



Eco-Citizen

Youth Exchange

PT-02-KA105-006139



PROJECT



The Youth Exchange “Eco-Citizen” has as main objective the creation of solution-makers, promote initiative and a more active role in society of our European youth generation.

In this sense, the Eco-Citizen project proposes something innovative, inspiring and different where we want young activists to have a future of hope in the area of non-formal education, considered as an area of capacity development, skills, innovation and, the domain of environmental activism.

It is important to stress that we expect participants to be able to value the personal skills acquired in the various types of education from formal, informal and non-formal. In addition, through the whole project we anticipate the development of skills such as sharing experiences, personal appreciation and self-esteem, communication, teamwork. The participants will be the "multipliers" of the results obtained during the project, the most direct means of communication for them as they are an integral part of the generation addressed during the project.

This Youth Exchange also proposes the development of civic, social, creativity and teamwork skills among young Europeans of different nationalities and different cultures.

With extensive experience by the partner associations, it considers that this youth exchange is the possibility to share experiences and methods and develop new tools.

The importance of sharing information and education among participants of different realities and scenarios, as well as the exchange of experiences among the partner associations should be mentioned.

Youth Exchange

5 participants + 1 team leader (per national team)

21st October to 1st November 2019

*(Travel days included)

Travel Costs

Clube Nacional de Montanhismo Clube Alpino Português (Portugal)	0€
Asociacion Deses 3 (Spain)	180€
Europsky Dialog (Slovakia)	360€
Intermezzo Ungdomsorganisasjon (Norway)	360€
Europske Centrum Mladeze Breclav European Youth Centre Breclav (Czech Republic)	360€
Agenzia di Promozione Integrata per i Cittadini in Europa APICE (Italy)	275€
Asociatia Nevo Parudimos (Romania)	360€

*(Travel costs will be reimbursed according to the distance calculator and the Erasmus+ Rules)



Organisation



The National Mountaineering Club Portuguese Alpine Club was created in the year 1944 and develops throughout the year different activities related to sport, motoring, environment and social with the promotion of activities for the social groups identified with the most difficulties in the most different areas.

In terms of sports, we highlight the organization of numerous Ski, Camps, Walking, hiking and climbing.

Its Motoring section participates in motorsport races and organizes the Covilhã rally. Environmentally, the National Mountaineering Club Portuguese Alpine Club develops throughout the year multiple walks and activities related to the Serra da Estrela Natural Park where provides participants in these activities with the opportunity to contact the Fauna and Flora.

Find us on:



<http://cnm.org.pt/index.htm>

How to get to Portugal & Covilhã?



MEETING POINT:

COVILHÃ - 17H00 21st OCTOBER 2019

We will have a private bus between Covilhã and the Accomodation.

Suggestion:

To get to Covilhã we have the cheap suggestion that will make you meet the meeting point at right time.

Train: Lisboa Oriente - Covilhã - At 13h23 - arriving Covilhã around 16h55 | 21st October'19

TICKETS: <https://www.cp.pt/passageiros/pt/comprar-bilhetes>

Train: Covilhã - Lisboa Oriente - At 7h53 - arriving Lisbon 11h13 | 1st November '19

TICKETS: <https://www.cp.pt/passageiros/pt/comprar-bilhetes>

P.S. Search for flights after 14h00 | 1st November



Each Organization should prepare a presentation about their country and city/village (traditions, habits, curiosities...) as well as a presentation about their organization. This presentation should be dynamic and creative, and trying to involve the whole group.

For this activity there is limit for imagination and creativity.

- For the Intercultural Night you should bring some traditional snacks and drinks, and prepare an explanation about them.

You should bring with you all the tickets and boardings concerning your travel costs, these documents are **VERY IMPORTANT FOR THE REIMBURSEMENT** (explained in the next page).

- Since one of our activities will be a workshop about your national reality and you should prepare a presentation about this topic in your countries or community.

Your task during the exchange:

- o Presentation of your country and your organization.
- o Information about the situation of your country on the main topic.
- o Traditional foods and drinks for the cultural night.
- o Flag of your country would be great.

Reimbursement of the Travel Expenses: According to Erasmus + rules.

Cultural Night

Don't forget to bring some traditional music for the intercultural evenings. We will have one cultural night per country where you can expose your customs, traditional dances and culture.

Please !!! All the teams must prepare some presentation of your country in a creative way (try to avoid PowerPoint and movies from tourist agencies). We hope, that your culture means you something more than national food and drinks. Also bring the flag of your country. It would be nice if you bring also some small souvenirs with you (costs are not covered).

Important Regardings:

Bathing Clothes because we are predicting aquatic activities;
Mountain Clothes (the project is developed in the Mountain! Remember the cold!)
Happiness and team spirit.



Costs and Reimbursement



"Eco-Citizen" Youth Exchange Project is implemented with financial support from the European Commission and the ERASMUS + Programme. Accommodation, food, as well as activities costs will be covered from the project budget. It is recommendable to get travel insurance but it will not be covered by the project budget.

Travel expenses will be covered after collecting travel documents on good condition that the participants use the cheapest ways of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets. Private cars, Taxi and first class tickets will not be reimbursed.

Please keep the boarding passes from your airport check-in as well. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase:

<http://ec.europa.eu/budget/infocoreuro/index.cfm?Language=en>

Note!!! Please make the copies (better scan or take photographs) of your tickets and invoices before coming to Portugal and send us all your travel documents to this email address: ecocitizennetwork@gmail.com, as soon as you buy them. If you have tickets and invoice, make sure that you e-mailed copies of both.

You can't buy any air ticket or any travel cost without authorization from the organization. If this happens, it will not be refund no amount of money to these participants. Deadline day 16th September.

All participants must consult with the organizers on prices & routes (please contact ecocitizennetwork@gmail.com), before buying any tickets.

For the reimbursement of the money, you have to bring us all these original documents:

- invoices,
- e-tickets,
- proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)
- original boarding passes

We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes before coming to Portugal, without having to send it to us by post mail when you will return home. Of course, if for your airline company is not possible to perform it, you still need to send us the boarding passes by post mail after the project.

Of course, if you want you can stay 1-2 days before/after the project in order to visit us, our Capital city, but you have to pay by yourself for those extra days.



Accommodation



Covilhã is a city in the center of Portugal, in the interior part of the country near to Serra da Estrela where is the accommodation.

Participants will stay in Pousada da Serra da Estrela, you can see more about it, in the following link and in the following pictures. Remind that the project is developed during the autumn/winter seasons.

Participants will be divided in dormitories for 8 people, divided by gender.

Accommodation, local transportation and other activity costs are covered by the hosting organization only during the project's dates (the 21st October to 1st November of 2019).



Find us on:

<https://pousadasjuventude.pt/en/youth-hostels/serradaestrela/>

Coordinating Team



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Project Mail – ecocitizennetwork@gmail.com | Facebook Group - <https://www.facebook.com/groups/2107773129523513/>

Emergency Contacts

Police | Fire Department | Ambulance 112
Covilhã Hospital 275 330 000