



## INFOPACK

# RADIO: Recognizing and Deconstructing Information On and Offline

Aveiro, Portugal  
23rd to 28th April 2024

**ERASMUS +**  
**YOUTH EXCHANGE**



# CAIS 1515 ASSOCIAÇÃO CULTURAL



## CAIS 1515 - ASSOCIAÇÃO CULTURAL

Cais 1515 – Associação Cultural, founded in 2021, in Aveiro, Portugal, aims to design, organize, develop, implement and disseminate cultural, social, artistic and pedagogical projects in the transdisciplinary and intercultural scope; challenge, inform and entertain through socio-cultural projects, with civil society in general; promote activities at a local, national and international level, collaborating with public or private institutions, involving artists and diverse communities, with the following guidelines as priorities: consultancy, curatorship, promotion and production in the field of visual and performing arts, cinema, audiovisual and multimedia, among other artistic intersections, with civil society; promotion of training, workshops, lectures and gatherings of a cultural nature; promote and preserve the cultural memory of the region where it is located, through activities and initiatives in partnership with public and private institutions; create artistic residencies and spaces for cultural and multidisciplinary thought, reflection and enjoyment; constitute and participate in creative networking platforms; edit and distribute artwork and publications in print or digital format; promote shows and other artistic and cultural objects.

Cais 1515 – Associação Cultural has collaborated with several artistic projects, public and private, having as partners and partners several entities and associations in the Region of Aveiro.

Based in the previous associative and international experience of each Cais 1515 members, we are certain that the implementation of the present proposal within the scope of Erasmus+ Programme will be very important for the rising of our organisation and development of our staff, resulting in relevant impacts at local and European level.



# OUR PROJECT



## OUR PARTNERS



Lithuania  
TAVO Europa



Serbia  
Novi Sad School of Journalism



Italy  
Eurosud

## FRAMEWORK

In 2020, the World Health Organization and the United Nations declared in a joint communiqué that the world was facing two pandemics: the Covid-19 pandemic and the disinformation pandemic. Three years on, Covid-19 has been largely overcome, but the infodemic has not slowed down. On the contrary, it is far from being contained.

The spread of fake news has taken over physical spaces - television, radio and newspapers - and digital spaces - social networks, blogs, platforms such as Youtube, Twitter and TikTok, which affects the way we see and experience the reality in which we live and has an impact on different levels.



## PROBLEM

How can we combat the high levels of disinformation and low media literacy among young people? How do we act on the causes that encourage the proliferation of disinformation?



## NEEDS

- a) To make young people aware of the impact of disinformation on individuals, society and democratic institutions.
- b) To connect young people with the media, particularly community radio stations, to develop media literacy skills and lifelong learning skills.
- c) To promote civic engagement and democratic participation among participants in the fight against widespread disinformation.

# GENERAL OBJECTIVES

- a) To raise young people's awareness over the impact of disinformation in individuals, society and democratic institutions.
  
- b) To connect young people with the media, namely community radios, so they develop media literacy skills and lifelong learning skills.
  
- c) To promote young people's civic engagement democratic and participation to combat disinformation.



## SPECIFIC

## OBJECTIVES

- a) Inform young people about different forms of civic and democratic participation and show them how to make a difference in the community through distinct mechanisms, like participating in initiatives such as this one, for example;
- b) Build young people's capacity to recognize malicious and propagandistic information, which works as a protective mechanism against extremism;
- c) Enhance young people's analytic spirit, develop media literacy skills and lifelong learning skills – highly useful capacities to empower youngsters and to potentiate their development and autonomy;
- d) Favour young people's insights on the impact disinformation has on individuals and communities and make them aware of their role in tackling this and other phenomena with renewed confidence;
- e) Make young people understand the media's relevance, specifically community radios' relevance, and motivate them to contribute to its continuity –by engaging with their content and by being vigilant over the quality and rigor of the information they transmit;
- f) Correctly inform young people over the Ukrainian situation and make them aware of the role disinformation had in this conflict, making it an example of how important it is to promote and develop media literacy and to empower citizens to participate.

# PROFILE OF PARTICIPANTS

## YOUTH EXCHANGE

Group Leaders: 2 of each organization.

### GROUP LEADERS

- a) Diverse experience in working with young people with and without fewer opportunities;
- b) Dynamism, reliability, proactivity and empathy;
- c) High oral and written communication skills in both mother tongue and English;
- d) High mediation and conflict resolution skills;
- e) Experience and ease in managing collaborative working groups;
- f) Diverse experience in working with young people from different backgrounds and extensive knowledge of this target group;
- g) Experience and creativity in the field of non-formal education;

# PROFILE OF PARTICIPANTS

## YOUTH EXCHANGE

Youth Participants: 5 of each organization  
(4 of them with fewer opportunities).

### YOUTH GENERAL

- a) Ages between 18 and 30;
- b) Completing their formal education; starting their professional career; temporary or seasonal jobs; unemployed; in precarious situations; young NEETs;
- c) From diverse social, cultural, political and family backgrounds;
- d) Motivated to acquire new knowledge, to live new experiences and to face challenges that break their routine and allow them to broaden their horizons;
- e) Interested in the theme of the project and how the consortium will approach it and implement the initiative;
- f) Respectful, approachable and open to dialog;

**\*GENDER EQUALITY MUST BE RESPECTED**

# PROFILE OF PARTICIPANTS

YOUTH  
(SPECIALLY WITH  
LESSER OPPORTUNITIES)

- a) History of structural and systemic discrimination due to age, nationality, gender identity, ethnicity, religion and other factors;
- b) Reduced access to personal development opportunities;
- c) Reduced access to initiatives with educational methodologies suited to their profile, needs and skills;
- d) Reduced experience in projects of this nature or similar initiatives;
- e) Gaps in media literacy and high vulnerability to disinformation;
- f) Low civic involvement and low democratic participation;
- g) Gaps in access to and use of digital tools;

**\*GENDER EQUALITY MUST BE RESPECTED**

# PROFILE OF PARTICIPANTS

## YOUTH EXCHANGE

YOUTH  
(SPECIALLY WITHOUT  
LESSER OPPORTUNITIES)

- a) Good levels of access to digital tools;
- b) Good levels of digital literacy;
- c) Can have experience in international/ mobility projects.

\*GENDER EQUALITY MUST BE RESPECTED

# ACTIVITIES

## YOUTH EXCHANGE

Type of activity: main transnational competence development mobility

Location:  
Aveiro, Portugal

Dates: April 22th  
to April 27th of 2024

Work Methods:  
Non-Formal Education;

Countries involved: all countries participating in the project.

We have two possible dates: April 22-27 or April 23-28.  
If flights are too expensive and it is not possible to cover the costs,  
the project dates will have to be revised to a date to be agreed.



# SURVIVAL KIT



## HOW TO ARRIVE TO AVEIRO



**AIRPORT**  
Arrival at  
Oporto  
Airport



**METRO**  
Purple line  
to  
Campanhã  
Train Station



**TRAIN**  
Ticket to Aveiro  
- Urbano Train



**ARRIVAL AT  
AVEIRO** Meeting  
point: Praça Doutor  
Joaquim  
Melo de Freitas



**CHECK IN**  
Gather with group  
and make the  
check-in at  
**AVEIRO ROSSIO  
HOSTEL**  
(R. João Afonso de  
Aveiro, 1, Largo do  
Rossio, 3800-198 Aveiro)



## HOSTEL INFORMATION



1.3 Kms by foot



### Aveiro Rossio Hostel

Adress: R. João Afonso de Aveiro, 1, Largo do

Rossio, 3800-198 Aveiro

Check-In: starting 15h00

Check-Out: until 12h00

# GENERAL INFORMATION



## PHARMACIES

Farmácia Central (day shift) or  
Farmácia Aveirense (24hours)



SUPERMARKET Mini-  
mercado Palmeira



Medical emergency number: (+351) 112  
Health line (Saúde 24): (+351) 808 24 24  
24 PSP (Police): (+351) 234 400 390

PLEASE ALSO CONTACT US IF NECESSARY IN  
ORDER TO HELP YOU WITH ANYTHING

## ACTIVITIES VENUES



AGRUPAMENTO DE ESCOLAS DE ESGUEIRA  
Adress: Rua Pedro Vaz de Eça, 3804-506 Aveiro



JUNTA DE FREGUESIA DE ESGUEIRA  
Adress: Rua Bento Moura, 34, 3800-114 Aveiro

## BUS SCHEDULE AND BUS STOPS

NOTE: we will buy you all the bus tickets. If you want to it's possible go by foot, it's a 20 minute walk (1.8kms).

### AVEIRO > ESGUEIRA

BUS STOP: AV. DR. LOURENÇO PEIXINHO, CAPITANIA A

1st option: Bus Line 8 > 09h06

2nd option: Bus Line 10 > 09h27

### ESGUEIRA > AVEIRO

BUS STOP: NEXT TO SCHOOL

1st option: Bus Line 10 > 17h23

2nd option: Bus Line 5 or 7 > 17h27  
3rd option: Bus Line 8 > 17h38

4th option: Bus Line 4 > 17h46

5th option: Bus Line 3 > 17h49

## LUNCH



AGRUPAMENTO DE ESCOLAS DE ESGUEIRA  
CANTEEN  
Lunch time: 12h00

## DINNER



UNIVERSIDADE DE AVEIRO  
CANTEEN  
Dinner time: 19h15

# BASIC COMMUNICATION PHRASES IN PORTUGUESE

“Hello!”

“Olá!”

“Thank you.”

“Obrigado.”

“How are you? I am fine, thanks!”

“Como estás? Estou bem, obrigado!”

“My name is...”

“O meu nome é...”

# BASIC COMMUNICATION PHRASES IN PORTUGUESE

“Goodbye!”

“Adeus!”

“Can you tell me where  
the nearest pharmacy is?”

“Pode dizer-me onde é que fica  
a farmácia mais próxima?”

“Where is the nearest  
supermarket?”

“Onde é que fica o supermercado  
mais próximo?”



# TIMETABLE





YOUTH EXCHANGE TIMETABLE | DAY 1

Schedule	Activities	Description
09h00 - 10h00	Reception and introduction of the participants	Reception of the participants. Informal introduction of participants through group dynamics - each young person should introduce the colleague with whom they corresponded in the preparation phase. Discussion about the rules of conduct essential for a safe and learning-friendly environment, with contributions from all young people.
<b>10h00 - 10h30   Coffee-break</b>		
11h00 - 12h00	The Project: Expectations, Goals and Objectives	Presentation of the project by the facilitator - social problem and identified needs, objectives, activities, learning outcomes and expected impacts. Large group discussion on these issues, with the opportunity for each young person to share their opinions, expectations and fears regarding the exchange.
<b>12h00 - 13h30   Lunch</b>		
13h30 - 15h00	How to promote active citizenship among young people	Large group discussion on these issues, with the opportunity for each young person to share their opinions, expectations and fears. This debate will be based on the theme of the project and will extend to the dangers of extremism in the European Union. It is also expected to address the issue of this year's European Union elections and how young people look at the information they receive.
<b>15h00 - 15h30   Coffee-break</b>		
15h30 - 17h15	How do fake-news and disinformation increase extremism?	The groups, through different dynamics, will have to search history and the present for ways in which disinformation, fake news and single currents of thought are spread
17h30 - 18h30	Recording of a podcast	Based on the information shared on the first day, the participants will record a podcast on a topic agreed between them.
<b>19h00 - 20h30   Dinner</b>		
20h00 - 21h30	Daily Reflection	Moment of reflection on the experience of the day, and conceptualization of the lessons learned, on an individual basis, with the possibility of support from the group leader and/or the group mentor. This process will be carried out using a guide with questions about the day's activities.
<b>21h30 - 08h00   Rest</b>		

YOUTH EXCHANGE TIMETABLE | DAY 2

Schedule	Activities	Description
09h00 - 10h00	Team-Building	Dynamic activities like role play and word association to assess participants' existing knowledge. A brief overview of common understandings follows. The main activity involves mixed multicultural groups co-constructing their definitions of Democracy, Democratic Values, and Civic Participation. This promotes essential lifelong learning skills, nurtures a democratic culture, and enhances positive interpersonal relationships among participants.
10h00 - 10h30   Coffee-break		
10h30 - 12h00	Media Literacy	This activity will promote the development of essential lifelong learning skills and media literacy competencies. It will also foster positive interpersonal relationships among participants.
12h00 - 13h30   Lunch		
13h30 - 15h00	Information and Misinformation	Group dynamics to work on the theme of misinformation and critical thinking skills: "find the fake news"; "to share or not to share?". We will use news related to dictatorships of the 20th century and the rise of extremism in the 21st century.
15h00 - 15h30   Coffee-break		
16h15 - 17h15	Information and Misinformation	In small groups of 4/5 participants, with the support of the facilitator and mentor, young people will reflect on the ways they access information, the needs for analysis and evaluation, the ethics and responsibility in sharing it. and role in combating misinformation, which tools (online and offline) they can use to participate and get involved in promoting media literacy and other local, national and European initiatives.
17h30 - 18h30	Recording of a podcast	Based on the information shared on the first day, the participants will record a podcast on a topic agreed between them.
19h00 - 20h30   Dinner		
20h00 - 21h30	Daily Reflection	Moment of reflection on the experience of the day, and conceptualization of the lessons learned, on an individual basis, with the possibility of support from the group leader and/or the group mentor. This process will be carried out using a guide with questions about the day's activities.
21h30 - 08h00   Rest		

Schedule	Activities	Description
09h00 - 10h00	Preparation of a Live Debate	Group dynamics to work on the theme of misinformation and critical thinking skills: "find the fake news"; "to share or not to share?". We will use news related to climate change, stereotypes and prejudices, digital tools and social networks.
10h00 - 10h30   Coffee-break		
11h00 - 12h00	Recorded debate	In small groups of 4/5 participants, we will prepare debates that will be recorded and used in a podcast about artistic resistance movements and how they helped to bring down totalitarian regimes. It will be interesting to merge this theme with how culture was disseminated and how important it was in keeping the population informed
12h00 - 13h30   Lunch		
13h30 - 15h00	Media and Action: Potentials? How to Act?	In small groups of 4/5 participants from different countries, young people will reflect on their role in fighting misinformation, which tools (online and offline) they can use to participate and get involved in promoting media literacy and other local, national and European initiatives in order to promote active and civic citizenship. Large group discussion and recording of conclusions.
15h00 - 15h30   Coffee-break		
15h30 - 17h30	Round Table	What are the best ways to promote active citizenship among young people? How do we become more aware and alert to the dangers of the infodemic and the rise of totalitarian regimes? How, through non-formal education, can we build a historical memory among young people so that we don't make the same mistakes as in the past? This will be a recorded session.
17h30 - 19h00	Free time	Time for you to have some fun together =)
19h00 - 20h30   Dinner		
20h00 - 21h30	Daily Reflection	Moment of reflection on the experience of the day, and conceptualization of the lessons learned, on an individual basis, with the possibility of support from the group leader and/or the group mentor. This process will be carried out using a guide with questions about the day's activities.
21h30 - 08h00   Rest		

YOUTH EXCHANGE TIMETABLE | DAY 4

Schedule	Activities	Description
10h00 - 12h00	Field Trip	Visit to an exhibition on April 25 in the center of Aveiro. On this day, Portugal celebrates the 50th anniversary of April 25, the date on which the military succeeded in abolishing the Estado Novo (fascist regime) in Portugal. Our Italian partners also abolished their regime on this date, albeit in 1945. We celebrate the dates and look at the importance of the media in these commemorations.
12h00 - 13h30   Lunch		
13h30 - 15h00	European Memory	What do we know about the totalitarian regimes of the 20th century in Europe? And about now? A survey of the media on how they acted during the regimes and how they act now in relation to the war in Ukraine.
15h00 - 15h30   Coffee-Break		
15h30 - 16h30	Preparing the cultural moment	As it is a special day, we will try to prepare a special moment for the young people who want to join us. We'll be preparing an event with poetry performances, songs, talks and more!
17h00 - 20h00	Debates, talks and podcasts	It's time to sum up everything we've done over the last few days. To do this, we're going to get together in small groups, which will take turns. This moment will be open to the community.
20h00 - 21h00   Community Dinner		
21h00 - 23h00	Cultural Program	We're going to celebrate the Portuguese and Italian April 25 through various cultural events
23h00 - 08h00   Rest		

YOUTH EXCHANGE TIMETABLE | DAY 5

Schedule	Activities	Description
09h00 - 12h00	Field Trip	Visit to a newsroom of a newspaper and a radio station. Discussion and debate between young people and professionals - practical issues, curiosities, the future of media and youth involvement
12h00 - 13h30   Lunch		
13h30 - 15h00	What do you think can be the future of media?	Working in groups to find new solutions to work on issues related to historical memory, culture and information in a way that appeals to young people
15h00 - 15h30   Coffee-Break		
15h30 - 17h00	Dynamic and interactive quiz	Engage in a pre-prepared quiz with content extracted from the most-used social media platforms, featuring various challenges such as True or False?, Find the error, Who said this?, What's wrong in here?, etc. These dynamics will be applied in small groups and later in a large group, always with distinct content. Young people will share their answers, discuss their opinions, and clarify their reasoning to stimulate peer learning, supporting their development and that of their peers.
17h00 - 19h00	Free time	Free time =)
19h00 - 20h30   Dinner		
20h30 - 21h30	Free time	Informal gathering for group goodbyes
21h30 - 08h00   Rest		

YOUTH EXCHANGE TIMETABLE | DAY 6

Schedule	Activities	Description
09h00-10h00	Future Steps	Reflection, debate and preparation of the next steps related to the project and the participants' lives. Possibilities of integrating what was learned in their day-to-day lives.
10h00 - 10h30   Coffee-break		
10h00 - 10h45	Debriefing, Evaluation Assessment	Reflection activity on the project. Hetero-evaluation. Reflection on the skills, the learning achieved and the gains made by the group and for the organizations. Reflection on their contributions to the achievement of results capable of generating relevant social impacts. Reflection and sharing of the group's strengths in developing solutions to combat misinformation, promotion of Media Literacy and youth participation and social inclusion. Evaluation of the quality of the project. Reflection and sharing about one's mobility experiences.
12h00 - 13h30   Lunch		
11h00 - 12h00	Debriefing, Evaluation Assessment	Reflection activity on the project. Hetero-evaluation. Reflection on the skills, the learning achieved and the gains made by the group and for the organizations. Reflection on their contributions to the achievement of results capable of generating relevant social impacts. Reflection and sharing of the group's strengths in developing solutions to combat misinformation, promotion of Media Literacy and youth participation and social inclusion.
19h00 - 20h00   Dinner		
20h00 - 21h30	Daily Reflection	Moment of reflection on the experience of the day, and conceptualization of the lessons learned, on an individual basis, with the possibility of support from the group leader and/or the group mentor. This process will be carried out using a guide with questions about the day's activities.
21h30 - 08h00   Rest		

# WHAT DO WE NEED?

## WHAT DO WE NEED?

In order to start our Youth Exchange project we need you to send us the following informations about each participant from your organization:

- a) Full Name, Citizen Identification Number and date of birth;
- b) Email and phone number (with your international access code. For example for Portugal is +351)
- c) European Health Card Number;
- d) Food restrictions;
- e) How the participants want to be treated and cultural sensibilities that each of us must understand;
- f) Other informations that you find helpful.



## 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.