).



# YOUR TRAVEL BUDGET

Participants will have to buy their tickets in advance (during 2 weeks after the selection) and will be reimbursed after the mobility and fulfilled conditions, up to a maximum amount that depends on the country the participant is coming from.

- **From Italy the budget is 20€ per participant**
- **From Spain the budget is 275€ per participant**
- **From Portugal the budget is 275 € per participant**
- **From Bulgaria the budget is 275 € per participant**
- **From Greece the budget is 275€ per participant**
- **From Georgia the budget is 355€ per participant**





**THIS IS THE LINK TO THE APPLICATION FORM:**

**[HTTPS://FORMS.GLE/UZDTRNZABMRXDOID6](https://forms.gle/UzdTrnzABMRXDOID6)**

**THANK YOU FOR  
YOUR  
ATTENTION!**

**HOPE TO SEE  
YOU THIS  
SUMMER @MAIA!**