# CARDBOARDing pass: A Journey from Trash to Treasure!

Erasmus+ Youth Exchange

August 30th – September 06th, 2026

Cicala, Italy





TERRA MATER

CICALA

Funded by the European Union

Agenzia Italiana per la Gioventù

# About the project

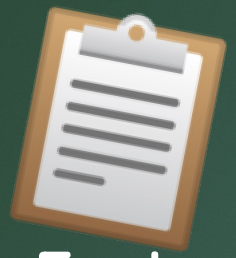
The main objective of our youth exchange “CARDBOARDing pass: A Journey from Trash to Treasure!” is to reduce waste production and promote the social initiative of learning to clean areas contaminated by waste.

The added value of our project, compared to the previous ones to which it is connected, is to educate young people on recycling, on environmental protection and on how to implement efficient savings on the production of waste of paper and cardboard by informing young people about the damage caused by their dispersion on our planet. The youth exchange will focus on the possibilities of recycling with creative methods.

The objectives of this project and the learning objectives we aim to achieve are:

- activate young people for environmental protection;
- create awareness about the damage of overproduction of waste from paper and cardboard, seeking solutions for this problem;
- promote creativity as a tool for environmental protection;
- improve the level of young people's creative skills;
- raise young people's awareness of intercultural dialogue and cultural diversity;
- increase the level of key skills of Youthpass certified young people;
- promote intercultural learning and global goals through non-formal education;





# Want to join? Participant profile

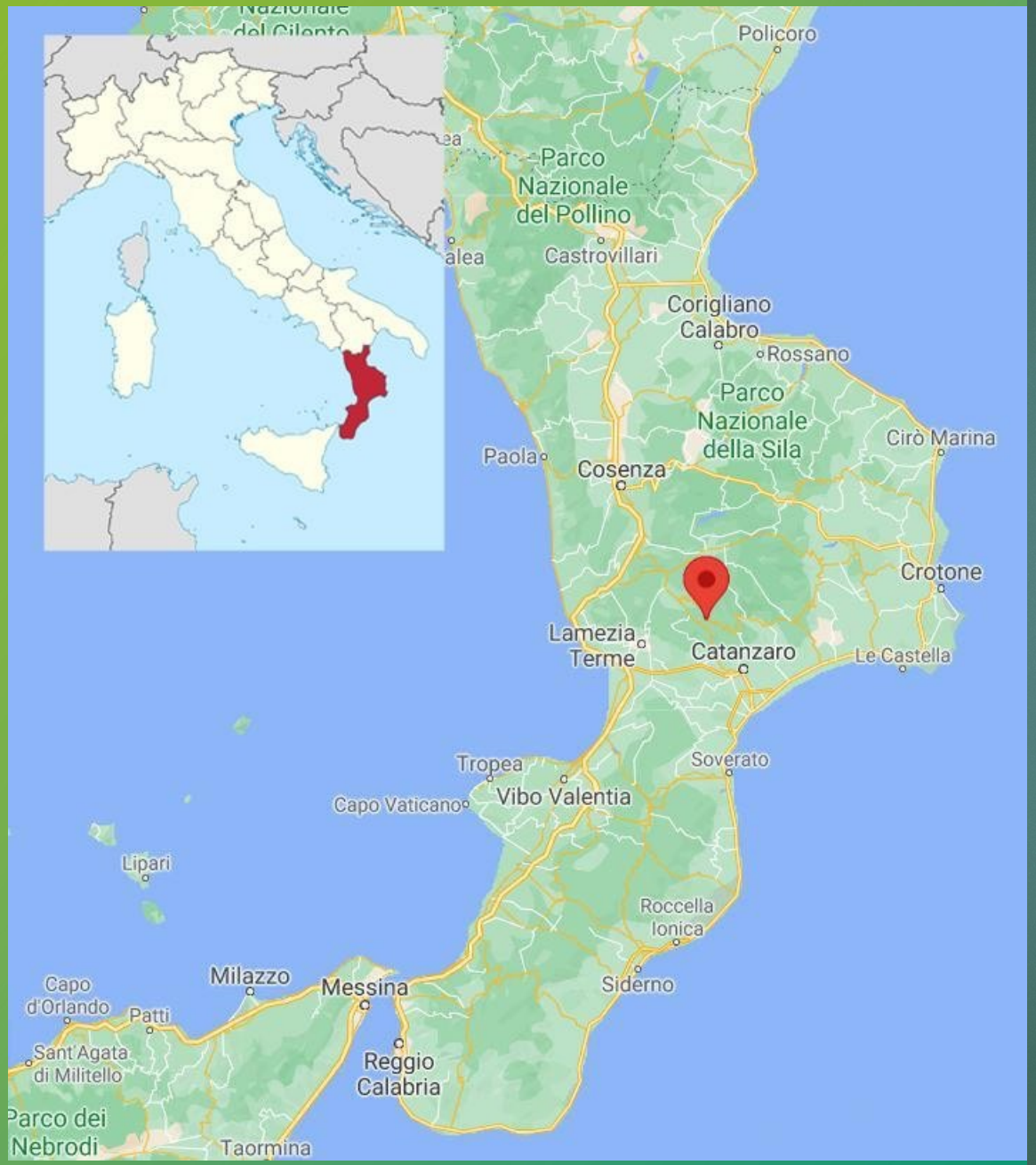
Each partner organization will send 5 participants and 1 group leader (6 people in total). Participants and Leaders must agree to take part in the whole duration of the Youth Exchange: August 30th – September 06th, 2026.

## Participant Profile

- Age requirements: between 18 and 25 years old;
- Want to improve their skills towards environmental sustainability;
- Sensitive to the environmental issues;
- Has a 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 **Cicala?**

Choose preferably flights that are landing in Italy in the morning or the day before, so you will have the time and the assured transportation to reach the meeting point on time.

Closest Airport: Lamezia Terme

Do not reserve any train ticket in order to reach Cicala, there are no public transportation options available. For this reason, we will provide internal transport from Lamezia Terme to the venue. 😉 👌

Very important: We will create a pickup point in Lamezia Terme according to your arrivals. It is important that you will assure your presence in Lamezia Terme not later than **20.00** on August 30th . Transport will be organized with a private transportation from the pickup point to the venue of the Youth Exchange, Cicala. **Cost of this bus is 30€ 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 30€ from the total amount, so it will become 279€ (30€ is for round way trip.)

After you will communicate to us your arrivals, we will make a schedule that you can follow with information on the exact time and place of the pickup point!

Same goes for the departures, knowing that the organized bus will bring you to Lamezia Terme in the morning of September 06th.

# **Tickets** Guidelines

The following guidelines are very important. Please make sure to read them carefully, and if you have any doubt, please ask us!

## Arrival and Departure days of the Youth Exchange: August 30th - September 06th, 2026

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.

Please remember that accommodation in Italy cannot be covered for extra days.

**Travel route must be approved by us, so before booking your flights ask us and wait for our approval!**

| Accepted travel days are: |
| --- |
| August 30th – September 06th |
| August 29th – September 06th |
| August 28th – September 06th |
| August 30th – September 07th |
| August 30th – September 08th |
| August 29th – September 07th |




SAVE THE DATE!

**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!**

## 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/screenshot).
- ✓ 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. (Before using it you can speak with us in order to arrange a cheaper solution if possible);
- ✓ Important: Remember to take a screenshot of app or mobile tickets and boarding passes as it will disappear after you travel, so we need to save the proof.

# Travel Reimbursement & Costs

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

Travel costs (from your house to the venue) will be reimbursed up to a maximum of 309€ per participant.

Within this cost: Transport from/to Pickup point to the venue of the Youth Exchange, Cicala. Cost of the private transportation is 30€ 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 30€ from the total amount, so it will become 279€ (30€ is for round way trip.)

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 and participants must send all travel document (reservation emails, tickets and boarding passes) to the following email: terramatererasmus@gmail.com

All physical tickets must be kept and handed over to us upon arrival at the accommodation.

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




# The Venue

The venue of the Youth Exchange is Cicala, a quiet small town in Calabria, Italy.

Participants will be accommodated in tiny houses located around the center of the town.

Lunch & Dinner will be cooked by a trained cook who will prepare traditional food from Calabria, so be ready 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:

- ❑ 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 insurance, by the way we highly recommend to get a European Insurance Card.

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# What To Bring?

## ✅ Please, don't forget!

- ❑ All your travel documents and tickets according to what explained in the previous pages of the infopack!
- ❑ **VERY IMPORTANT:** If you have any used or non-functioning tech products, you can bring them with you!
- ❑ 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 in representation for your Country, for the Intercultural Nights (keep in mind that there will be no kitchen to cook something on the spot, so bring only ready food & drinks….!)



# Contacts & Partners

## TERRA MATER CICALA

Facebook Page: Terra Mater Cicala

Instagram: @terramatercicala

Email: terramatererasmus@gmail.com

OUR PARTNERS IN THE PROJECT:

Impress (Croatia)

KOM 018 (Serbia)

Amigos de Europa (Spain)

Danish Youth Team (Denmark)

ATDD (Romania)

