

WINDS OF CHANGE – ACTIVE PARTICIPATION
IN A RURAL ENVIRONMENT
INTERNATIONAL YOUTH EXCHANGE | PORTUGAL
2–11 JULY 2022

THEMES

The **main themes** are active participation, social inclusion, healthy lifestyles, environment, sports as an educational tool, citizenship and Europe, in order to promote active citizenship, mutual understanding, development of personal and social competences, European awareness and Erasmus+ Programme as a world of opportunities for all. Intergenerational relations, sustainability, environmental and patrimonial consciousness will be also tackled.

The main activities forecast, following a non-formal approach, are: icebreaking games, teambuilding activities, energisers, work in small and big groups, individual reflection, debates, visits, videos, presentations, role plays, canoeing & swimming, painting, walking, etc. Also “active participation” activities with the help of the local population that will be built with the knowledge and experience gained throughout the programme’s group works.

YOUTH EXCHANGE – DRAFT PROGRAM

It will be sent in a second email.

DATES

* Activity 2 - **Youth Exchange:** 2 to 11 July 2022

VENUE

* “Holiday Centre”, right in the Southern heart of Portugal, in a little rural village called **Alvito** (with aprox. 1260 inhabitants), 40km from Évora.

CENTRO DE FÉRIAS DA APCC
RUA DA PARREIRA, 25
7920 – 039 ALVITO – PORTUGAL

* We will sleep with multiple international rooms, girls and boys divided; the working places will be diverse according with activities.

The best is to give a look at:

https://www.youtube.com/watch?v=HMASO_v5hXQ

<https://www.youtube.com/watch?v=AbK9XyBfvbE>

<https://www.youtube.com/watch?v=qDOSoQLvBsA>

* Because you are arriving to Lisbon, you can also give a look at:

https://www.youtube.com/watch?time_continue=3&v=2xIclgSXt2Q&feature=emb_title

THE WEATHER

To check the weather in Lisbon, visit this

website: <https://www.accuweather.com/en/pt/alvito/272117/weather-forecast/272117>

PARTNERS

We are **8 partners** in total: Lääneranna Noortekeskus - Estonia, Woodcraft Folk- United Kingdom, AC Amis de la Biblioteca de la Fonteta - Spain, Fekete Sereg Ifjusagi Egyesulet - Hungary, Les Francas - France, Associazione Culturale Link - Italy, Asociatia Dreams for Life - Romania and Informal Group - Portugal.

» Please confirm who are the **contact persons** for this project: leader and organisation (name, phone and emails are required).

PARTICIPANTS

* For the **Youth Exchange** its planned **1 leader + 5 participants (with more than 18 years old)**.

TRAVELS

* As you know Erasmus+ has its own financial rules, according to the distance calculation and according to each country. So we have the following amount per participant / per activity:

Estonia - 530€

United Kingdom - 275€

Spain - 275€

Hungary - 360€

France - 275€

Italy - 360€

Romania - 360€

* You must not exceed the amount stated. If you exceed, you need to pay the difference;

* The amount stated is including local travels (in your countries and Portugal);

* We kindly but firmly ask you to **keep all original tickets, boarding passes and receipts** that are essential for us to proceed with the reimbursement. Without these, the reimbursement is not possible;

* Reimbursement will be made only to those participants that attend 100% of the activities;

* Please buy the travels, only after we confirm all the dates.

Shortly we will send you more information!

ARRIVALS, DEPARTURES & TRANSFERS

* You should **arrive to Lisbon Airport Arrivals - Terminal I- until 13h** to have time to take a Train at **Oriente Train Station at 15h45 to Alvito.**

* For the Youth Exchange departure, please book your flight for after 13h. (to be confirmed).

INSURANCE AND EUROPEAN HEALTH CARD

For those who have the European Health Insurance Card (image on the right), please bring it with you.

For those who do not have such a card yet, maybe this will be a good opportunity to get it (usually it is free of charge).

Notes:



Could your participants be interested to sleep in Lisbon, from 10 to 11 July. The budget for the Youth Exchange cannot support one night in Lisbon, nevertheless, its possible to reorganize the programme and to return to Lisbon one day before.



Please confirm the name, email and phone number of the contact persons



More info soon.

Até já!



The Youth Exchange team