



# **YOU<sup>TH</sup> INSPIRE<sup>S</sup> EUROPE**

1<sup>st</sup> - 14<sup>th</sup> june 2018, Oeiras, Portugal





### About the project:

The youth exchange "YOUth inspires Europe" will take place in the summer of 2018 in Oeiras, Portugal, and borns in a moment when Europe faces multiple challenges and where it is necessary to find the strength and inspiration to respond to them, for example through the Europe 2020 strategy towards smart, sustainable and inclusive growth. We want to live in an inspiring Europe, of all, for all, where each young person plays a decisive role.

### Objectives

The objectives of this project are:

- \*Promote the active citizenship of young people in general and their European citizenship in particular
- \* Developing solidarity and promoting tolerance among young people, in particular to promote social cohesion in the European Union
- \* Developing mutual understanding between young people from different countries, as well as intercultural awareness of the EU.
- \* Improve participants' skills and abilities (sense of initiative, creativity, entrepreneurship, etc.), contributing to their employability
- \* Promoting European cooperation in the youth field
- \* Contributing to the achievement of Europe 2020 objectives
- \*Promoting the Erasmus + program in its various aspects among young people and the wider community
- \* Celebrate the 30th anniversary of the Erasmus Program

Some of the **non-formal education activities** that will contribute to the achievement of objectives are:

- \*Volunteering activities (with elder people, animals, and in favor of people in need)
- \*Group work about citizenship, Erasmus + program, recycling, Europe 2020 \*Market of Cultures
- \*Intercultural Evenings



\*Cultural Visits to Lisbon and Sintra

\*Sport and Beach activities

\*Photovoice

\*Final Commitment

### **Main topics:**

\*Healthy lifestyle, active ageing

\*Inclusion – equity

\*EU Citizenship, EU awareness and Democracy

### **Organization**

#### **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 20.000 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, to help them to find ways to deal with their own problems and to break the existing prejudices.



## **Partners**

Ayuntamiento de Murcia – Spain

FCASEC – Romania

HODINA H ZS – Czech Republic

Inspira altum – Lithuania

Fondatsia "Detsa na Balkanite" - Bulgaria

Civitas Mileto – Italy

## **Participants**

43 participants in total

Each group will be composed by 5 youngsters (between 18 to 22 years old) and 1 leader. The Portuguese group will have 2 leaders. In total there will be 49 participants in the youth exchange that will take place between 24th August and 4th September 2015.

The groups must have gender balance:

2 girls + 3 boys + leader

3 boys + 2 girls + leader

Each group must include at least 2 participants with fewer opportunities (economic difficulties, cultural differences or geographical obstacles), but if possible more than one. The group leader must provide this info to ProAtlântico.

## **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 01/06/2018 between 15h00 and 19h00. The departure from the Accommodation must be at 14/01/2018 after 14h00.



The travel must be done on the 01/06/2018 and 14/01/2018. In case some participant want to arrive earlier or departure after he/she must ask for permission before because we need to ask for our NA agreement first.

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

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

Spain – 275,00€

Italy – 360,00€

Romania – 360,00€

Bulgaria – 530,00 €

Lithuania – 530,00€

Czech Republic – 360,00€

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

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, this is a new space that is still being prepared to host the participants, it was an old primary School that is being converted in accommodation.

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

We provide bed clothes, towels.

Internet Wi-Fi connection is available at Casa Europa.



### **To arrive in Casa Europa**

From the airport: take the aerobus or the metro to Cais Sodré. There is an aerobus (Line 1- City center) every 20 minutes. The price of the ticket is 3,50€ for 24hours. If you chose the metro, you need to leave in the green line final station Cais do Sodré. The price of the metro is 1,40€ + 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 1,55€. 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 1,40€+ 0,50€ of the rechargeable card Viva Viagem.

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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 1,40€+ 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 1,55€. 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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**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 centers). 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 harbor) 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.