



» INFOSHEET

DATES

November 15th, 2026: Arrival day

November 16th - 20th (5 days of activities)

November 21st, 2026: Departure day

VENUE

[Gabanel](#), Località Gabanel n. 124,
37012 – Bussolengo (VR)

CONTACTS

Ligue de l'Enseignement Nouvelle-
Aquitaine(France):

abarthe@liguenouvelleaquitaine.org

LUNARIA (Italy):

scambi@lunaria.org

REGISTRATION FORM

Register your participation with this form:

<https://forms.gle/qzfZj3ehk7ip2rcg6>

OBJECTIVES OF THE YOUTH EXCHANGE

- To promote young people's mental well-being and prevention, in line with the Erasmus+ priority on inclusion and diversity, by addressing stigma and unequal access to support.
- To strengthen active participation and youth voice, by creating a safe space for dialogue, peer learning and collective reflection on mental health issues.
- To foster European citizenship and intercultural understanding, through the comparison of national realities and youth policies related to mental health.
- To empower young people to co-create proposals and recommendations, contributing to more inclusive and responsive youth policies at local, national and European levels.



ACCOMMODATION

Destination : The bike hostel « Gabanel » in Bussolengo 20 minutes from Verona, Valpolicella, and Lake Garda.

A BIT OF HISTORY...

The villa complex hosting the project is a property confiscated from organized crime in the 1990s.

The property, now owned by the Municipality of Bussolengo, was loaned to the Hermite Social Cooperative in 2018 until 2036, with the agreement to renovate it and with the goals of creating a new tourist accommodation facility and establishing projects to foster the development and well-being of the area.



LODGEMENT

The hostel is equipped with 4 bedrooms, spread over two floors – two on the ground floor and two on the first floor – with a maximum capacity of 24 beds.

4 bedrooms divided as follows:

SKY BLUE ROOM: bunk beds and camp beds, with a bathroom outside the room

BRICK RED ROOM: single beds with a bathroom outside the room

LEMON YELLOW ROOM: single beds and camp beds, with en-suite bathroom

AQUA GREEN ROOM: single beds and camp beds, with en-suite bathroom

As for the communal areas, the hostel features a communal kitchen, a lounge area, a large garden with a swimming pool suitable for outdoor activities, and a reading area at the back of the garden.

In the basement, there is an underground room available for use as a workspace; you will also find, on the same floor and on the ground floor in the **kitchen**, other dedicated spaces with tables for carrying out any activities.



FOOD AND LODGEMENT COSTS:

Covered by the coordinating organization at 100%.

WHAT TO BRING WITH YOU...

- **Original paper tickets: bus, train, and boarding pass, etc. (All tickets should be uploaded in the shared drive that Lunaria will share with you)**
- Towels, shampoo, toothbrush and toothpaste
- Slippers/Flip-flop for shower and indoor spaces
- Warm clothes
- Comfortable clothes for workshops
- Raincoat
- Trekking shoes or outdoor shoes
- Water bottle
- Torch
- Mosquito repellent spray
- Anything participants might need away from home (medicines, cigarettes etc. There will not be time to go to shopping)
- Cash in case of need (using cash is still common in Italy)
- Typical music, games, food (**only packaged food, NO home-cooked**) and anything that participants would like to share with the group during the **Intercultural Night!**

IMPORTANT NOTE: participants are invite to don't bring any valuable item with them. Neither the host nor Lunaria or any association can be held responsible for participants personal belonging during the project.



GUARANTEED SERVICES



Shared kitchen
for the Intercultural Night



Wifi



Bed linen



Meals prepared
by Agriturismo Nello Girelli

PROGRAMME

Sunday 15/11/26	Monday 16/11/26	Tuesday 17/11/26	Wednesday 18/11/26	Thursday 19/11/26	Friday 20/11/26	Saturday 21/11/26	
Arrival day	BREAKFAST						
	Self-care moment (free time): meditation, yoga, walk, etc.					Departures day	
	Presentation	Energizer	Energizer	Energizer	Energizer		
	Name game and Icebreaker	Icebreaker	Local workshop	Creative workshop	Action plan		
	BREAK						
	Programme presentation	Activity	Local workshop	Creative workshop	Action plan		
	LUNCH						
	FREE						
	Team building activity	Activity	Cultural Activity	Creative workshop	Final Evaluation and Youthpass		
	BREAK						
	Erasmus+ Programme and Youthpass	Activity	Visit	Presentation	Final cleaning & Packing		
	National Reflection Group						
	DINNER						
	Welcome ceremony!		Intercultural night				... Party?

FINANCIAL CONDITION

In order to be as sustainable as possible, we invite participants to choose the **greenest travel option** possible (e.g. carpooling, train, bus). Please, check the budget available in the table below.

Participants' travel costs will be refunded only upon the **presentation of all the original travel documents (paper and online)** after their return.

At the end of the activity, after the reception and check of all the original tickets, the bank transfer will be done to the **sending organisation's bank account** which will then forward it to the participants. Normally the refund process can take, approximately, **2-3 months after the exchange**.

The travel costs are refunded according to the Travel Distance Calculator of the EACEA (table below).

TRAVEL DISTANCE	STANDARD TRAVEL	GREEN TRAVEL
• 10 – 99 km	28,00 €	56,00 €
• 100 – 499 km	211,00 €	285,00 €
• 500 – 1999 km	309,00 €	417,00 €
• 2000 – 2999 km	395,00 €	535,00 €

NOT REFUNDABLE

- Travel costs not respecting the guidelines above mentioned
- **No proof of payment** presented (no tickets or boarding pass or any invoice)
- The travel tickets are not clearly legible, without details of the route, of the cost or without the name of the passenger
- **Taxis or Uber** (except in case there are no other public transports available late at night/early in the morning)
- All the costs incurred **out of the official project dates**

TRAVEL TICKETS AND INVOICES

Participants are asked to keep **all the original tickets and invoices** needed for the refund.

By 10 days after the project: participants will be asked to fill and sign the **Reimbursement Request Form** (your sending organisation will provide the official template) and all the return tickets in a scanned version (bus / train / metro / plane / boarding pass).

PLEASE CONTACT YOUR SENDING ORGANISATION BEFORE PURCHASING YOUR TICKETS, OR IF YOU HAVE ANY DOUBTS OR QUESTIONS

TRAVEL ARRANGEMENT

Before purchasing travel tickets,
READ CAREFULLY THE FOLLOWING INFORMATION



The refund of the travel costs is only possible if participants travel from and return to the country of their sending organization.

Participants are expected to arrive on the official arrival day and leave on the official departure day of the project: **late arrival and early departure are not allowed.**

IMPORTANT NOTE: Only participants who choose the Green Travel option have 4 days of flexibility to travel to the venue. They can manage in the most suitable way for them (e.g. 2 extra days before the official arrival + 2 extra days after the official departure day; 1 extra day before the arrival, 3 extra days after the departure day).

FOR THE ARRIVAL DAY

MEETING POINT IN :

15th November 2026 between 5:00 – 7:00 PM CET (Central European Time)

Lunaria will communicate the precise schedule for pick-up service which participants will be asked to respect.

NOTE: If possible, please avoid booking flights landing in the evening. **Public transports services cannot be guaranteed.**

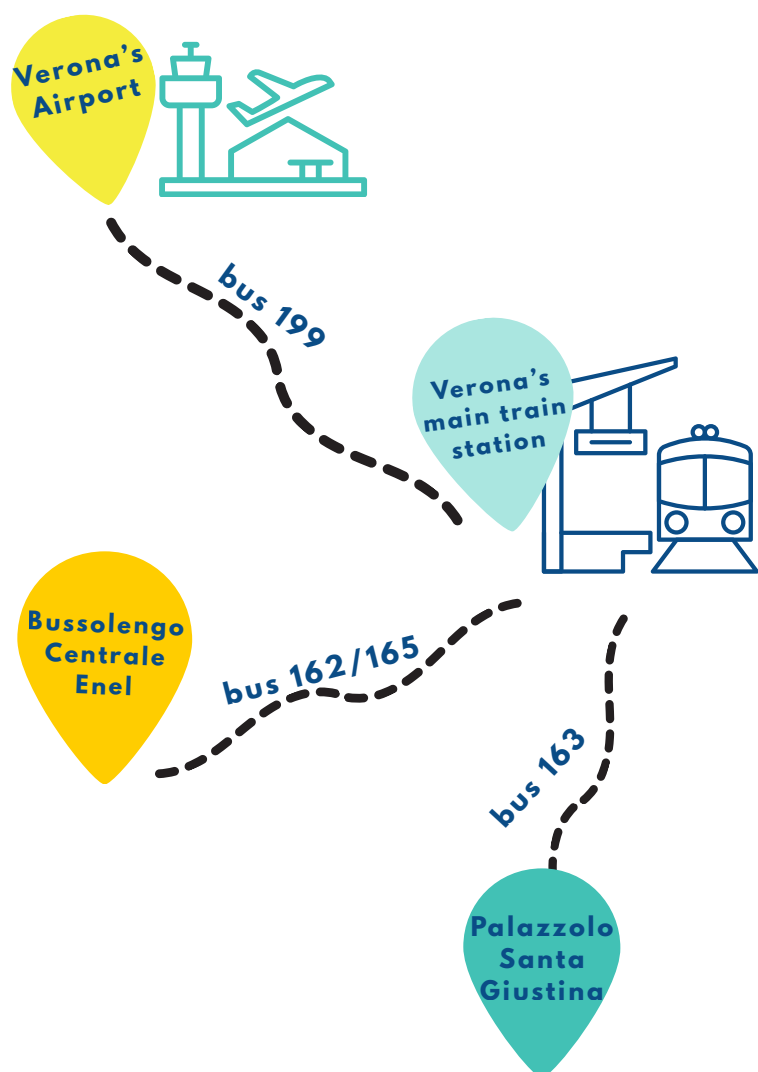
FOR THE DEPARTURE DAY

Check out is planned on:

21st November between 8:00-11:00 AM CET (Central European Time)

NOTE: If possible, please find flights leaving from Italy in the afternoon/evening.

HOW TO GET THERE



BUS

Take bus no. 199 from the airport to Verona station, and then change to one of the following services: bus no. 162-165, stopping at Bussolengo Centrale Enel, or bus no. 163, stopping at Palazzolo Santa Giustina.

SHUTTLE (this option has to be discussed in advance, you can contact scambi@lunaria.org)

You can request a quote in advance for a shuttle service from the hostel to the bus stop and vice versa.

Please note that there is no direct connection to the airport.

INSURANCE

- Participants are strongly recommended to bring their own Health Insurance Card. Don't forget to [apply for your European Health Insurance Card](#)
- Your sending organisation will book your tickets, including travel insurance. If you need to book your own tickets, do remember to get travel insurance.

However, participants are not insured for personal belongings, and neither the host nor Lunaria can be held responsible for these during the project.