



Mountains and climate change: adapting for a sustainable future

YOUTH EXCHANGE

11 August – 18 August 2026*

Prea, ITALY

**Travel days: 10 and 19 of August 2026*



Co-funded by
the European Union

INFOPACK

*Practical guide for partners
and participants*

About Flow APS



Flow APS is a non-profit youth organisation founded in Mondovì in 2022.

The association promotes Erasmus+ opportunities, non-formal education, youth participation, inclusion, well-being, and sustainability. Through youth exchanges and local activities, Flow creates learning experiences that help young people grow, connect, and take initiative in their communities.

In this project, Flow APS coordinates the exchange and supports participants throughout the preparation, implementation, and follow-up phases.



Meet the Team



Paola Baiguini
Facilitator

Paola has solid experience in Erasmus+ mobility, volunteering, youth exchanges, and training activities. Her background combines non-formal education, facilitation, and dissemination work, with a strong focus on active citizenship, human rights, circular economy, and outdoor learning. During the project, she will support the learning process and group dynamics.



Federico Garelli
Coordinator

Federico is the president of Flow APS and the coordinator of the project. With a background in Mechanical Engineering and project management, he has coordinated Erasmus+ initiatives and supports the overall quality, organisation, partner communication, and implementation of the exchange.



Luca Manca
Operational Support

Luca supports the organisational and communication side of the project. With a background in digital strategy, economics and impact evaluation, he contributes to participant communication, practical coordination, and the smooth operational management of the exchange.

Project Description

Mountains and Climate Change: Adapting for a Sustainable Future” brings together young people from Italy, Croatia, Spain, Poland, Ireland, and Austria in the rural mountain context of Prea, Italy.

Through non-formal education, outdoor learning, and direct contact with the local community, participants will explore the impact of climate change on mountain areas, the importance of biodiversity, and sustainable practices for rural communities.

One project’s output will be the realisation of a public exhibition on the climate change thematic.

Main Objectives



- Raise awareness about climate change in mountain and rural areas
- Reconnect young people with nature through practical experiences
- Explore sustainable solutions and adaptation practices
- Strengthen intercultural exchange and community involvement
- Encourage local follow-up actions after the exchange
- Foster connection with the local community
- Strengthen self-awareness and independence
- Explore challenges and opportunities specific to rural areas

Timetable

Project timetable

10/08 Arrival day	11/08 Get to know each other
12/08 Climate change in mountain and rural	13/08 Past, present and future
14/08 Excursion in the Alps	15/08 Nature-based learning and Ferragosto
16/08 Local sustainable practices	17/08 Exhibition creation
18/08 Feedback and closing ceremony	19/08 Departure day

Daily timetable

08:00 Morning routines (optional)	08:15–09:15 Breakfast
09:30–10:45 Session 1	10:45–11:15 coffee break
11:15–12:30 Session 2	12:30–15:00 Lunch
15:00–16:15 Session 3	16:15–16:45 Coffee break
16:45–18:30 Session 4 + Daily reflection	19:30 Dinner
21:00 Night events	

Advance Planning Visit (APV)

An Advance Planning Visit (APV) will take place in Mondovì, Italy, from 15th to 16th July 2026, with 14th and 17th July as travel days.

This activity will bring together the group leaders and the coordinating team to prepare the youth exchange, review the programme, align expectations, and make sure participants' needs are properly addressed.

It will also include:

- a visit to the venue and accommodation
- review of project objectives and activities
- discussion of participant profiles, inclusion needs, and group dynamics
- coordination of travel, materials, safety, and communication
- preparation of the final participant briefing

APV timetable

Arrival Day 14/07/26

Working day 15/07/26 - 16/07/26

Departure day 17/07/26

APV travel budget reference

Italy 211€ (285€ green travel)

Croatia 309€ (417€ green travel)

Austria 309€ (417€ green travel)

Spain 309€

Ireland 309€

Poland 309€

Intercultural Night



Bring something that represents your culture: traditional food or drinks, music, games, small objects, clothing, or anything else you would like to share.

If you play an instrument or want to perform, feel free to do it. Interactive ideas such as quizzes, dances, songs, or creative group activities are very welcome.

Let's keep it dynamic, fun, and participatory rather than based on long presentations.

Please bring easy-to-share items and keep allergies or dietary needs in mind.

Prea

Prea is a small mountain village in the municipality of Roccaforte Mondovì, located in a peaceful natural setting in the Ligurian Alps. It is a rural area, ideal for outdoor activities and for experiencing nature closely, but with limited essential services. A swimmable river, Ellero, is available at walking distance from the accomodation to refresh ourselves during the long breaks.

In the village, **there is only one small supermarket and one bar**. For this reason, **each national group is strongly encouraged to make sure they bring with them, before arriving in Prea, all necessary items, especially personal medication**, specific food products, and any other essential materials they may need during the stay.

The organisation will nevertheless have a vehicle available to collect any necessary materials in case of need or for organisational purposes.



Accommodation

The **Casa Vacanze di Prea** will be the main venue for the project activities. The accommodation is located in **Prea**, a mountain rural village in the **province of Cuneo**, and consists of three floors:

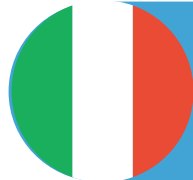


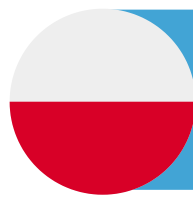
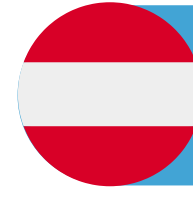

- **ground floor:** kitchen and dining area
- **first floor:** rooms with bunk beds
- **second floor:** two large activity rooms

For a unique adventure, we will spend one night at the **Rifugio Garelli** located in the breathtaking Ligurian Alps at an altitude of 2000 meters which we will **reach on foot**, accompanied by guides from the Marguareis Natural Park. It offers a rare blend of historical reverence and modern comfort, making our stay there a memorable part of the project. The refuge promises a warm welcome, with exceptional cuisine, making our **one-night stay an integral and enriching part of our experience.**



Accommodation, food and activities materials: 100% covered by the project.

The travel from your hometown to Prea and back is covered by the project budget up to the limit shown in the table:

COUNTRY	PARTICIPANTS	ORGANIZATION	TRAVEL EXPENSES	GREEN TRAVEL
 ITALY	6	Flow APS	211€	285€
 CROATIA	6	Udruga Fika	309€	417€
 IRELAND	6	KBM Consultants Projects Limited	309€	/
 POLAND	6	FUNDACJA SYRIUSZ	309€	/
 AUSTRIA	6	Zentrum für Innovative Bildung	309€	417€
 SPAIN	6	Yellow Kaktus	309€	/

Travel cost



- Without **original travel tickets and boarding passes**, we cannot reimburse you, keep them!
- **Only public transportation will be refunded.**
- Only **actual costs** will be refunded, we will refund you the exact amount that you spend on the travels.
- If most of your trip is done by sustainable transport (train, bus, bike), you qualify for the **Green Travel** rate and you'll be reimbursed according to the amount in the second column of the travel costs table.
- Reimbursement will be done after the mobility and will be conditioned to the compliance with the Erasmus+ Programme rules. At least **80% of participation** in the activities is a required for reimbursement.
- If you find a better travel option, you can stay in Italy for up to **two extra days before or after the project**, but accommodation and food will not be provided by the project organizers on those days.
- **Don't buy any ticket without prior confirmation**

Green Travel Option



If you want to align with the values of the project even before your arrival, you should evaluate **green travel options**:

- bus to Torino, Milano or Savona, and train to Mondovi
- train to Torino, and train to Mondovi

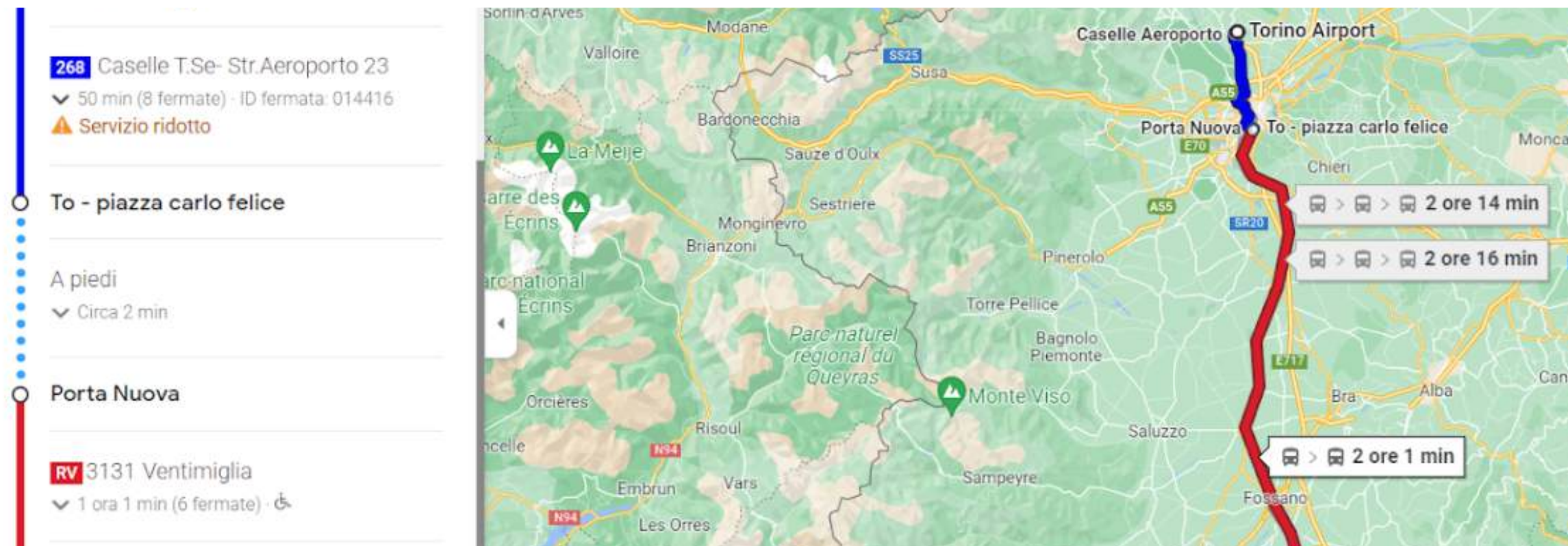
Choosing green travel not only **reduces your carbon footprint** but also makes your journey an **active part of the project's commitment to sustainability**.

How to reach Prea?



First option - from Torino Caselle Airport to Prea

- bus/train from Turin Caselle Airport to Turin (Porta Nuova) - 3,7-10€
- train from Turin (Porta Nuova) to Mondovì - 8,50 €
- direct bus to Prea or a member of the team will pick you up at the station

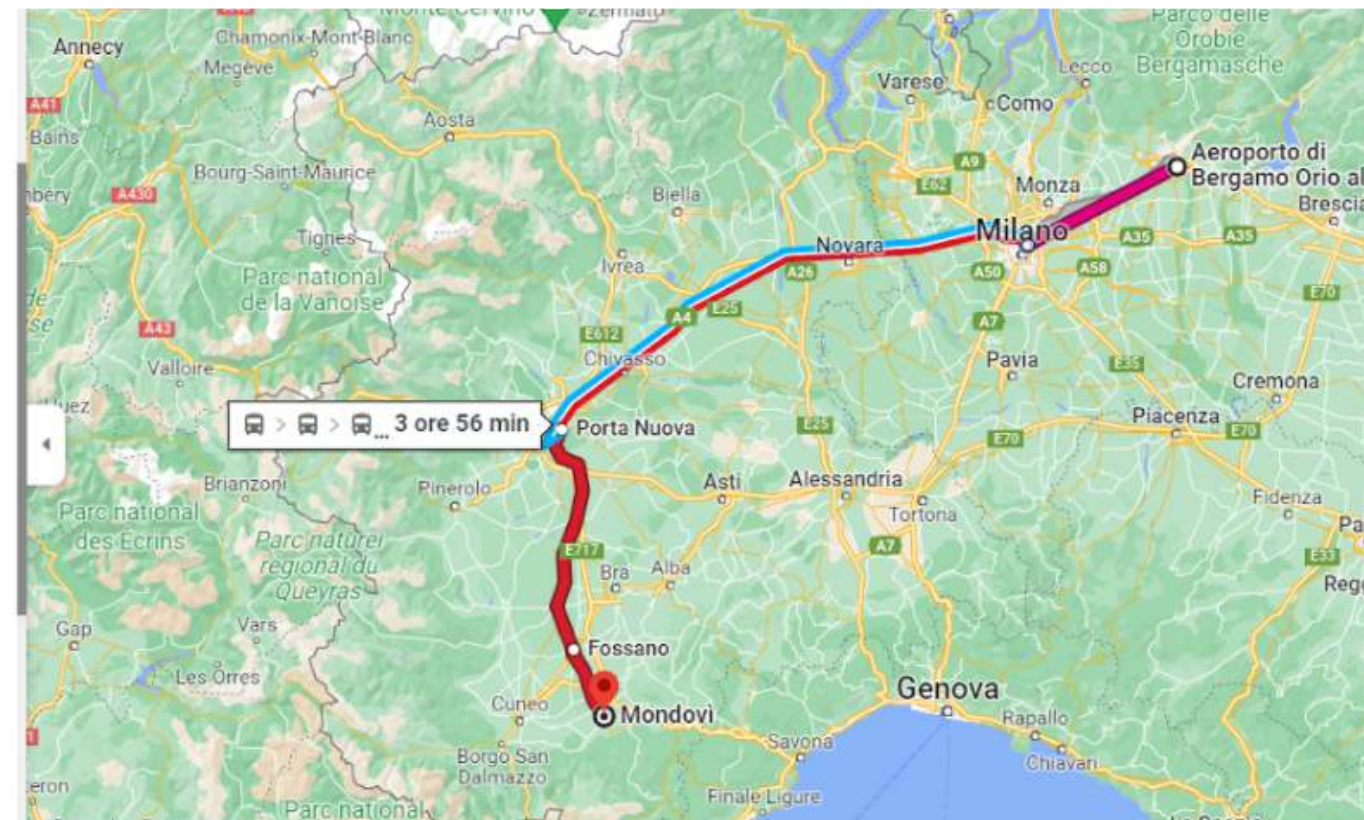
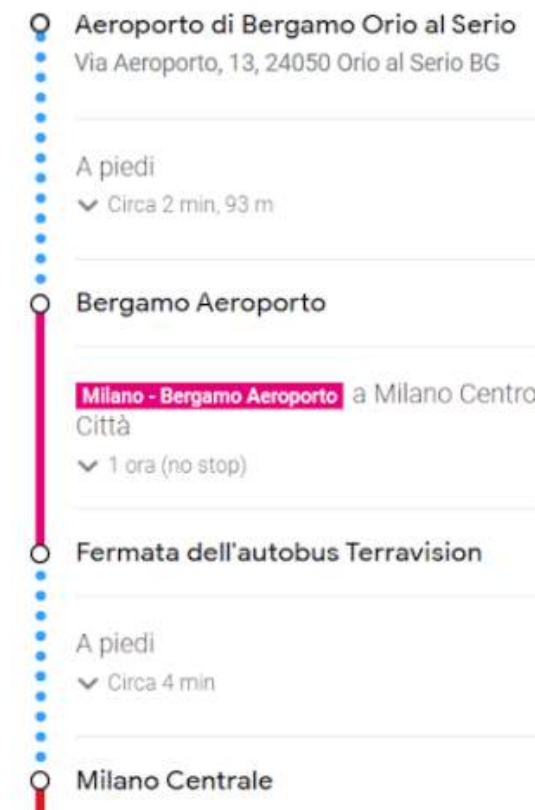


How to reach Prea?



Second option - Milano Airport (Bergamo Orio al Serio, Malpensa, Linate) to Prea

- bus from the Airport to Turin - 10-40 €
- train from Turin (Porta Nuova) to Mondovì - 7,30 €
- direct bus to Prea or a member of the team will pick you up at the station



What to bring

- bring proper shoes and clothes suitable for hiking and adapted to the weather forecast
- **pillow case**
- **reusable water bottle** and **slippers**
- **swimming suit**
- one **laptop** per national group
- **towels, personal hygiene kit and slippers**
- **ID or passport**
- **European Health Insurance Card**, which enables you to use health care services during your temporary stay in EU member states and is issued free of charge
- personal medicine, if needed
- material for the intercultural evening
- bring your **good vibe and enthusiasm!**

Youthpass

All participants are entitled to receive a Youthpass certificate.

The certificate will be issued to participants who actively take part in the learning process and in the activities of the exchange.

For more information about the certificate:
<https://www.youthpass.eu/en/>



How to apply?

After carefully reading this infopack, please fill in the application form before the deadline.

Selected participants will be contacted by email.

Questions about the application:
federico.garelli@flowaps.eu

Link - [Application Form](#)



Who can participate?



GROUP LEADER:

- No age limit
- Experienced in youth work and/or Erasmus+ projects
- Ready to support their national group before, during, and after the exchange
- Available for both the APV and the full Youth Exchange

PARTICIPANTS:

- Age between 18 - 25 years old
- Resident in one of the partner countries
- Motivated to take part in the full programme
- Interested in climate change, sustainability, mountain environments, rural communities, and intercultural learning
- Open to outdoor activities and group life

Contact Us

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FLOW



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