

CONSTELLATION

BODY MOVEMENT AND NON-FORMAL
EDUCATION FOR YOUTH PARTICIPATION

INFOPACK YOUTH EXCHANGE

DATES

25th November 2026 : arrival day

26/11/2026 - 03/12/2026 :

(8 days of activities)

04th December 2026 : departure day

VENUE

La Buona Terra, Località Campagna 26,
06065, Passignano sul Trasimeno (PG),
Italy

TOPICS ★

- **Gender issues** (socio-affective education and self-awareness) when working with young people with intellectual disability
- **Youth work tools** to enhance interaction, participation and foster **social equity**

AIM ★

To develop **approaches, tools** and **new activities** to actively promote the participation of young people with intellectual disabilities and **the interaction of heterogeneous groups of young people with and without disability** in short term mobility projects.

Furthermore, the project aims to further develop the **cooperation** among local and European organizations working with people with disability, setting the ground for new actions and projects.

OBJECTIVES ★

- To promote exchange, understanding and intercultural learning among young people;
- To raise awareness on and promote the idea of “different abilities”
- To work on gender-sensitive issues using the tools previously developed in the training course

COUNTRIES INVOLVED IN THE PROJECT

Austria, Greece, Italy

TARGET GROUP

Young people (aged between 18 - 25) interested in the topic and 1 group leader (previously involved in the TC and the APV). We expect each national group to be composed by an equal number of young people with and without disability, to insure a fair balance and heterogeneous groups.



Erasmus+

★ ACCOMPANYING PERSON ★

In the youth exchange is also forecast the role of the **Accompanying Person** - AP. The AP is a person who accompanies participants (in this case, the young people with disability) in a mobility activity in order to ensure their safety, provide support and assistance, as well as assist with the participant's effective learning during the mobility. It is forecast one accompanying person per country.

★ PREPARATORY VISIT ONLINE (GL) ★

- **Dates:** two days end of October/beginning of November 2026
- **Objectives:** to gather the future group leaders in order to prepare the upcoming Youth Exchange
- **Target groups:** future group leaders of the youth exchange (it is extremely important that the group leaders have been previously involved in the training course)

★ METHODOLOGY ★

The whole project will be based on **non-formal education - NFE methodologies and body awareness techniques. (specifically, a set of activities and methodologies including body movement, body expression, body awareness)** Both the methodologies have been chosen because they are very suitable to deepen **gender-sensitive issues, gender expression, socio-affective education and self-awareness.**

Within the NFE methodologies, **learning by doing approaches will be proposed**, with every activity based on specific learning objectives to ensure participation, dynamism, active involvement and the **development of skills and competences of individuals and groups.** A variety of tools and practices will be experimented to explore emotions, develop empathy, meet the different learning styles and needs and actively involve learners with different expertise and profiles.



THE AGENDA WILL NOT INCLUDE A VISIT OF THE SURROUNDING NEIGHBOURING CITIES.

★ ACCOMMODATION ★

La Buona Terra is located in a marvellous farm in the countryside, surrounded by nature.

It is composed of: dormitory with bunk beds, a multi-purposed room and an outdoor space for workshops, shared toilets and showers, a professional kitchen and a dining room for free time and meals. It will be prepared and served by our kitchen staff.

Lunaria kindly reminds everybody to inform us on scambi@lunaria.org about any specific needs concerning food or allergies.

La Buona Terra is managed by following sustainable practices (such as community life, garbage recycling, responsible water use, responsible electricity use, etc.) and **participants will be invited to follow these ones.**

Participants will be involved in the **daily maintenance tasks**: cleaning of the common spaces and support in the kitchen management (cleaning dishes, setting the tables, etc.).

Due to the sometimes **unpredictable water shortage in Italy**, some water cuts may occur in the hosting facilities. In case of water cut, the use of the water in the hosting structure (for showers, toilets) could be rearranged.

For the whole duration of the project, drinkable water will always be guaranteed.




NO WIFI IN THE VENUE



PROJECT BACKGROUND

In 2013 Lunaria defined and launched a medium term strategy about Different Abilities, then revised in 2021 and incorporated within a new medium term strategy about “rights” (encompassing the work on: education, human rights, accessibility, autonomy, equity and equality). These strategies, aimed to promote active participation of people and of young people with disability (though we prefer to use the term “**different abilities**”) and forms of impairments. The strategies are grounded on the main idea that the key is not to “integrate” or “include” people with different abilities, but to question how to **transform and create a more accessible society**. More specifically, within the broad spectrum including intellectual, physical, sensory and acquired disabilities, we intend to focus on the “residual abilities” and on the alternative strategies that human beings develop recognising the value to the different skills and abilities. We believe this is the path to enhance new forms of participation, mutual understanding, social equity and social justice.

The actors, target groups and beneficiaries of the process and of the above mentioned strategies were and are young people, youth-social workers, local organizations and NGOs.

The work implemented (and which we aim to further develop) will turn around from a set of key questions we consider important to pose and to work on:

- ★ **How do we define disability and what stands behind our way of understanding it/dealing with?**
- ★ **How do we use words and definitions and how could we overcome the limits set by a language which is not always welcoming and inclusive?**
- ★ **How do we use labels and “short-cut” simplifications loosing complexities and what are the direct or indirect consequences?**
- ★ **Are prejudices or preconceived ideas influencing or affecting our way of acting when we meet people with different abilities?**
- ★ **What are the barriers to a full participation and how to overcome them?**
- ★ **What are the skills and competences we do need, as educators, for more integrated pedagogical approaches and educational processes valuing the individual specificities, characteristics and needs?**
- ★ **How could we develop youth work tools really based on the targets’ groups needs and able to enhance the full participation and involvement, leaving no one left out?**

FINANCIAL CONDITION

In order to be as sustainable as possible, Lunaria invites participants to choose the **greenest travel option** possible (e.g. carpooling, train, bus). Please, check the budget available in the table below.

Participants' travel costs will be refunded only upon the **presentation of all the original travel documents (paper and online)** after their return. Participants have to send the original version of their travel tickets to their sending organization.

At the end of the activity, after the reception and check of all the original tickets, the bank transfer will be done to the **sending organization's bank account** which will then forward it to the participants. Normally the refund process can take, approximately, **4-6 months**.

The travel costs are refunded according to the Travel Distance Calculator of the EACEA (table below).

TRAVEL DISTANCE	STANDARD TRAVEL	GREEN TRAVEL
• 10 – 99 km	28,00 €	56,00 €
• 100 – 499 km	211,00 €	285,00 €
• 500 – 1999 km	309,00 €	417,00 €
• 2000 – 2999 km	395,00 €	535,00 €

IMPORTANT NOTE: Only participants who choose the **Green Travel** option have 4 days of flexibility to travel to the venue. They can manage in the most suitable way for them (e.g. 2 extra days before the official arrival + 2 extra days after the official departure day; 1 extra day before the arrival, 3 extra days after the departure day).

FOOD AND LODGEMENT COSTS FOR ALL THE ACTIONS

★ Covered by the coordinating organization at 100%. ★

FOR ANY SPECIFIC SITUATION FROM WHAT MENTIONED ABOVE, PLEASE CONTACT LUNARIA OR YOUR SENDING ORGANIZATION BEFORE PURCHASING YOUR TICKETS.

INSURANCE

Lunaria provides insurance during the project period for civil liability (only for possible accidents in project activities or those caused by participants).

Participants are strongly recommended to bring their **own Health Insurance Card** if they have one and to take travel insurance.

However, participants are not insured for personal belongings, and neither the host nor Lunaria can be held responsible for these during the project.

HOW TO PARTICIPATE

Please, fill the **Application Form** here:

<https://forms.gle/purnieYDzJsaNMqS9>

IMPORTANT NOTE BEFORE SENDING THE APPLICATION:

Lunaria kindly reminds everybody to inform us about any specific needs concerning food and allergies or any health remarks (e.g. physical or intellectual specific needs).

