

YOUTH EXCHANGE



Let's Be the Change we want to see!

BE THE CHANGE

Faro - Portugal
18.03 - 26.03 2019

HEY THERE!

Hello there potential participant. We have designed this Welcome PACK for you, as a guidance in helping you to know more about the project. In this pages you will read more about the activity, the aims and objectives, the city of the Youth Exchange - Faro, about the supporters of the project, the programme, and a lot of practical information that you need to know before applying.

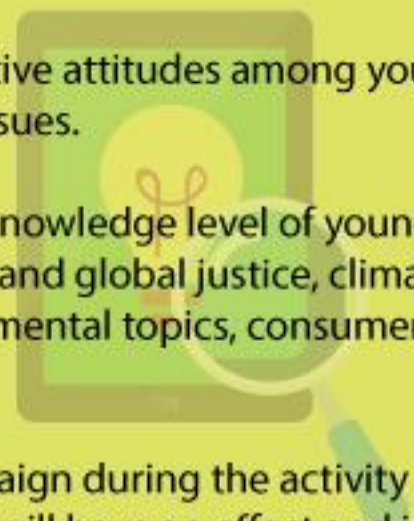
ABOUT THE YOUTH EXCHANGE

"Be the Change" is a project created to promote and encourage a global spirit in the context of the huge need in the world for a positive change. The project follows the idea to grow concern for how the world is in the moment, to bring along sustainable changes and educate youngsters how to become global citizens through non-formal education and learning support measures.

For 7 workdays we'll gather 24 youngsters, plus 6 youth leaders, in order to create a space for exchanging experiences, inspiration and promote awareness on global issues.

OBJECTIVES

- Raise awareness and empower youngsters to act as global citizens in their own communities.
- Share knowledge of what is happening in different countries by the sharing of experiences and practices between them.
- To create pro-active attitudes among young people towards global issues.
- To increase the knowledge level of youngsters in topics like: social and global justice, climate change and other environmental topics, consumerism and sustainable lifestyle.
- Creating a campaign during the activity made by the participants that will have an effect and impact on personal and community level.
- Develop participants skills and competences, problem solving abilities and creativity by the usage of non-formal education methods.



PARTICIPANTS

- Young people with interest in field of global education and global citizenship and are motivated to learn about the topic.
- Representatives of organizations with expertise in the field of global education and carry out activities or programs related to the development of skills of young people.
- Young people who are active as global citizens and in the global education.
- Young people that want to explore the Erasmus + Program and motivated to meet other cultures and have new experiences



Willing and committed to participate in **100%** of the programme of activities and committed to be active during sessions, share ideas and good practices and multiply the results back home.

HOW TO BECOME THE WORST PARTICIPANT EVER!

Don't follow the schedule!

Run in the streets naked!

Hit the organizers!

Sleep during the working sessions!

Be rude!

Vomit everywhere!

Speak only on your language!

Don't ever dance at the parties!

Eat all the food by yourself!

→ 4 participants + 1 youth group leader per country (Portugal, Spain, Slovakia, Czech Republic, Poland, Greece)

→ 18 to 30 years old (the group leader can be older, yay!)

→ Motivation to contribute and participate actively.

Communication level in English!!

Arrivals



	MONDAY 18.03	TUESDAY 19.03	WEDNESDAY 20.03	THURSDAY 21.03	FRIDAY 22.03	SATURDAY 23.03	SUNDAY 24.03	MONDAY 25.03	TUESDAY 26.03
Rise&Shine	Rise&Shine	Rise&Shine	Rise&Shine	Rise&Shine	Rise&Shine	Rise&Shine	Rise&Shine	Rise&Shine	Rise&Shine
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Ice Breaker Team building activities	Working Sessions 	Working Sessions 	Working Sessions 	Field Visit 	Campaign Explanation 	Campaign Advertisement 	Campaign Evaluation Follow Up		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Rest	Rest	Rest			Rest	Rest	Rest		
Working Sessions 	Working Sessions 	Working Sessions 	Free time 		Campaign Preparation 	Campaign Implementation 	YouthPass and Evaluation Closure		
Reflexion Groups	Reflexion Groups	Reflexion Groups			Reflexion Groups	Reflexion Groups			
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Get Ready	Get Ready			Get Ready	Get Ready	Get Ready			
Intercultural night	Intercultural night		Free night	Intercultural night		Free night		Farewell Party!!	

Departures



TRAVEL

Faro is home to an international airport. Another option for participants arrival to Portugal can be **Lisbon airport** which is 300 km from Faro and has regular connections either by bus or train, or even **Sevilla airport** also around 300km from Faro, but with limited connections to Faro.

Local Transportation:

-From **Faro airport** there are regular buses to the city center (No 16)

http://www.proximo.pt/uploads/schedules/Linha_16_12.pdf

- From **Lisbon airport** you need to take the metro, either to **Oriente** or **Jardim Zoologico**.

In **Oriente** you have train (<https://www.cp.pt/passageiros/en/>) or bus to Faro (www.renex.pt)

In **Jardim Zoologico** you have more options for buses to Faro (<http://www.rede-expressos.pt/default.aspx>)



DESTINATION

Faro is a municipality and bishopric, southernmost city and seat of the district of the same name, in the Algarve region of southern Portugal with a population of around 50.000 inhabitants.

The municipality of Faro is divided into two distinct areas, the coastline, part of the Parque Natural da Ria Formosa (Nature Park of Ria Formosa) and the barrocal, characterized by hills and valleys, populated with typical Algarvan vegetation. The Nature Park is considered one of the seven natural wonders of Portugal with a beach that is approximately 7 kilometres from the downtown. Within the town there are gardens and open spaces, among which are the Manuel Bivar Garden and Alameda João de Deus.

You will have the chance to discover more about Faro during your stay here!!

REIMBURSEMENT

The activity, the food (3 meals + coffee breaks a day) and accommodation during the youth exchange will be **covered 100%**.

Travel costs to and from the venue (Faro, Portugal) are covered according to the Erasmus+ lump sums, based on the travel distance per participant, and on the basis of the most economical transport fare.

The limit of travel costs is:

- ✗ **20€** for participants from Portugal
- ✗ **275€** for participants from Spain
- ✗ **360€** for participants from Greece, Slovakia, Czech Republic and Poland



Please don't buy any tickets before getting the confirmation of the participant selection results and before consulting the planned itinerary with the organizers:

interlilaz@sapo.pt
teta_ram@hotmail.com

The reimbursement will be done after the activity (when we will receive all the original tickets and receipts) via bank transfer.

IMPORTANT: In order to be reimbursed you need to **REMEMBER TO KEEP ALL ORIGINAL TICKETS AND BOARDING PASSES.**

The tickets need to show clearly the date and the price, or you need to ask for an invoice.

WEATHER FORECAST



The time zone in Portugal is GMT 00:00 and the international code is +351

Climate is mediterranean. Spring is not excessive hot. Especially during March it has long sunlight and sudden changes in weather and temperature. So be prepared for everything...except snow!

WHAT TO BRING



ID
Passport
European Health Insurance Card
Money

- Personal Medication
- Flag, Food&Drinks for the intercultural night
- Umbrella
- Your motivation, positive energy and your SMILE!



FURTHER INFORMATION

Further information about the preparation activities for the youth exchange, the venue and how to reach it, will be provided to the selected participants.

CONTACTS



Associação Liláz



You in Europe



Youthfully Yours SK



Asociace Dice



Stowarzyszenie Dakato



Associació MOVE

HOW TO APPLY

Contact the partner organization in your country for further information and **apply** until **25th of January**.

Selected participants will be contacted by the partner organizations after the deadline application date.

