



# koKOLORness

ERASMUS + YOUTH EXCHANGE

23<sup>RD</sup> – 30<sup>TH</sup> MAY 2026

ORDONA, ITALY



Funded by  
the European Union

Erasmus+  
Arricchisce la vita, apre la mente.



# ABOUT THE PROJECT

The “koKOLORness” project aims to address the growing negative impact of hyperconnectivity on young people’s mental health and their disengagement from community life. Through non-formal education and youth work practices, the project seeks to create meaningful opportunities for reflection, self-expression, and active participation expressed through visual arts such as painting, photography, and digital graphics, which participants use as creative practices to process their relationship with the digital world..

The main objective is to raise awareness among young people about the risks associated with excessive digital exposure, such as social anxiety, cyberbullying, digital dependency, and the decline of face-to-face communication skills. By fostering digital awareness and promoting mental well-being, the project encourages young people to reconnect with themselves, their peers, and their communities.

# PROJECT OBJECTIVES

The project has several specific objectives. First, it aims to raise awareness of mental health issues, particularly the risks of hyperconnectivity, helping participants understand how digital overexposure affects their emotional well-being. Second, it seeks to develop digital literacy, project management, and artistic expression skills, equipping young people with tools to navigate both the online and offline worlds more effectively.

Additionally, “koKOLORness” promotes social inclusion and solidarity through cultural and artistic initiatives that foster community engagement and reduce feelings of isolation. Another key objective is to encourage participants to become multipliers of change by leading follow-up activities within their local communities, spreading awareness about the importance of digital balance and mental health.

# WHO CAN PARTICIPATE?

Each partner organization will send 6 participants and 1 group leader (7 people in total).  
Participants and Leaders must agree to take part in the whole duration of the  
Youth Exchange: May 23<sup>rd</sup> (Arrival Day) – May 30<sup>th</sup> (Departure Day) 2026!



## PARTICIPANT PROFILE

- Age requirements: between 18 and 25 years old;
- Interest in visual arts, their motivation to engage in the project's themes, and their commitment to creating a positive impact in their communities.
- Desire to learn how to use creative methods as a tool for expression;
- Basic-intermediate level of English;

## LEADER PROFILE

- Age requirements: older than 18 years old;
- Is able to support his/her group;
- Previously participated as participant and/or leader to any youth project at national or international levels;
- Has high English literacy (B2-C1) level;
- Has previous experience in Youth Working and/or Erasmus+ programme

# HOW TO REACH ACCOMMODATION?



## **Before booking your tickets**

Before purchasing any ticket, your travel itinerary must be approved. Please ask your sending organisation or group leader to forward your travel plan to us. Only once you have received approval, you can proceed with the booking.

 **Tip:** Your best option is to fly into Bari Airport.

Please choose flights that land in Italy in the morning, or the day before your arrival date.

## **Arrival at Orta Nova Train Station**

**! IMPORTANT: ALL PARTICIPANTS MUST PLAN TO ARRIVE AT ORTA NOVA TRAIN STATION NO EARLIER THAN 17:00 ON MAY 23RD.**

We will organise a private transfer from Orta Nova Train Station to the venue. Please note that the station is far from the venue and it is not possible to reach it on foot.

The cost of the transfer is €9 per person (round trip) and will be deducted from your travel reimbursement.

 **Example:** if your reimbursement is €309, the final travel budget will be €300.

## **How to reach Orta Nova Train Station**

The best way to reach Orta Nova is to travel via Bari or Naples Airport, as both have good transport connections to Foggia - the nearest city to Orta Nova (approx. 20 km away). From Foggia, you can then take a train to Orta Nova.

# HOW TO REACH ACCOMMODATION?



## Flying into Bari

Take a train from Bari to Orta Nova or a bus/train to Foggia, then take a Trenitalia train from Foggia to Orta Nova.

-  Trenitalia
-  Flixbus

## Flying into Naples

Take the Air Campania bus from Napoli Stazione F.S. (Metropark) directly to Foggia. Tickets can be purchased directly at the station. Then take a Trenitalia train from Foggia to Orta Nova.

-  Air Campania - Naples to Foggia
-  Trenitalia

## Flying into Rome

Take a Trenitalia train or a Flixbus from Rome to Foggia, then take a Trenitalia train from Foggia to Orta Nova.

-  Trenitalia
-  FlixBus

# TICKETS GUIDELINES



**The following guidelines are very important!!!!**

**Please make sure to read them carefully, and if you have any doubt please ask your group leader or sending organisation!**

**Arrival and Departure day of the Youth Exchange are: May 23<sup>rd</sup> - May 30<sup>th</sup>, 2026.**

**Don't forget to keep all your tickets, receipts, reservations and boarding passes! In case of missing documentation, we will NOT be able to reimburse you!**

**Eligible extra days accepted from the National Agency for extending your stay in Italy and receive your reimbursement for your travel fully by our organization are up to 2 extra days. Accommodation and meal costs during these extra days are not covered by the project!**

**Once again, the travel route must be approved by us, so before booking your flights, please ask your sending organization or your group leader to forward your travel itinerary to us. Once you have received their approval, you can proceed with the booking.**

## ACCEPTED TRAVEL DAYS

May 23<sup>rd</sup> - May 30<sup>th</sup> 2026

May 22<sup>nd</sup> - May 30<sup>th</sup> 2026

May 21<sup>st</sup> - May 30<sup>th</sup> 2026

May 23<sup>rd</sup> - May 31<sup>st</sup> 2026

May 23<sup>rd</sup> - June 1<sup>st</sup> 2026

May 22<sup>nd</sup> - May 31<sup>st</sup> 2026



# TICKETS GUIDELINES



When you create your travel itinerary, please forward it to your group leader or sending organization following the scheme below as example. This will help us to speed up the process and approve your itinerary as soon as possible! Any other format or screenshots will not be accepted by us as a travel proposal. Thanks for your collaboration!

Example of how a travel itinerary should be written:

(New York - Los Angeles)

Departure: New York - Los Angeles

Date: 1/03/2026

Departure: 9:00 AM - Arrival: 10:00 PM

Cost: 30 euros (cabin baggage included)

Return: Los Angeles - New York

Date: 10/03/2026

Departure time: 11:00 AM - Arrival time: 5:00

PM Cost: 50 euros (cabin baggage included)

Keep in mind to include local transportation to arrive at and depart from Orta Nova train station in your travel itinerary!

## ACCEPTED TRAVEL DAYS

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May 21<sup>st</sup> - May 30<sup>th</sup> 2026

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# TICKETS GUIDELINES



## NEEDED TRAVEL DOCUMENTS FOR REIMBURSEMENT

▪ **FLIGHT TICKETS** - choose second class, cheaper flights. For flight tickets you will have to provide: Ticket Reservation (you receive it online after you buy your flight, on which you find the cost of the ticket) & Boarding pass (for both ways, printed in original or pdf) and reservations invoice.

**IMPORTANT:** we strongly advise you choose either checked baggage or carry-on baggage at the time of booking. The travel budget will not cover both of them and we can not reimburse both costs. Remember to take a screenshot of your boarding passes in the app as they will disappear after your travel, so we need to save the proof.

- Train, Bus and Shuttle tickets - make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice is better;
- Transport by taxi or Rent a Car - reimbursement is allowed only if public transport is not available; a personal written declaration will be needed.

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May 22<sup>nd</sup> - May 31<sup>st</sup> 2026



# TICKETS GUIDELINES



**All flight reservations, boarding passes, or any other tickets should be SENT in PDF to E-MAIL [kokoronesseuropa@gmail.com](mailto:kokoronesseuropa@gmail.com)**

## ACCEPTED TRAVEL DAYS

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# TICKETS GUIDELINES COSTS



309€



**Project budget covers: 100% costs for accommodation, 100% costs for 3 meals (breakfast, lunch, dinner) & 2 coffee break per day!**

**Reimbursement will be done after all travel documents and payment proofs will be collected.** Reimbursement will be transferred on the organization bank account.

Group Leaders must collect all travel documents for their groups!

Besides collecting the digital form, remember to also **gather the paper tickets and bring them with you.** After collecting all printed original forms, you should take pictures/scans and send them together on **E-MAIL [kokoronesseuropa@gmail.com](mailto:kokoronesseuropa@gmail.com)**

**Very important:** Reimbursement will be completed only when all documents are correctly collected!

# THE VENUE



The venue of the youth exchange you are about to be hosted is a charming "Agriturismo" surrounded by beautiful countryside.

The accommodation is designed to encourage socializing and collaboration, with hostel-like rooms that can comfortably accommodate several participants each. We believe that staying in this cozy and rustic environment will provide a unique opportunity for participants to connect with each other and experience the local culture firsthand, the way Italian families are akin to!



**Check these links out to start dreaming of your Italian dream!:**

<https://www.youtube.com/watch?v=WIE9LEDqdDs>

[https://www.tripadvisor.it/Hotel\\_Review-g4580714-d10744795-Reviews-Kyathos\\_Agriturismo-Ortona\\_Province\\_of\\_Foggia\\_Puglia.html](https://www.tripadvisor.it/Hotel_Review-g4580714-d10744795-Reviews-Kyathos_Agriturismo-Ortona_Province_of_Foggia_Puglia.html)



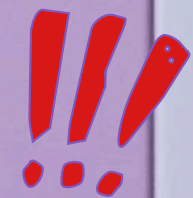
Lunch & Dinner will be served by host organization with traditional food from Puglia, so be prepared to taste delicious food! Breakfast & Coffee Break will be organized by host organization... we will try to keep you energized and happy!

# TO DO LIST



Please make sure to follow the next steps:

- **Fill in the Application Form by April 10th : <https://forms.gle/TbDrTSNWk2FovSwb8>**
- **Reserve your tickets by April 17th. Send your tickets and reservations by email, as explained in the previous pages of the Infopack.**
- **Once you reserve your tickets, join the official Facebook group, where we will share more info and updates about the project: <https://www.facebook.com/share/g/1AS6SU38GX/?mibextid=wwXlfr>**
- **Prepare yourself on the topic of the project, bringing your creativity and positive energy!**
- **Cultural Night - Every national group of participants from one country will need to present their culture on the intercultural evening: you can bring some traditional food, show traditional dances and tell interesting facts and stories about your Country.  
You can also prepare games and quizzes!**
- **Safety and Insurance - the project budget will not cover a travel health insurance, by the way we highly recommend to bring with you the European Health Insurance Card or to stipulate an health insurance.**



# WHAT TO BRING?



**Please do not forget:**

- **All your travel documents and tickets according to what explained in the previous pages of the Infopack;**
- **Personal cup and water bottles, to be refilled and used personally, in order to reduce plastic use and keep your liquids separate from others!**
- **Personal towels and hygiene items;**
- **Personal medicines or any unusual personal items;**
- **Snacks and drinks representing your country for the Cultural Nights (keep in mind that there will be no kitchen available to cook something on spot, so bring only ready food & drinks...!);**



# OUR CONTACTS & PARTNERS



KOKORONESS

@KOKORONESS

KOKORONESSEUROPA@GMAIL.COM

PHONE NUMBERS: (WE ARE USING WHATSAPP & TELEGRAM!)

MARIA +39 334 782 5585

VALERIA +39 327 191 8321

FACEBOOK GROUP OF THE PROJECT:

[HTTPS://WWW.FACEBOOK.COM/SHARE/G/1A56SU38GX/?MIBEXTID=WWXIFR](https://www.facebook.com/share/g/1A56SU38GX/?mibextid=WWXIFR)



YOUTH IN THE MOMENT



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TICKET2EUROPE



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DREAM COLORS Z.S.



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