



YOUTH EXCHANGE

22-29 ABRIL 2024

VIANA DO CASTELO, PORTUGAL

INFOPACK

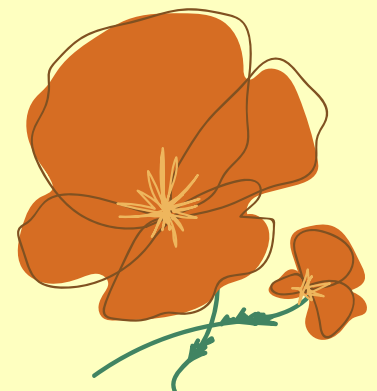
ARE YOU WILLING TO HAVE AN
ADVENTURE IN NATURE AND
UNDERSTAND AND PRACTICE YOUR
CREATIVITY FOR PERSONAL AND
COMMUNITY DEVELOPMENT?

ARE YOU LOOKING FOR MORE ACTIVE
AND PARTICIPATORY LEARNING
OPPORTUNITIES?

ARE YOU OPEN TO ENGAGE IN THIS ADVENTURE DURING AN INTENSE
WEEK WITH PEOPLE FROM DIFFERENT COUNTRIES AND
BACKGROUNDS?

THIS IS AN INVITATION FOR YOU TO TAKE A STEP
OUT FROM YOUR COMFORT ZONE AND TAKE ACTION,
EXPERIENCING AND REFLECTING UPON ACTIVE
MOMENTS OF SHARING, LEARNING AND CELEBRATING
CREATIVITY AND YOUR CONTRIBUTE IN THIS WORLD!

HERE WE COLLECT AND PRESENT IMPORTANT
INFORMATION TO LIVE THIS EXPERIENCE.



ERASMUS+ AND YE:

THIS PROJECT IS A YOUTH EXCHANGE (AN EXPERIENCE THAT ALLOW GROUPS OF YOUNG PEOPLE FROM DIFFERENT COUNTRIES TO MEET, LIVE TOGETHER AND WORK ON SPECIFIC TOPICS) PART OF THE EUROPEAN PROGRAM ERASMUS + THAT SUPPORT EDUCATION, TRAINING, YOUTH AND SPORT IN EUROPE. FOR MORE INFO ABOUT YE CLICK [HERE](#)

THE OBJECTIVES AND TARGETS OF THE PROJECT:



LIVING TOGETHER MEANS TO BE ABLE TO SPEAK UP, TO LISTEN TO EACH OTHER, AND TO GENERATE HARMONY OUT OF ALL THE RICHNESS OF ALL OF OUR DIFFERENT VOICES

"CREATIVITY IN ME & US" COMES FROM THE IDEA OF EXPLORING AND EXPERIENCING HOW CREATIVE HUMAN BEING IS AND HOW WE CAN BOOST OUR CREATIVITY BY TRAINING AND SHARING IDEAS IN A GROUP - FOR PERSONAL AND COMMUNITY DEVELOPMENT.

THE GROUP WILL BE INVOLVED IN PLANNING AND IMPLEMENTING ACTIVITIES/WORKSHOPS, SUPPORT WITH LOGISTICS, ECOTEAM AND ALL TASKS NECESSARY TO ORGANIZE A WEEK OF LIVING AND SHARING IN THE BIG GROUP.

DURING THE SESSIONS OF THE YOUTH EXCHANGE, YOU WILL HAVE THE OPPORTUNITY TO EXPERIMENT A NEW WAY OF WORKING ON TOPICS SUCH AS TEAM WORK, ACTIVE LISTENING, SELF-KNOWLEDGE AND DEVELOPMENT, AT THE SAME TIME AS YOU WILL BE ABLE TO EXPLORE YOUR ABILITY TO LIVE IN A COMMUNITY AND EXPERIENCE A WONDERFUL LANDSCAPE!

THE YE WILL ALSO BE A STARTING POINT FOR YOU TO ENVISION AND PLAN, WITH THE SUPPORT OF OUR PARTNERS, AN ACTION OR ACTIVITY TO CARRY OUT IN YOUR OWN COMMUNITY IN THE MONTHS FOLLOWING THE EXCHANGE.

WHO IS YUPI?

CLICK FOR
MORE INFO!



YUPI IS A NGO BASED IN FAMILIÇÃO (PORTO - PORTUGAL), COMPOSED OF 300 YOUNGSTERS UNDER 30 YEARS OLD WITH STRONG MOTIVATIONS TO PARTICIPATE ACTIVELY IN THE CIVIC SOCIETY AND COOPERATE WITH THE LOCAL COMMUNITY, BROADENING THEIR ACTIVITIES TO AN EUROPEAN DIMENSION. YUPI ORGANIZES YOUTH EXCHANGES AS WELL AS MANY OTHER KINDS OF ACTIVITIES TO FOSTER AWARENESS AND EFFECTIVE PRACTICES ON TOPICS SUCH AS GENDER EQUALITY, HUMAN RIGHTS, ACTIVE CITIZENSHIP, BY USE OF NON FORMAL EDUCATION METHODS.

PARTICIPANTS' PROFILE:

- BETWEEN 18 AND 25 YEARS OLD
- OPEN-MINDED AND INTERESTED IN THE TOPIC OF CREATIVITY, NATURE AND PERSONAL/COMMUNITY DEVELOPMENT
- WILLING TO LIVE IN A ROOM WITH PEOPLE FROM DIFFERENT NATIONALITIES, IN A RURAL LOCATION AND BE A BIT OFFLINE FROM THE REST OF THE WORLD :)
- ACTIVE IN YOUR OWN LOCAL COMMUNITY (TAKING INITIATIVE AND PARTICIPATING IN CULTURAL ACTIVITIES, SPORTS, EDUCATION, ACTIVISM, RELIGIOUS GROUPS, NATURE, OR ANY OTHER KIND OF FORMAL AND NON-FORMAL GATHERINGS AND ORGANIZATIONS...) - TELL US YOUR TALENT TO INCLUDE IN THE PROGRAM
- CURIOUS, ENTHUSIAST AND LIFE-HUNGRY!
- WILLING TO PUT IN PRACTICE WHAT YOU WILL LEARN IN YOUR OWN COMMUNITY AND DAILY LIFE



THE VENUE

THE YE WILL TAKE PART IN PORTUGAL AT ALBERGUE CASA DO SARDÃO (VIANA DO CASTELO CITY), A PEACEFUL PLACE LOCATED ALONG THE PORTUGUESE CAMINO DE SANTIAGO, OVERLOOKING THE OCEAN.



YOU WILL BE ACCOMODATED IN SHARED WOODEN ROOMS, AND YOU WILL HAVE THE OPPORTUNITY TO EXPERIENCE THE HOTEL'S OUTDOOR SPACES, AS WELL AS THE INDOOR SPACES.



HOW MUCH DOES IT COST?

THE YOUTH EXCHANGE IS FUNDED THROUGH ERASMUS+ PROGRAM. THUS ACCOMMODATION, FOOD, PLANNED WORKSHOPS AND PEDAGOGICAL EQUIPMENT ARE FULLY COVERED FROM APRIL 22TH (CHECK-IN FROM 16H00 GMT+0) TO APRIL 29TH (CHECK-OUT BEFORE 12H00 GMT+0). ANY EXPENSE INCURRED BEFORE OR AFTER THESE DATES OR LINKED TO EXTRA ACTIVITIES/LEISURE WILL BE YOURS.

LIKEWISE, YOUR TRAVEL COSTS TO REACH THE VENUE AND GO BACK TO YOUR COUNTRY, UP TO THE MAXIMUM ALLOWED AMOUNT AND IN A TIME-FRAME OF MAXIMUM 2 DAYS BEFORE AND 2 DAYS AFTER THE YOUTH EXCHANGE, WILL BE FULLY REIMBURSED AFTER ATTENDING THE **TOTALITY** OF THE YE, IF AND ONLY IF YOU WILL PROVIDE ALL THE **INVOICES** RELATED TO THE EXPENSES!

ACCORDING TO THE ERASMUS+ PROGRAM REGULATIONS, THE FINANCIAL CONTRIBUTIONS TO YOUR TRAVEL COSTS WILL HAVE A **TOTAL MAXIMUM AMOUNT** (AS CHECKED HERE: [HTTPS://ERASMUS-PLUS.EC.EUROPA.EU/PT-PT/RESOURCES-AND-TOOLS/DISTANCE-CALCULATOR](https://erasmus-plus.ec.europa.eu/pt-pt/resources-and-tools/distance-calculator))

500-1999KM (275€ OR 320€ IF GREEN TRAVEL)
2000-2999KM (360€ OR 410€ IF GREEN TRAVEL)
3000-3999KM (530€ OR 610€ IF GREEN TRAVEL)

YOU CAN COME EITHER BY PLANE, TRAIN, BOAT OR BUS, DEPENDING ON YOUR AVAILABILITY AND ETHICS, BUT REMEMBER THAT WE CAN REIMBURSE ONLY PUBLIC TRANSPORTATION, 2ND CLASS FARES.
TAXI /UBER IS NOT REFUNDABLE.

IMPORTANT: ALL REIMBURSEMENT PROCEDURES AND DOCUMENTS WILL BE MANAGED WITH THE SENDING ORGANIZATION OF YOUR COUNTRY. FOR THE REIMBURSEMENT, YOU WILL NEED TO GIVE TO YOUR SENDING ORGANIZATION:

1/ AN INVOICE WITH THE ITINERARY OF YOUR TRIP, THE NAMES OF THE PASSENGER(S) AND, VERY IMPORTANT, THE PRICE OF THE TICKET. IN CASE A PROBLEM HAPPENS WITH THE INVOICE, YOUR SENDING ORGANIZATION MAY ACCEPT THE E-TICKETS IF THEY INCLUDE ALL OF THE MENTIONED INFORMATION.

2/ ALL YOUR ORIGINAL TRAVEL TICKETS AND RECEIPTS (TRAIN, BOAT, BUS TICKETS WITH THE PRICE ON IT, BOARDING PASSES, ETC.).

WHAT ARE YOU GOING TO DO?

APRIL 22ND- ARRIVAL DAY, ALL THE PARTICIPANTS REACH THE VENUE STARTING FROM 16H00 GMT+0

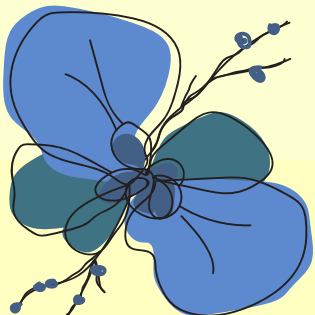
APRIL 23RD TO APRIL 28TH - YOUTH EXCHANGE ACTIVITIES

APRIL 29TH- DEPARTURE DAY, ALL THE PARTICIPANTS LEAVE THE VENUE BEFORE 12H00 GMT+0

THE DAILY ACTIVITIES WILL BE GENERALLY DIVIDED IN TWO SESSIONS WITH TWO 'COFFEE BREAKS' (MORNING AND AFTERNOON) AND A LONGER LUNCH BREAK.

THE ACTIVITY PLAN WILL CONSIST IN ACTIVITIES OF MANY DIFFERENT KINDS, CARRIED OUT EITHER INDIVIDUALLY, IN PAIRS, IN SMALL GROUPS, OR WITH THE WHOLE GROUP, THROUGH WHICH WE WILL REFLECT, WORK AND DEBATE COLLECTIVELY ON AWARENESS, SELF-KNOWLEDGE, TEAM WORK AND ALSO ENVIRONMENTAL REFLECTION AND MUCH ACTION ACTIVITIES.

YOU WILL BE SPENDING A WHOLE WEEK WITH PEOPLE FROM DIFFERENT COUNTRIES YOU HADN'T MET BEFORE. ONLY A PART OF THIS TIME WILL BE STRUCTURED, SO, COME PREPARED! WE SUGGEST YOU TO THINK ABOUT AND BRING ANYTHING YOU MAY WANT TO SHARE WITH THE PEOPLE THAT WILL LIVE THIS EXPERIENCE WITH YOU.



SOME THINGS WORTH PAYING ATTENTION...

THE STAMPED TICKET/BOARDING PASS IS A VERY IMPORTANT DOCUMENT, THE ONLY EVIDENCE THAT YOU TOOK THE FLIGHT / TRAIN / BUS / BOAT, AND IS REQUIRED BY NATIONAL AGENCY OF ERASMUS+ FOR REIMBURSEMENT. IF YOU USE YOUR MOBILE PHONE DON'T FORGET TO PRINTSCREEN THE BOARDING PASS, BECAUSE THE LINK CAN EXPIRE AND IN CASE YOU LOSE ACCESS YOU MIGHT NOT BE ABLE TO GET REIMBURSEMENT.

IT WILL BE YOUR RESPONSIBILITY TO TAKE GOOD CARE OF ALL THOSE DOCUMENTS AND TO GIVE THEM ON TIME TO YOUR SENDING ORGANIZATION.

TRANSPORTATION

FROM PORTO AIRPORT (AEROPORTO FRANCISCO SÁ CARNEIRO):

BUS OR TRAIN TO VIANA DO CASTELO. FROM VIANA DO CASTELO A MINI VAN WILL PICK YOUR GROUP

YOU CAN ALSO FLY TO LISBON AND TAKE A BUS OR TRAIN TO VIANA IF IT FITS YOU WELL.

HEALTH/SECURITY

OBTAINING A FULL INSURANCE (TRAVEL RISKS, MEDICAL, INJURIES) INCLUDED IN THE MAXIMUM TRAVEL BUDGET IS YOUR RESPONSIBILITY. PROVIDING US INFORMATION ON YOUR SPECIAL NEEDS DOES NOT REMOVE YOUR PERSONAL RESPONSIBILITY FOR ENSURING YOUR OWN HEALTH AND SAFETY. THEREFORE, WE STRONGLY RECOMMEND YOU TO SUBSCRIBE TO A EUROPEAN MEDICAL INSURANCE IN CASE YOU ARE NOT UNDER COVERAGE OF THE EUROPEAN HEALTH SYSTEM, AND TO **CARRY YOUR EUROPEAN SECURITY CARD**. WE WILL CONTACT SKILLED DOCTORS AND BRING YOU TO THE PHARMACY OR TO THE HOSPITAL IF NEEDED BUT WE WILL NOT COVER YOUR FEES.

WHAT WILL YOU NEED TO DO?

AS A PARTICIPANT, YOU COMMIT YOURSELF TO ACTIVELY PARTICIPATE IN THE WHOLE PROCESS, INCLUDING:

- TO READ ALL THE INFORMATION CAREFULLY (ESPECIALLY THIS INFOPACK AND ALL THE EMAILS WE WILL SEND YOU BEFORE YOUR COMING) AND COMMUNICATE TIMELY WITH THE ORGANIZERS
- TO PREPARE YOUR MIND, BODY AND IMAGINATION FOR A RICH AND INTENSE WEEK WITHIN A 30-PEOPLE GROUP
- TO TAKE ACTIVELY PART IN THE FULL DURATION OF THE ACTIVITIES (COMING LATER OR LEAVING EARLIER IS NOT POSSIBLE)
- TO GIVE ALL THE NECESSARY DOCUMENTS TO YOUR SENDING ORGANIZATION (TRAVEL INVOICES, BOARDING PASSES, TICKETS, ..) FOR THE REIMBURSEMENT OF YOUR TRAVEL COSTS
- TO PARTICIPATE IN THE EVALUATION PROCESS AFTER THE EXCHANGE AND, IF IT'S THE CASE, TO SHARE EVENTUAL ACTIONS FOLLOWING THE YE IN YOUR LOCAL COMMUNITY



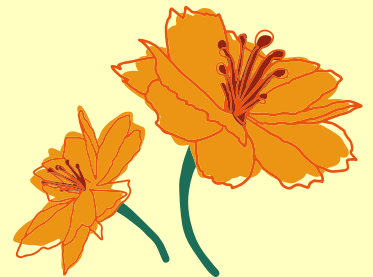
WHAT WILL YOU NEED TO BRING?

NORTHERN PORTUGAL CAN BE RAINY & COLD EVEN DURING THE SUMMER. HAVE A LOOK AT THE WEATHER REPORTS FOR THE CITY OF VIANA DO CASTELO BEFORE DEPARTURE AND **ANYWAY** BRING SOME WARM AND WATERPROOF CLOTHES AND SHOES TO BE PREPARED TO THE SOMEWHAT UNPREDICTABLE CHANGES OF THE WEATHER IN THE REGION.

DON'T FORGET TO BRING YOUR OWN TOWELS AND A PAIR OF SLIPPERS.

DURING ANY OBJECTS OF YOUR INTEREST TO SHARE SOME TALENTS AS MUSICAL INSTRUMENTS, JUGGLING KITS, ARTISTIC MATERIALS...FEEL FREE TO BRING AND SHARE!

PLEASE BRING YOUR MEDICINES AND ANY PERSONAL ITEMS.



FOOD AND DIET

MEALS WILL TAKE PLACE MOST OF THE TIME ON SITE.

YOU WILL BE ASKED TO SPECIFY ANY ALLERGIES OR SPECIFIC DIETS.

GOOD TO KNOW: ALCOHOL IS NOT INCLUDED IN THE DAILY DIET.

YOUR DRINKS WILL BE AT YOUR CHARGE.

OK THEN... HOW TO APPLY?

CONTACT YOUR NATIONAL ORGANIZATION (THAT SENT YOU THIS INFORMATION) OR ASK BY EMAIL TO GERAL@YUPI.PT IF IN YOUR COUNTRY A GROUP COMPOSITION IS UNDER PROGRESS.

WE WILL BE HAPPY TO GUIDE YOU!

**FOR ANY MORE INFORMATION AND
QUESTIONS, PLEASE CONTACT US!**

