



## Date of Youth Exchange

1<sup>st</sup> – 14<sup>th</sup> August 2024

## About the project:

7 Countries: Portugal, Spain, Italy, Greece, Bulgaria, Hungary and Netherlands.

The main idea of the project is to stimulate the dialogue between youngsters from different countries about the challenge of SDG's and make them deeply involved in concrete actions to the achievement of the Goals, in order to contribute to the future we want for us and for future generations.

The general objectives of the project are:

- \* To "Improve the level of key competences and skills of young people, including those with fewer opportunities"
- \* "To promote active citizenship, intercultural dialogue, social inclusion and solidarity"
- \* To "foster quality improvements in youth work, in particular through enhanced cooperation between organizations in the youth field and/or other stakeholders;
- \* To "enhance the international dimension of youth activities and enhance the capacity of youth workers and organizations in their

support for young people in complementarity with the European Union's external action".

### Description:

The Youth Exchange "SDGs in Action" wants to introduce the subject of Sustainable Development to young people and make them think and act about SDG's, in order to make them happen. Each group will be composed by **5 youngsters** (between 18 to 22 years old) and **one leader**. The Portuguese group will have 2 leaders. In total there will be 43 participants in the youth exchange that will take place from 1 to 14 August 2024.

During this time, the young people will take part in several activities of non-formal learning linked to the Sustainable Development Goals, in which we want to explore each of the 17 goals and the question of sustainability in all its areas. There will be activities like work groups, ateliers, sport activities, cultural visits, volunteering actions and a street action, regarding the Goals (eg. Poverty, Health, Education, Equality and Inclusion, Environment, etc).

The young people will have the chance to know the local community and to have contact with the Portuguese culture and habits and share at the same time their own culture with the other members of the group.

In the end of the youth exchange we hope that the young people become more aware of their role in the society and about the importance of Intercultural Dialogue to reach one more sustainable World from all to all. We also hope that this can be the beginning of several individual and group projects in each participant home town in order to contribute to the achievements of the Sustainable Development Goals.

### Participants:

Each Group: 5 youngsters + 1 leader

- 5 youngsters (3 boys + 2 girls/2 boys + 3 girls) between 18-22 years old

- 1 leader from each country, 2 from Portugal (the leader of the group doesn't have an age limit but must be the same in the Advance Planning Visit (APV) and in the youth Exchange and must have experience in participation in previous youth exchanges) and good level of English.

Each group must include at least **5 participants with fewer opportunities** (cultural differences, economic obstacles, educational difficulties, geographical obstacles, refugees, social obstacles.). The group leader must provide this info to ProAtlântico before the APV.

The participants in the youth exchange are supposed to have between 18 and 22 years old. In case some partner wants to include some participant with a different age, it must ask in advance and present a justification because ProAtlântico needs to ask to the Portuguese National Agency for their agreement. In case the participant is less than 18 years old and we get the agreement from the Portuguese National Agency, the leader of the group will be responsible for the minor and must bring a declaration signed by their legal representatives that assure that they agree they take part in the youth exchange and that the person responsible for the participant is the leader of the group.

### Travel Expenses:

The participants will be responsible to choose their own transport and will have to pay for it in advance.

The participants must arrive at the Accommodation place at 01/08/2022 before 23h00. The departure from the Accommodation must be at 14/08/2022 before 12h00.

The travel must be done on the 01/08/2022 and 14/08/2022. In case some participant wants to arrive earlier or departure after he/she must ask for permission before because we need to ask for our NA agreement first.

In case the participants arrives earlier or departures after the activity dates, they will be responsible for the accommodation, food, transfers.

To avoid problems, we suggest that the participants send us the itinerary of the flight before they buy the tickets.

ProAtlântico will reimburse travel costs according to the new **ERASMUS +** rules:

Bulgaria – 360,00 Euro  
Spain – 210,00 Euro (green travel)  
Greece – 360,00 Euro  
Italy – 275,00 Euro  
Netherlands – 275,00 Euro  
Hungary – 360,00 Euro

The amounts are per participant and include all the travel expenses (including in Portugal to get to Casa Europa).

The calculation of the travel cost of each country has in consideration the place of the partner organization. In case the departure place of the leader is different, a justification must be given, and a new calculation must be done using the distance calculator from European Commission, available at

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

The amount of the travel costs that can be reimbursed can be different. It can decrease, but it can't increase.

The leader and participants must keep all transport tickets, invoices, proof of payments, receipts and boarding pass used to come from their residence to the place of the youth exchange and to return home.

The reimbursement of the travel costs will be made taking in consideration the documents given to ProAtlântico.

The reimbursement of the travel costs to the leader and to the participants will be made after the Youth Exchange occur directly to the Sending Organization once we get all travel documents and an invoice from the sending organization.

Each participant can bring 1 piece of checked luggage; sometimes it is already included in the ticket, if the participant flies using traditional air companies. If the participant decides to use low-cost companies, they usually don't include the luggage, so the participant can include 1 checked luggage that can be reimbursed. If the participant decides to include additional luggage or extra weight those will not be reimbursed.

Only the cheapest means of transportation (public transportation, 2nd class) can be reimbursed.

Taxi it's not reimbursed.

We don't reimburse priority boarding and selection of seats.

## Preparation Costs

There will not be given any preparation costs to the groups, however the participants will get some money to prepare the International Evening, we will talk about this in APV.

## Accommodation

The participants will be accommodated in Casa Europa. It used to be a school and it was converted in accommodation for Youth Exchanges and training courses.

The bedrooms are multiple and there are bathrooms and showers available on each floor. There is a common area and a kitchen.

Bed clothes and towels will be provided to the participants.

Internet Wi-Fi connection is available at Casa Europa (however, it might not have a strong signal because of the highest number of users during the activity).

## To arrive in Casa Europa

From the airport: take the metro (red line), you need to leave in Alameda and change to the green line until the final station **Cais do Sodré**. The price of the metro is 1,80€ + 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the tickets machine with 1 travel to Cruz Quebrada. It will cost you 1,75€. There are regular trains. You can check the timetable in the station. Please be aware that

not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

Then leave the station to the right side and cross the bridge. Then you have a tunnel and you arrive to **Rua Policarpo Anjos**. Casa Europa is located in the **number 43**.

From the train stations of Santa Apolónia or Oriente: go by metro (green line) to the station of Cais Sodré. The price of the metro is 1,80€ + 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the ticket machine with 1 travel to Cruz Quebrada. It will cost you 1,75€. There are regular trains. You can check the timetable in the station. Please be aware that not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

Then leave the station to the right side and cross the bridge. Then you have a tunnel and you arrive to **Rua Policarpo Anjos**. Casa Europa is located in the number 43.

From the bus station of Sete Rios or Oriente: go by metro (green line) to the station of Cais Sodré. The price of the metro is 1,80€ + 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the ticket machine with 1 travel to Cruz Quebrada. It will cost you 1,75€. There are regular trains. You can check the timetable in the station. Please be aware that not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

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## Protection and safety

All the participants must fulfill the application form.

In case the participant has some medical problems, food restriction or

allergies, it must be mentioned in the application form and the leader must be informed.

The participants shouldn't bring valuable stuff. There is no need to bring computer or tablet. During the activities will be available all informatic equipment needed for the activities.

## Insurance

ProAtlântico will make travel insurance for the leader and participants during the exchange.

No reimburse will be made of extra insurances taken by the participants. If participants decide to do other insurance will be at their own responsible and it will not be refundable.

## Host organization:

ProAtlântico – Associação Juvenil

## Address:

ProAtlântico – Associação Juvenil  
Casa Europa – Rua Policarpo Anjos, 43  
1495-207 Cruz-Quebrada  
PORTUGAL

URL: <http://www.proatlantico.com>

## ProAtlântico – Associação Juvenil:

**ProAtlântico - Associação Juvenil** was founded in 2001 is based in Porto Salvo, Oeiras, and carries out activities with children, young people, elderly people, and handicapped people, mainly in Oeiras Municipality.

Most of the activities with children and young people take place during the school breaks, such as sport tournaments, National and International exchanges, and entertaining and cultural activities; and

after school, as educational support. We try to help these young people to develop life skills, to be more independent.

Along the year we have several projects with elder people, as summer camps, Cultural Trips, New Year party, and balls.

In 2003, we started to work with Youth Program, and we took part in youth exchanges and in several training courses and seminars around Europe.

Today ProAtlântico – Associação Juvenil has more than 10.000 members, and gives special attention to needy people, and those with less opportunities. And aims to give people the chance to establish contact with other cultures, in order to help them to find ways to deal with their own problems and to break the existing prejudices.

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### **Location:**

Oeiras is an important Village (45,8/km<sup>2</sup>) that offers the dynamism of large number of habitants (162.124) mainly young, near Lisbon the capital of Portugal (15 minutes), and 20 minutes from Sintra - World Patrimony, and 10 minutes from Cascais bay.

Oeiras has got many infrastructures of economic development such as TagusPark, LagoasPark and Quinta da Fonte (business centres). The Cultural opportunities are guaranteed not just because of the village environment and heritage (such as the Palace of Marquês, the gunpowder factory, the Poets Park and the recreation harbour) as for the preservation and good use of the space by the local authorities. The Shopping Center Oeiras Parque is a good example of an infrastructure that provides entertaining activities (shopping, cinemas) and rapid access.