

**Erasmus+****YOUTH EXCHANGE: REACT - “ACT LOCAL THINK GLOBAL”**

Grant Agreement nr.: 2014-2-PT02-KA105-000406

26 JANUARY – 02 OF FEBRUARY 2015**Adamastor – Associação Cultural invites you to join us !**

The activities will be held in the city of Viseu (Center), Portugal and its co-financed by the Erasmus + Programme. 28 participants from 5 countries will take part in this event in order to empower their active participation in local youth policies

Are you in? Let's meet next January in Viseu!

What the Info Pack contains:

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3. Participants and youth leader profiles;
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1. SUMMARY OF THE PROJECT AND THE YOUTH EXCHANGE GOALS;

The debate around the active youth participant in the local communities in Portugal is actually a very significant from the point of view of social and economic development , expressing an extraordinary accession that can give to youth associations and community to a variety of actors that actually constitute a backbone of the country, particularly in fighting democratic absenty . The current phase of the political system also confers additional weight to the role of the local councils and requires the presence of new measures to the citizens demanding . In this context that fits the current project , conceived as an opportunity for debate youth policies at a local level, reflection and training on the participation of yougsters in youth local policies for the benefit of the community and themselves that will be able to gain experience of cultural exchange with host communities and acquire technical expertise on the basis of a specific activities in such fields.

The expected results are cross-sectorial . This refers not only to the specific skills mentioned above , a factor of paramount importance in view of an extension of the human capital already formed to invest in their social relations, new skills, new languages and new challenges as well as the driving force of the entire project , but also, and more generally to a cultural growth , based on the assumptions of cooperation and interchange , is the humus is essential for any kind of initiative can be activated by the participants at the end of the training period .

OBJECTIVES OF THE YOUTH EXCHANGE

- To promote the acquisition of practical skills and theoretical in a social and multicultural environment;
- Meet the demand for youngsters capable of meeting the demandings for a more active participation in local community;
- Activate new opportunities for youngsters in the field of innovative ways for free times and considerations about management of the activities of a social, non formal education and cultural changes;

- Permit the sharing of best practices;
- Encourage the deployment of a European specificity of economic and social growth linked to the development of the youth policies at a local level;
- To promote cooperation with the institutions / companies / non-profit organizations both local and regional and foreign
- Enhancing the skills and competences of young people in the several areas of study;
- To facilitate and encourage the emergence of roots for operational realities in the society through the placing on debate the youngsters opinions;
- Enhance the language skills of young participants;

2. ADAMASTOR – ASSOCIAÇÃO CULTURAL;

Adamastor is a non-profit cultural association, founded on January 28, 2005.

This association has as its mission the exchange of individuals, mostly young people, at EU and third countries, to promote training, support and technical expertise, artistic and cultural activities, social and political awareness as well as putting them together with institutions, companies and other entities to encourage and support integration of these individuals in the labor market

The Adamastor Cultural Association is a "factory" of dynamic ideas, which aims to study and promote active European citizenship issues such as, social awareness, cultural exchanges and solidarity activities at local, regional and European level.

Our main aims are to develop and promote integration, friendship and solidarity among the community; Promote the construction of a democratic society and diffuse freely and participatory; Promoting a society committed to strengthening human relations; Promote awareness of the extent and reality

of Europe in the strengthening of international relations; Promote the interaction as a means of strengthening social relations.

Adamastor regular activities are the information office for young people, workshops, awareness campaigns, social studies, special events at folk festivals, cultural meetings, the promotion of international youth exchanges, international mobility in non-formal training context, local volunteer opportunities in cooperation with local partners, European meetings. At this moment Adamastor is the only accredited institution for the European Voluntary Service in Viseu's District. We can work as a sending, hosting and coordinating institution

Adamastor appears as an open door for young people that live in rural/disadvantaged areas in order to motivate them to be more active citizens and participate as key actors in the community transformation.

The association intends to advise community members, especially young people, in search of a direction in his personal and professional, offering various tools for mobility experiences enhancing the European added value of the young generations.

Adamastor is also a place of discussion and awareness to the local population in promoting activities in the field of gender equality, opportunities equality; non-discrimination, inclusion of people with fewer opportunities; youth coaching and other, using public spaces to attract citizens into several actions.

You can find more about us in:

www.adamastor.org.pt

www.facebook.com/adamastorac

www.facebook.com/adamastor.associacaocultural

3. PARTICIPANTS AND YOUTH LEADER PROFILES;

We understand that these international mobility programs are an asset to the increase the indices of youngsters awareness for EU policies, and non formal educational activities promoting the supply and increase the quality of the involved youth organizations.

Project participants will youngsters from the regions of partner countries and Portugal (Viseu). Being Viseu a zone periphery mostly rural and with interiority syndrome priority are youngsters from rural areas and excluded in order to reduce the geographical barriers . Despite geographical barriers , this project aims to be inclusive and to promote integration of young people with fewer opportunities , especially young people in an unfavorable economic situation (economic obstacles) and young people in disadvantaged social contexts (social barriers) , meeting with the political priorities national and European .

Broadly the profile of the candidates could be in the following requirements :

- Determination to participate in an international experience .
- Ability to develop an integrated their respective areas of training and professional field effect , so they can contribute , through their practice , for sustainable development .
- Level of commitment to improve language skills (including the improvement of scientific and professional terminology) to improve its profile and improve their prospects for self - training and employment .

Participants will be aged between 17 and 25 years old. It our intention and also the partnrship commitment to promote gender balanced 50/50, not only between youngsters but also between staff members and volunteers from Adamastor and group leaders. This is very important to provide the correct support during project's implementation.

The number of participants per country will be **4 youngsters plus one leader** with no age limit but experience in youth working, coaching, motivation and awae of the aims of the Erasmus + Programme and the purposes of the Youth Exchange;

Participants, youth leaders, partner organisations and coordinating organisation will have opportunity to share information or just communicate using the group that it will be created on Facebook. For this we required to add us and provide us with the participants details and your own details.

4. WORKING METHODS

The methods to be used throughout this youth exchange are non-formal and therefore we expect to actively involve the participants in the diverse working moments, sharing opinions, cooperating amongst themselves and learning from each. We want to simulated various cases and showed on them the reality, from which we can learn from. Through team building games participants can learn how to work in team and how to better communicate and present themselves, respect rules etc. Through the simulation games youngsters can also learn how to solve problems and take the useful information from the others. Simulation games can also improve other skills

which can youth use during applying for a new job as a presentation skills, better memorization and so. During project's implementation we will also promote the communication between youngsters and local decision makers as a key tool for active citizenship.

5. THE PARTNERSHIP

All the partners of this project are NGOs or schools that work with non-formal education among young people, specially related to Youth issues. That they are very motivated and interested to improve their competences and skills in this field, sharing their long experience and working methods in this area. This will increase the working experience of this project, bringing a bigger practical arrangement, new perspectives and a different look to some problematic related issues.

The partnership is composed by:

Udruga Agencija Lokalne Demokracije, Croatia

Komunikujeme OS, Czech Republic

STARGARDZKA SZKOLA WYZSZA STARGARDINUM, Poland

Integration For Alla, Sweden

6. ABOUT PORTUGAL AND VISEU

Portugal is situated in the extreme southeast of Europe and includes the archipelagos of Madeira and Azores in the Atlantic Ocean. In the European continent, the Portuguese territory occupies an area of 88.889 km² (with 218 km of width and 561 km of length, 832 km of Atlantic coast line and 1.215 km of ground border with Spain). Portugal has approximately 10 millions inhabitants.

Situated in the Atlantic Ocean, between the European continent and the North American continent, we can find the Azores archipelago with an area of 2.355 km² and it has nine islands: São Miguel and Santa Maria in the Oriental group; Terceira, Graciosa, São Jorge, Pico and Faial in the Central group; Flores and Corvo island in the Occidental group. The connections with Portugal are made with plain and takes about 2 hours of flight.

The Madeira archipelago has an area of 741 sq km, it's also situated in the Atlantic Ocean, about 500 kms of the African coast and 1.000 kms of the European continent (1h30m flight to Lisbon). This archipelago is made by the island of Madeira and Porto Santo, and by the uninhabited islands of Desertas and Selvagens (wich are a Natural Reserve Area).

The extensive Atlantic coastline and the wonderful beaches are every year, motive to the income of thousands of tourists.

Portugal is one of the oldest countries in Europe, and it has gained its independence from the others Iberian countries in 1143 with our first king, King D. Afonso Henriques.

Portugal has a vast and interesting history; which back trace can be found a little bit every where, from the north to the south of the country. In 1500 Portugal and Spain divided the world map in two to explore it, in this time Portugal has done great achievements that last till our days. Since the revolution from 25th April 1974, Portugal has suffered great changes on a political, economic, cultural and educative level that guide us through the process of adhesion to the European Union in 1986. Today, Portugal is in the right path to become a fully developed country, although a final effort must be maid to reach the great European level.

Country of "fado" and folklore, of "calçada" and Portuguese guitar, codfish and "pastel de nata"... Portugal awaits you to give you his very best of. Welcome.

ABOUT VISEU

In Portugal, more exactly in the centre north of the country there is the Beiras region. In Beira Alta, between mountains and fully green valleys, we can find the city of Viriato and Vasco Fernandes – Viseu – a city with circa 90.000 inhabitants.

In this city the green from the parks and gardens (so many and so beautiful) contrast with the gray from the granite (abundant in this region), used in many constructions specially the old ones in the historical centre of the city and it's cathedral; all contrasting with the many colours of the vegetations and flowers of this region. For being surrounded with Caramulo and Estrela mountains (the highest in Portugal continental: 1993 meters), the

temperatures may reach easily below zero degrees in winter and above thirty degrees in summer.

Well-known for aromatics and embodied wines from Dão Lafões Region (<http://www.cvrdao.pt/>), and for very rich quality gastronomy, like the veal from Lafões or the rice with "carqueja" (a small plant abundant in this region), the typical sausages and the cheeses from the mountain. For many years, these products have been internationalized by the markets and fairs, like the S. Mateus fair done for more than 600 years.

Beyond this factors, we can appoint the qualities of the water, with many rivers, fluvial beaches and thermal centres with high therapeutically qualities in the treatment of dermatological and breathing problems. Rural tourism, tourism in country houses and agro-tourism, gain a new and important role in the tourism of the region, which requires the development of other activities like golf, horse tracks, mountain climbing, hunt and sportive fishing, or adventure/extreme sports (rafting, slide, gliding, etc).

On the evening, till late night, to those who like to meet places and people, the action takes place in "tascos", cafés, pubs and discos, where you find easily nice people in good mood, a fine characteristic of the people of the region.

Viseu has a privileged geographical position being equidistant from the main urban centres of the country. For that, Viseu become an important centre of commercial transaction taking advantage for being crossed from some of the most important routes (A24, A25 and IP3).

Despite recent investments in new equipments and infrastructures, like the construction of the new District Hospital, the construction of new high schools and universities, new industrial parks, new urban projects, new sports and tourism complexes, new roads and highways, the quality of life still is a brand in the entire region.

7. ACCOMMODATION

Participant's will be hosted in AdamastoHouse in a maximum of triple bedrooms divided by gender (please see pictures on oficial website www.adamastor.org.pt). So you will be required to share the accommodation with other members of your group. Moreover each youngster should respect the space and customs the roommates. Be aware that awaits you a multicultural living environment were many tolerance and comprehension are needed. You have to arrange and share the cleaning activities with your house colleagues. Always keep your room, and common places clean. Take care as if it was your own house. Visits by Adamastor staff may occur to control the house and equipments conditions.

Important rule: It is strictly forbidden to smoke inside the House.

Note: Please bring your own towels, but do not take any blankets or duvets, as these will be provided.

Food details: Participants will have the meals in a local restaurante offering several options and attending to participants food restrictions.

Important Tip: please reply to the personal inquiry forms, please be very precise with your restrictions; We call your attention to be pontual in meals.

On the cultural nights we would like that each country prepare a cultural and gastronomic presentation and provide something typical but not hard to prepare (a drink, a tarter, a desert for exemple);

An more Tips: Please be pucntual and respect the house rules. Respect your collegaues and always clean after yourself.

8. HOW TO GET HERE

The better way to arrive in Portugal will be by plane that depending on your flight connections it could land in Lisbon Airport or Oporto Airport. From those places there are good connectiong using public transportations or depending in your arrivel hour we can also provide transfer solutions to Viseu.

Adamastor will manage the best route and solutions for travelling inside Portugal. As soon Adamastor get's all participants details (provind ID) it will book the flights from the location of the partner organisation.

Important: You are advise to make the participants selection as soon as possible due to the limited budget from travelling seing in this new rules.

Adamastor will be able to fund only what is stated in the Grant agreement calculated automatically using the EU

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm All

costs incurred above the established amount per country it will be responsability of the partner entities to manage/fund. Any question or suggestion please feel free to contact us. We kindly ask you to provide us the nearest airport from your location. And possible costs from partner location and airport.

9. WHAT TO BRING

Presentation about your organisation

There'll be a special moment in which participants will have the opportunity to present their sending organisations. You can do this through an oral presentation, a PowerPoint presentation or bring some visual aids, such as leaflets, brochures, videos or any other promotional materials you deem suitable. The main idea behind this presentation is for all of us to get to know your association a bit better, so that we can keep in touch and possibly cooperate on future projects.

Presentation about your country

Have you ever heard of an Intercultural evening? Global Village? Country presentations? Well, in order for us to get to know each other better and to discover more about our different countries, we will organise a small event to celebrate our diversity. We will have the opportunity to exhibit physical tokens representative of our country and culture (space for this will be provided). We're talking about food, music, dancing, drinks, images, videos...etc. So please don't forget to bring your flag and any or all of the things listed that may allow us to see, listen or taste your culture.

Other

Don't leave your camera at home; take it with you to capture every moment!

10. USEFULL CONTACTS

www.adamastor.org.pt

Adamastor – Associação Cultural

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To communicate with us about this project please contact:

Andreia Monteiro using via@adamastor.org.pt

11. AGENDA

See document attached.

Note: on the 28th of January it will be the 10th anniversary of Adamastor – Associação Cultural. For this we are preparing a few surprises and your are all invited to join us in the festivities.....

Important: Attention that there may be changes to the agenda activities and dates due to weather conditions, operational issues, or logistic aspects or force majeure.

ADAMASTOR WILL KEEP YOU UPDATED AND PROVIDING USEFULL INFORMATIONS WHEN NEEDED OR REQUIRED!