



# Project "Learning to be MYSELF"

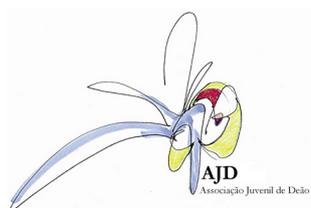
Promoting Organization:  
Associação Juvenil de Deão -  
Portugal

- Partner Organizations:
- Iasis - Greece
  - Associazione InCo - Italy
  - Pistes Solidaires - França
  - Obre't'ebre - Espanha

**August 29th to September 6th, 2022**

ASSOCIAÇÃO JUVENIL DE DEÃO - A J D

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## Project Summary

The current generation of young people and young adults face demands and challenges from society every day that are extremely difficult to overcome. Thus, they are forced, from an early age, to adapt quickly to the different realities and contexts that are presented to them, namely high grades, low wages, unemployment, high rents, short-term contracts, and geographical changes in employment.

It is therefore essential to invest in the development of personal and social skills to better adapt to the reality that the world presents to them.

With this exchange, we intend to give young people the opportunity to develop their personal and social skills through non-formal education tools and methodologies, group dynamics, digital resources, and best practices.

Throughout the week, the themes of self-knowledge, self-confidence, empathy, solidarity, resilience, emotions, and mental health will be explored.

Within these themes, the topics of emotional intelligence, gender equality, citizenship, and verbal and body communication will be addressed.

## What should not be forgotten

- **Sleeping Bag**
- Toiletries / sunscreen / repellent
- Clothing (at least one coat), practical / comfortable shoes and slippers
- Water bottle to fill
- Towel and beach towel
- Swimming suit
- Cap / Hat
- Valid identity card or citizen card or passport
- An authorization in case the participant is under 18
- European Health Card
- COVID certificate (in case it's needed)
- Masks and personal hand sanitizer



## Youth Exchange – August 29th to September 6th

(Proposal)

6 participants per country, the group leader plus five young people.

The youth exchange will be held in Viana do Castelo, Portugal and all travel, food, and accommodation expenses will be covered by the project. For the trip you will have the maximum fixed amount (round trip) (also assured by the project) that varies from country to country:

- **Italy:** 360€ ( per participant – round-trip) – 410€ ( per participant – ecological-trip)- 2 travel days;
- **France:** 275€ ( per participant – round-trip); 320€ ( per participant – ecological-trip)- 2 travel days;
- **Spain:** 275€ ( per participant – round-trip) 320€ ( per participant – ecological-trip) – 2 travel days;
- **Greece:** 360€ ( per participant – round-trip) – 410€ ( per participant – ecological-trip)- 2 travel days.

If the flight costs are above the limits listed above, your organization or the participants will have to assume this difference. Airline tickets will be purchased by the partner organizations. Partners should inform us of the ticket price.

After presenting the receipts to the promoting organization, the promoting organization will make a bank transfer payment. It is extremely important that you KEEP ALL THE BOARDING PASSES from your trip to Portugal and on the way back home. We need it for justifying the project at the Portuguese National Agency. We might get in trouble if some are missing.

So PLEASE, KEEP THEM SAFELY.

### Participants

Each partner country will bring 5 participants, preferably from 16 to 22 years, and 1 Group Leader (it is possible to be over 30 years old).

Important and checked by National Agency: please remember to keep the gender balance in your team trying to select 50% male and 50% female participants.



## Costs Funded

The project costs related to travel, accommodation, food, and activities are covered within the project and will be handled by AJD. For other expenses (souvenirs, extra food) each participant should bring their own money.

## Food

The food will be complete, balanced, and varied. The participants will have almost all breakfasts, lunches, and dinners in Centro de Formação Escutista de Viana do Castelo. The partner organizations will have to inform us if the participants have dietary restrictions (intolerances, allergies, vegetarians, etc.). We will provide a special menu according to participants' needs.

## Transfers between the airport to Viana do Castelo

After you arrive at the airport, you can take a direct bus (company: Barquense) to Viana do Castelo. The bus of Barquense (bus company Porto-Viana) is located at the taxi rank. Please keep your tickets (boarding pass and bus ticket), because we need them to give you the money back. Please tell us when you will take the bus from the airport because someone from AJD will pick you up at the Viana do Castelo station.

See the bus schedule here:

**<https://barquense.viageos.com/porto-airport-shuttle/> Other company:**

**<https://www.ovnitur.pt/>**



## Youth Exchange Accommodation

The accommodation will be in the Av. do Cabedelo 222, nº160, Darque, Viana do Castelo. The necessary conditions for a pleasant stay will be given, namely: male and female bedrooms and women's and men's bathrooms, as well as space for leisure and socializing, apart from the space for daily activities.

## Scout Training Center of Viana do Castelo

The Scout Training Center is used for the formation of National Scout Corps' leaders.

It is a multipurpose structure at the service of the community, prepared to receive scouts from other regions of the country and from abroad, to support institutions, for example, with overnight accommodation for athletes participating in sports events in the city, to support Civil Protection in case of evacuation of populations, among others.



## What to prepare before the departure

- Dynamic presentation about your country and your organization (maximum 10 to 15 min in total)
- Prepare activities about your country for the international night: bring traditional food, prepare traditional songs/dances and/or other activities that you would like to do. You can also bring traditional costumes/instruments. It is possible to cook in the facilities, so we encourage you to make a list of the ingredients you need and check if in Portugal you will be able to buy them or if you need to bring them with you. Each team will have a night dedicated only to its country.

## Online meetings

- At least two online meetings with the partner organizations will be done before the departure;
- One will be held after the youth exchange with the partner organizations and the participants.

Project funded by:

