



YOUTH EXCHANGE
HEALTHY BODY, EUROPEAN SPIRIT
19-27 September 2016
Maceira - Fornos de Algodres, Portugal

Dear participant,

If you are reading this, it means that you are almost on the doorstep of the HEALTHY BODY, EUROPEAN SPIRIT Youth Exchange in Maceira - Fornos de Algodres, Portugal.

We would like to start the Youth Exchange and our intercultural learning even before you cross that doorstep by trying to welcome you in your language:

Laipnilūdzam – Добројдовте – Hoşgeldiniz –Vítejte
Bem-vindo

*(pronunciation practicing in progress)

This Welcome Info Kit will provide you with information about the project, its venue and how to get there, timetable of the activities, accommodation details, reimbursement of travel costs, contacts and other useful and practical information that you need to know before coming to the project.

We hope that you are looking forward to this Youth Exchange as much as we are, or maybe even more than that.

Your Project Organization Team



ABOUT THE PROJECT

The idea behind the Youth Exchange HEALTHY BODY, EUROPEAN SPIRIT is to create a project that would promote healthy lifestyle and cultural diversity through presenting and sharing traditional European sports, games and outdoor activities.

The project is based on and drawn up to achieve the following objectives:

- emphasizing the significance of living a healthy lifestyle through practicing different sports and games and underlying the positive results that they bring;
- strengthening the intercultural connection in Europe through presenting Europe’s multiculturalism in the form of sports and games that are traditional in different parts of Europe;
- stimulating active European citizenship through non-formal learning workshops tackling current European issues;
- stimulating cooperation between organizations and young people at European level through providing grounds where they can share and learn from each other’s experiences, practices and ideas for future projects, and jointly realize a proposed project programme.

During the Youth Exchange, the participants will have the chance to share and demonstrate sports, games and outdoor activities that are traditional for their country/region, and together as a group, work on creating a unique European sport/game. In addition to this primary activity, through an NGO fair, intercultural evenings, presentations, discussions, simulations and role games, team building and similar activities, the participants will have an opportunity to tackle the topics of active citizenship, fighting discrimination, European citizenship, cultural diversity and European cooperation.

Please, read the project description above, and note that if you want to participate in this Youth Exchange, you will be engaged in performing sports, games, outdoor and other physical activities, and will interact with people from different cultures and with different cultural, social, religious, sexual orientation or other specific background.

COUNTRIES INVOLVED The Youth Exchange will gather young people from PORTUGAL, LATVIA, TURKEY, MACEDONIA and the CZECH REPUBLIC. Each of the countries will participate with six participants, **5 young people (aged 18-30) + 1 group leader (no age limit for the group leader)**.

DATES OF THE YOUTH EXCHANGE 19-27 September 2016.



Participants are expected to arrive in the hostel where the Youth Exchange will take place by 18:00 on 19 September, when the programme will start, and depart on 27 September.

You may arrive a maximum of 2 days before or leave a maximum of 2 days after the dates of the Youth Exchange. If you decide to arrive a day or two before the Youth Exchange or leave a day or two after it, all your expenses regarding your transport, accommodation and food for these extra days cannot be reimbursed from the budget of the project.

LOCATION Maceira - Fornos de Algodres, Portugal.

Getting to Fornos de Algodres:

Fornos de Algodres has very good connections to Porto and Lisbon by bus and train. Please check the links below for the train and bus schedule to Fornos de Algodres.

Trains to Fornos de Algodres: <http://www.cp.pt/passageiros/en/>

Buses to Fornos de Algodres: <http://www.rede-expressos.pt/default.aspx>

As soon as you inform us about your travel plan and times of arrival, we will coordinate your arrival to Fornos de Algodres and to the hostel.

COSTS Participation in this Youth Exchange is free of charge. Expenses for activities, food and accommodation are covered with financial support of the Erasmus+ Programme of the European Union.

Travel costs will be reimbursed following the rules of the Erasmus + Programme for calculating the travel costs in accordance with the distance from the city of your departure to Fornos de Algodres, measured using the Distance Calculator of the European Commission. We will reimburse 100% of your travel costs in the limits that we informed you about in advance.

The total amount per person for return tickets that we can reimburse is:

- TURKEY – 270,00 €
- MACEDONIA– 270,00 €
- CZECH REPUBLIC – 270,00 €
- LATVIA – 400,00 €

Please be aware that if you spend more money for travelling than this amount, the difference between this amount and your actual travel costs will be paid by you.

VERY IMPORTANT: Travel costs will be reimbursed **ONLY** if you present your original tickets, invoices, boarding passes, and any other paper/online ticket or reservation connected



with your travel. If you lose the tickets, we cannot reimburse you. So make sure that you keep everything!

Taxi is not an eligible travel cost according to the Erasmus +, so it cannot be reimbursed.

Please also be aware that reimbursement will be done after the Youth Exchange, after you send the organizers all your original tickets and boarding passes and after the Portuguese National Agency transfers the rest of the project grant, which means that it may take several months.

TRAVEL DETAILS It is preferable that you to arrive at the airport in Porto due to its proximity to Fornos de Algodres. If applicable to the majority of the participants, transportation from Porto airport to Fornos de Algodres and from Fornos de Algodres to the airport will be provided by the hosting organisation. This will be decided after we receive information about your times of arrival/departure.

ACCOMODATION “Hostel Entryfik”

Website: www.hostelentryfik.com E-mail: geral@hostelentryfik.com

Address: Rua do Vale da Vinha, 1, 6370-341 Maceira - Fornos de Algodres, Portugal

Telephone: (+351) 271 789 817 Mobile Phone: (+351) 926 844 919

MEALS Meals will be served at the hostel. All special food requirements will be respected if there’s prior information sent to the hosting organization.

INTERNET: The hostel provides free Wi-Fi.

HEALTH INSURANCE Health insurance is normally not provided by the Erasmus + Programme and will not be reimbursed. However, considering the fact that during the Youth Exchange you will be engaged in different physical, outdoor and sport activities, we **strongly recommend** you to contact your health/travel insurance companies in your country and obtain insurance cover that would be valid in Portugal.

LOG IN AND JOIN US We have created a Facebook group for all the participants in this Youth Exchange, where we can start getting to know each other and share information. You can find us on <https://www.facebook.com/groups/1012014185579264/members/>

THE HOST CITY

Maceira is a Portuguese parish of Fornos de Algodres.

Fornos de Algodres is a municipality and a town in Portugal with approximate population of 4,989. The municipality is located in the Guarda District, Centro Region.

The seat of the municipality, Fornos de Algodres, is a historic town and boasts panoramic views of the upper Mondego river Valley and a nineteenth-century market with nearby winding cobbled streets, as well as the Serra da Estrela, the highest mountain range in mainland Portugal.



Typical gastronomy: Queijo da Serra (hard cheese); requeijão (soft cheese).

WEATHER We will probably have sunny, warm weather. The average low temperature in Fornos de Algodres in September is 13 degrees, and the average high is 24 degrees.

MONEY In Portugal we use euros.

Take a look at some local prices:

Coffee in a café = 0,65€

Hamburger =3,00€; Pizza = 4,00€ for normal size

Juice 1,5L= 1,00€; Mineral Water 1,5L = 0,40€;

YOUR TURN TO PRACTICE FOREIGN LANGUAGE

The Portuguese are such a friendly people, so feel free to have a chat with locals. Here are some useful everyday phrases that might help you get around:

ENGLISH	PORTUGUESE
Good morning	Bom dia
Good evening	Boa noite
Thank you	Obrigado
Yes/No	Sim / Não
Left/Right	Esquerda / Direita
Good/Bad	Bom / Mau
I don't understand	Não compreendo
Where is the main bus station?	Onde é a paragem de autocarro?
Where is the train station?	Onde é a estação de comboio?
What time is it?	Que horas são?
I like you	Gosto de ti
You look really good, honey!	Tu pareces realmente bem, querida(o)!

HOMEWORK

Each national group should be prepared to present and teach us how to play the sport/game/outdoor activity (or more of them) that is traditionally played in your countries. Please, when choosing the sport/game/outdoor activity that you want to present, take into consideration all possible safety risks of the performance of that sport/game/outdoor activity.

As part of the programme of the Youth Exchange, we will have intercultural evenings where you will have an opportunity to present your country, so please bring your traditional clothes, flags, music, food, drinks, souvenirs, video presentations, show us your national dances or games. Make us speechless, hit us with the most creative way of presenting your country that you can think of. Make us beg to visit you!



Homework is always good, isn't it? We have one more task for you: please prepare a presentation of your organization, since we are going to have an NGO fair, where we can all present and learn about our organizations, so that we can create grounds for initiating future cooperation.

WHAT TO BRING

- your homework 😊.
- bring any medicine if you have some illness or medical condition. We will have a first aid kit, but we won't have specialized medicine. If you have allergies that you think we should know, please inform us beforehand. We promise that we will keep it confidential.
- comfortable clothes, slippers for moving around indoors, sport clothes and shoes;
- you play some musical instrument? Feel free to bring it on;
- all papers connected to your travel.
- lots of good mood, positive energy, smiles, more smiles...

PARTNERS AND PARTICIPANTS

The cooperation of all partner organizations and participants in this project includes active involvement of all sides concerned in each stage of the project. A special attention is paid to the promotion of the project and the dissemination and visibility of its results. In this sense, all partners and participants are obliged to actively take part in promoting the project by spreading and sharing information via their websites, Facebook, YouTube, Instagram and/or other popular Internet sharing platforms that they have at their disposal, and organize a presentation about the project in their local communities after the Youth Exchange and the return of the participants back home.

ERASMUS + PROGRAMME

This project is funded with the support from the Erasmus + Programme of the European Commission and the Portuguese National Agency.

Erasmus+, the EU programme for education, training, youth and sport covers the period 2014-2020. Aimed at boosting skills, employability and supporting the modernization of education, training and youth systems, the seven-year programme has a budget of €14.7 billion. More than 4 million people will receive support to study, train, work or volunteer abroad, including 2 million higher education students, 650 000 vocational training students and apprentices, as well as more than 500 000 going on youth exchanges or volunteering abroad. Students planning a full Master's



degree abroad, for which national grants or loans are seldom available, will benefit from a new loan guarantee scheme run by the European Investment Fund. Erasmus+ will also provide funding for education and training staff, youth workers and for partnerships between universities, colleges, schools, enterprises, and not-for-profit organizations.

CONTACTS

Feel free to contact us if you have any questions, or just for the fun of it: hbes2016@gmail.com

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USEFUL LINKS

Cheap flights to Portugal: www.skyscanner.net/

Erasmus + Programme: http://ec.europa.eu/programmes/erasmus-plus/index_en.htm

Weather forecast: <http://www.yr.no/>

More about Fornos de Algodres: <http://www.cm-fornosdealgodres.pt/>

Associação de Promoção Social, Recreativa, Desportiva e Humanitária de Maceira
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YE HEALTHY BODY, EUROPEAN SPIRIT programme

19-27 September 2016, Maceira – Fornos de Algodres, Portugal



Time	Arrival Day 19-Sept	Day 1 20-Sept	Day 2 21-Sept	Day 3 22- Sept	Day 4 23- Sept	Day 5 24- Sept	Day 6 25- Sept	Day 7 26- Sept	Departure Day 27- Sept
08:00 - 09:30	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
90:30 - 11:00		Getting to know each other, aims and goals of the YE	Presentation of tradition in sports	Intercultural learning	Erasmus + presentation, Youthpass	Active aging and active citizenship	Leadership session	Workshop on creating a unique European game/Working on photos, videos	Departures
11:00 - 11:30		Break	Break	Break	Break	Break	Break	Break	
11:30 - 13:00		Fears, expectations, and contributions. Setting basic rules	Playing Portuguese traditional game	European citizenship	Playing Turkish traditional game	Playing Czech traditional game	Sport as an instrument for inclusion	Workshop on creating a unique European game/Working on photos, videos	
13:00 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00 - 16:30		Team-building	Playing Latvian traditional game	Playing Macedonian traditional game	Visiting local sport organizations	Open space for participants' proposals	Group reflection on the games/sports performed	Final evaluation and conclusion of the YE	
16:30 - 17:00		Break	Break	Break		Break	Break	Break	
17:00 - 18:30		Team-building	Intercultural learning	NGO Fair	Mid-term evaluation	Open space for participants' proposals	Brainstorming on creating a unique European game	Handing Youtpasses	
18:30 - 19:00		Reflection meeting	Reflection meeting	Reflection meeting		Reflection meeting	Reflection meeting		
19:00 - 20:00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
	Welcome evening	Socializing games	Intercultural evening	Intercultural evening	Night out	Movie night	Free evening	See-you-again party	

