

MORBELLO, ITALY

3-12 JULY 2025

AWAKENING TIES



YOUTH EXCHANGE





ABOUT

"**Awakening Ties**" is an Erasmus+ project organized by WeSound, taking place in **Morbello**, Piedmont, from **July 3rd to 12th**. It aims to enhance mental health and well-being through group yoga, non-violent communication and emotional intelligence. The project will engage **28 young people from Italy, Spain, Greece and Portugal**, who will explore non-formal education tools to strengthen life skills like stress management and conflict resolution. A key focus of "Awakening Ties" is the importance of **building meaningful, healthy relationships**. Participants will explore ways to connect more deeply with themselves and others, developing skills in empathy, compassion, and communication to create positive, supportive bonds that are essential for mental health and overall well-being.



INTENTIONS



During the project we intend to:

- Improve participants' psychological well-being through practices like group yoga, non-violent communication, emotional intelligence and a deep connection with nature.
- Help participants build healthy and meaningful relationships by enhancing communication, empathy and mutual understanding.
- Teach practical techniques for handling stress, resolving conflicts and developing resilience.
- Create a collaborative learning environment that fosters intercultural integration and mutual support.
- Promote the understanding that strong, healthy relationships are crucial for long-term mental well-being and happiness.

PARTICIPANTS

The Youth Exchange will include 28 participants from **Italy, Spain, Portugal and Greece**

WHO IS THIS PROJECT FOR?

Young people from 18 to 28 years old interested in developing a deeper connection with their bodies, minds and emotions.

We are looking for 7 (6 + 1 group leader) participants from each country: youngsters that are willing to get involved and be open to explore and express themselves in a group setting.

We expect you to participate in the whole programme, coming later to the exchange or leaving earlier is not allowed.





METHODOLOGY

The program will follow a **non-formal learning approach**, integrating practical experiences, peer learning and both individual and group reflection. The activities will include:

- Holistic learning through movement and body awareness practices
- Workshops on non-violent communication and emotional intelligence
- Peer-to-peer activities such as sharing circles, discussions and presentations
- Time for self-reflection, including personal moments in nature, journaling, and creative exercises
- Practices in mindfulness and meditation to enhance well-being



VENUE



We will be staying at the guesthouse "**Villa Claudia**", in a small Rural Village called **Morbello**, located 50 km from the city of Alessandria in the **Piedmont region**.

The guesthouse is surrounded by meadows, woods, and the beautiful hills... so it is not uncommon to spot wild animals!

The accommodation will be in shared rooms of 4 up to 6 beds.

Sessions will be conducted in the Training Room and outside in the park in front of the venue
There will be 3 **VEGETARIAN** meals per day + 2 coffee break including fresh fruit and snacks.



During the Youth Exchange, **we don't allow the consumption of Alcohol and we will have two days phone-free** the intention is to have a detox experience, taking care of our bodies, mind and emotions.

At the venue, WiFi won't be available.



PRACTICALS

The costs of **food, accommodation and travel** during the Youth Exchange are covered by the **Erasmus+ programme**.

We encourage you to use **eco-friendly** and **sustainable** ways of travel whenever possible.

You are in charge of arranging your own insurance for your travel/stay in Italy.

In line with the Erasmus+ program and Italian National Agency you are eligible to **travel up to 2 days before and after the project** to Italy and back to your country.



Conditions of participation

If you want to join, we need you to be there for **the whole journey**, starting with the preparation and ending with the follow up.

MORE SPECIFICALLY WE EXPECT YOU TO:

- Be active and carry out the tasks assigned to you during the project.
- Consent to the use of images in which you appear, taken during the mobility, for legitimate project purposes (e.g., dissemination, publication of results).
- Participation in the entire program is mandatory; arriving late or leaving early is not allowed.
- Create individual online dissemination and contribute to offline dissemination with your national group.
- Be aware that during the project, the use of alcohol and drugs are not allowed. There will also be two phone-free days.





SELECTION & PREPARATION

The group will be selected and confirmed with the details. Travel planning. First preparatory tasks



IMPLEMENTATION

The Youth Exchange activity will happen from 3rd to 12th July. Time to experience!



FOLLOW UP

You can now treasure what you learned during the project. Time to do your dissemination activities!



Travel reimbursement

Countries that have the **Green Travel Budget** must travel with a sustainable transport to the Venue and back home, the following means of traveling are allowed:

1-Trains and Buses

2-Carpooling

For this project, Green Travel budget is **417 EUR for:**
Spain, Portugal

The maximum travel budget **WITHOUT Green Travel is 309 EUR for: Greece;**
this country can travel through planes also.

Travel reimbursement will be done by WeSound to each group leader or partner organization for the entire country group.

The reimbursement will occur **ONLY** after:

- **having sent the original tickets and invoices** used for the travels from your country to the venue and back home;
and
- **having realized and published the required dissemination material** of the Follow Up Phase of the Project.

TEAM



MOUNIR DELLAHI

Mounir Dellahi is a young youth worker with a degree in Economics. Over the past two years, he had the opportunity to work in the Erasmus+ sector, developing valuable skills in organizing and implementing international projects.

His passion for personal support and development drives him to constantly work towards promoting active participation and youth empowerment. He firmly believes that investing in the autonomy and growth of young people is crucial to creating a more inclusive and promising future for the next generations.



JANA LEAO

Jana is a Therapist for 5 years, attending individuals and groups. TEDx speaker in the university of Coimbra in 2022. CHO working on job crafting and psychological safety in work places. Instructor of Mindfulness and Yoga. She is a facilitator of Erasmus+ Projects since 2022, with the primary goal to develop social emotional abilities among youngsters.



MATTEO BOLLE

Matteo Bolle is a non-formal designer, Erasmus+ coordinator and trainer, youth leader, and educator, specializing in coaching methods for international groups.

A musician with experience in coordinating over 20 mobilities, he focuses on facilitation, coaching techniques, mindfulness, sustainability awareness and social inclusion through music.

Matteo's goal is to help young people connect with themselves and others, fostering authentic relationships and encouraging self-expression free from judgment and conditionings



How to apply?

You can apply through the link below if you live in one of the countries involved in this project.

The application will be open until **March 19th**
click here

CLICK TO APPLY



WESOUND



WESOUND IS AN ASSOCIATION OF YOUTH WORKERS IMPLEMENTING LOCAL AND INTERNATIONAL PROJECTS, MAINLY WORKING ON THE TOPIC OF SELF-DISCOVERY, SELF-EXPRESSION THROUGH ARTISTIC ACTIVITY SUCH MUSIC, DANCE AND THEATRE. THE MAIN AIM OF THE GROUP IS TO PROVIDE INSPIRING OPPORTUNITIES IN ORDER TO EMPOWER AND CONNECT YOUNG PEOPLE.

Project coordinator:
Mounir Dellahi
+393245661119
wesound.eu@gmail.com
wesoundaps.eu