

# ALL RIGHTS!

**AN ERASMUS+ TRAINING  
COURSE EMPOWERING  
YOUTH WORKERS TO  
BECOME AGENTS OF  
CHANGE. TOGETHER, WE'LL  
DEFEND YOUNG PEOPLE'S  
RIGHTS, BUILD INCLUSIVE  
COMMUNITIES, AND GIVE  
VOICE TO THE NEW  
GENERATION ACROSS  
EUROPE.**



Co-funded by  
the European Union

**LET'S  
IGNITE  
RIGHTS**



## INFOPACK

Project title: **All right!**

Action type: KA153-YOU - Mobility of youth workers

Project code: 2024-3-IT03-KA153-YOU-000282481

Topics: Human rights and rule of law,  
Quality and innovation of youth work,  
Inclusion of marginalised young people

Mobility: **25th-31st August 2025 (excluding travel days)**

Arrival day: 24th August 2025

Departure day: 1st September 2025

Venue | Cominium Benessere, Alvito (FR)

Group | 3 youth workers for each partner

## ABOUT THE PROJECT

“**All Right!**” is a transnational training course designed to strengthen the role of youth workers as key actors in the promotion and protection of young people’s rights across Europe. Rooted in the principles of the UN Convention on the Rights of the Child (UN-CRC), the project responds to the growing need for educational and practical tools to address discrimination, promote inclusion, and foster active citizenship among adolescents.

The project stems from a shared concern among partner organizations regarding the increasing levels of unawareness and inaction in relation to the rights of young people, especially those from marginalized backgrounds. Several recent studies – including Eurobarometer and reports by the European Youth Forum – confirm that a significant portion of young Europeans are not fully aware of their rights, nor are youth workers consistently equipped to support them in this regard.

### Key needs addressed by the project include:

- The recognition and prevention of discrimination, both direct and indirect, especially affecting youth from vulnerable communities;
- The limited understanding of youth rights among youth workers, including fundamental rights such as non-discrimination, freedom of expression, participation, and access to a healthy environment;
- The lack of accessible tools and methods to support the daily work of youth practitioners in promoting these rights through non-formal education.



## Objectives

“All Right!” sets out to:

- Equip 18 youth workers from 6 European countries (Italy, Romania, Spain, Serbia, Bulgaria, and Sweden) with advanced knowledge of youth rights, with a focus on Article 2 of the UN-CRC on non-discrimination;
- Enable participants to develop and apply non-formal educational methods to raise awareness among young people on their rights and empower them to actively defend and promote these rights;
- Involve youth at local level through the implementation of follow-up workshops, where trained participants will guide at least 10 young people per country in activities aimed at fostering understanding and civic engagement;
- Promote cross-sector dialogue and institutional awareness through the co-creation and dissemination of a “Youth rights good practice charter”, which will include quality standards, inclusive practices, and actionable guidelines for youth organizations and institutions;
- Facilitate the exchange of methods and approaches among partner organizations, laying the groundwork for sustainable collaboration in the field of youth rights advocacy.

## Educational approach

The training course adopts a comprehensive non-formal education (NFE) approach, grounded in experiential learning and designed to foster active participation, inclusion, and co-responsibility among youth workers. This methodology recognizes the value of learning through experience, peer interaction, and reflective processes, enabling participants not only to acquire knowledge but also to internalize values and develop practical competences essential to their work with young people.

The overall learning environment is structured to be learner-centered, flexible, and responsive to the participants’ backgrounds, motivations, and learning styles. Trainers will serve as guides and catalysts, creating spaces where each person feels safe to express, take initiative, and contribute meaningfully to the group process. The pedagogical strategy is articulated through a balance of content delivery, creative expression, and collaborative development, ensuring that knowledge about youth rights is not only transferred but also lived, interpreted, and reimaged through personal and group experiences.

Core methods and components include:

- Collaborative workshops exploring topics such as human rights education, social justice, equality, anti-discrimination policies, and European frameworks for youth participation;
- Interactive learning tools such as role plays, simulations, and case studies, enabling participants to reflect on real-life challenges, explore decision-making processes, and experience diverse perspectives;



- Artistic and creative expression, including theatre, music, and visual arts, used as vehicles to express complex ideas, stimulate empathy, and make learning more engaging and accessible;
- Storytelling and autobiographical methods, allowing participants to connect personal experiences with collective narratives, thereby enhancing the emotional and ethical dimensions of the learning process;
- Peer-to-peer learning, through structured exchanges, co-facilitated sessions, and mentoring moments, fostering mutual support and strengthening collective intelligence within the group;
- Daily reflection spaces, encouraging critical thinking, emotional elaboration, and group cohesion. These moments will be used to consolidate learning and support the transfer of knowledge to each participant's local context.

Special emphasis will be placed on the co-design and prototyping of follow-up activities, supporting youth workers in planning workshops, campaigns, or community initiatives to be implemented after the training. These outputs will not only serve as a continuation of the learning journey but also enhance the impact and sustainability of the project at the local level.

Each participant will contribute to the creation of educational tools and resources, including:

- The youth rights charter – a collectively developed document outlining principles, practices, and standards for promoting youth rights in youth work settings;
- A set of non-formal educational modules designed to be easily adapted and applied in diverse youth contexts;
- Multimedia materials (such as short videos or artistic outputs) that can be used for dissemination and awareness-raising.

## Target Group

The primary target group of the project consists of 18 youth workers and 6 partner organizations actively engaged in the promotion and protection of youth rights.

- The 18 youth workers directly collaborate with the partner organizations or with local associations that maintain close cooperation with the project partners. All of them have prior experience working with intercultural groups, either within their communities or through participation in international mobility projects.
- The 6 partner organizations are youth-focused entities that implement local actions aimed at promoting youth rights, social inclusion, and intercultural awareness. All partners have experience in implementing Erasmus+ projects and are committed to sharing and scaling the impact of the initiative.



## ELEMENTS OF ACTIVITY

### Venue

The training course will take place at Cominium Benessere, a residential facility located in the countryside of Alvito (FR), in the Comino Valley, in central Italy. Nestled between the Abruzzo, Lazio and Molise National Park and the historic village of Alvito, the venue offers an ideal environment for group retreats, training sessions, and well-being activities.

Cominium Benessere is a multifunctional space designed to host educational and holistic experiences in close contact with nature. The center provides:

- Comfortable shared accommodation with multiple bedrooms and shared bathroom facilities;
- A professional kitchen and dedicated dining area for group meals;
- Several indoor and outdoor working spaces, including a spacious training room, garden areas, and covered terraces, all suitable for group activities, workshops, and reflection moments;
- A natural and welcoming atmosphere that fosters relaxation, creativity, and group cohesion.

The venue is fully immersed in nature, offering walking paths, green surroundings, and a peaceful setting—ideal for a training course based on non-formal education, experiential learning, and community building. More information is available at: [www.cominiumbenessere.it](http://www.cominiumbenessere.it)

### Practical arrangements

The strategic location of Cominium Benessere, in the heart of the Comino Valley and surrounded by the unspoiled nature of central Italy, offers an ideal setting for immersion, learning, and personal growth. Participants will be hosted in shared rooms for four people, each with a private bathroom. Bed linens and blankets are provided by the venue. The accommodation is simple yet comfortable, designed to support a sense of community while allowing space for rest and privacy. The venue also offers indoor and outdoor areas suitable for group activities, relaxation, and informal exchange.

If time allows, participants will also have the opportunity to explore the beauty of the surrounding landscape and discover the cultural, culinary, and natural heritage of the valley. Throughout the mobility, there will be moments of free time, allowing participants to relax, connect, or enjoy the peaceful surroundings. Informal activities such as group walks, creative sessions, games, or self-organized reflections may take place depending on the needs and energy of the group. All accommodation, meals, and educational activities are covered by the project. However, participants are kindly reminded that any personal expenses (e.g., souvenirs, personal care items, etc.) are at their own cost. It is advisable to bring some pocket money for these extras.

**Important notes** During the mobility, meals will be primarily vegetarian, in line with the venue's ethical and environmental values. The availability of meat or fish is not guaranteed, so participants are encouraged to embrace a plant-based diet throughout the training. The main working language of the project will be English, and a B2 level of language competence is recommended, as per the Common European Framework of Reference for Languages (CEFR), to ensure active participation in discussions and collaborative tasks. Wi-Fi connection is available at the venue, and the Italian mobile network generally offers sufficient coverage. However, due to the rural setting, occasional





disruptions may occur. Should that happen, we invite you to embrace the digital disconnection as a unique chance to reconnect with yourself, with nature, and with the group—stepping into a slower rhythm and deeper presence during the project journey.

### **How to reach the venue**

The best airport to consider arriving in Italy for this project is Roma Fiumicino o Roma Ciampino. Cominium Benessere is located in Alvito (FR), in the heart of the Comino Valley, in the Lazio region of central Italy. It can be reached by public transport through a combination of trains and buses. Below are the recommended options:

#### *Option 1: From Rome Termini via Cassino*

1. Train: Depart from Rome Termini and take a regional or Intercity train to Cassino. The journey takes approximately 1 hour and 30 minutes.
2. COTRAL bus: From Cassino train station, take a COTRAL bus to Sora.
3. COTRAL bus: From Sora, take another COTRAL bus to Alvito.
4. Final transfer: Once in Alvito, the project team will arrange a transfer to Cominium Benessere.

#### *Option 2: From Rome Termini via Frosinone*

1. Train: From Rome Termini, take a regional train to Frosinone. The journey takes around 1 hour and 15 minutes.
2. COTRAL bus: From Frosinone train station, take a COTRAL bus to Sora.
3. COTRAL bus: From Sora, take a COTRAL bus to Alvito.
4. Final transfer: The project team will pick you up from the Alvito bus stop and bring you to Cominium Benessere.

#### *Option 3: From Rome Anagnina via Sora*

1. Metro: Take Rome Metro Line A to the final stop, Anagnina.
2. COTRAL bus: From Anagnina bus station, take a COTRAL bus directly to Sora.
3. COTRAL bus: From Sora, take a COTRAL bus to Alvito.
4. Final transfer: The project team will organize transport from Alvito bus stop to Cominium Benessere.

**Important notes** COTRAL bus schedules may vary. Please check the official website [servizi.cotralspa.it](https://servizi.cotralspa.it) for updated information. To facilitate the final transfer, please inform the organizing team in advance of your expected arrival time in Alvito.

The project team is available to assist you with travel planning and to support you throughout your journey.



## HOST ORGANIZATION

E.D.I. Onlus (Educazione Diritti Infanzia) is a non-profit organization that promotes educational, training, consultancy, and research activities inspired by the principles of the United Nations Convention on the Rights of the Child (CRC). E.D.I. interprets the CRC not only as a framework of rights to be taught, but also — and above all — as a relational tool, following the principles of the pedagogy of rights, which serves as the main theoretical and methodological foundation of its work. The organization's activities are directed toward a wide range of stakeholders involved in the field of childhood and youth, including:

- Young people, parents, educators, and teachers;
- Professionals working in the psychosocial, legal, health, technical, and communication sectors;
- NGOs, third-sector associations, and institutions committed to child and youth welfare.

E.D.I. Onlus also collaborates with research institutes, universities, and public bodies at local, national, and international levels that share its mission and values. A strong promoter of intersectoral cooperation, E.D.I. fosters active networks between educational agencies, training centers, and academic institutions to facilitate the transfer of knowledge and the exchange of methodologies among educators, youth workers, and education professionals. Through this work, E.D.I. Onlus acts as a catalyst for innovation in the fields of child rights, inclusive education, and community-based learning, with a strong emphasis on participatory and rights-based approaches.

## PARTNER INVOLVED

**Applicant:** E.D.I Onlus (E10280204 - IT)

**Partners:** Unga Kan Habo (E10302415 - SE), Rhodopaea - Balkanica Association (E10008461 - BG), Best Seller (E10006407 - RS), Asociatia Salvati Copiii Targu Mures (E10350424 - RO), Asociación Cohope Elkarte (E10241722 - ES)

## WHAT TO BRING WITH YOU?

To ensure your active and comfortable participation in the training course, we recommend preparing thoughtfully for both the educational and experiential dimensions of the mobility. Below is a curated list of items that will support your engagement throughout the programme:

Please bring items that reflect your cultural identity and heritage. This could include traditional foods (non-perishable), symbolic objects, musical instruments, textiles, or other elements suitable for sharing during intercultural evenings or informal moments of exchange.

A personal notebook or journal is highly recommended for use during plenary sessions, workshops, and reflection periods. Participants with musical or manual skills are invited to bring any relevant tools, materials, or instruments that could contribute to creative or co-designed workshop activities. Books—whether for leisure reading or for informal discussion with peers—are welcome and may enrich shared learning spaces during free time. In line with the project's environmental commitment, we kindly ask you to bring a reusable water bottle, as disposable plastics and paper cups will not be



used during the sessions. Please bring your own hygiene kit and towel, as these will not be provided by the venue. This includes items for daily personal use and any specific products you rely on. Pack comfortable and weather-appropriate clothing, including hiking shoes and attire suitable for nature-based or outdoor activities that may involve walking through forests or uneven terrain. Ensure you carry any medication you take regularly, as well as essential personal items such as sunscreen, insect repellent, and dietary supplements, as these may not be easily available onsite. Most importantly, bring a curious mindset and a collaborative spirit. The course is built around non-formal education principles and will involve manual, artistic, and participatory activities designed to foster community building, intercultural dialogue, and creative exploration.

## INSURANCE AND SPECIFIC DOCUMENTATION

The safety and well-being of all participants is a key priority for the hosting team. In line with the Erasmus+ Programme Guide, EDI Onlus provides insurance coverage during the training course that includes protection for general risks associated with mobility activities.

However, please note that this does not include travel insurance. Therefore, we strongly recommend that all participants take out personal travel insurance that covers:

- Medical expenses
- Trip cancellations or delays
- Lost or stolen baggage
- Any other travel-related incidents

Please keep in mind that travel insurance is not reimbursable under the Erasmus+ project budget and must be arranged independently by the participant.

It is also your responsibility to:

- Stay informed about the health and safety regulations in Italy at the time of the training. You can check the official Italian government travel advisory at: [www.viaggiaresecuri.it](http://www.viaggiaresecuri.it)
- Consult the website of your national Embassy in Italy for any specific updates or procedures
- Comply with all health regulations during travel and the stay in Italy
- Verify any re-entry conditions or national regulations before returning to your country

Please inform the organizing team in advance if you have any pre-existing medical conditions, special needs, or concerns, so we can provide the best possible support during your mobility experience.



## BUDGET

There is no participation fee required by the hosting organization for this training course. All essential costs related to the implementation of the project are covered by the grant received from the Italian National Agency through the Erasmus+ programme. This includes:

- Full board accommodation (lodging and meals during the project dates)
- Local transportation strictly related to the programme activities
- Educational materials and facilitation costs

While the hosting partner does not charge any fee, we cannot guarantee the absence of costs that may be independently required by your sending organization (e.g. administrative fees, preparation meetings, insurance support, etc.). We encourage you to clarify this directly with your sending partner prior to confirming your participation.

## Optional contributions

Should the group, in agreement with the trainers, decide to implement additional activities not included in the official programme (such as community outings, extra workshops, or experiential learning visits), a contribution may be requested to cover any extra associated costs. In such cases, participation will always remain optional, and costs will be communicated transparently in advance.

## REIMBURSEMENT

As part of the Erasmus+ framework, travel costs will be reimbursed directly to your sending organization by bank transfer. Reimbursement will be based on the actual expenses you've incurred, as long as they fall within the limits set by the project's travel budget. To ensure your travel is reimbursed, there are a few important steps you must follow.

First of all, make sure to keep all your travel documents. This includes receipts, invoices, and especially your boarding passes in A4 PDF format — these must be downloaded directly from the airline's website. Please avoid screenshots or photos, as they are not accepted. Be aware that boarding passes often expire or become inaccessible after your flight, so it's essential to download them immediately.

Secondly, each participant will be required to complete the official survey sent by the European Commission through the Beneficiary Module. This step is mandatory and must be done promptly at the end of the mobility.

You will also be asked to actively contribute to the dissemination of the project's results. This means organizing or taking part in individual actions in your local community (such as a post, event, or article), doing a group dissemination activity with your national delegation and support your sending organization in implementing a shared dissemination plan. These efforts help ensure that the impact of the experience reaches beyond the group of direct participants.

Another key requirement for reimbursement is your active participation during the training course. You must have attended at least 85% of the sessions, demonstrating real engagement throughout



the experience. All required documents must be uploaded to the official project Drive, which you can access here: [Project Drive Folder](#).

If all steps are completed properly, the reimbursement process will begin and the funds will generally be transferred to your sending organization within about two months from the end of the project.

## PARTICIPANT SPECIFIC TRAVEL REFUND

The total budget for the trip of each participant in the 500-1999km range is 309,00 euros and in the 2000-2999km range is 395,00 euros carried out according to the standard travel regime. The green travel with the means of transport accepted by the procedure of the Erasmus+ Program is visible in the official guide under the heading "Budget category".

For this project, maintaining a maximum of two extra travel days, it is possible to take advantage of the green travel budget for participants from Italy. Green travel is not available for the participants from Bulgaria, Romania, Spain, Sweden, Serbia so the only option available is the standard travel regime.

Italy.....	285,00€
Bulgaria.....	309,00€
Romania.....	309,00€
Spain.....	309,00€
Serbia.....	309,00€
Sweden.....	395,00€

## RULES FOR REIMBURSEMENT

To ensure your travel is eligible for reimbursement, please follow a few important guidelines.

Only economy class travel is accepted. This applies to flights, trains, or ferries — as long as they are the most direct and reasonable routes between your home country and the project venue. Touristic stopovers or deviations are not covered by the Erasmus+ budget and will be at your own expense. When it comes to flights, it is essential that you book directly through the official websites of the airlines (e.g. Ryanair, Vueling, WizzAir, EasyJet, etc.). Please avoid purchasing tickets through third-party or intermediary platforms (such as eDreams, Kiwi, or Opodo), as those receipts will not be accepted for reimbursement purposes.

Before booking, you must send your proposed travel itinerary to: [erasmus@edionlus.it](mailto:erasmus@edionlus.it)

We will review and confirm whether the plan complies with the project rules. Only pre-approved travel will be considered for reimbursement.

The project covers only the travel that occurs within the official start and end dates of the mobility, but there is some flexibility. You are allowed to arrive up to two days before the start of the training or to leave up to two days after its official end — and still be eligible for reimbursement. These additional days can help you manage long journeys, flight connections, or simply travel more affordably.



Please note, however, that any extra accommodation, food, or personal expenses during these additional days are your responsibility. Touristic detours, activities, or city visits outside of the training programme are not reimbursable under any circumstances.

## EMERGENCY CONTACTS

In case of any emergency during your stay in Italy, you can contact 112, the European emergency number active throughout the country. This number is free of charge and available 24/7 from any phone, including mobile devices without credit or SIM card.

What happens when you call 112? Your call will be directed to a centralized emergency response center, where a trained operator will assess the situation and forward your request to the appropriate authority — whether it's the Police (Polizia di Stato), the Carabinieri, the Fire Brigade (Vigili del Fuoco), or the Medical Emergency Services (Ambulance/118). The 112 operator may also provide first assistance instructions while waiting for the appropriate emergency team to arrive. In Italy, the traditional emergency numbers (113 – Police, 115 – Fire, 118 – Medical) are still in use in some areas, but 112 is the single, official number recognized across all European countries, and it is the safest option to use in any situation requiring immediate help.

During the training course, you can also reach out directly to the project coordination team for any issue that is urgent but not life-threatening (e.g. health discomfort, logistics problem, or personal safety concern).

Project Coordinator (On-site contact): Francesco – +39 3482596668

EDI Onlus Office (Administrative contact): Office contact – +39 064467447 / [segreteria@edionlus.it](mailto:segreteria@edionlus.it)

We recommend that you save these contacts in your phone before arriving and carry them in your wallet or backpack for quick access if needed. For each request I doubt and / or specific clarification about the project, we invite you to send a message to: [erasmus@edionlus.it](mailto:erasmus@edionlus.it)

Looking forward to meeting you soon!

**E.D.I Onlus Team**



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