

BODY KARMA

6 countries
24 youngsters
1 week

10.03 - 18.03 2020
Algarve - Portugal

YOUTH EXCHANGE

●
"Body Karma" is a project created to promote and encourage a healthy lifestyle and the benefits of sports.

Slovakia
Poland

Portugal
Greece

Czech Republic
Spain

HEY THERE!

Hello there participant.

We have designed this Welcome PACK for you, as a guidance in helping you to know more about the project. In these pages you will read more about the activity, the aims and objectives and a lot of practical information that you need to know before coming to Portugal.

ABOUT THE YOUTH EXCHANGE

"Body Karma" is a project created to promote and encourage a healthy lifestyle and the benefits of sports. The project follows the idea of growing concern for how the young people started to spend so much time with computers owing to development of technology and how this leads to inactivity and irregular eating, what are the differences and the mentality in different European countries about the topic, what are the measures and ways that society helps and promotes a sporty and healthy way of living, how it can be used to include themselves in the society, give space, ideas and motivation.

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

Promote and raise awareness among young people from different backgrounds on the importance of regular physical activities.

- Share knowledge of what are the habits in food and sport activities in different countries by the sharing of experiences and practices between them.
- Increase the knowledge level of youngsters in topics like: importance of sports in our life, risks and health problems while having an unhealthy diet, physical and mental development of sports in order to have a proactive life.
- Empower youth to take active role in local communities.
- Learn about cultural differences by experiencing team activities in a multicultural atmosphere.
- Stimulate participation and involvement of young people in Erasmus+ programme.
- Develop participants skills and competences according to Youthpass, problem solving abilities and creativity by the usage of non-formal education methods.

PARTICIPANTS

- Young people with interest in field of sports and healthy diet and that are motivated to learn about the topic.
- Representatives of organizations with expertise in sports and in carrying out activities or programs related to the development of skills of young people through sports activities.
- Young people with little intercultural experience.
- 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.

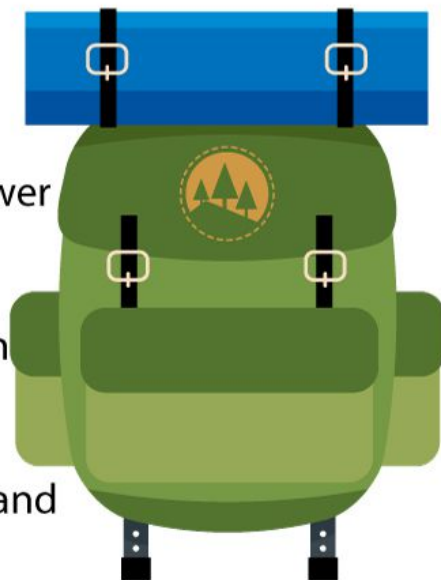
Communication level in English!!

WHAT TO BRING



- ID
- Passport
- European Health Insurance Card
- Money
- Student Card / European Youth Card

- Personal Medication
- Flag, Food&Drinks for the intercultural night
- Towels, Flip Flops, Shampoo, Shower Gel & Deodorants
- Bathing Suit and Bikini (for the brave ones, because c'mon it's Atlantic)
- Comfortable clothes and shoes
- Your motivation, positive energy and your SMILE!



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!

FURTHER INFORMATION

Further information about the preparation activities for the youth exchange, the venue and how to reach it, will be posted on the FB group of the project.

TRAVEL

In Algarve region the main city is Faro.

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 Zoológico**.

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

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



COSTS/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 (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

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.

CONTACTS



Associação Liláz



You in Europe



Youthfully Yours SK



Asociace Dice



Stowarzyszenie Senfineco



Associació MOVE

HOW TO APPLY

Contact the partner organization in your country for further information and **apply** until **10th of February**.

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

