



# InfoPack

## Youth Exchange

Arcos de Valdevez | 3<sup>rd</sup> to 12<sup>th</sup> September 2019

# PROJECT OVERVIEWING

The last years were marked by a growing polarization of the political discussions. The rise of populism and extremism in today's most important questions as Brexit, migration, a changing labor market etc. are threatening our understanding of democracy.

Simultaneously, the amount of framing, false information and lies in communication is growing tremendously. Developing communication and argumentation skills is highly required in this setting since non-extreme, moderate positions are harder to communicate due to the fact that they are a result of a compromise finding process what makes them more likely to be complicated. The objective of debates changed from the desirable finding of a common sense to winning at any price. Therefore, we would like to achieve a normalization and calming of the debates.

In this context, it is fundamental to empower the youth, the citizens of tomorrow, to contribute to the process of improving our world. For this purpose, we are aiming to create a discussion between youngsters of various nationalities and backgrounds about ways of political and civic participation. Consistent with this, we intend to converse about possibilities to improve the debate culture and communication in general during this "Erasmus+"-funded project.

# Youth Exchange Goals

Development of a **critic spirit**

Encourage youngsters to **participate actively** in society and respective communities

Improvement of the youngsters **communicative and argumentative capacities**

Stimulation of the **reflection** about **current topics** and of the ability to present articulated **proposals, answers and questions**

Understanding of **different points of view** and how they contribute to the **social experience** and to **political decisions**

Promoting **cultural exchange**, its respect and appreciation, creating an idea of an **European citizenship**

# PARTICIPANTS

[Fill the form in](#)

# Leaders

- **5 participants** for each **country**
- **Age** : 18 to 25 years old
- **Gender balance**: 2/3 female or 2/3 male
- Willingness to **actively participate** in all phases of the project

## PROFILE

- **1 leader** for each **country**
- **Age** : **above 18** years old
- Good **leadership skills** and able to **work in team**
- **Dynamic** and **active**
- Good **English** Knowledge

# PROGRAM

	03.09	04.09	05.09	06.09	07.09	08.09	09.09	10.09	11.09	12.09	
08H30 – 9H00	<b>Participants Arrival</b>	<b>Breakfast</b>									
9H30 – 11H00		Name games Get to know each other	Spanish Energizer ActionBound	Irish Energizer Debate workshop	Romanian Energizer Mock Trail	Visiting Porto	Portuguese Energizer Take a Step Forward	Energizer Final Event Preparation	Free	<b>Participants Departure</b>	
11h00 – 11h30		<b>Comfort Break</b>					Visiting Porto	<b>Comfort Break</b>			
11h00 – 13h00		Program presentation Fears, contributions and expectations Constitution	ActionBound	Debate	Mock Trail			Interest Group discussion	Final Event Impact on Local Community		Action Plan & Future
13h00 – 15h00		<b>Lunch</b>									
15h00 – 16h30		Team building	Spanish Energizer World Café	Irish Energizer Barnga	Romanian Energizer 4 corners of Europe	Visiting Porto	Portuguese Energizer Final Event Preparation	Energizer Final Event – Simulation of United Nations Security Council	Energizer Personal & group evaluation		
16h30 – 17h00		<b>Comfort Break</b>					Visiting Porto	<b>Comfort Break</b>			
17h00 – 18h30		Cleaning groups creation Youthpass Learning journal presentation	Communication Workshop	Agree/ Disagree	Pilates and Meditation session			Final Event Preparation	Final Event – Simulation of United Nations Security Council		River Farewell Party preparation
18h30 – 19h30		<b>National Group Reflection &amp; Leaders Meeting</b>									
20h30 – 21h30		Dinner	Dinner	Spanish Dinner	Irish Dinner	Romanian Dinner	Dinner	Portuguese Dinner	Dinner out		Dinner
22h00 – 23h00	Welcome session	Board Games (Optional)	Spanish Night	Irish Night	Romanian Night	Livre	Portuguese Night	Documents checkpoint	Farewell party		

# TRAVEL Advices

The travel costs will be supported until the maximum allowed by Erasmus + according to the distance, please confirm the value using the [distance calculator](#) (to Arcos de Valdevez) and the following information:

Organization	Distance Band	€/participant
Proyecto Kieu	100 - 499 Km	180€
Talk About Youth Project	500 - 1999 Km	275€
Asociatia Young Initiative	2000 - 2999 Km	360€

## IMPORTANT ADVICES FOR PLANNING YOUR TRIP TO ARCOS DE VALDEVEZ:

- **Before booking, send us** (projetos.juventude@arcosv.pt and dianacerqueira.juventude@arcosv.pt) your **travel options** and we will give you the feedback and suggestions if you have doubts
- If a participant **travel from different a city or country** the sending organization should send us a **declaration** informing us about the situation
- The **closest airport** from Arcos de Valdevez is in **Porto - Porto Airport (OPO)** but **Lisbon** and **Vigo** (Spain) can also be options
- The **last direct bus from Porto airport** to Arcos de Valdevez is **at 17h00** and each ticket **costs 12€**
- The **last bus direct from Porto city center** to Arcos de Valdevez is **at 20h30** and each ticket **costs 7.60€**
- Don't forget to **collect all the invoices, boarding passes and bus/train tickets** otherwise we cannot make the reimbursement for the travel costs
- **We will make the reimbursement directly to the partners by bank transfer**. The partner organizations should manage with the participants the process
- According your arrival time in Arcos de Valdevez we will **meet up at Centro Jovem**



**Porto  
AIRPORT**



**Arcos de  
Valdevez**

Departure time from PORTO AIRPORT	Arrival time in ARCOS DE VALDEVEZ
8h50	10h40
11h00	12h55
14h00	15h50
17h00	18h50

### HOW TO GET THE BUS AT PORTO AIRPORT

- After you get the arrival space please go towards one of the exit doors, turn right and at the end you will find an information signal with the following name "Barquense";
- You need to buy the ticket on the bus directly to the driver. You just need to say "Um bilhete para Arcos de Valdevez" ;)



**Porto  
CITY CENTER**



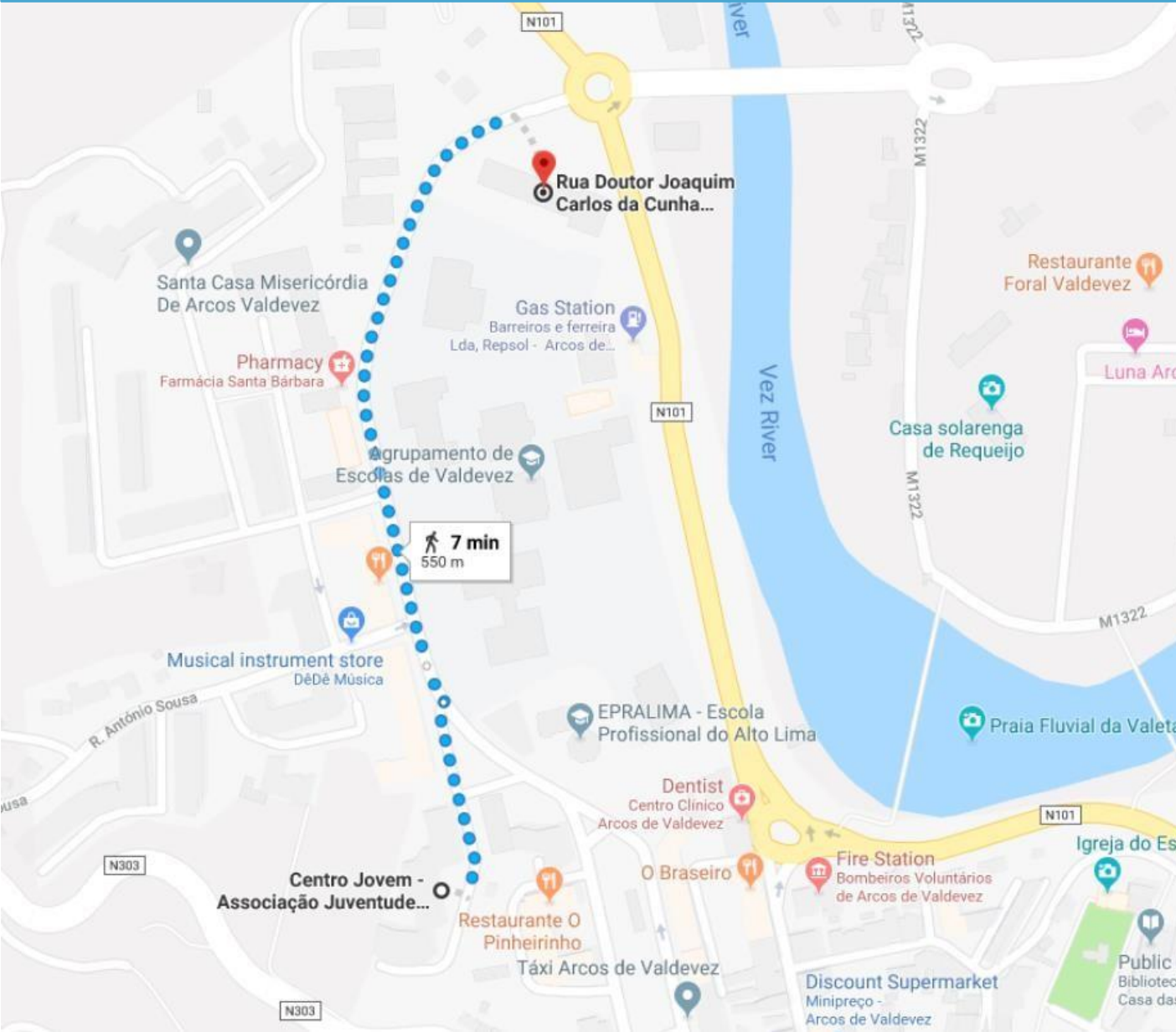
**Arcos de  
Valdevez**

Departure time from PORTO CITY CENTER	Arrival time in ARCOS DE VALDEVEZ
4h15	6h15
14h00	16h00
20h30	22h30

### HOW TO GET THE BUS AT PORTO CITY CENTER

- After your landing in Porto Airport you need to follow the metro indications, you can buy the ticket metro in the machine and it costs around 2€
- From the airport to the bus station your journey will take 30minutes
- You need to get off the metro in 24 Agosto (station)
- Walk to Campo 24 de Agosto and you will find the bus station
- Find "Rede Expressos" ticket office and buy a ticket to Arcos de Valdevez

# How to get to **CENTRO JOVEM**



As you can see in the map it's really easy to get to Centro Jovem from the bus station on foot.

It takes around 5 minutes.



# ACCOMODATION

The participants will be lodged in **POUSADINHA**, lodging center belonging to the association with capacity for 27 people. The participants **will share bedrooms and bathrooms** in an intercultural environment.

The building has **free Wi-Fi in the common areas** and an exterior space that will allow the interaction of the participants during free times.

<https://www.facebook.com/pages/Pousadinha/1413811092206>

808 <http://www.pousadinha-arcosdevaldevez.com/pt-pt>



# WHAT TO BRING/PREPARE?

## Group Preparation:

- Each group should prepare and develop **2 energizers**;
- Each group should **prepare a traditional dish** from your country for 30 people (there will be people to support);
- Each group should prepare **games and activities** to do in your **intercultural night** to show the other participants your country's culture
- Bring at least 4 themes or issues you would like to discuss or work on throughout the youth exchange (EX: gender equality, environment, European Union...).

## Personal Items:

- European Health Card
- Bring your bath and beach towel and swimming suit
- Comfortable clothes and shoes, including sports outfit
- In Pousadinha there is also shampoo and shower gel if you want to leave yours at home



## Weather:

The weather in September uses to be warm but please bring at least a jacket and consult the forecast in the following link:

<https://www.ipma.pt/pt/otempo/prev.localidade.hora/#Viana%20do%20Castelo&Arcos%20de%20Valdevez>



**See you very soon!**

## Contacts

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