



ASSOCIAZIONE KORA

INFOPACK

SLOW DOWN
AND OBSERVE

24 NOVEMBER - 3 DECEMBER 2025
PASSIGNANO SUL TRASIMENO, ITALY



Co-funded by the
European Union



MAIN TOPICS

- Mindful & intentional living
- Connection with nature & sustainability
- Personal growth & awareness

OBJECTIVES

- Explore the **concept of slow movements** and the benefit they bring a **societal, environmental and personal** level
- Encourage participants to **embrace a more thoughtful and deliberate approach** to their lives
- Inspired by permaculture ethics, learn how to **observe, respect and integrate rhythms of nature** into our own lifestyles
- Provide tools for **introspection and higher self-awareness**





THE PROJECT IN A FEW WORDS

Slow Down and Observe is a youth exchange that invites participants to reflect on the growing need to slow down in an increasingly fast-paced world. Drawing inspiration from slow movements, permaculture principles and simply observing the natural cycles and patterns of nature, participants are reminded that humans are not separate from nature, but deeply connected to it.

The programme emphasises mindful observation, sustainable living, intentional action and how **slowing down** can bring benefits on a **personal, societal, and environmental level**. It also considers how slowness can be a form of **resistance** to hustle culture, consumerism, and environmental disregard.

Slow Down and Observe encourages a mindset shift, away from urgency and constant productivity, toward **intentional living, reflection, and presence**. Participants are invited to **observe more deeply**, not only the world around them, but also their inner landscapes and relationships.





PROGRAMME AND METHODS

The 8-day programme (including a free day to restore energy) is greatly built up on self-reflection & -exploration, as well as an exchange of experiences and knowledge. There will be a balance of discussion and sharing based activities, self-reflection and introspection, as well as movement, creative techniques and exploration through our senses.

Our aim in designing the programme is to embody the values of slowness and intentionality, while granting a richness of learning opportunities and diversity in methods.

The programme will be co-created with the group leaders, with all of them having the chance to contribute to designing and leading the activities.





PARTNERS

- Associazione Kora - **Italy**
- YUPI - **Portugal**
- Egyesek Youth Association - **Hungary**
- EcoFairly - **France**
- Kora Estonia - **Estonia**



LOCATION

The participants will be hosted on the educational farm La **Buona Terra**, where they will stay in a big common house. The rooms will be shared and will have mixed nationalities. Please keep in mind that the venue is a 30-minute walk from the first shop.

The farm gives great importance to self-responsibility and respect for nature. Some ground rules will be given during the stay, to ensure respect for the inside and outdoor spaces, for the people living in the surroundings, for the animals, for the environmental impact (water, electricity...) and to create a safe and enjoyable environment for the whole duration of the project. Participants will have a shared and organised responsibility in taking care of the common areas.

The farm's address is: Via Campagna 26, 06065 Passignano sul Trasimeno, Italy.



PARTICIPANTS



5 participants + 1 leader per partner | 30 participants in total

We welcome participants with different lifestyles, backgrounds and perspectives, who are..

- *18-30 years old, residing in the partner countries*
- *Willing to **commit to the programme** & truly dive into slow practices, self-reflection and observation*
- *Willing to actively share and discuss on the topic*
- *Motivated to integrate the learnings into their own lifestyles*
- *Able to communicate in English*
- *Willing to organise a small dissemination event after the youth exchange*

As for the group leaders, we expect in addition willingness to participate in 2-3 online preparatory meetings with Kora as well as an online project evaluation meeting after the youth exchange.

The Erasmus+ programme encourages the participation of participants with fewer opportunities. Fewer opportunities are a broad spectrum, so you should read more about it [here](#) and see if it applies to you.

It is not a mandatory requirements, however partners are encouraged to involve participants with fewer opportunities.



WHAT TO BRING

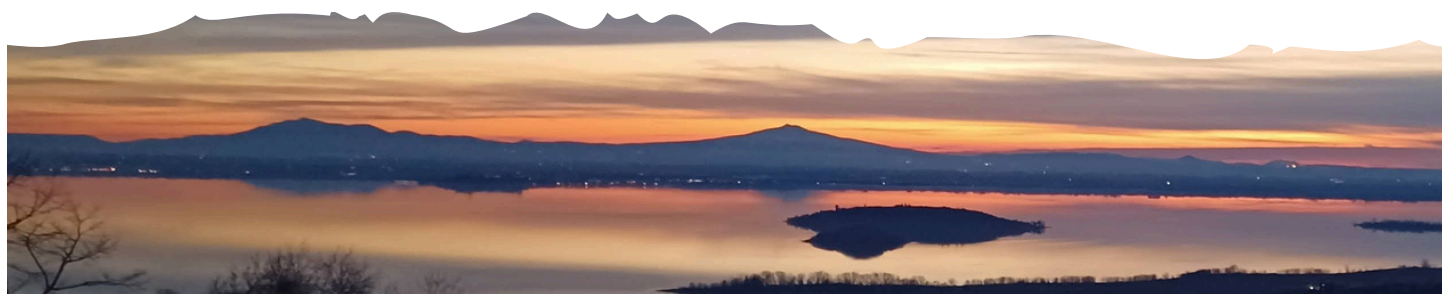
- Your travel documents and ID
- Your valid European Health Insurance Card

PS: in addition to the EHIC card, all participants will also need to have a valid travel insurance for the duration of the project - this is a responsibility of every participant!

- Towel and toiletries (toothbrush and -paste, shampoo etc.)
- House shoes ONLY for inside: slippers/socks
- Adapter for Italian plugs
- Optional: camera and/or laptop
- Comfortable clothes for body-movement sessions
- Outdoor clothes and shoes for every kind of weather (be ready in case of wind and rain)
- Medicines, cigarettes, snacks, anything you'll need away from home, considering that the closest shops are far from the farm

WHAT TO PREPARE

- **Intercultural Night:** Each national group should prepare a presentation about their country for the Intercultural Night. It can include theater sketches, traditional dances, songs, quizzes about national culture and history or/and local food... Be creative!
- **Slow & degrowth movements in your country:** Find examples of slow- and degrowth initiatives that exist in your country - we'll have a session dedicated to sharing them. You'll receive further instructions from your group leader!





TRAVEL

DATES:

Participants are expected to **arrive to the farm** on the **24th of November** after 13h00 and depart from the farm on the **3rd of December 2025**, before 13h00.

The project activities will start on the 25th **of November after breakfast** and will end on the 2nd **of December before dinner**.

DEPARTURE/ARRIVAL TOWN:

Participants are expected to travel from their home town to Passignano Sul Trasimeno and back. Kora will organise pick-ups and drop-offs from and to the train station of Passignano Sul Trasimeno.

TRAVEL DURATION:

The programme allows max 2 travel days (outbound+inbound) for standard travels and max 4 travel days for green travels (train, bus, carpooling). Kora will reimburse travel costs up to max 1 extra travel day, but do not provide accommodation nor food for the extra travel days.

GREEN TRAVEL:

In alignment with Kora's vision, the European Commission and the Erasmus+ programme encourages participants to prioritise Green Travel over conventional travel and therefore allocate a higher budget for travel which includes means of transport such as bicycle, bus, train, and/or carpooling. You can find more about the travel budget and green travel on the next page of this infopack.

KEEP IN MIND:

- **Confirm travel options with your group leader before booking any tickets!**
- **All exceptions to these rules above must be discussed and approved by Kora before booking the tickets!**

**In case of doubt, contact Kora (Cristiana) before booking tickets
at eplus@assoziazionekora.it -
we will support you in choosing the best solution!**



TRAVEL REIMBURSEMENT

Keep all your original travel documents: plane, bus and train tickets, invoices, boarding passes, fuel, highway toll, both in digital and paper form (if you have this). **The reimbursement cannot be done without these documents.** You will be reimbursed up until a maximum amount granted by the European Commission (see table below), within the distance calculated by the [Erasmus+ Distance Calculator](#).

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR

Taxis and first-class tickets cannot be reimbursed, unless duly justified by screenshots (there is no other option than first class or flight arrived late and only taxi was an option)

Participants are asked to send all the travel docs within one month after the project's end. All tickets in paper form should be sent in digital form per email (photo) and per post to Kora. Kora will reimburse the costs once all the required docs are made available.

Again, in case of doubt, contact Kora before booking the tickets.

Kora is not responsible for tickets not complying with the rules mentioned above and purchased without prior consultation.



Photos by Olga Surikova

WE LOOK FORWARD TO MEETING YOU!



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