

Close Your Eyes

Erasmus+ Youth Exchange

Project number 2023-1-PT02-KA151-YOU-000142180, activity LM-EXCH-P-3

Summary important information

Youth leaders meeting online: **Wednesday, 12 June 2024, 15:00 Portugal time**
APV date: **wednesday, 19 June 2024, 15:00 Portugal time**

of participants: **45 participants (1 leader + 5 youths) = 8 partners**

Deadline to inform participants information for APV and event: **10 June 2024**

Program dates:

. **5 July 2023 (Friday) - Arrival day**

. **15 July 2023 (Monday) - Departure day**

Place: [Ananda Kalyani](#), Ourondo, Castelo Branco,
Portugal [Infopack link](#)

A) OBJECTIVES AND ACTIVITIES OF THE MOBILITY

This activity aims to:

- Enhance and enrich through practical skills each participants' personal development, particularly related to self-awareness and self-improvement;
- Strengthen and practice mindfulness in action as well as empathy and respect towards others
- Cultivate a deeper well-being that facilitates one's ability to more effectively manage stress, become more resilient and maintain a positive mindset

- Clarify and emphasize how personal growth and development relate and add value to civic engagement, social development and efforts toward positive social change

And more specifically:

- Provide a structured approach to learning and practicing various meditation techniques with step-by-step instructions and exercises to help develop a consistent practice;
- Share best practices to maintain and enhance physical and mental health and vitality through diet, exercise—especially yoga—and a balanced lifestyle;
- Encourage each participant to track their progress and make notes about their experiences in a personalized approach that allows individuals to adapt the practices to their own needs and preferences;
- Integrate meditation and mindfulness into everyday activities, such as walking and eating, as well as interacting with others and working to improve social conditions;
- Offer guidance on common challenges that individuals may encounter, such as dealing with distractions, restlessness, and intrusive thoughts;
- Explore topics such as higher states of consciousness, using meditation for deeper personal growth, developing a sense of inner peace, and engaging meaningfully to create a more just and sustainable society;
- Impart a deeper understanding of meditation, yoga, and its related lifestyle that informs our capacity to transform and strengthen ourselves—physically, mentally, and spiritually—our relationships, and ultimately help transform our social reality;
- Cultivate presence and clarity;
- Manage stress and emotions;
- Build communication and collaboration skills, such as conflict resolution, active listening, and mindful communication;
- Meditation, self-reflection, and compassion can foster a sense of social responsibility and empathy among participants. By developing these qualities, young people can actively contribute to the local community, engage in social projects, and develop a broader understanding of societal issues;
- Stress reduction, emotional well-being, and the cultivation of a calm and focused mind equip young people with effective tools to manage stress, enhance resilience, and maintain a positive mindset;
- Mindfulness, empathy, and effective communication help participants develop a deeper understanding of themselves and others. By cultivating these skills, they can engage in meaningful and respectful interactions with individuals from different cultures.

B) PROFILE OF THE PARTICIPANTS

Please make sure your chosen participants fit our requirements below. We would like participants that:

- . are motivated and want to get involved;
- . respectful, and cooperative;
- . be patient with other cultures;
- . open minded to learn and share;



- . reasonably good English speaking skills; gender balance;
- . fewer opportunities.

We are seeking participants with fewer opportunities, which are participants that face: barriers linked to discrimination, educational and training systems, economic, social or geographical barriers, cultural differences, disabilities, economic obstacles, health problems.

For the final report we need to inform how many participants from each type of “fewer opportunities” we will have in the mobility, so we included a question in the application so the participants can inform us.

C) COMMITMENTS FROM PARTNER ORGANISATIONS

Each organisation can bring a team of people: 4 youths and 1 youth leader. Please let us know if you have a specific situation and we can try to adjust.

The partner organisations commit to choosing the appropriate number of participants according to the criteria set out above. Your participants need to be fully committed to all aspects: actually showing up, participating fully in all project activities and to use what they have learned for their own work after they come back. Feel free to suggest additional participants for the waiting list - it often happens that there are some cancellations at the last minute.

If one of your participants steps back, the partner organisation needs to find a replacement. In case a participant gets ill right before the event and cannot travel, we can only reimburse the travel tickets with a medical certificate from the participant explaining the motives why the person could not join. We would then inform Erasmus it was a “force majeure” situation.

D) TRAVEL

Participants need to book their own travel and they will get reimbursed according to the distance calculator between the venue of the mobility and the official partner’s address.

We would like to request that all the participants come and return home using green travel.. Green travel means to use a type of transportation different from a plane. It can be a train, a bus, a car, a motorbike, a bicycle, carpooling, etc. Since the theme is Footprints, we would like to settle an example since the transportation choice they will be taking to arrive at the venue.

If someone can not use green travel, please get in touch with us so we can check together some other possibilities.

It is advisable that the partner/ youth leader can travel together with the team and support them, if needed. It also can be a way to spend time together as a group and start deeper relationships.

E) TRAVEL REIMBURSEMENT

Travel reimbursement amount is calculated using [Erasmus distance calculator](#). The distance between the partner organisation and the venue's mobility will determine the range of the amount to be reimbursed, according to the table below:

Travel distance	Standard travel
10 – 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

The fields in dark gray in the table mean that there is no difference between the standard travel and the green travel for the related travel distance range.

As the participants selected by the partners fill in the application form, we will send them a welcome email with the travel reimbursement procedure that will contain detailed instructions on how to proceed with the travel reimbursement.

Basically, they will receive:

(a) a reimbursement request form, where:

- . they should inform the bank details and name of the person to be reimbursed from their travels; . included in this form, that is the green travel declaration of honour;
- . they should fill in with all details of their travel and sign;

- (b) a link to a google drive folder with their own names, where they should:
- . upload all their transportation tickets, travel receipts, etc;
 - . upload all other important information related to their travel;

After the mobility, when we have all the information above correctly saved, we will then check the documents and proceed with reimbursement up to the specified amount by country. As our partnership is formally closed, we will inform the range and the maximum amount to be reimbursed.

F) PREPARATORY VISIT

Preparatory visits aim to ensure high quality activities by facilitating and preparing administrative arrangements, building trust and understanding and setting-up a solid partnership between the organisations and people involved. Preparatory Visits take place in the country of one of the receiving organisations before the start of the Professional Development Activity. It is important to have the partner's representative, youth leader and also a youth that will participate in the project in the preparatory visit.

G) THE VENUE

Ananda Valley is an ecological research & volunteering hub, that aims to help people fully realize their inner potential, in harmony with nature and the surrounding community, located on the edge of the Serra da Estrela natural reserve, in Ourondo, Castelo Branco, Portugal.

You will have the opportunity to see and experience how this project is implementing sustainable and regenerative practices for supporting personal and local development, working hand in hand with the local communities.

The participants will also have the opportunity to practice yoga and meditation if they are interested.

Click here to check the video "[Ananda Valley Intro - About us](#)".

H) DISSEMINATION

The partners are required to help spread information about this project, e.g. by posting articles on your own website, social media (facebook, instagram or other page), or spreading the news in your newsletter, informing your members etc.



Please make sure you send us a link of the information you will disseminate, this information is highly important for the project's final report. We should also cover some Erasmus+ platforms during the event, like EPALE and Salto, and we invite you to login and post articles and information there as well.

Also, after the event, it is important that the participants share what they learn with others. The entity can help promote a gathering and orient the participants. We would need to receive the links and materials prepared as well.

For more projects:

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The Learning 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 training courses, professional 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.