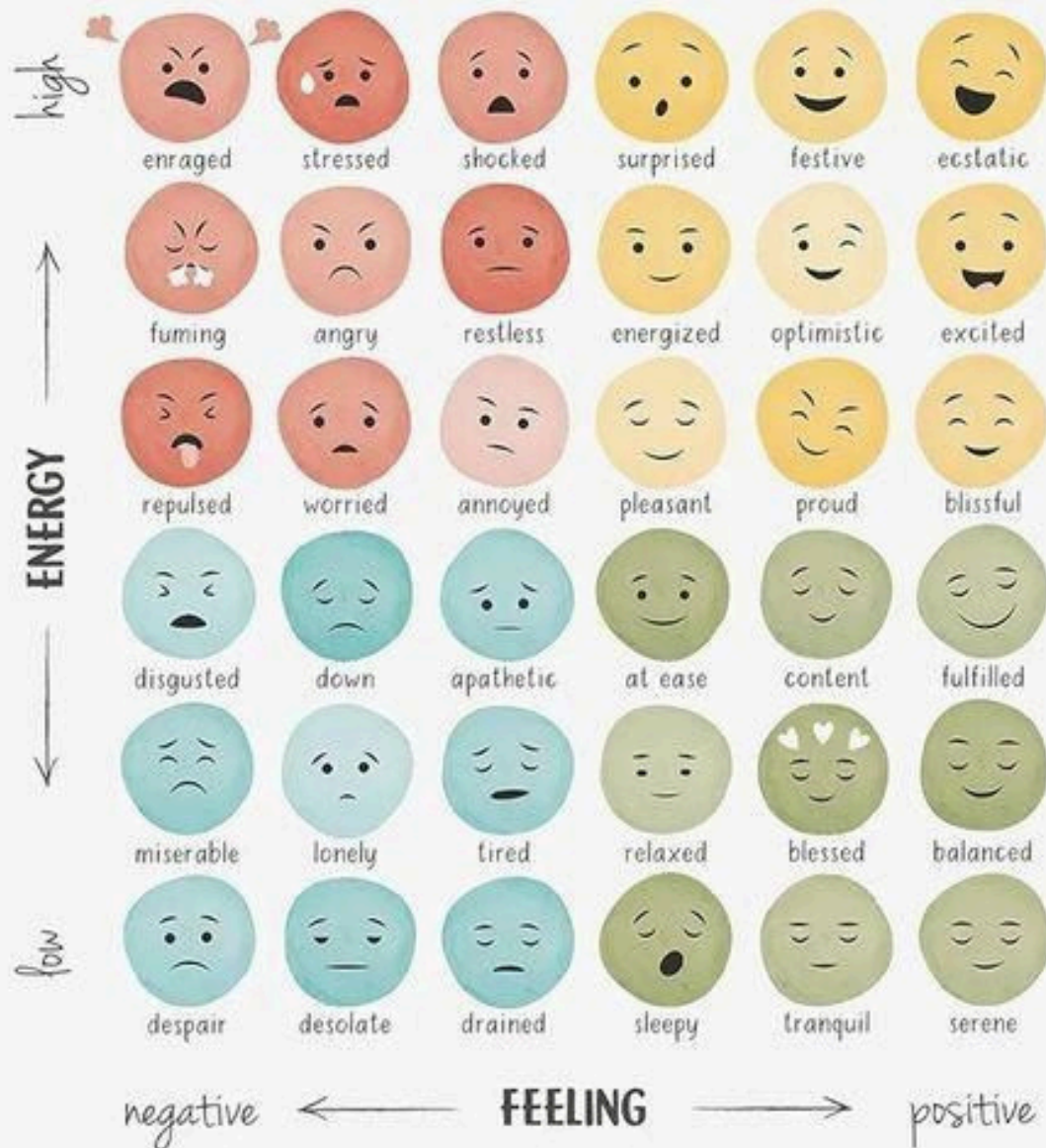


MOOD METER

How are you feeling?



EMOTIONAL INTELLIGENCE
IN YOUTH WORK
new generation skills

Youth Worker Exchange
Trento, Italy
27/06 - 03/07/2025

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WHAT IS A YOUTH WORKER EXCHANGE?

YOUTH WORKER EXCHANGES ARE PART OF THE EUROPEAN ERASMUS+ PROGRAMME WHICH OFFERS OPPORTUNITIES TO ORGANIZE PROJECTS FOR THE MOBILITY OF YOUNG PEOPLE AND YOUTH WORKERS. FOR YOUTH WORKERS, ORGANIZATIONS CAN TAKE PART IN OPPORTUNITIES TO SUPPORT THE PROFESSIONAL DEVELOPMENT, CAPACITY BUILDING, NETWORK OF YOUTH WORKERS AND THEREBY THE DEVELOPMENT OF QUALITY YOUTH WORK AT LOCAL, REGIONAL, NATIONAL, EUROPEAN AND INTERNATIONAL LEVEL. THROUGH NON-FORMAL AND INFORMAL LEARNING EXPERIENCES IN MOBILITY, MORE SPECIFICALLY, MOBILITY PROJECTS FOR YOUTH WORKERS AIM TO:

- PROVIDE NON-FORMAL AND INFORMAL LEARNING OPPORTUNITIES FOR EDUCATIONAL AND PROFESSIONAL DEVELOPMENT OF YOUTH WORKERS:
- BUILD A COMMUNITY OF YOUTH WORKERS THAT CAN SUPPORT THE QUALITY OF PROJECTS AND ACTIVITIES FOR YOUNG PEOPLE IN EU PROGRAMMES AND BEYOND:
- DEVELOP LOCAL YOUTH WORK PRACTICES AND CONTRIBUTE TO CAPACITY BUILDING FOR QUALITY YOUTH WORK OF THE PARTICIPANTS AND THEIR ORGANIZATION, HAVING A CLEAR IMPACT ON THE PARTICIPATING YOUTH WORKERS' REGULAR WORK WITH YOUNG PEOPLE.



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WHAT ARE WE GOING TO DO?

FIRST THING TO SAY: WE WILL BUILD THE EXCHANGE TOGETHER AND FOR SURE WE ARE GONNA SHARE!



THE MAIN TOPIC IS EMOTIONAL INTELLIGENCE AND HOW IT HELPS TO MAKE THE LIVES OF YOUTH WORKERS BETTER AND YOUTH WORK A BETTER PLACE. EMOTIONAL INTELLIGENCE (EI) IS THE ABILITY OF A PERSON TO IDENTIFY AND RECOGNIZE ONE'S OWN AND OTHERS' EMOTIONS. IT ALLOWS USING EMOTIONAL INFORMATION TO GUIDE ONE'S BEHAVIOUR AND ADAPT TO DIFFERENT ENVIRONMENTS. EI BOOSTS THE ABILITY OF LISTENING AND MEDIATING - THAT IS CRUCIAL WHEN WORKING WITH YOUNG PEOPLE. WE WANT TO TALK ABOUT EMOTIONS. LEARN ABOUT EMOTIONS AND MOST IMPORTANTLY, PRACTICE NON-VIOLENT COMMUNICATION - BEST EVER PRACTICAL TOOL OF EMOTIONAL INTELLIGENCE!

WHAT EXACTLY WE WILL DO:

- WORKSHOPS: SHARING OUR OWN BEST PRACTICES ON WORKING WITH YOUNG PEOPLE. OF COPING WITH OUR OWN EMOTIONS WHILE WORKING WITH YOUNG PEOPLE. OF COPING WITH EMOTIONS OF YOUNG PEOPLE
- DO NETWORKING: MEETING AND CONNECTING WITH OTHER YOUTH WORKERS AND YOUTH ORGANIZATIONS FROM DIFFERENT COUNTRIES. INSPIRING EACH OTHER AND GETTING INSPIRED:
- GROUP PROJECTS: THINKING, DESIGNING AND TESTING ON OURSELVES TECHNIQUES AND METHODS OF WORKING WITH YOUNG PEOPLE BASING ON THE PRINCIPLES OF EMOTIONAL INTELLIGENCE AND NON-VIOLENT COMMUNICATION:
- REFLECTIVE PRACTICE: LEARNING ABOUT OURSELVES AND PEOPLE AROUND US
- WE WILL OF COURSE ENJOY SUMMER IN THE ITALIAN MOUNTAINS

OF COURSE THE ACTIVITIES SHOULD BE TAILORED TO YOUR NEEDS AND INTERESTS. HENCE WE WILL BE HAPPY TO REVIEW (SLIGHTLY) OUR IDEA OF THE AGENDA TOGETHER BASED ON YOUR CONTRIBUTIONS, NEEDS, IDEAS AND SUGGESTIONS! :)



THE SELECTED PARTICIPANTS WILL RECEIVE THE DETAILED AGENDA OF THE WEEK A FEW WEEKS BEFORE THE MEETING.



DAY 1 - ARRIVALS

DAY 2 - GETTING TO KNOW EACH OTHER. NETWORKING AND FIRST STEPS TOWARDS EI

DAY 3 - EI: A LITTLE BIT OF THEORY AND A LOT OF PRACTICE AND FUN

DAY 4 - NON-VIOLENT COMMUNICATION IN DAILY LIFE AND IN YOUTH WORK

DAY 5 - DIVING DEEPER INTO OURSELVES: ZEN YOUTH WORKERS IN THE MAKING

DAY 6 - FUTURE PROJECTS, EVALUATION AND VISITING TRENTO

DAY 7 - DEPARTURES



OK I AM IN! WHAT IS NEXT STEP?

WHO CAN PARTICIPATE?

THE PROJECT TARGETS YOUTH WORKERS FROM ALL OVER THE EU WHO WORK CLOSELY WITH YOUNG PEOPLE, SUCH AS YOUTH ORGANIZATIONS, YOUTH CENTER WORKERS, INFODESK, ETC... TO TAKE PART IN THE PROJECT YOU MUST BE INVOLVED IN A YOUTH ORGANIZATION ACTIVITIES AND YOU MUST BELONG TO AN ORGANIZATION INVOLVED IN SUCH ACTIVITIES AS AN EMPLOYEE OR VOLUNTEER. A TOTAL OF 24 YOUTH WORKERS CAN TAKE PART IN THIS EXCHANGE, WITH EACH PARTNER SENDING UP TO 3 PARTICIPANTS.

WHEN AND WHERE?

THE EXCHANGE WILL TAKE PLACE AROUND TRENTO CITY, ITALY FROM THE 27TH OF JUNE TO 3RD OF JULY 2025 (27TH AND 3RD BEING TRAVEL DAYS)



BOARD AND LODGING

BOARD AND LODGING ARE PROVIDED BY OUR ORGANIZATION DURING THE WHOLE YOUTH WORKER EXCHANGE. THE HOUSE IS LOCATED IN CANDRIAI DI MONTE BONDONE, A MOUNTAIN "SUBURB" OF TRENTO. THERE ARE DOUBLE AND TRIPLE ROOMS WITH BATHROOMS. THE HOUSE IS A SELF-MANAGED HOUSE WITH A NICE EQUIPPED KITCHEN, A COMMON ROOM AND BIG SHARED BEDROOMS. WE WILL HAVE AN ORGANIZED LUNCH AND WILL COOK TOGETHER OUR MEALS FOR DINNER IN A COMMUNITY ENVIRONMENT.

PLEASE NOTE THAT THE AREA IS REMOTE AND SURROUNDED BY NATURE. THE BEST PLACE TO BE DURING SUMMER HEAT! YOU WILL HAVE SOME FREE TIME TO CHECK TRENTO CITY, BUT AS THE TRANSPORT CONNECTIONS ARE LIMITED IT WON'T BE POSSIBLE DAILY. PLEASE BRING WITH YOU EVERYTHING YOU MIGHT NEED FOR THE WEEK. PRETENDING THERE IS NO WAY TO DO SHOPPING FOR NECESSITIES AT ALL!

[You can view the house at this link.](#)



WHAT TO BRING WITH YOU

- EVERYTHING YOU NEED FOR CONFRONT LIVING AWAY FROM HOME
- ANYTHING THAT TELLS US ABOUT YOUR ORGANIZATION YOU WOULD LIKE TO SHARE
- BED SHEETS AND TOWEL
(THE HOUSE DISPOSES BLANKETS, BUT NO BED SHEETS)
- ALL YOUR HEALTH OR BEAUTY ROUTINE (SHAMPOOS AND CO. PLEASE NOTE THAT THERE IS NO SUPERMARKET AROUND)
- COMFORTABLE CLOTHES AND SHOES
- JACKET OR SOMETHING WARM TO COVER YOURSELF DURING CHILLY MOUNTAIN EVENINGS
- SUNSCREEN (MOUNTAINS ARE HARSH WITH SUNBURNS!).
MOSQUITO REPELLENT
- IN THE APPLICATION FORM WE ASK YOU WHETHER YOU'D LIKE TO SHARE WITH US YOUR NATIONAL DISH: IF YOUR ANSWER IS YES BUT YOUR DISH CONTAINS SOMETHING VERY SPECIFIC FROM YOUR COUNTRY (A SPECIAL INGREDIENT, SPICES) PLEASE BRING IT WITH YOU

THE HOUSE



TAKE INTO CONSIDERATION THAT THE YOUTH WORKER EXCHANGE WILL BE IMPLEMENTED IN A MOUNTAIN AREA AND SOME ACTIVITIES WILL BE DONE OUTSIDE.





INTERNATIONAL TRAVEL

PLEASE READ THIS PART CAREFULLY. WE WANT TO AVOID ANY MISUNDERSTANDINGS AND BE TRANSPARENT AS SPRING WATER.

ACTUAL TRAVEL EXPENSES FROM THE COUNTRY OF RESIDENCE TO THE PLACE OF EXCHANGE WILL BE REIMBURSED UP TO THE AMOUNT INDICATED IN THE TABLE BELOW THIS CHAPTER (THE TABLE STATES MAXIMUM AMOUNT PER DISTANCE TRAVELLED). THE REFUND WILL BE MADE AFTER RECEIVING THE COMPLETE TRAVEL DOCUMENTS. THE MAXIMUM AMOUNT OF TRAVEL COSTS WILL BE CALCULATED ACCORDING TO YOUR RESIDENCE IN YOUR COUNTRY UP TO THE PLACE WHERE THE EXCHANGE TAKES PLACE.

[You can calculate the amount using the official link.](#)



PLEASE NOTE THAT YOU HAVE TO TRAVEL FROM THE COUNTRY OF THE SENDING ORGANIZATION YOU REPRESENT. EXAMPLE: YOU ARE A GERMAN CITIZEN LIVING IN SPAIN BUT YOUR SOULMATE ORGANIZATION YOU WISH TO REPRESENT IS BASED IN THE NETHERLANDS: IN THIS CASE THE ELIGIBLE TRAVEL EXPENSE IS FROM THE NETHERLANDS TO ITALY. IN CASE YOU TRAVEL FROM ANOTHER COUNTRY BUT YOUR SENDING ORGANIZATION. PLEASE INFORM US IN ADVANCE AS WE MUST COMMUNICATE THIS TO OUR NATIONAL AGENCY IN ORDER TO APPROVE YOUR TRAVEL.

REIMBURSEMENT

WE WILL MAKE REIMBURSEMENT AFTER RECEIVING THE DOCUMENTS FROM YOU: WE KINDLY ASK YOU TO HAVE AS MUCH AS POSSIBLE OF ELECTRONIC TICKETS. BECAUSE THIS WILL FACILITATE THE PROCESS OF REIMBURSEMENT AND MAKE IT FASTER! IF YOU HAVE ANY ORIGINAL TICKETS WE WILL NEED TO HAVE THEM IN ORIGINAL (BECAUSE OF ITALIAN LAW OF KEEPING IMPORTANT PAPERS...) IN ORDER TO MAKE THE REIMBURSEMENT: IN CASE YOUR COUNTRY OR/AND ORGANIZATION IS RULED BY THE SAME LAW. WE WILL NEED A DECLARATION FROM YOUR ORGANIZATION'S LEGAL REPRESENTATIVE STATING THAT YOU KEEP THE TICKETS. HENCE ELECTRONIC TICKETS WILL HELP A LOT!

PLEASE NOTE THAT THE REIMBURSEMENT WILL BE DONE RIGHT AFTER THE END OF THE YWE AND RECEIVING ALL ACCURATE TRAVEL DOCUMENTS FROM YOU. AND NOT LATER THAN 2 MONTHS FROM THE END OF THE MEETING (IN THIS CASE, NOT LATER THAN 3/09/2025). WE WILL NOT BE ABLE TO MAKE REIMBURSEMENT AFTER THAT DATE.



PLEASE ALSO NOTE THAT WE CAN MAKE THE REIMBURSEMENT ONLY TO YOUR PERSONAL BANK ACCOUNT (NAME OF BANK ACCOUNT HOLDER CORRESPONDING TO YOUR NAME) OR TO YOUR SENDING ORGANIZATION BANK ACCOUNT. NO THIRD BANK ACCOUNTS CAN RECEIVE THE REIMBURSEMENT. WE CANNOT REIMBURSE ANYTHING IN CASH, EVEN FOR SMALL AMOUNTS. IF YOU HAVE ANY QUESTIONS LEFT PLEASE CONTACT US AND WE WILL HAPPILY ANSWER ANY DOUBT!

[YOU CAN CALCULATE THE AMOUNT USING THE OFFICIAL LINK](#)

MAXIMUM TRAVEL BUDGET FOR EACH DISTANCE BAND

Travel distance	Green travel	Non-Green Travel
10 - 99 km	56 EUR	28 EUR
100 - 499 km	285 EUR	211 EUR
500 - 1999 km	417 EUR	309 EUR
2000 - 2999 km	535 EUR	395 EUR



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HOW TO GET TO TRENTO

BY AIRPLANE

TRENTO DOESN'T HAVE AN AIRPORT. THEREFORE WE HAVE TO CHOOSE THE CLOSEST AIRPORT TO TRENTO THAT HAS A GOOD BUS OR TRAIN CONNECTION.

THE CLOSEST AIRPORT TO TRENTO IS VERONA INTERNATIONAL AIRPORT (VRN). IT IS 90 KM FROM TRENTO. IT IS VERY WELL CONNECTED TO TRENTO: TRAINS RUN EVERY HOUR. IT TAKES ABOUT ONE HOUR TO GET HERE.

OTHER TRAVEL CONNECTIONS MIGHT BE THROUGH MILAN (BERGAMO, MALPENSA), BOLOGNA OR VENICE TREVISO. WE RECOMMEND BERGAMO (BGY) AS IT HAS A GOOD FLIXBUS CONNECTION TO TRENTO. DEPENDING ON YOUR FINANCES AND EASE YOU CAN CHOOSE EITHER OF THE LISTED OPTIONS.

NOTE: AFTER LANDING IN ITALY, YOU HAVE TO USE EITHER A CAR TO REACH TRENTO. DO MAKE SURE THAT THERE IS A FLIXBUS OR A TRAIN CONNECTION THAT MATCHES YOUR FLIGHT. DO NOT BUY YOUR TICKET WITHOUT CHECKING THE CONNECTION. AS YOU MIGHT END UP STUCK IN THE AIRPORT. SORRY :)



HOW TO GET TO TRENTO

BY TRAIN

FOR SOME, THE TRAIN MIGHT MAKE MORE SENSE. TRENTO'S STATION IS LOCATED IN PIAZZA DANTE. YOU CAN BUY THE TRAIN TICKETS ONLINE.

BY BUS

YOU CAN REACH TRENTO EASILY BY FLIXBUS WHICH STOPS 600 METERS AWAY FROM THE TRAIN STATION.

IMPORTANT:

WE RECOMMEND NOT TO BOOK RETURN TICKETS FOR EARLY MORNING IN ORDER TO HAVE TIME TO REACH THE AIRPORT (SEE FIRST BUS/TRAIN CONNECTIONS): IT WILL BE DIFFICULT TO FIND TRANSPORT TO YOUR CHOSEN AIRPORT EARLY IN THE MORNING.

- TRENITALIA
- FLIXBUS

! THE YWE WILL BE ORGANIZED NOT IN TRENTO CITY BUT IN CANDRIAI - 14 KM FROM TRENTO - IT IS RIGHT IN THE REAL MOUNTAINS! THE TRANSPORT CONNECTIONS FROM TRENTO TO CANDRIAI ARE A LITTLE LIMITED, BUT DON'T WORRY: ON YOUR ARRIVAL WE WILL ORGANIZE PICK UP GROUPS AND OUR VOLUNTEERS WILL HELP YOU TO GET THERE. DO NOT WORRY.

INTERNATIONAL TRAVEL



ELIGIBLE TRANSPORTATION

PARTICIPANTS MUST TRAVEL BY PUBLIC TRANSPORTATION (PLANE, TRAIN, (FLIX)BUSES) ON THE DATES SPECIFIED (27TH AND 3RD: MAX 26TH AND 4TH OF JULY) IN ORDER TO GET THE REIMBURSEMENT. PLEASE BE AWARE THAT WE ARE NOT ENTITLED TO REIMBURSE TICKETS IF YOU TRAVELED BEYOND (EARLIER OR LATER) THESE DAYS, UNLESS WE WRITE A SPECIFIC WELL-IN-ADVANCED REQUEST TO OUR NATIONAL AGENCY.

WE VALUE AND APPRECIATE GREEN TRAVEL. IF YOU HAVE DOUBTS ABOUT WHAT TO CHOOSE PLEASE CHOOSE THE GREENER! (TRAINS)

HOW TO APPLY

[You can fill in the application form here](#)

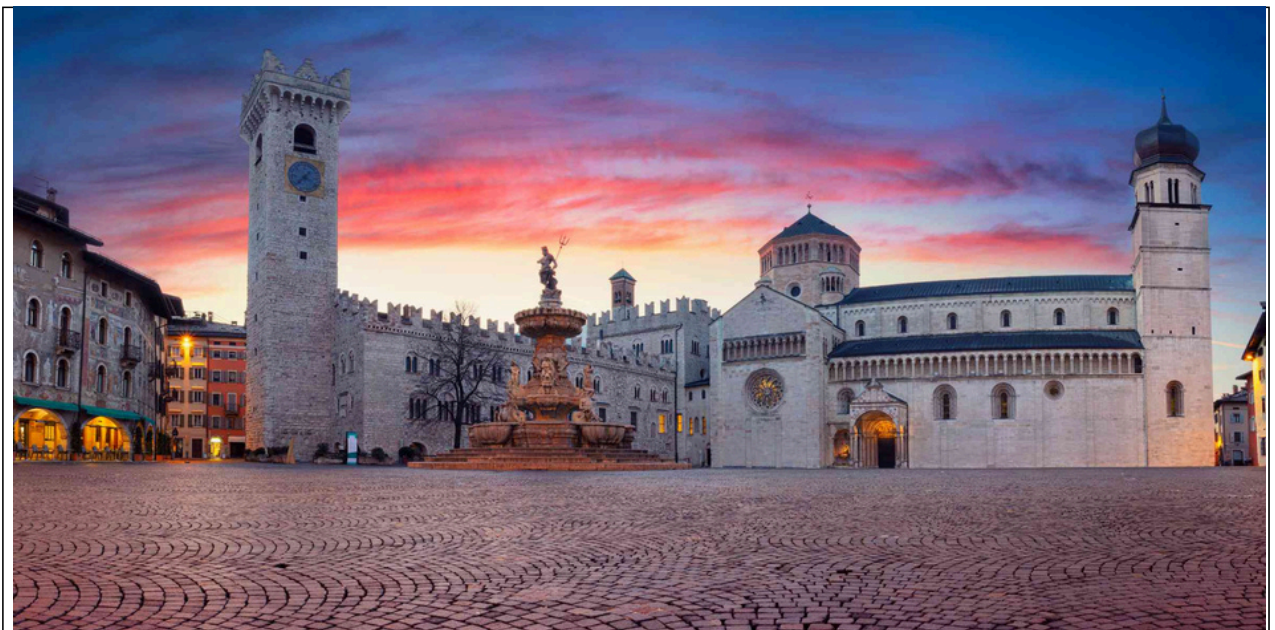
THE DEADLINE TO APPLY IS 09/04/2025.

FILL IN THE APPLICATION FORM BEFORE WEDNESDAY 9TH OF APRIL
12.00 CET TIME.

IF SELECTED, YOU WILL BE NOTIFIED BY OUR TEAM BY WEDNESDAY
16TH OF APRIL.

PLEASE NOTE THAT AFTER THE CONFIRMATION OF THE SELECTION
PROCESS YOU CAN PROCEED WITH ORGANIZING YOUR TRAVEL: WE
CONSIDER THE FINAL CONFIRMATION OF YOUR PARTICIPATION BY
RECEIVING YOUR TRAVEL TICKETS. PLEASE CONSULT OUR TEAM
BEFORE PURCHASING THE TRAVEL: WE WILL SUPPORT YOU WITH
INFORMATION ON THE MOST SUITABLE TRAVEL OPTIONS AND DO THE
FORMAL CHECK OF THE TICKETS ELIGIBILITY TO AVOID ANY ISSUES
WITH REIMBURSEMENT.

THE TICKETS MUST BE PURCHASED BEFORE 19/05/2025 (WE ARE NOT
FANS OF LAST MINUTE TRAVEL ARRANGEMENTS, BUT OF COURSE WE
ARE HUMANS AND WE CAN CONSIDER EXCEPTIONS IN PARTICULAR
CASES). THIS WILL HELP US TO HAVE THE "ONE AND ONLY" BEAUTIFUL
GROUP. SO WE CAN CREATE A WHATSAPP GROUP AND START
GETTING TO KNOW EACH OTHER AND ANSWER MORE PRECISE
QUESTIONS)



THIS PROJECT IS FINANCED BY
ERASMUS+ PROGRAMME OF THE
EUROPEAN COMMISSION

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ASSOCIAZIONE INCO

INCO - INTERCULTURALITY & COMMUNICATION IS A NON-PROFIT ASSOCIATION IN TRENTO WHO'S AIM IS TO CREATE OPPORTUNITIES FOR PEOPLE OF DIFFERENT CULTURES TO MEET IN ORDER TO INCREASE INTERCULTURAL SENSITIVITY AND INTERNATIONAL SOLIDARITY AMONG YOUNG PEOPLE. TO ENCOURAGE THEIR ACTIVE PARTICIPATION IN SOCIETY. BUT ALSO TO OFFER CONCRETE OPPORTUNITIES FOR NON-FORMAL LEARNING. PERSONAL AND PROFESSIONAL DEVELOPMENT. INCO ORGANIZES AND MANAGES VARIOUS INTERNATIONAL MOBILITY PROJECTS FOR YOUNG PEOPLE AND YOUTH WORKERS.