



Me+ Environmental Activists

Youth Exchange

PT02-KA105-006134

me.environmental.activists@gmail.com



The Youth Exchange "Me+ Environmental Activists", is a project organized by Bonae Spei (<https://www.facebook.com/BonaeSPEI/>) has as main topic environmental awareness and the results of climate changes.

Bonae Spei, is a association that develop different activities through the promotion of new opportunities for all generations in different topics, in this particular case, Bonae have a special connection with the protection and awareness of the environment. With the wish to develop other activities for the young generation, this application appears.

Youth Exchange Me+, aims to promote activities for the young European generations providing a set of experiences and methods about the environmental awareness and the results of climate changes.

We intend to make an impact at a personal level, giving them the tools to increase their employment opportunities while disseminating it on their own cities and turn them active and alive, being actively cooperative to their community.

The activities are always arranged in a non-formal learning perspective, participatory methodologies that enable participants to learn in a practical and reflective way.

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 in sports and environment by this association, it considers that this youth exchange is the possibility to share these experiences and methods. Bonae Spei believe that this is the next step to develop a good work in protection and initiative spirit connected to environment at local and national level and share experiences at international level.

Youth Exchange

4 participants + 1 team leader (per national team)

21st to 28th November 2019

*(Travel days included)

Travel Costs

Bonae Spei (Portugal)	0€
European Youth Centre Breclav Z.S. (Czech Republic)	360€
Associazione Giovanile di Promozione Sociale Nous (Italy)	275€
Educational and Cultural Bridges (Armenia)	820€
Asociatia Scout Society (Romania)	360€
Xuventude Verde Polo Cambio (Spain)	180€

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



Organisation



Erasmus+



Bonae Spei is a Cultural Association is an association registered in the national register of youth associations, based in the coastal town of Figueira da Foz in central Portugal.

The main objectives are: To promote youth mobility, local and European volunteering, active citizenship and dissemination of the

Erasmus + program. In addition to our community, we promote various cultural, volunteer, sport and gaming initiatives to encourage young people to take the first step towards becoming active in society.

Motivating social entrepreneurship in young people is also one of our goals. Our target group ranges from 14 to 30, and we currently have over 75 young people actively involved.

In 2018 we were distinguished as a Youth Association of the Year in the District of Coimbra and received

Find us on:



<https://www.facebook.com/BonaeSPEI/>



How to get to Portugal & Figueira da Foz?

MEETING POINT:

Figueira da Foz (location more close to date) - 17h30 | 21st NOVEMBER 2019

Suggestion:

To get to Figueira da Foz we have a suggestion that will make you meet the meeting point at right time.

Bus from Oporto - Figueira da Foz - at 15h00 arriving 16h50 | 21st November'19
<https://www.flixbus.pt/>

Bus from Lisbon - Figueira da Foz - at 14h30 arriving 17h15 | 21st November'19
<https://www.rede-expressos.pt/en/tickets>

Bus from Figueira da Foz - Oporto - at 8h30 arriving 10h20 | 28th November'19
<https://www.flixbus.pt/>

Bus from Figueira da Foz - Lisbon- at 08h35 arriving 10h50 | 28th November'19
<https://www.flixbus.pt/>

P.S. Search for flights after 14h00 | 28th November'19



Preparation



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, this activity will be run by all the organizations) 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 Regarding:

Comfortable clothes and warm, remember that Figueira da Foz could be cold for you;
Happiness and team spirit.



Costs and Reimbursement



"Me+ Environmental Activists" 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: me.environmental.activists@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 22nd October.

All participants must consult with the organizers on prices & routes (please contact me.environmental.activists@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



MORE INFO SOON...

Find us on:



Coordinating Team



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Project Mail – me.environmental.activists@gmail.com | Facebook Group - <https://www.facebook.com/groups/916218292085154/>

Emergency Contacts

Police | Fire Department | Ambulance 112
Figueira da Foz Hospital 233 402 000