



WAY UP 2026

ADVENTURE WEEK FOR YOUNG ADULTS WITH A CANCER DIAGNOSIS

Free retreat in Trentino, Italy
for young adults 18-45 years old

INFO: associazionecampobase.org/way-up-international
info@associazionecampobase.org

A PROJECT OF:





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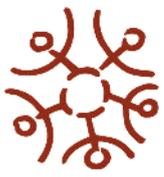
WAY UP 2026

PROGRAM INFORMATION



Overview

<i>What is Way Up International?</i>	Way Up International is a FREE program open to young adults who want to experience the magic of the Dolomites. This week-long adventure based in Castel Campo (TN) features alpine hikes, outdoor explorations, and creative group activities with other aspiring adventurers. The program -designed and facilitated by the Italian non-profit “Campo Base”, offers individuals who have been diagnosed with cancer the opportunity to rediscover their physical capabilities and independence, and connect with others who have had similar experiences in a stimulating and welcoming environment. On a broader scale, Way Up works to challenge cultural taboos surrounding illness and support an individual's need for community during such experiences. Campo Base’s goal is to offer participants the opportunity to try new things in a safe environment.
<i>What is Campo Base?</i>	Associazione Campo Base APS ETS is a non-profit organization based in Castel Campo, Trentino. It organizes residential camps and retreats for adults, children, and families, with the goal of creating empowerment programs that foster personal growth, increase self-esteem, and create a support network for participants.
<i>Dates</i>	The dates for the next edition of Way up International are September 12th -19th 2026
<i>Who are the staff and volunteers?</i>	Campo Base collaborates with trained volunteers and industry professionals. Alpine guides and instructors will accompany participants on excursions and activities.
<i>What is included?</i>	<ul style="list-style-type: none">• All meals (excluding meals during travel to and from Castel Campo)• Activities• Room and meals at Castel Campo• Group transfer from Verona train station -->Castel Campo
<i>Criteria for participation</i>	<p>Way Up sessions are open to a maximum of 15 participants. Applicants must be between the ages of 18 and 45 and have been diagnosed with cancer after the age of 15. Participants must be able to commit to the entire week of the program. Our programs are tailored to participants, and no special athletic ability is required, but .</p> <p>The program is delivered in English and welcomes participants of all nationalities, provided they possess a strong conversational level of English and the necessary travel documentation for Italy.</p>



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CASTEL CAMPO OUR HOME BASE





About Castel Campo

The Way Up week takes place in Castel Campo, in the Giudicarie Valley (Trentino). This centuries-old castle, home to a regenerative farm, is privately owned and will be for the exclusive use of participants.

Castel Campo is where participants and staff sleep, share meals, and participate in some of the activities included in the program. Nestled in the forest, this ancient manor offers the ideal setting to escape the noise of everyday life and reconnect with the natural environment and its rhythms.

Please note there is no Wi-Fi in the castle, and participants are asked to refrain from using cell phones during activities, meals, and social gatherings, thus promoting a more mindful presence and an immersive experience.

Because it is a historic residence, each room has its own unique size, characteristics, and history. It is important to note that, at this time, the castle does not have fully accessible or barrier-free spaces.

For more information on Castel Campo, visit: www.castelcampo.com





Lodging

All participants will be staying at Castel Campo unless the specific session requires an alternative. Please note that there is no Wi-Fi available at the castle. We ask that you organize your personal and work needs so that you can (almost) completely disconnect from technology for this week.

Some rooms may be shared with other participants; almost all bathrooms are shared. As you will be staying in a heritage property, please note that each room has its own unique size, character, and history. All rooms are accessible with one or two flights of stairs.

Meals

Breakfast, lunch, and dinner will be prepared by the Castel Campo kitchen and served on-site or during our excursions. The Castel Campo kitchen uses local and organic products wherever possible. We believe in the importance of eating whole foods, primarily plant-based, while offering animal protein as an option.

Castel Campo makes efforts to conserve, recycle, and compost all kitchen waste and create tasty and nutritious meals for all participants. Please share any dietary restrictions or allergies in your application.

How to get there

Castel Campo is located 40 minutes from Trento and 25 minutes from Riva del Garda, near the village of Fiave' and the Comano Thermal Spa center. The nearest airport is Verona VRN (1.5 hours drive), then Milan Bergamo BGY (approx. 2.5 hours drive), followed by Venice Marco Polo (VCE), Milan Linate (LIN) and Milan Malpensa (4 hour drive).

Rendezvous for pick up will be at the Verona main Trainstation in the afternoon of arrivals day. Persons flying in to Italy may reach Verona via train from their preferred airport or with inter-city bus services like Flix Bus (www.flixbus.com).

Campo Base does not cover flight costs or travel to/from Verona.



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THE PROGRAM





Way Up International

Multisport week

Like all Campo Base projects, Way Up is designed to be flexible and responsive to the needs of its participants. Our goal is to ensure that everyone can take part fully and comfortably in the experience.

The 2026 International retreat offers a dynamic and varied itinerary, with each day dedicated to a different kind of exploration. This program is facilitated in English, and open to citizens of any nationality that have or can obtain Activities alternate between creative workshops and outdoor sports, and are led by qualified instructors and experienced professionals. The program may include hiking, sailing, outdoor rock climbing, clay or basket-weaving workshops, archery, rafting, cooking, bushcraft, and team-building experiences. No previous experience is required- activities are accessible and adapted to the group's skills, pace, and comfort zones.

In addition to staying at Castel Campo, participants will spend one night in an alpine refuge — a unique opportunity to experience the Dolomites and get to know local alpine communities.

After confirmation of participation, a detailed packing list will be provided. Participants will receive a packing list one month before the program begins and will need to bring a pair of hiking boots, a medium-sized backpack, and warm sportswear.

Way Up aims to be more than an alpine sports centred project — Campo Base works towards making the retreat a safe and welcoming space for dialogue, reflection, and shared learning. Dedicated moments for group discussion are scheduled at the end of activities and during our evening campfire, encouraging meaningful exchange and active team spirit.

Throughout the day, relaxation breaks are built into the schedule. During or after excursions, participants will have free time to explore the surroundings on their own. While we recognise the need for individual space at times, we ask for responsible participation in the daily activities at and around Castel Campo, except when these are not possible due to health reasons or upon prior agreement with the program coordinators.



A typical Way Up week

The program will be adapted to the group and weather conditions, but below is a sample schedule for September 2026 :

Day 1	Arrivals -rendevouz at Verona train station Castle Tour Evening Campfire
Day 2	Sailing on Lake Garda Journaling session Evening Campfire
Day 3	Archery at the Castle Yoga at the Farmhouse Evening Campfire
Day 4	E-bike excursion Castle Cooking Class Evening Campfire
Day 5	Rockclimbing Night at the mountain lodge
Day 6	Mountain Trek and back to Castle Free afternoon Evening Campfire
Day 7	River Rafting Camp Cookout Closing ceremony
Day 8	Mid morning departures to Verona train station





How to Apply

Application forms can be downloaded in PDF or .doc format from the website:
www.associazionecampobase.org/way-up-international

Form A must be completed by the participant, while Form B must be completed by the participant's primary care physician or oncologist.

Once completed, **both forms** must be sent to the following email address: connect@associazionecampobase.org. The forms received will be reviewed by Campo Base staff and Campo Base's medical support team.

Campo Base aims to confirm the outcome of the application within six weeks after the deadline for submitting the forms. **A telephone interview with the program coordinators and/or the health coordinator will be required** before final confirmation.

Applications that are not initially accepted will be placed on a **waiting list**. If one or more spots become available, we will promptly contact the applicants on the waiting list to offer them a place.

If, at any time between submitting the forms and the confirmation date, your personal plans change, we kindly ask you to communicate your inability to attend in advance so that other candidates can access the program.

International Session

To apply for the International Way up Session please send both completed forms to info@associazionecampobase.org by **15th April 2026**

You will receive confirmation of your participation on or before May 30th 2026.

Campo base will make all efforts to communicate confirmation of participation as quickly as possible and be available to support participants with travel queries and logistics.

Grazie!



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