



Wake Up The City

Youth Exchange

PT02-KA105-006047



The project Wake Up the City, is a project organized by the Erasmus Student Network - ESN Minho has as main topic the creation of solution-makers, promote initiative and a more active role in society of our European youth generation.

In this way, the project is developed to promote a multicultural society through the improvement of local places, financially and socially, through the use of touristic products, events, entrepreneur ideas. 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.

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

4 participants + 1 team leader (per national team)

5th to 12nd December 2019

*(Travel days included)

Travel Costs

Erasmus Student Network - ESN Minho (Portugal)	0€
Galicia Connection (Spain)	180€
Erasmus Student Network - ESN Lithuania (Lithuania)	360€
Istituto Morcelliano (Itália)	275€
Evropské centrum mládeže Břeclav (Czech Republic)	360€
S4YD (Romania)	360€

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



Organisation



Erasmus Student Network (ESN) is a European non-profit student organization whose main objective is to support and develop activities related to student exchange. This organization is comprised of more than 15,000 members from over 500 local sections in 40 different countries in Higher Education Institutions,

including universities, polytechnic institutes and university schools. ESN's structure is organized at various levels from local, national and international.

The Erasmus Student Network Minho Association (ESN Minho) is one of the local sections of the Erasmus Student Network as a whole, which is responsible for representing the needs and rights of foreign and exchange students at the University of Minho.

Thus, the work of ESN Minho focuses on the dissemination of opportunities for cultural understanding and skills development, as well as assisting these same students in their social integration and adaptation practice to Portugal. The organization also works on promoting and motivating local students on the strengths and personal and interpersonal development of those looking for a period of mobility abroad, as well as helping the whole process.

<https://www.esnminho.org/>



How to get to Portugal & Braga?

MEETING POINT:

Braga (Guest house Synergia) - 18h30 / 18h45 | 5th DECEMBER 2019

Location: Rua do Carmo, 61, Braga

Suggestion:

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

Bus from Airport Oporto - Braga - at 17h45 arriving 18h30 | 5th December'19

<https://www.getbus.eu/en/braga-airport-braga/>

Bus from Oporto - Braga - at 17h00 arriving 18h10 | 5th December'19

<https://www.rede-expressos.pt/en/tickets>

Bus from Braga - Airport Oporto - at 9h30 arriving 10h20 | 12th December'19

<https://www.getbus.eu/en/braga-airport-braga/>

Bus from Braga - Oporto - at 09h30 arriving 10h40 | 12th December'19

<https://www.rede-expressos.pt/en/tickets>

P.S. Search for flights after 12h30 | 12th December'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 Braga could be cold for you;
Happiness and team spirit.



Costs and Reimbursement



"Wake Up the City" 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/inforeuro/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: wakeupthecityproject@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 15th November.

All participants must consult with the organizers on prices & routes (please contact wakeupthecityproject@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



Braga is a city in the north of Portugal, one of the biggest cities of the country, where is the accommodation.

Participants will stay in GuestHouse Synergia, 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, divided by gender.

Accommodation, local transportation and other activity costs are covered by the hosting organization only during the project's dates (the 5th December to 12th December of 2019).



Find us on:

https://www.facebook.com/pg/synergiaguesthouse/about/?ref=page_internal

Coordinating Team



Fernando Vieira
+351 913 900 429



Miguel Barros
+351 935 618 402

Project Mail – wakeupthecityproject@gmail.com | Facebook Group - <https://www.facebook.com/groups/474608269769748/>

Emergency Contacts

Police | Fire Department | Ambulance 112
Braga Hospital 253 027 000