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# ABOUT THE PROJECT

The project "Words Can Art" was created to address one of the most pressing challenges faced by today's youth: digital hyperconnection and its side effects on mental health, social relationships, and individual well-being. The overuse of technology and constant exposure to social media are leading to phenomena such as isolation, digital addiction, anxiety, and functional illiteracy, making it necessary to implement educational interventions that help young people develop tools to manage their online presence more consciously.

Through an approach based on creative writing and visual arts, the project aims to provide participants with new personal expression and emotional processing methods. The activities planned in the Words Lab, which includes techniques such as cut-up, blackout poetry, and storytelling, foster the development of critical thinking and creativity - essential tools to counteract the conformity imposed by the digital world and to stimulate greater self-awareness.





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# PROJECT OBJECTIVES

One of the main objectives of the project is to promote social inclusion by ensuring access to activities for young people from disadvantaged backgrounds or those at risk of exclusion.

In summary, "Words Can Art" aims to:

- Raise awareness among young people about the risks of hyperconnection and promote more conscious digital use;
- Use creative writing as a tool for expression and mental well-being;
- Strengthen critical thinking, creativity, and self-narration skills;
- Promote social inclusion and active participation;
- Create youth gathering spaces at both local and international levels; Encourage the dissemination of good practices in the field of youth work.



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# WHO CAN PARTICIPATE?

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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: June 24th – July 1st 2026

## Participant profile

- Age requirements: between 18 and 25 years old;
- Interest in raising awareness about digital hyperconnection and the importance of mindful technology usage;
- Desire to learn how to use creative methods as a tool for expression and mental well-being;
- 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 GET TO ACCOMMODATION?

Before buying any ticket 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. Your best choice will be to land in Bari Airport!

Choose preferably flights that are landing in Italy in the morning or the day before!

**VERY IMPORTANT:** Participants should plan to arrive at ORTA NOVA TRAIN STATION after 17:00 on the June 24th. We will organize a private transfer for all the participants from the main railway of Orta Nova to the venue of the Youth Exchange (Railway of Orta Nova is far away from the venue of the project and it's not possible to reach the venue of the project by walking!!). Cost of this private transfer is 9€ per person, and it will be covered with the travel budget. This means that if your total reimbursement is 309€, you will be cut out 9€ from the total amount, so it will become 300€ (9€ is for round way trip).

To reach the railway station in Orta Nova, the best way is to travel through Bari or Naples airport, as there is a very nice transport connection with Foggia, which is the nearest city to Orta Nova, Italy. There are lots of cheap flights to the airports in Italy and then you can travel by bus or train. The distance is not very big.



# HOW TO GET TO ACCOMMODATION?

**\*If your flight will land in Bari,** you have to take a bus/train for Foggia (which is 20km far from Orta Nova), once arrived in Foggia, you can take a train for reach Orta Nova. From Foggia to Orta Nova, Trenitalia is the train that you have to take <https://www.trenitalia.com/it.html> (Trenitalia web site).

**\*If your flight arrives to Napoli,** from Napoli STAZIONE F.S. (METROPARK) to Foggia - (Air Campania Company) is the bus that you have to take (Timeline link: <https://aircampania.it/napoli-foggia-modifiche/> ). The tickets can be directly purchased to Napoli STAZIONE F.S (METROPARK).

**\*If your flight arrives to Rome,** Trenitalia is the train that you have to take until Foggia and then again you will use Trenitalia train, to reach Orta Nova. (There are also some several bus from Rome to Foggia, like Flixbus which is the best one) <http://www.trenitalia.com/tcom-en> (Trenitalia web site) <https://www.flixbus.com/> (FlixBus web site). From Foggia to Orta Nova, Trenitalia is the train that you have to take <http://www.trenitalia.com/tcom-en> (Trenitalia web site).

# 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: June 24th – July 1st, 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
June 24 <sup>th</sup> - July 1st 2026
June 23 <sup>rd</sup> - July 1st 2026
June 22 <sup>nd</sup> - July 1st 2026
June 24 <sup>th</sup> - July 2nd 2026
June 24 <sup>th</sup> - July 3rd 2026
June 23 <sup>rd</sup> - July 2nd 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!**



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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.

All flight reservations, boarding passes, or any other tickets should be SENT in PDF to

**E-MAIL [eb.euprojects@gmail.com](mailto:eb.euprojects@gmail.com)**

## ACCEPTED TRAVEL DAYS

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# TICKETS GUIDELINES



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# TICKETS

## GUIDELINES COSTS

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 and give them to us.

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

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

309€





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# 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-Ordona\\_Province\\_of\\_Foggia\\_Puglia.html](https://www.tripadvisor.it/Hotel_Review-g4580714-d10744795-Reviews-Kyathos_Agriturismo-Ordona_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



- Fill in the Application Form by **May 10th**: <https://forms.gle/iDfazweiMF7GKDMY8>
- Reserve your tickets by **May 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/17xdxHf2kh/?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...!);

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# OUR CONTACTS & PARTNERS

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[educazionebenessere](#)

[Educazione Benessere](#)

[eb.euprojects@gmail.com](mailto:eb.euprojects@gmail.com)

Phone numbers: (we are using Whatsapp & Telegram!)

**Carmine +39 389 786 4256**

**Lorenzo +39 388 589 6444**

**FACEBOOK GROUP OF THE PROJECT:**

<https://www.facebook.com/share/g/17xdxHf2kh/?mibextid=wwXIfr>



Funded by  
the European Union

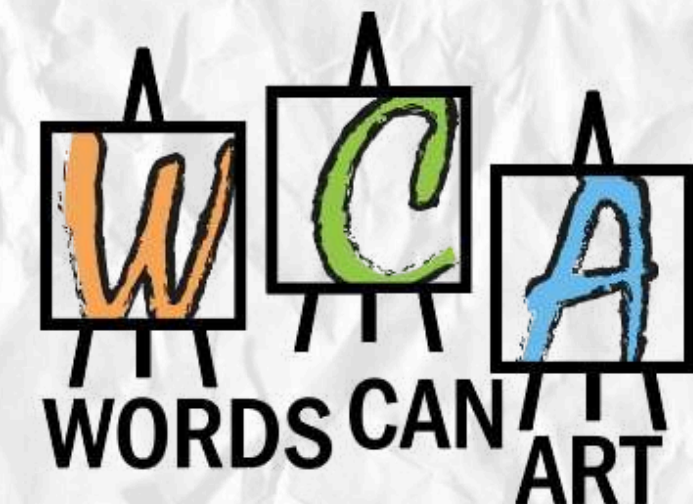


Agenzia Italiana  
per la Gioventù



Erasmus+

Arricchisce la vita, apre la mente.



→ Dream Colors z. s.

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MOZAIK INSAN

Greek Odysseuses