

PROJECTS ABROAD.

Culture, Community & Environmental
Action for Teenagers in

Italy

Historic discovery,
community engagement, and
environmental action

4 QUALITY
EDUCATION



13 CLIMATE
ACTION



14 LIFE BELOW
WATER



17 PARTNERSHIPS
FOR THE GOALS



SUSTAINABLE
DEVELOPMENT
GOALS



Trip highlights:

-  Tour some of Italy's best known cities and discover the ancient wonders of the Colosseum, Vatican Museums, Pompeii, and Mount Vesuvius National Park with expert local guidance.
-  Support local associations in Naples to deliver creative and educational workshops, art sessions, and cross-cultural exchanges.
-  Learn basic Italian, visit local food producers, and master Neopolitan pizza making (Pizzaiuolo) during interactive classes.
-  Participate in vital ecological studies across a Tuscan nature reserve, conducting freshwater surveys and biodiversity analysis.
-  Build real world confidence, global perspective, and lifelong friendships with 24/7 support from dedicated Projects Abroad staff.

 **LENGTH**
14 Days

 **SUPERVISION**
24/7 local staff

 **TRANSPORT**
Bus, Train

 **ACCOMMODATION**
Guesthouse, Camping

 **SERVICE**
35 hours

Overview

The following is included in the cost of your trip (subject to change).



Culture & Learning

- Rome orientation and Colosseum tour
- Guided visit to the Vatican Museums
- Sistine Chapel
- St Peter's Basilica and Square tour
- Exploration of historic Pisa
- Leaning Tower
- Guided walking tour of historic Florence
- Guided archaeological tour of Pompeii
- Mount Vesuvius National Park crater hike
- Conversational Italian language and cultural workshops
- Food and ingredient workshop visiting local producers
- Community storytelling and Neapolitan street art sessions

Conservation & Service work

- River quality analysis using the Extended Biotic Index (EBI) with macroinvertebrates
- Landscape analysis using the Index of Potential Biodiversity (IBL)
- Seed bomb and birdhouse construction laboratories
- Flora and lichen bio-indicator analysis in regional parks
- Educational and creative workshops at Naples youth centres
- Social change initiatives and youth exchange sessions

Fun & Adventure

- Evening walk through Rome's historic Trastevere district
- Guided canoe trip and invasive fauna study on Lake Massaciuccoli
- Birdwatching hike through Lecciona Nature Reserve coastal dunes
- Dinner by the beach on the Bay of Naples
- Hands-on Neapolitan pizza making workshop and dinner
- Evening walk to Trevi Fountain and Spanish Steps
- Souvenir shopping in Rome's historic shopping districts

Logistics

- Airport pickup and drop-off in Italy
- Orientation and tour of cities
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Comfortable guesthouses in Rome & Naples
- Fully equipped eco-camping in Tuscany



Days 1 - 2

Arrival in Ancient Rome

Welcome to Italy!

Touch down in Rome, where our friendly staff will greet you at the airport and transfer you to your central guesthouse. After settling into your room, join the team for a cultural orientation to learn local customs, safety guidelines, and what to expect during your journey.

In the evening, stretch your legs with a guided stroll through the cobbled streets of Trastevere, one of Rome's most charming neighbourhoods. Cap off your first day with a delicious welcome dinner at a local trattoria, getting to know your fellow teens from around the world.

Begin Day 2 tracing the footsteps of gladiators on an orientation tour of Rome, featuring the iconic Colosseum. Then, cross the River Tiber into the Vatican City, which is technically another country (ruled by the Pope). With an area of 44 hectares or 110 acres and a population of approx. 800, it is the smallest country in the world.

You'll spend your afternoon exploring the breathtaking collections of the Vatican Museums and gazing up at Michelangelo's masterpiece ceiling inside the Sistine Chapel. Conclude your tour at St. Peter's Basilica and the sprawling square outside before preparing for your trip to Pisa.



Days 3-6

Coastal conservation

Board a morning train from Rome for a scenic three-hour journey north to Pisa. Check into your eco-camping village before going into the city to explore its historic streets, visit the world-famous Leaning Tower, and discovering how urban green spaces support local biodiversity. Then, gather with your conservation leaders for a comprehensive safety briefing, orientation, and equipment planning session for your following few days.

Head to the serene waters of Lake Massaciuccoli (Day 4) for your first hands-on conservation project. Board canoes with local researchers to collect water samples, identify invasive species, and monitor wetland habitats. You'll also craft "seed bombs" with native plant species and build birdhouses to support local bird populations before returning to camp.

Work alongside marine and freshwater ecologists (Day 5) to collect and classify aquatic macroinvertebrates to gauge water purity and evaluate river health using the Extended Biotic Index (EBI). You'll then explore the pristine dunes and coastal pine forests of Leccia Nature Reserve. Monitor coastal dune erosion, assess sea-lake biodiversity, and observe protected bird species. Return to camp for rest and relaxation.

Focus your final field day (Day 6) on landscape analysis using the Index of Potential Biodiversity (IBL). Learn how environmental planners evaluate habitat complexity and ecosystem health. Round off your time in Tuscany conducting research on local flora and lichens, using these sensitive organisms as biological indicators of air quality.



Days 7-8

Florence & Pompeii

Board a short morning train to Florence, the cradle of the Renaissance. Embark on a walking tour through historic piazzas, admiring the towering Duomo Cathedral, Giotto's Bell Tower, and the historic Ponte Vecchio.

After lunch in the city centre, head to the railway station for a high-speed train journey south to Naples. Arrive in the evening, check into your central guesthouse, and enjoy a relaxed dinner to prepare for your Southern Italian odyssey.

Visit the world-renowned archaeological site of Pompeii (Day 8). Your local guide will lead you through preserved Roman streets, villas, and markets frozen in time by the eruption of 79 AD. This well-known volcanic event buried Pompeii in 4-6 metres (13-16ft) of volcanic ash; a catastrophic eruption which perfectly preserved organic materials, buildings, and everyday items offering an unmatched window into life nearly 2,000 years ago in Roman Italy.

Next, head up the slopes of Mount Vesuvius. Hike to the crater rim within the National Park for panoramic views across the Bay of Naples before journeying back to Naples for the night.



Days 9-12

Community & Culture

Day 9 begins with an in-depth orientation on the history, social dynamics, and urban culture of Naples. Take a guided walking tour through its neighbourhoods to understand everyday realities and community-led initiatives, plus a strong tradition of grassroots social action (associazionismo).

Spend your morning (Day 10) at a local youth association, running educational and creative art workshops for children. After a rewarding morning, share lunch at the community centre. Next, take on an interactive Italian language and cultural workshop, followed by a visit to local food producers to learn about regional ingredients. Apply your new knowledge in the evening during an authentic Neapolitan cooking class, where you will prepare traditional dishes for dinner.

Return to the youth centre (Day 11) for a morning of storytelling and literacy activities with local children before a guided exploration of Naples' famous street art. Learn how local artists use urban art as a medium for social commentary and community empowerment.

Visit pioneering social projects in Naples (Day 12) to see how local leaders address urban challenges before participating in a youth exchange session, connecting directly with young locals to share experiences and perspectives. Then, wind down with some free time for souvenir shopping and packing in the late afternoon. In the evening, gather for a farewell dinner at an authentic Neapolitan pizzeria, celebrating your accomplishments together.

Days 13-14

Roman farewell

Arrive back in Rome by train before you check-in to your guesthouse. Starting at the Trevi Fountain and Spanish Steps, spend your afternoon shopping for souvenirs and soaking up the lively atmosphere.

Prepare your luggage (Day 14) before you are transferred to Rome International Airport.

Board your flight home and feel the weight of those positive memories that you're taking home too. Ciao, Italia!



Destination

Italy is a nation where ancient history, rich artistic traditions, and diverse natural landscapes collide. From the monumental ruins of Imperial Rome to the delicate wetland ecosystems of Tuscany and the vibrant street life of Naples, Italy offers an ideal environment for learning.

Modern Italy balances a deep reverence for its historical heritage with active environmental stewardship and vibrant local community networks. Participating in conservation research and local initiatives provides a unique opportunity to experience Italian culture well beyond the typical tourist route.

LANGUAGE

Italian

CURRENCY

Euro (€)

NATIONAL DISH

Ragu alla Bolognese

POPULATION

59 million

TIMEZONE

GMT +2 (CEST)

NATIONAL ANIMAL

Italian Wolf

CAPITAL

Rome

COUNTRY CODE

+39

NATIONAL BIRD

Italian Sparrow

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**Experiences that shape
who you become.**



info@projects-abroad.org



projects-abroad.net

