



## T 3 Transforming Tomorrow Together Youth Exchange

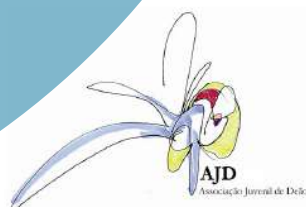
Promoting Organization:  
Associação Juvenil de Deão - AJD  
Portugal

Partner Organizations:

- Italy - TDM2000
- North Macedonia - Poraka Nova
- Sweden - CCBE
- Spain - Cazalla

**16th to 24th of September, 2024**

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## Topics

Green Deal

Well-being

## Goals:

- To address and discuss the challenges of energy transition and the fight against climate change and environmental protection (The European Green Deal);
- To explore the expectations of young people regarding the Green Deal;
- To promote the well-being through healthy lifestyle habits;
- To exchange knowledge about the EU and its opportunities.

## Planned Activities:

- Energizers, icebreakers, team building activities;
- Workshops using Non-Formal Education on Green Deal's topic, the challenges of the energy transition, and the fight against climate change and environmental protection;
- Dynamics to understand young people's expectations in this area;
- Workshops promoting healthy lifestyles (nutrition, sports, meditation, etc)
- Intercultural nights;
- Exploring Viana do Castelo;
- The EU, European programs and its opportunities, YouthPass.





## Location

The youth exchange will be held in Viana do Castelo, Portugal.

Address of the activity place and accommodation:

Avenida de Paço, N°769  
4900-289 Carreço  
Viana do Castelo, Portugal

The necessary conditions for a pleasant stay will be given, namely: male and female bedrooms and women's and men's bathrooms, as well as space for leisure and socializing, apart from the space for daily activities. Towels and bed sheets will be provided.



## **Participants**

Each partner country will bring 4 participants, from 18 to 30 years, and 1 group leader (aged over 18 years old). Each team will have 5 people in total.

Please remember to keep the gender balance in your team.

## **Costs Funded**

The project costs related to travel, accommodation, food, and activities are covered within the project and will be handled by AJD or by your sending organization (travel). For other expenses (souvenirs, extra food) each participant should bring their own money.



## **Food**

The food will be complete, balanced, and varied. Participants will have almost all breakfasts, coffee breaks, lunches, and dinners at the place of accommodation. Most lunches and dinners will be cooked by everyone, divided into teams. Partner organizations will need to inform us, by filling out the forms we will send, if participants have dietary restrictions (intolerances, allergies, vegetarians, etc.). A special menu according to the participants' needs will be provided.



## Travel Days

**16th and 24th of September**

For the trip, you will have the maximum fixed amount (round trip):

**280€/participant - round trip**

If the travel costs are above the limit listed above, your organization or the participants will have to assume this difference. The tickets will be purchased by the partner organizations or by the participants. In case the participants buy the tickets, the reimbursement will be made by your organization upon presentation of the boarding passes/tickets/invoices.

It is extremely important that you KEEP ALL THE BOARDING PASSES from your trip to Portugal and on the way back home. It is needed for justifying the project at the European Commission. We might get in trouble if some are missing.

So PLEASE, KEEP THEM SAFELY.

## Transfers between the airport to Viana do Castelo

From Oporto's airport:

You can take a direct bus to Viana do Castelo. Please keep your bus/train tickets. Please tell us, by filling in the forms, when you will arrive in Viana do Castelo. AJD will assure the transport from Viana do Castelo station to the accommodation.

If there are no buses directly from the airport close to your arrival/departure hour, you can go to the centre of Porto by bus or metro and then come to Viana do Castelo by bus/train.

See the bus schedules and buy the tickets here:

<https://www.barquense.pt/>

<https://www.ovnitur.pt/>

<https://www.autna.com/pt-pt/horarios-e-precos/>

<https://rede-expressos.pt/pt>

Train schedules: <https://www.cp.pt/passageiros/pt>



## What to prepare before the departure

- Dynamic **presentation about your country and your organization** (maximum 15 min in total)
- Prepare activities about your country for the **intercultural night**: prepare traditional songs/dances and/or other activities that you would like to do. You can also bring traditional costumes/instruments. **Each team will cook one dinner with traditional food (starter, main dish, dessert, and drink)**. Each team will have a night dedicated only to its country. Please make a list of the ingredients you need and check if in Portugal we will be able to buy them or if you need to bring them with you. After having all the ingredients listed, we will buy them. Please be conscious of the ingredients' choices, considering the prices;
- Prepare **two energizers**/ice breakers/wake up the body (max 10 min each).

## Online meetings

- At least two online meetings with the partner organizations will be done before the departure;
- One will be held after the youth exchange with the partner organizations and the group leaders, to share feedback and the data collected after the evaluation of the YE.

## What should not be forgotten?

- Toiletries/sunscreen/repellent
- Clothing (at least one warm coat), practical/comfortable shoes, and slippers
- A reusable water bottle
- Beach towel
- Swimming suit
- Valid identity card/passport
- European Health Insurance Card
- Insurance with repatriation clause



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