



# kokoverse

Creative writing for a healthy mind

ERASMUS + YOUTH EXCHANGE

6<sup>TH</sup> - 13<sup>TH</sup> JULY 2026

Ortona, Italy



Agenzia Italiana  
per la Gioventù



Funded by  
the European Union

Erasmus+

Arricchisce la vita, apre la mente.

# ABOUT THE PROJECT

The "KokoVERSEs – Creative Writing to Heal the Mind" project was created to offer a concrete response to one of the most pressing challenges facing young people today: digital hyperconnection. This phenomenon has profound effects on mental and social well-being, fueling isolation, anxiety, addiction, and relationship difficulties.

Specifically, constant exposure to filtered content and the constant search for online approval contribute to undermining the authenticity of relationships and the ability to manage emotions. From a youth perspective, the project aims to transform these vulnerabilities into opportunities for growth, promoting tools for awareness and expression through non-formal education.



# PROJECT OBJECTIVES

The primary objective is to raise young people's awareness of the risks associated with uncontrolled digital use and offer them alternative ways to cope with stress and information overload. Specifically, creative writing is used as an educational and therapeutic tool, capable of stimulating emotional processing and personal reflection.

Techniques such as cut-ups, caviardage, and storytelling not only foster creativity and critical thinking, but also become key channels for strengthening well-being and resilience. Thus, while the digital world tends to impose uniformity and superficiality, our workshops aim to restore authenticity and depth to young people's experiences.



# PARTICIPANT PROFILE

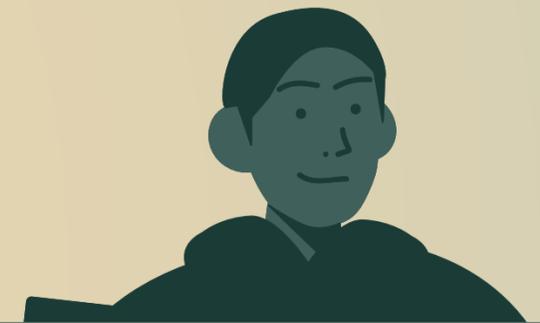
Each partner organization will send 6 participants and 1 group leader (7 people in total). Participants and Leaders must agree to take part in the whole duration of the Youth Exchange: 6th – 13th July, 2026

## Participant profile

- Age requirements: between 18 and 25 years old;
- Interest in raising awareness about conscious and balanced use of technology;
- Desire to learn how to creative methods as a tool for expression and mental well-being;
- 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 ACCOMMODATION?

## Before booking your tickets

Before purchasing any ticket, your travel itinerary must be approved. Please ask your sending organisation or group leader to forward your travel plan to us. Only once you have received approval, you can proceed with the booking.

💡 **Tip:** Your best option is to fly into Bari Airport.

Please choose flights that land in Italy in the morning, or the day before your arrival date.

## Arrival at Orta Nova Train Station

⚠️ **Important:** All participants must plan to arrive at Orta Nova Train Station no earlier than **17:00 on July 6th.**

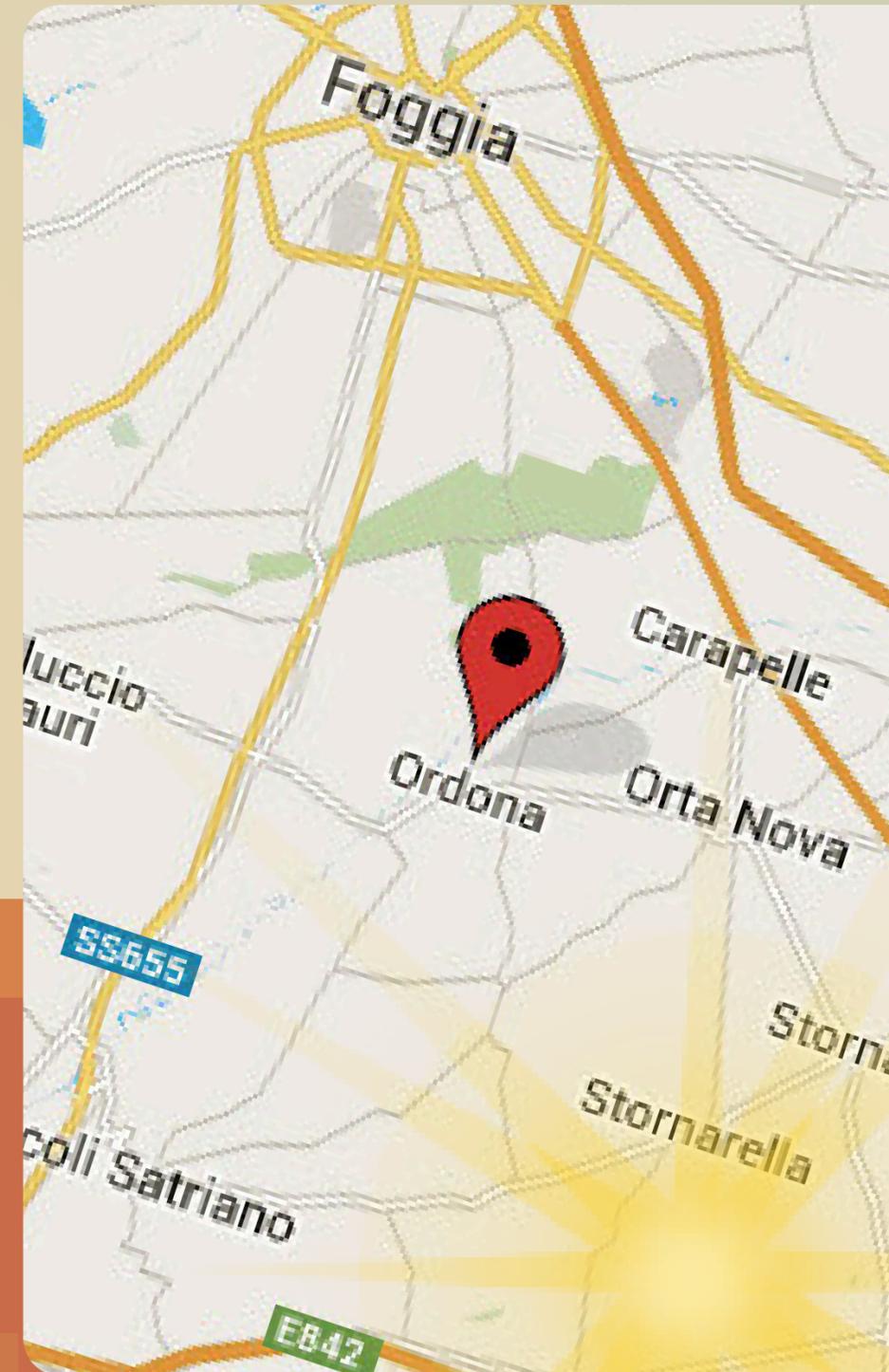
We will organise a private transfer from Orta Nova Train Station to the venue. Please note that the station is far from the venue and it is not possible to reach it on foot.

The cost of the transfer is €9 per person (round trip) and will be deducted from your travel reimbursement.

💡 **Example:** if your reimbursement is €309, the final travel budget will be €300.

## How to reach Orta Nova Train Station

The best way to reach Orta Nova is to travel via Bari or Naples Airport, as both have good transport connections to Foggia - the nearest city to Orta Nova (approx. 20 km away). From Foggia, you can then take a train to Orta Nova.



# HOW TO GET TO ACCOMMODATION?

## [✈ Flying into Bari](#)

Take a train from Bari to Orta Nova or a bus/train to Foggia, then take a Trenitalia train from Foggia to Orta Nova.

-  [Trenitalia](#)
-  [Flixbus](#)

## [✈ Flying into Naples](#)

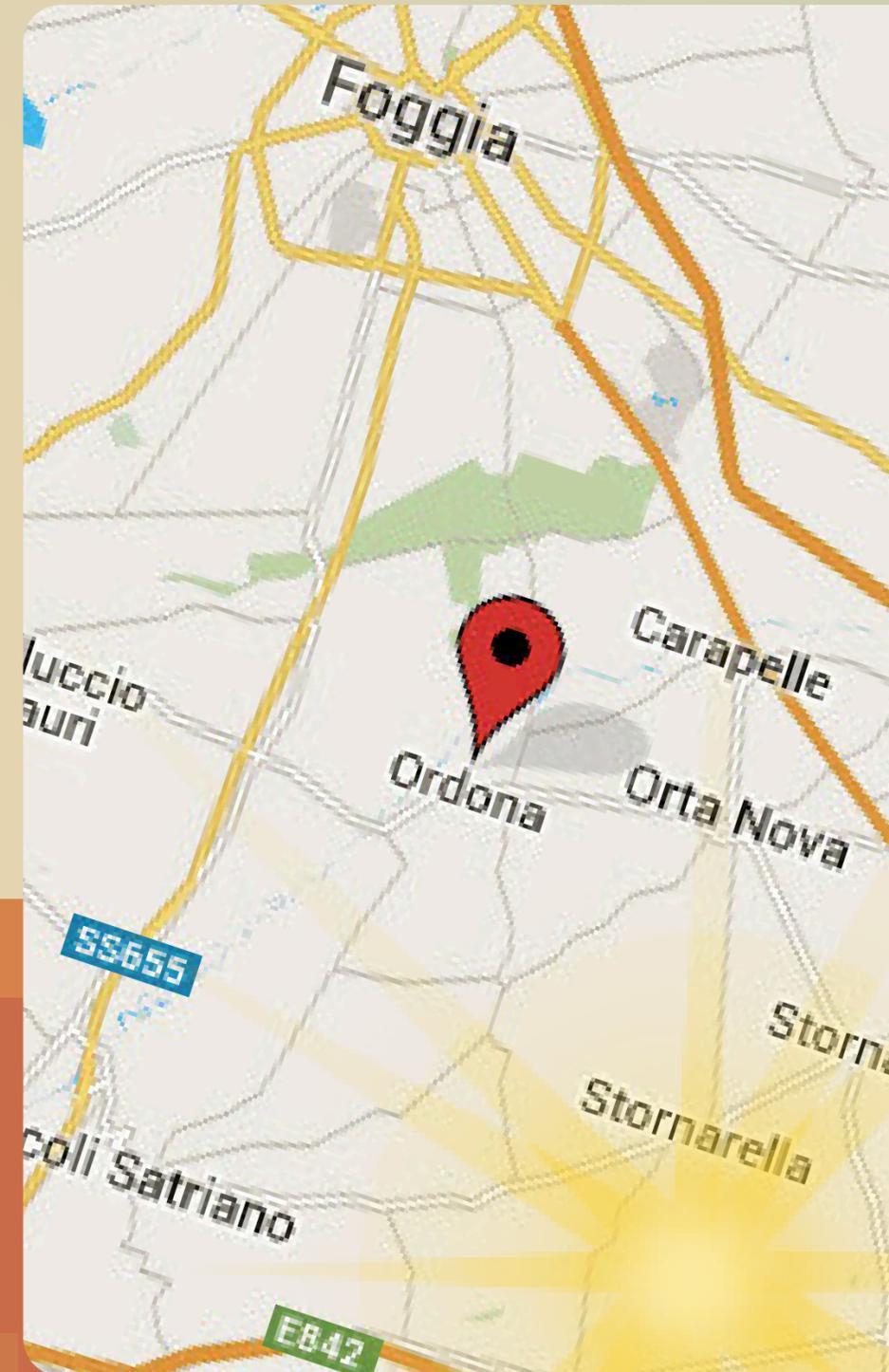
Take the Air Campania bus from Napoli Stazione F.S. (Metropark) directly to Foggia. Tickets can be purchased directly at the station. Then take a Trenitalia train from Foggia to Orta Nova.

-  [Air Campania – Naples to Foggia](#)
-  [Trenitalia](#)

## [✈ Flying into Rome](#)

Take a Trenitalia train or a Flixbus from Rome to Foggia, then take a Trenitalia train from Foggia to Orta Nova.

-  [Trenitalia](#)
-  [FlixBus](#)



# TICKET GUIDELINES

**The following guidelines are very important.** Please make sure to read them carefully, and if you have any doubt please ask your group leader or sending organisation!

**Arrival and Departure day of the Youth Exchange are:  
July 6th – July 13th, 2026.**

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!

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. Accommodation and meal costs during these extra days are not covered by the project!

Once again, **the travel route must be approved by us**, so before booking your flights, please ask your sending organization or your group leader to forward your travel itinerary to us. **Once you have received their approval, you can proceed with the booking.**

## ACCEPTED TRAVEL DAYS

July 6<sup>th</sup> - July 13<sup>th</sup> 2026

July 5<sup>th</sup> - July 13<sup>th</sup> 2026

July 4<sup>th</sup> - July 13<sup>th</sup> 2026

July 6<sup>th</sup> - July 14<sup>th</sup> 2026

July 6<sup>th</sup> - July 15<sup>th</sup> 2026

July 5<sup>th</sup> - July 14<sup>th</sup> 2026

# TICKET GUIDELINES

**When you create your travel itinerary, please forward it to your group leader or sending organization** following the scheme below as example. This will help us to speed up the process and approve your itinerary as soon as possible! Any other format or screenshots will not be accepted by us as a travel proposal. Thanks for your collaboration!

**Example of how a travel itinerary should be written:**

**(New York - Los Angeles)**

**Departure: New York - Los Angeles**

**Date: 1/03/2026**

**Departure: 9:00 AM - Arrival: 10:00 PM**

**Cost: 30 euros (cabin baggage included)**

**Return: Los Angeles - New York**

**Date: 10/03/2026**

**Departure time: 11:00 AM - Arrival time: 5:00 PM**

**Cost: 50 euros (cabin baggage included)**

**Keep in mind to include local transportation to arrive at and depart from Orta Nova train station in your travel itinerary!**

## ACCEPTED TRAVEL DAYS

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July 4<sup>th</sup> - July 13<sup>th</sup> 2026

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# THE VENUE

The venue of the youth exchange you are about to be hosted is a charming “Agriturismo” surrounded by beautiful countryside.

The accommodation is designed to encourage socializing and collaboration, with hostel-like rooms that can comfortably accommodate several participants each. We believe that staying in this cozy and rustic environment will provide a unique opportunity for participants to connect with each other and experience the local culture!

Check these links out to start dreaming of your Italian dream!:

<https://www.youtube.com/watch?v=WIE9LEDqdDs>

[https://www.tripadvisor.it/Hotel\\_Review-g4580714-d10744795-Reviews-Kyathos\\_Agriturismo-Ortona\\_Province\\_of\\_Foggia\\_Puglia.html](https://www.tripadvisor.it/Hotel_Review-g4580714-d10744795-Reviews-Kyathos_Agriturismo-Ortona_Province_of_Foggia_Puglia.html)

Lunch & Dinner will be served by host organization with traditional food from Puglia, so be prepared to taste delicious food! Breakfast & Coffee Break will be organized by host organization... we will try to keep you energized and happy!





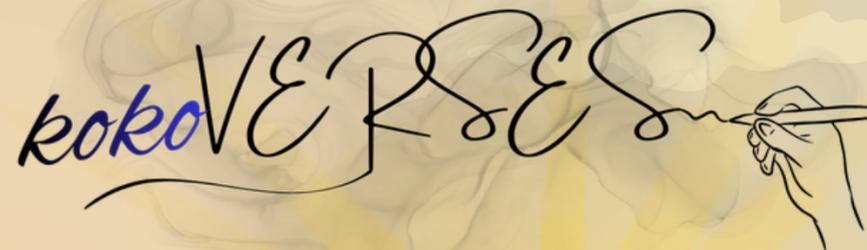
# OUR CONTACTS & PARTNERS



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Les Ailes De Demain



Blackwater Training



Amigos De Europa



Asociatia Deschide Zambete



Mreza Boraca Protiv Mrznje



**FACEBOOK GROUP OF THE PROJECT:**

<https://www.facebook.com/share/g/1CZtGTTGyw/?mibextid=wwXIfr>

**Phone numbers: (we are using Whatsapp & Telegram!)**

**MARIA +39 334 782 5585**

**VALERIA +39 327 191 8321**



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