ENTROPIA
Associazione Culturale - Unical

Agenzia Italiana per la Gioventù

Erasmus+

TRAINING COURSE

FROM IKIGAI TO ACTION

Youth Employability & Social Impact

16th March (Arrival)
23rd March (Departure)



WHAT IS IKIGAI?

From IKIGAI to Action: Youth Employability & Social Impact is a six-day training course, taking place from March 17 to March 22, designed to support youth workers and young people aspiring to become youth workers in exploring purpose, employability and social impact through the IKIGAI framework.

The project aims to transform IKIGAI from a personal reflection tool into a practical methodology for youth work, supporting young people in connecting their passions, skills and values with meaningful social action.

OBJECTIVES

- To support youth workers and young people interested in youth work in strengthening their personal and professional purpose through the IKIGAI framework.
- To provide practical tools and methodologies for youth orientation and employability, integrating IKIGAI into non-formal education and youth work practices.
- To encourage the transformation of personal purpose into concrete social action, fostering active participation and local initiatives in participants' communities.

HOW?

The Training Course will be implemented through **non-formal education methods**, combining **experiential learning, self-reflection and peer learning**. Participants will explore and apply the IKIGAI framework through interactive workshops and group activities, transforming personal insights into practical tools for youth work. The process will support participants in developing concrete ideas and follow-up actions to be implemented in their local contexts.

WHO?

The training course is designed for **24 participants** who are expected to be active and have at least some experience in working with young people, such as **facilitators, youth workers, trainers, educators, mentors, youth leaders, community leaders, etc**. Participants need to have a good command of the English language and be motivated to fully commit to the training course and to the local follow-up activities afterwards.

WHO WE ARE?

ENTROPIA
APS

Entropia APS was founded in 1997 and has since become a reference organization for international mobility projects in the Rende area, in Calabria, with over 10 years of experience

The mission of the association is to foster cultural exchange, active citizenship, inclusion, solidarity, and youth participation, empowering young people to engage with their communities and develop social and civic skills

Entropia has implemented several projects under the Erasmus+ and European Solidarity Corps (ESC) programs, including workshops and labs that engage young people and support the development of their skills and competencies in informal settings, fostering both personal and professional growth

COSTS & TRAVEL ARRANGEMENTS

The maximum **TRAVEL COST** reimbursement is based on the distance calculator supported by the European Union. We will **NOT reimburse** the amounts that get over the maximum budget for each participant, or the tickets that did not receive previous **APPROVAL**

According to the restrictions of the E+ Programme, we can only refund if:

Your travel route is **from your hometown to the venue** in Italy and back (check for exceptional cases with the coordinator)

You have chosen **reasonable and economic means** of transportation (e.g. Economy fares for flight tickets, cheap airlines, 2nd class trains)

Your **travel dates** are according to the programme (1 day before OR after the project dates is allowed, but lodging during these days is on your own expenses)

You have a **receipt or invoice** for the cost of your plane ticket and the **boarding pass** or the **train/bus tickets**



In case of **green travel**, participants have 2 travel days for arrival and other 2 travel days for return

AMOUNTS PER DISTANCE

Travel distance	Normal travel	Green travel
10 – 99 km	28 €	56 €
100 – 499 km	211 €	285 €
500 – 1 999 km	309 €	417 €
2 000 – 2 999 km	395 €	535 €
3 000 – 3 999 km	580 €	785 €
4 000 – 7 999 km	1188 €	1188 €
8000 km or more	1735 €	1735 €



HOW TO REACH US

The closest airport is **Lamezia Terme**, it doesn't have many international flights, but it is well connected with many Italian international airports, like Milan, Rome, Pisa, Naples. From Lamezia or other airports, you can take a train to **Castiglione Cosentino train station** or a **Bus to Rende**, which will be the final destination of your trip. Once in Rende, you can use apps like Cosenza Autolinee TPL to buy urban bus tickets.

NOTE: Before booking please confirm the tickets with the project coordinator by email



Check trains and buses:

www. trenitalia.com

www.flixbus.it

ACCOMMODATION

- During the project we will stay in the **Campus of the University of Calabria** in Rende
- We will be accommodated in the **Residenza Socrates** in rooms of **2-3 people (divided by gender)**
- **3 meals per day** (breakfast, lunch, dinner) + **2 coffee breaks** will be provided
- Bed sheets and towels **are provided**
- WIFI is available



Residenza Socrates
Via Alberto Savinio, 87036 Quattromiglia CS
Check-in: between 3 pm and 8 pm
Check-out: at 10 am

TO DO BEFORE

Step 1 **Fill the APPLICATION FORM** by the 15th of February 2026

Step 2 **Wait for the email** confirming your selection.

Step 3 If you have been selected, **please reply to the confirmation email within 3 days** to let us know if you participate or not (a non-response after this deadline will result in the ranking list being displaced).

Step 4 **Send your travel plan proposal** no later than 7 days after being selected.

APPLICATION FORM LINK:

https://forms.gle/bLBG71YTW94f6UM37

TO DO AFTER

All the participants, with the support from the sending associations, are supposed to **disseminate the project outcomes and results**, organising a **local practice** to transfer the gained competences to more youth workers, educators, and youth. The team of the TC will give further information and support participants in any phase. It will be **necessary to provide the proofs of dissemination** and local practice.

CONTACTS

Our website: www.entropiaweb.it

Follow us on Facebook: www.facebook.com/EntropiaAPS

Follow us on Instagram: www.instagram.com/entropia_dam

If you have any questions concerning the organisation of the project, please contact the project coordinator **Santo Astorino** by email: **entropiaeuropa@gmail.com** or phone/whatsapp: **+39 3206661006**

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