



Erasmus+

Arricchisce la vita, apre la mente.

STAY

Strengthening Towns  
through Active Youth

## INFO PACK - Erasmus+ Project

STAY - Strengthening Towns through Active Youth

# STAY

The **STAY – Strengthening Towns through Active Youth project** was born to counteract the depopulation of small European cities, where young people often perceive a lack of opportunities and tend to migrate to cities.

Through the collaboration between partners from **Italy, Portugal, Bulgaria and Hungary**, the project aims to strengthen the sense of belonging and initiative of young people in local communities, enhancing active participation, social innovation and the strategic use of digital technologies.

Mobility in Jonadi represents the heart of the project: an experience of non-formal training, intercultural exchange and European citizenship lived in small cities, where the local dimension opens up to international comparison.

## Specific objectives:

- **develop a sense of belonging to one's community**, strengthening initiative and active participation;
- **acquire practical skills** to design and present solidarity projects (ESC30), also through digital tools;
- **promote the conscious use of technology** for social innovation and youth involvement;
- **encourage intercultural exchange** and peer comparison in a European context.



# Participants

The mobility in Jonadi will involve 20 young people from Italy, Portugal, Bulgaria and Hungary, accompanied by designated group leaders from each partner organization.

## Participant profile

- Aged between **18 and 30 years old**;
- residents of small towns or rural areas;
- interested in active citizenship, social project design, and community engagement;
- motivated to contribute to the development of their local area.

No prior experience in European projects is required. The participation of young people with fewer opportunities—particularly for geographical, social or economic reasons—is strongly encouraged.

## Group composition

Each partner will select:

- 5 participants + 1 group leader, ensuring gender balance and local representation;
- group leaders will be responsible for the logistical coordination and support of their group throughout the activity.

## Participant responsibilities

- Actively take part in all scheduled sessions;
- collaborate in an intercultural environment and respect common rules;
- contribute to project documentation and dissemination of results;
- respect timing, spaces, and all individuals involved in the programme.



# Venue and accommodation

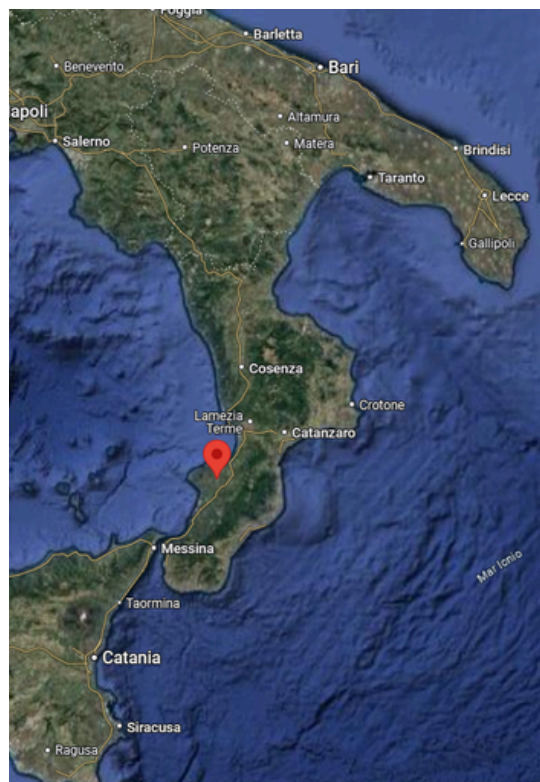
**1 - 10 July 2025**

Organised by: **Comune di Jonadi & project partners**

**Jonadi (VV), Calabria - Italy**

● The mobility will take place in **Nao**, a small district (frazione) of the Municipality of Jonadi, located in the province of Vibo Valentia, Calabria. Nao is a quiet rural village, surrounded by nature and tradition, offering participants a direct experience of life in a small Southern Italian community.

Participants will be hosted in renovated traditional houses, located within the village. The accommodation is designed to offer not only comfort, but also an authentic immersion in the rhythms, relationships and spaces of local community life.



## Accommodation details

- Shared rooms with 2 to 3 beds per room;
- two dedicated days for room cleaning will be scheduled during the mobility;
- bed linens will be provided; participants are required to bring their own towels and personal hygiene items;
- participants are expected to contribute to maintaining cleanliness and respecting shared spaces;
- smoking and alcohol consumption are not permitted inside the houses;
- accommodation is within walking distance of the project's activity venues;

# Meals and dietary needs

Participants will receive three full meals per day: breakfast, lunch and dinner. All meals will be provided on-site and prepared with attention to both nutrition and cultural diversity. The food experience is considered an important part of the mobility, aiming to introduce participants to local flavors while ensuring that everyone's needs are respected.

## Key information

- Meals will be served at fixed times and shared in a communal setting;
- menus will be adapted to accommodate vegetarian, vegan, gluten-free, lactose-free, or other specific dietary needs, if notified in advance;
- local and seasonal ingredients will be used whenever possible, in line with the project's sustainability values;
- fresh fruit and drinking water will be available daily;
- participants are encouraged to bring a reusable water bottle to reduce plastic use.



# How to get there

The mobility will take place in Nao, a small district of the Municipality of Jonadi, in the province of Vibo Valentia (Calabria, Southern Italy). The location is easily accessible by both air and train.

## By plane

- Recommended airport: Lamezia Terme International Airport (SUF);
- approximately 30 minutes from Nao by car;
- direct connections from Rome, Milan, Bologna, and several European cities.

## By train

- Recommended station: Vibo-Pizzo
- approximately 10 minutes from Nao
- also served by Frecciarossa high-speed trains, with convenient connections from Naples and Rome

## Local transfers

A free transfer service will be provided by the hosting organization:

- Upon arrival (airport/train station → accommodation)
- On departure day (accommodation → airport/train station)

## Travel booking

Travel tickets will be **purchased directly by the hosting organization or by project partners.**

For this reason, **all participants must send their personal data and travel preferences as soon as possible**, in order to allow for proper logistical planning.

# ... — General program — ...

The mobility in Jonadi will be held from 1 to 10 July 2025 and will follow a schedule designed to integrate training, experiential and discovery moments of the territory.

## **1 July**

Online meeting before departure: orientation, presentation of the international group, shared objectives.

## **2 July**

Arrival of participants in Calabria, welcome and accommodation in accommodation.

## **3–9 July**

Week of in-person activities: workshops on active citizenship and social planning, practical simulations, group work, outdoor sessions, cultural exchanges and visits to places of tourist and community interest in the Vibo Valentia area.

## **10 July**

Greetings, final evaluation and departures.

## **How a typical day works**

08:30 a.m.– 09:30 a.m. Breakfast

10:00 a.m. – 11:30 a.m. Morning session (workshops, group work, thematic input)

11:30 a.m. – 11:45 a.m. Short break

11:45 a.m. – 1:30 p.m. Practical activities or deeper discussions

1:30 p.m.– 3:30 p.m. Lunch and free time

3:30 p.m. – 5:30 p.m. Field visits, local meetings, outdoor sessions

5:30 p.m. – 6:00 p.m. Daily wrap-up, group feedback, preparation for the next day

From 8:00 p.m. onwards Evening activities (intercultural night, cinema, music, games, free time)

# Contacts

For any questions regarding the organization, logistics or content of the mobility, participants can contact the project team at the following references:

## Hosting organization

Municipality of Jonadi

Project contact person for STAY: Valentina Fusca

Email: [valentinafusca5@gmail.com](mailto:valentinafusca5@gmail.com)

Phone/Whatsapp: +39 3283686832

## Partner contacts

Portugal – Município do Fundão

Email: [marianamvieiraa@gmail.com](mailto:marianamvieiraa@gmail.com)

Hungary – Vidéken Jó! Alapítvány

Email: [videkenjo@gmail.com](mailto:videkenjo@gmail.com)

Bulgaria – Association International Initiatives for Cooperation

Email: [tkostadinka@gmail.com](mailto:tkostadinka@gmail.com)

A dedicated emergency phone line will be active during the mobility. All participants will receive a complete and updated contact list before departure.



Amministrazione  
Comunale di Jonadi

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