

# Youth exchanges- Youth in Balance

## INFOPACK

Organized by:



Agrupamento de Escolas de Aguiar da Beira



KA152-YOU - Youth in Balance: Strengthening Mental Health  
and increasing the quality of life

Aguiar da Beira (Portugal)

01 july - 05 july



# Youth in Balance-Strengthening Mental Health and increasing the quality of life

## Youth exchanges

**Place and Date:** Aguiar da Beira, Portugal, 01.07.2024 – 05.07.2024

**Participants:** Young people aged 13-18 years Ages (school-age youth) + Leader Group

**Countries:** Portugal, Greece, Italy, Republic of North Macedonia, Romania, Spain, Slovakia

**Language:** The working language will be English.

It is more than obvious to us – the consortium's technicians and organizations — that it is necessary to unite the youth sector, including at international level, and to develop innovative intervention actions adjusted to the real needs and challenges of young people, helping them to build happier and more successful futures on a personal level, social, professional, etc., which will contribute in the medium and long term to an improvement in their quality of life and mental health.

We believe that this project will be the first step towards social change and transformation for young people from rural areas — the participants of this project, who will be directly impacted; and other young people, reached by the exploitation of results. To this end, in this project we bring together organizations from 7 geographical contexts, which will give their rural youth the opportunity to participate in a non-formal education project, focused on deconstructing the challenges that these young people live and feel, as well as on their development and training, so that, in the future, they can benefit from a better quality of life and mental health.

### ACTIVITIES:

- Group Dynamics;
- Sports in Nature;
- Multicultural Party;
- Workshop;
- Sharing of results.

### YOUTH PROFILE

Despite the differences that may exist, we draw a general profile that must be fulfilled:

- > Ages 13-18 (school-age youth);
- > Residents in rural and isolated areas;
- > Minimum English skills (in cases where it is necessary to provide support at this level and strengthen language development, this work will be done);
- > Motivated to develop their skills;
- > Motivated to be an active part in all phases of the project.

**Partners:** The project will host participants; each organization Mobility activity:

In this activity, 5 young people per organization participate (all with fewer opportunities due to geographical obstacles) + 1 Group Leader per organization + 2 AEPJAF facilitators.

**Portugal:** Agrupamento de Escolas Padre José Augusto da Fonseca; Aguiar da Beira

**Greece:** Entrepreneurship and Social Economy Group

**Italy:** Euro Sud

**Republic of North Macedonia:** Association for Cultural, Sport and Educational Development "World of Change"

**Romania:** Expert Psy Asociatia Psihologilor Specialisti

**Slovakia:** Youthfully Yours Sk

**Spain:** Asociación Multideportiva Euexia

#### PARTNERS/CONTACTS:

Agrupamento de Escolas de Aguiar da Beira (Portugal):	erasmus@agrupamentoaguiardabeira.pt
Youthfully Yours Sk (Slovakia):	info@youthfullyyours.sk
Euro Sud (Italy):	eurosud.projects@gmail.com
Entrepreneurship and Social Economy Group (Greece):	info@ekogreece.com
Asociación Multideportiva Euexia (Spain):	acano.ameuexia@gmail.com
Association for Cultural, Sport and Educational Development "World of Change" (Republic of North Macedonia):	info.ngoworldofchange@gmail.com
Expert Psy Asociatia Psihologilor Specialisti (Romania):	anca.oncioiu.89@gmail.com

#### TRAVEL COSTS

According to new Erasmus Plus rules, the reimbursement of travel costs will be calculated using a specific program called Distance Calculator:

COUNTRY	Maximum amount refundable per participant
Portugal	23€
Greece	360€
Italy	360€
Republic of North Macedonia	360€
Romania	360€
Slovakia	360€
Spain	210€

#### ARRIVAL

All flights will be booked for (30.06.2024) and from (06.07.2024) Porto Airport (OPO).

The organization will fix pick up point with the participants and provide the transportation from Porto to Aguiar da Beira, and Aguiar da Beira to Porto.

## ACCOMMODATION

Participants will be staying in the school of Aguiar da Beira, they will share the rooms (classrooms). The school provides Wi-fi, bathrooms, locker rooms for showering.

## FOOD

The meals will be in the school canteen. The participants will have 4 meals per day, (breakfast, lunch, snack and dinner).

## INSURANCE

We provide insurance to the days in Aguiar da Baira for the activities.

## WHAT TO BRING?

- 1) We planned sports/ physical activities every day for you: Bring comfortable shoes and clothes;
- 2) Since there is going to be an international evening, every day at night (dinner and after) we will ask you to bring something traditional, famous or delicious from home - that you would like to represent your country with, and share with the others, it can be any kinds of food, etc...
- 3) Materials from your Sending Organization
- 4) Original travel e-tickets and invoices like train tickets, boarding passes, bustickets etc. (fundamental in order to be reimbursed);
- 5) Your personal belongings.

## WEATHER

The weather during july in Portugal, days are usually hot with balmy evenings, so visitors should pack light and cool clothing. The average daily maximum is 30 C and the average daily minimum is 22 C.

**For further inquire, please contact:**

António Pereira  
Phone Number +351962813070 (Whatsapp)  
Email: [erasmus@agrupamentoaguiardabeira.pt](mailto:erasmus@agrupamentoaguiardabeira.pt)