



Co-funded by
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YOUTH EXCHANGE

“RELATE”

謹賀新年

RELATIONAL
EMPOWERMENT
THROUGH
LISTENING,
AWARENESS,
TOLERANCE AND
ENGAGEMENT



08-16 JUNE
2026

RECOARO TERME (ITALY)



OVERALL AIM OF THE PROJECT

The project promotes personal and collective awareness through the body and communication. The exchange is based on the idea that being true to oneself is the first step towards building open, empathetic and inclusive relationships.

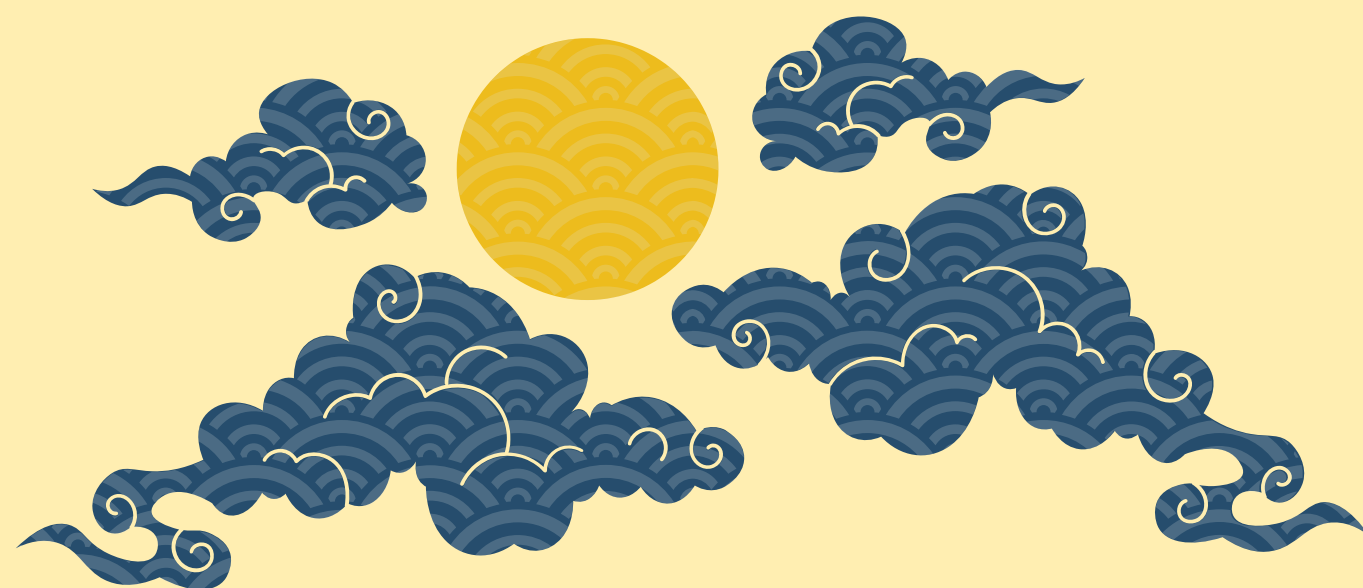
During the activities, participants embark on an experiential journey that combines Eastern mind-body wellness practices and Western models of communication and relationship building, with the aim of developing personal and social skills useful for combating stereotypes, discrimination and exclusion.

Through work on body awareness, listening and authentic expression, the project creates a safe space where every young person – regardless of their cultural, social or personal background – can feel recognised, valued and an active part of the group.



OBJECTIVES OF THE YOUTH EXCHANGE

- Strengthen personal awareness, helping participants to recognise emotions, needs, prejudices and inner resources.
- Promote inclusion and the value of diversity, fostering intercultural understanding and mutual respect.
- Develop inclusive communication skills based on active listening, empathy, non-violent communication and constructive conflict management.
- To increase relational intelligence, improving the ability to build collaborative and supportive relationships within diverse groups.
- To integrate mind-body approaches as tools for empowerment, strengthening self-esteem, presence and the ability to participate actively.
- To encourage the active participation of young people with fewer opportunities, ensuring an accessible, safe space that respects different needs.
- Stimulate the transfer of acquired skills, encouraging participants to become promoters of inclusion and dialogue in their own communities.





AIKIDŌ



Aikido is a Japanese martial art based on harmony, awareness, and respectful interaction rather than competition or aggression. Its main goal is not to defeat an opponent, but to create balance and understanding through movement.

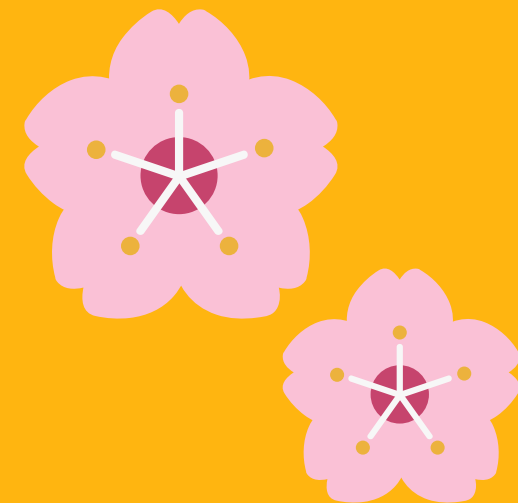
In aikido, practitioners learn to blend with another person's energy and redirect it in a peaceful and controlled way. This approach teaches how to respond to conflict without violence, promoting calmness and cooperation.

Through movement, breathing, and mindful practice, aikido develops body awareness, emotional balance, and active listening. It encourages trust, empathy, and mutual respect between participants.

More than a martial art, aikido is a practice of personal growth that helps build inclusive relationships and supports communication, self-awareness, and connection with others; values that align with the spirit of the RELATE youth exchange.



METHODOLOGY



In RELATE, we use an experiential, mind-body approach to personal and relational growth. Activities combine Eastern practices like aikido and mindfulness with Western communication methods, creating a space where participants can explore self-awareness, active listening, and authentic expression.

By connecting with their own emotions, needs, and biases, young people learn to build empathetic, inclusive relationships. Working together in a safe, supportive environment allows them to practice respect, balance, and nonviolent conflict resolution, fostering skills that they can bring back to their communities.

The methodology emphasizes presence, reflection, and embodied learning, helping participants grow personally, strengthen their relational intelligence, and engage meaningfully with others.

WHO CAN PARTICIPATE

Young people (age 16 - 19 y.o.). 5 participants per partner country - motivated to explore self-awareness, relational skills, and intercultural learning, and ready to take part in the whole duration of the project. A good level of English is not required.

+

1 Youth leader per partner country (age 21+ y.o.) - able to communicate in English and support the participants throughout the activities proposed by the hosting organisation.



ACCOMODATION

the whole hotel is for us!



Hotel Isola
Via Campogrosso, 35 - 36076
Recoaro Terme (VI)

Phase 1 - Self-Awareness & Group Building

<p>Day 1 Arrival (08/06)</p>	<p>Arrival of participants, accommodation, welcome evening and informal activities</p>
<p>Day 2 Getting to Know Each Other (09/06)</p>	<p>Ice-breakers, team building, introduction to the project, sharing expectations and group agreements</p>
<p>Day 3 Knowing Ourselves & Communication (10/06)</p>	<p>Mind-body practices (breathing & Aikishintaiso), introduction to physical and mental stability, exploring expectations and communication styles, interactive communication exercises, basic aikido movements and body coordination</p>

***** The organiser may slightly change the programme depending on the group dynamics and weather conditions**



Phase 2 - Listening, Relationships & Connection

<p>Day 4 Listening & Body Awareness (11/06)</p>	<p>Reflection on expectations, body awareness and self-listening, active vs passive listening, communication through body positioning, introduction to Japanese practices, bokken exercises</p>
<p>Day 5 Intercultural Learning (12/06)</p>	<p>Intercultural exchange, sharing cultures, getting to know Veneto region</p>
<p>Day 6 Connection with Nature & Group (13/06)</p>	<p>Outdoor walk, observation and awareness of the environment, grounding and meditation, group connection and cooperation, reflection on nature, communication and the impact of technology, final debriefing</p>

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Phase 3 - Cooperation & Integration

<p>Day 7 Cooperation & Conflict Management (14/06)</p>	<p>Aikido practices, difference between conflict and contrast, nonviolent conflict management, communication strategies, time management, integration of learning through physical exercises</p>
<p>Day 8 Reflection & Learning Outcomes (15/06)</p>	<p>Group reflection, evaluation activities, Youthpass, sharing learning outcomes and personal growth</p>
<p>Day 9 Departure (16/06)</p>	<p>Departure of participants</p>

***** The organiser may slightly change the programme depending on the group dynamics and weather conditions**



WHAT TO BRING

Documents

- Your passport or ID card
- Your European Health Insurance Card

Clothing & Equipment

- Comfortable clothes for daily activities
- Comfortable shoes
- Flip-flops / sandals
- Suitable shoes for the mountains (we will have outdoor activities)

Personal Items

- Personal hygiene items (shampoo, toothpaste, soap, etc.)
- Towels, bed sheets and pillowcases or a sleeping bag (pillows and blankets will be provided)

Health & Wellbeing

- Any personal medication you may need (e.g. allergy medicine, painkillers, etc.)

Other Essentials

- Your own reusable water bottle (to reduce plastic use)
- Food for the national evening
- Whatever you need for your energisers

