

BASILICATA LINK

ASSOCIAZIONE KORA

INFOPACK

ESC VOLUNTEERING TEAM
WINTER TO SPRING 2026



EXPANDING HORIZONS,
TOGETHER

THE ORGANISATIONS



Associazione Kora is the hosting organisation of this project. It was founded in August 2015 to promote environmental, intercultural and social awareness through youth projects.

Kora coordinates non-formal education projects including training courses, youth exchanges and volunteering projects on different topics. It is based on La Buona Terra school farm, the first educational farm in Italy, with over 30 years of experience in working with children, young people and adults of all ages. La Buona Terra produces organic olive oil, essential oils of various aromatic herbs, and offers environmental education for groups of all ages.

The main target groups of Kora are:

- Marginalised youth (unemployed, drop-outs, disorientated, economically disadvantaged)
- Youth in general (15 to 30 years old)
- Local community of Passignano sul Trasimeno and Umbria.

THE ORGANISATIONS



B-Link is a youth organisation based in Matera (Italy) that promotes European mobility, active citizenship, and intercultural dialogue through non-formal education since 2012. The association develops and manages international projects within programs such as Erasmus+ and the European Solidarity Corps, focusing on themes like social inclusion, environmental awareness, creativity, and community engagement.

B-Link is the coordinating organisation of this ESC Team project and it's responsible for all bureaucratic matters.

www.basilicatalink.org

instagram: [@basilicata_link](https://www.instagram.com/basilicata_link)

VOLUNTEERS' ACTIVITIES

Volunteers will mostly help Kora and La Buona Terra staff in the following activities:

- Logistics and maintenance: preparing areas to host spring/summer festivals, , setting a camping area, repairing and upcycling
- Gardening and agriculture: preparing new vegetable garden, seeding, caring and collecting local organic products; preparing seasonal menus and shopping lists; making preserves from the farm and local farmers; experiencing, learning and promoting self-production of food as a mean for sustainable living; taking part in theoretical and hands-on permaculture sessions with certified trainers
- Cooking for your group according to environmentally sustainable criteria
- Non formal education activities about environmental topics, interculturality and social equality.

The volunteers will work for 7 hours a day (hours will vary according to the season), 5 days a week, with 2 consecutive free days free (not necessarily Saturday and Sunday), plus 2 free days a month.

Some flexibility is required also because the activities might vary according to the weather conditions and the month.



SUPPORT

- 6 € per day as pocket money, given around mid-project via bank transfer
- Food
- 10 € for food extras (check next page)
- Health insurance (<https://www.henner.com/>)
- Travel reimbursement from their country up until a fixed amount (check page 11)
- Regular mentorship



FOOD

Kora staff (supported by 1-2 volunteers) will make a weekly general grocery for the volunteers. The shopping list is prepared together with the volunteers and it's an opportunity to reflect on the impact of our actions on the environment, local traditions and products. Meals are mainly vegan and vegetarian, as well as seasonal for environmental and dietary reasons. Italian traditional food generally includes pasta or rice at least once a day.



In addition to the general grocery, provided by Kora, short term volunteers receives 10 euros to freely buy any extra food they wish.

2-3 volunteers will then cook for the group, taking turns.

Volunteers will be responsible for the cleaning of their dish and of the eating area after every meal.



MENU

We support different diets and promote the use of local and sustainable products as much as possible. Please be aware that we do eat animal products and work with animals on the farm.

We try to source as many products as possible, within our budget, through partnerships with local farmers and shops.

If you follow specific diets, please be aware that it might be your responsibility to take care of your own dietary requirements (i.e. cooking or complementing meals if needed), especially when there are no groups hosted on the farm.

A standard 2 weeks menu could be as follows:

Breakfast	Cereals, bread, butter, jam, cake, yogurt, fruit, milk, coffee, tea						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	•Greek salad •Spinach pie /w puff pastry	•Couscous + cold salad/hot stew	•Lentil soup •Salad	•Roast pumpkin salad (roasted previous night) •Pasta pomodoro	•Parmigiana (vegan + omni) •Salad	•DIY Sandwich with leftovers from aperitivo night	•Cold pasta (pesto; olives) •Salad
Dinner	•Pasta pomodoro •Insalata	•Risotto •Roasted veggies (fennel, zucchini, eggplant) •Salad	Pizza night	•Hummus •Falafel •Baba ganoush •Pita •Pickles •Vegan mayo	Aperitivo night (hot and cold buffet, tapas, finger food...)	•Lasagna (vegan + omni) •Salad	Pizza night

Breakfast	Cereals, bread, butter, jam, cake, yogurt, fruit, milk, coffee, tea						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	•Greek salad •Spinach pie /w puff pastry	•Couscous + cold salad/hot stew	•Crochette di patate •Salad •Quiche	•Roast pumpkin salad •Pasta pomodoro	•Lentil soup •Salad	•DIY Sandwich with leftovers from aperitivo night	•Fried rice •Salad
Dinner	•Parmigiana (vegan + omni) •Salad	•Risotto •Salad	•Paella •Roasted veggies (fennel, zucchini, eggplant) •Salad	•Polenta •Stew •Salad	Aperitivo night (hot and cold buffet, tapas, finger food...)	•Chili •Rice •Salad	Pizza night

ACCOMMODATION

Volunteers will be accommodated in a big house in the premises of La Buona Terra farm, together with other volunteers of their same gender. The house also has a dining space, bathrooms, showers, laundry room. It is equipped with heating, washing machine and wifi. The farm also hosts long and short term volunteers and other groups for short period projects, such as youth exchanges and training courses.



Farm's address:

Fattoria Scuola La Buona Terra

Via Campagna 26, 060656

Passignano sul Trasimeno (PG), Italy

Volunteers will live in a rural area and in an intercultural community, experiencing all aspects that these two things imply: sharing time, spaces and daily tasks, taking care of their accommodation (consider around 1 hour a day for cleaning or cooking, counted as mandatory hours for the community apart from the weekly work hours which are 35), respecting each other and the people around them. Farm life, among many things, means being ready to live the work rhythms of a farm, which can be hard and early to take advantage of natural light, as well as enjoying the contact with nature (no loud partying on a daily basis).

FARM MAP



- | | | |
|--------------------|----------------------|-------------------------------|
| 1 Private house | 9 Penthouse | 17 Compost |
| 2 Casa Erta | 10 Tools house | 18 Herbal garden |
| 3 Chalet | 11 Dry toilets | 19 Main gate |
| 4 Gym | 12 Tents area | 20 Private place |
| 5 Parking | 13 Dome | 21 Access only upon agreement |
| 6 Pig house / Pool | 14 Long terms houses | |
| 7 Ecohouse | 15 Casa Fina | |
| 8 Office | 16 Dry toilet | |

RULES OF THE FARM



- Always close gates and respect the limits of private property. Herb garden and Kora village (starting from the fence next to the road) are off-limits
- Kitchen area, office and long-term volunteers' dorms are off-limits
- Use the recycling station and separate trash: plastic, paper (milk boxes go with paper), compost (no tea bags), glass and residual waste
- Do not feed the animals
- Do not pick up fruits or vegetables without permission
- Respect others and the farm when smoking. Always put cigarette buds in trash. Do not smoke in tents and common areas.
- Quiet volume in the dining area and Casa Erta after 9 PM. After 9, you can be in the ecohouse. Anyway, no music and loud talking is allowed after 11 PM
- Do not make any type of fire unless agreed
- Water is very precious here at the farm. Behave accordingly
- Take short showers (5 minutes max. and close the water while using soap), and only in the showering times
- Do not bring bed sheets, mattresses and blankets outside the dormitory
- Clean your dishes after using them with the 3 buckets.
- There is a bar. Additional info will be given by the bar responsible
- Do not use fridges to store personal stuff unless agreed

TRAVEL REIMBURSEMENT

In order for the travel to be reimbursed, it is fundamental that volunteers send us all original travel documents: flight invoices, boarding passes, bus/train/shuttle tickets etc. The reimbursement can't be made without these documents. Taxis and first-class tickets cannot be reimbursed.

Participants will be reimbursed up until the following maximum amounts granted by the European Commission (the distance band is calculated on a straight line between the city of the sending organisation and Passignano sul Trasimeno, you can check it [here](#)):

TRAVEL DISTANCE	REGULAR	GREEN TRAVEL*
10 - 99 KM:	23 EUR	23 EUR
100 - 499 KM:	180 EUR	210 EUR
500 - 1 999 KM:	275 EUR	320 EUR
2000 - 2999 KM:	360 EUR	410 EUR
3000 - 3999 KM	530 EUR	610 EUR



When you buy your tickets make sure you don't exceed these amounts, or you will pay the difference. Buying tickets in advance will help you avoid that scenario.

*Green travel:

For environmental reasons, in agreement with the European Commission, we encourage participants to avoid flights when possible and to prefer means of transportation such as trains, buses, or car sharing (BlaBlaCar or similar, with official receipts).

If that is your case, you are allowed to:

- To have a higher travel budget, refer to the above tab
- To have two traveling days for coming and two for going back (instead of one)

RyanAir:

If you are traveling with RyanAir and you use their app for the boarding pass it is essential that you make a screenshot of the boarding pass before the departure, because the boarding pass will disappear from the app once the flight lands.

Volunteers' arrival trip will be reimbursed after they provide all documents, including all original paper documentation of train, bus and shuttle tickets, and return trip after they fill the online final report of the project and they send us all the travel documents.



Paper documents must be sent by post to the following address:
Via Campagna 26, 06065 Passignano sul Trasimeno, Italy

TRAVEL CONDITIONS



Volunteers are expected to arrive at Passignano train station in the afternoon/evening of March 1st. Kora staff will pick you up from Passignano train station and drive you to the farm (5 minutes by car).

Travel to and from Passignano must be in second/economic class, continuous (without stopping to sleep at nights on the itinerary, unless green travel), and volunteers must leave and go back to the same city of origin.

Travel by car is not possible.



Volunteers are expected to leave the farm and Italy on March 21st.

If you plan to take your free days at the end and leave Italy from another city, it is possible, but you must inform the project coordinator at least 10 days before, and the internal trips for tourism cannot be reimbursed.

Any change in the instructions above must be communicated in advance and approved by us, because we have to make sure with our National Agency that we are able to reimburse you under different conditions.

The closest international airports to Passignano are:

1. Perugia (PEG)
2. Florence (FLR)
3. Ancona (AOI)
4. Bologna (BLQ)
5. Rome Ciampino (CIA)
6. Rome Fiumicino (FCO)
7. Pisa (PSA)



TRANSFER TO PASSIGNANO

You can check all train connections, hours and prices at <http://www.trenitalia.com/tcom-en>.

You can check bus connections, hours and prices at <https://www.flixbus.com/> and <http://www.umbriamobilita.it/it>.

From Perugia airport

If you arrive at Perugia airport take the Umbria Mobilità bus to Perugia Fontivegge train station. From Perugia train station take regional train towards Passignano sul Trasimeno.

From Florence airport

Take Busitalia Volainbus to BUSITALIA Bus Station nearby the Firenze SMN (Santa Maria Novella) Railway Station. The travel time is 20 minutes. There is also an option to take tramway from Florence airport to city centre (Piazza dell'Unità Italiana). From Firenze Santa Maria Novella take regional train towards Foligno and get off in Passignano sul Trasimeno.

From Ancona airport

Reach Castelferretti train station, then take a train to Ancona, then to Passignano sul Trasimeno (you might have to change train in Foligno).

From Bologna airport

Take the Aerobus bus to the central station (Bologna centrale). There is a bus every 11 minutes. Tickets can be bought online or directly on the bus. The travel time is 25 minutes.

From Bologna Centrale take the train to Passignano sul Trasimeno; there are no direct trains, so you will have to change once or twice according to the time of the day.

From Rome Ciampino and Fiumicino airports

Take the airport bus to Roma Termini train station. Buses leave from the airport when they are full. Terravision is the cheapest company (tickets can be bought on the bus). The travel time is 60 minutes. From Roma Termini train station take the regional train towards Firenze Santa Maria Novella, change in Terontola-Cortona, and take the train towards Foligno. Get off in Passignano sul Trasimeno.

From Pisa airport

Take the direct shuttle bus from Pisa Airport to Firenze Santa Maria Novella. During the day, the bus runs to the Guidoni tram stop (from Guidoni you can reach the center of Florence with tram line T2) in the evening and at night the bus terminates at central station Firenze SMN. At the airport, bus tickets may be purchased at the Information Desk (Arrivals Area). The Bus Area (P6) is located just outside the Passenger Terminal Arrivals Area. The travel time is 60 minutes.

*Note about train tickets in Italy. Tickets can be bought from the ticket office, online, or ticket vending machine (see Figure 1 below) of Trenitalia. All tickets (not digital) must be stamped in the machine (see Figure 2) prior to getting on the train! If not a penalty of 100 € can be required.

Figure 1



Figure 2



WHAT CAN YOU DO IN THE AREA

Umbria region is mostly rural and gained the reputation of “green heart of Italy”. Passignano sul Trasimeno is a small town of around 5.000 inhabitants, located by Trasimeno lake, one of the biggest lakes in Italy. In Passignano you can find shops, restaurants, services and a train station that provides regular connections to other cities like Florence (1h30) and Rome (2h).

PLACES TO VISIT:

- Assisi and Saint Francis church
- Scarzuola museum and park
- San Casciano thermal baths
- Orvieto cathedral
- Marmore waterfalls

Discover more with this [video](#) and at [Umbria Tourism](#).



WHAT TO BRING

- Sunglasses
- Camera and/or laptop might be useful
- Towels
- Swimming suit
- Sun hat or cap
- Hiking shoes
- Warm clothes
- Toiletries



- Working clothes (clothes that you don't mind getting dirty or ruined)
- Traditional clothes, typical candies/food/ingredients, national/regional flags... anything you might want to use for intercultural nights!

EMERGENCY NUMBERS

- Emergencies: 118
 - Police: 112
 - Fires and rescues: 115
- Hospital in Passignano:
075 829871, via della Pieve 4, 06065
Passignano sul Trasimeno (PG)

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**WE LOOK FORWARD
MEETING YOU!**



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