



Mind's Canva Youth Exchange

APV: 13 a 15 of May

Y2: 2 to 8 of June
Águeda - Portugal

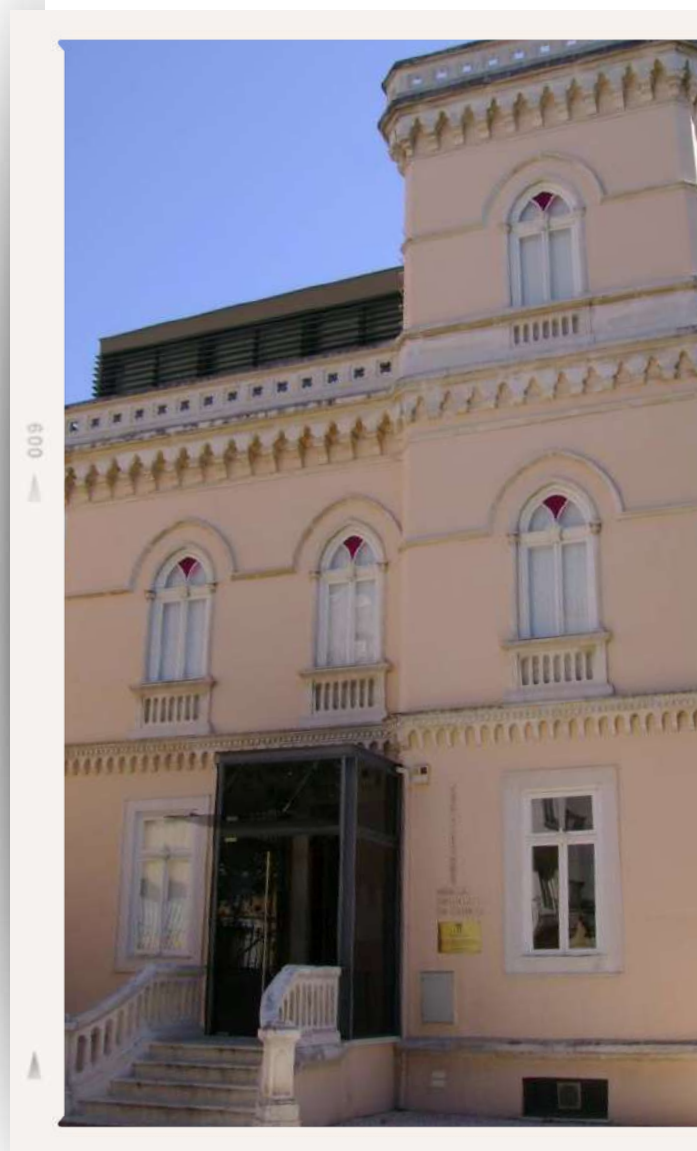
Welcome To Águeda

Dear Participants,

We are looking forward to meeting you for our youth exchange: Mind's Canvas in Águeda, Portugal, from the 2nd to the 8th of June 2024 (including one travel day before and another after).

In this document, you will find all the information you need.

Please, read it carefully!



About the project

Mind's Canvas is a youth exchange (YE), a part from Psientíficas 7 year Accreditation year 3, that brings together young people from diverse backgrounds to delve into the intersection of creativity and mental wellness.

Through dance, music, theater, and visual arts, participants board on a transformative journey of self-expression, healing, and advocacy.

They'll explore various artistic mediums as powerful tools for processing emotions, breaking down stigma, and fostering resilience in the face of mental health challenges.



Goals of the project



- To raise awareness and understanding of mental health issues among young people through artistic expressions.
- To challenge and reduce stigma around mental health through art and creative debate.
- Empower young people to use dance, music and theatre as tools for self-expression and mental health advocacy.
- To develop skills in dance, music and theatre, while fostering creativity and artistic expression.
- Promote collaboration and teamwork between participants from different backgrounds and cultures to create a comic about the impact of the arts on mental health.
- Promoting youth participation through non-formal education.
- Promote the opportunities of the Erasmus+ programme.

Participants

- 5 participants (from 16 to 25) + 1 team leader (+18) per organization
- Five organizations: Psientífica/CJA 🇪🇸, Tavo Europa 🇷🇺, Ayuntamiento Maracena 🇪🇸, Just do It 🇷🇺, Bitsi 🇪🇸
- Youngsters interested in acquiring and deepening their knowledge of the topic
- Youngsters who love arts and to express themselves through it
- Willing to learn and share their experience
- Strong interest in increasing knowledge about Erasmus+



Timetable

Youth Exchange 1 - Mind's Canvas					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:30 – 11:00	Introduction Ice breaking activity Social contract	Ice breaking activity What is mental health ?	How dance and music help with mental health – workshop	Preparing the movie	What is next
11:00 – 11:30	Morning Break				
11:30 – 12:30	Team Building activity	Mental health in each country – youth perspective (Movie) Dealing with emotions activity	Theater for a better mental health - workshop	Preparing the movie	Youthpass Evaluation
12:30 – 14:00	Lunch Time				
14:00 – 15:30	Mission Impossible	Dealing with stress Mindfulness session	Preparing the movie	Presentation of the movie	Self-assessment Reflection of the week
15:30 – 16:00	Afternoon Break				
16:00 – 18:00	Mission Impossible Fears, expectations, contributions Reflection on the first day	How the arts help with mental health-Art residency	Preparing the movie	Last changes and the movie finalisation	Free time to explore the city
18:00 – 19:30	Free Time				
19:30 – 21:00	Dinner	Dinner + intercultural evening	Dinner	Special dinner	Dinner

Trip to Águeda

Águeda is a small town with limited access to major cities. This is the suggested itinerary from Porto's Airport to Águeda.

From the Airport, you take the **metro** to Trindade Station (about 2€ per person)

Schedules on page 22

https://www.metrodoporto.pt/metrodoporto/uploads/document/file/691/horarios_online_08_01_2024.pdf

From Trindade station to Porto – Campanhã railway station (Validate the same ticket, simply change the line).

Take the **train** from Porto – Campanhã railway station to Aveiro railway station (about 3.55€ per person)

Schedules on

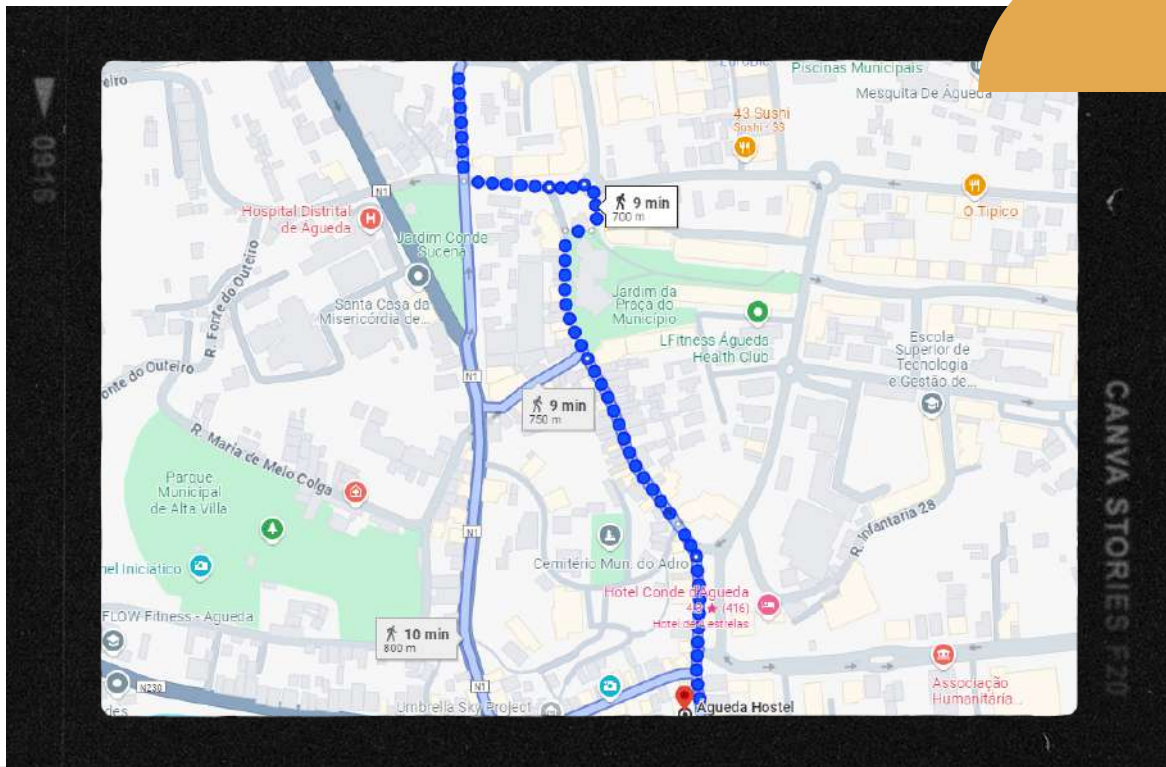
<https://www.cp.pt/passageiros/en>

From Aveiro railway station to Águeda railway station (about 2.20€ per person, you can ask for a discount for youth if you're younger than 25)

Schedules on the same link above.

When in Águeda

From Águeda railway station to the Hostel you are staying, it is only a 10-minute walk!



IMPORTANT

Be aware that after 21h00 you won't be able to reach Águeda by public transportation. Have this in mind when you book the tickets! As a last resort and if there isn't any other way to the accommodation taxi/bolt and uber will be exceptionally reimbursed.

About Águeda

Águeda is a small city in the north - center of Portugal - it has about 14000 habitants.

The city is crossed by a river called Águeda, as well. The most part of its territory consists of small mountains and large valleys.

The distance between Águeda and Porto is 72km and 240km from Lisbon.

Águeda is an important commercial and industrial center, located in an extremely fertile area. The gastronomical and economical region where it is inserted, known as the **Bairrada**, encompasses many of the local civil parishes and is well known for its vineyards and wine industry, as well as its suckling roasted pig (*Leitão Assado à Bairrada*).

The average annual temperature is 15.2°C and it tends to rain a bit in the winter. Check the weather here:
<https://www.ipma.pt/pt/otempo/prev.localidade.hora/#Aveiro&%C3%81gueda>



Food and acomodation

You will Stay at Águeda Hostel and Friends

Address: Rua José Maria Veloso nr.8
3750-159 Águeda

The rooms will be assigned according to gender. Please let us know in advance if you have any preferences regarding the room's distribution. The rooms are only available for the participants of this mobility

The food will be served at the ESTGA university canteen. You can choose to have a meat dish, a fish dish, a diet dish, a vegetarian dish, or a salad dish. These will also be a special diner.

Address: R. Cmte. Pinho e Freitas 5, 3750-127 Águeda

Please let us know if you have any specific dietary needs/allergies.

The activities will be held in a room in Águeda Youth Center.

Address: Praça Conde de Águeda, 3750-101

Financial Conditions

Transportation costs of all participants will be covered by project's budget up to Erasmus + limits of transportation costs for a certain country, based on Erasmus+ distance calculator: <https://erasmus-plus.ec.europa.eu/pt-pt/node/2626>

The travel distance is calculated from the hometown of the sending organization to the town where the activities will happen.

All costs related to accommodation, and food (3 meals per day- breakfast, lunch, dinner and coffee breaks during the activity) will be covered by project's budget.

Buying the tickets is an obligation of participants (with partners' organization support).

Buy the tickets with Psientífica VAT number:

Name of the organization: Psientífica
Address: Escola Central de Sargentos,
n.º 16, 2.º O, Águeda, Portugal

VAT: 507462823

Travel distance	Standard travel
0 – 99 km	23 EUR
100 – 499 km	180 EUR
500 – 1999 km	275 EUR
2000 – 2999 km	360 EUR
3000 – 3999 km	530 EUR
4000 – 7999 km	820 EUR
8000 km or more	1500 EUR

All the tickets (before purchasing them) should be confirmed and approved by the hosting organization (Psientífica / Águeda Youth Center).

Reimbursements



Reimbursement process will be done once the Mobility is over via bank transfer. The participants are required to provide the hosting organization all travel documents and a dedicated reimbursement form.

- Don't forget to send via e-mail and bring invoices of your tickets, since we can not reimburse anything without documentation. Boarding passes are obligatory as well.
- The prices should be stated in the invoices, receipts and they must coincide with the price on the ticket.
- Train/bus tickets must show visible arrival and departure time as well as the price (+invoices if available).
- Missing or lost tickets are not reimbursed.
- Any costs for renting a car or petrol are not reimbursed.

Following the guidelines of the Erasmus+ Youth/Sports and ESC Programme and internal regulations the travel must be released by the participants on the direct way within maximum 2 days. In case of long pauses or indirect routes (holiday travel), you'll have to sign a document explaining the different indirect route.

What to bring?

- ID/Passaport
- European Health Card
- Boarding Tickets and travel expenses for the reimbursements
- Phone Charger
- Small umbrella
- Comfortable clothes
- Motivation and a good mood!

Important contacts

Police: +351 234 622 417

Emergency: 112

Taxi: + 351 912 384 682



For more projects:

Explore the world and learn together
with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>

The Traveler Pass 2024

You are welcome to join our new educational
programme for 2024!

Dive into non-formal learning exploration for a 50 euro
fee that will unlock your potential to join all youth
exchanges, study visits, events in Lithuania and abroad
until the end of the year!

Please do not pay any fee until you receive a
confirmation letter to join the programme.

If you want to join the project, please fill the application
form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to
send most suitable and motivated participants to all of
our projects