

Erasmus+ Youth Exhcange



Date: 28th of May to 6th of June 2024

including 2 travel days

Arrival day: 28th May 2024 Departure Day: 6th of June 2024





Co-funded by the Erasmus+ Programme of the European Union









'VOTE' is a mobility project for young people that will bring together 30 participants and 1 group leader from 6 different countries. The project is built on the issue that young people are not interested in knowledge about democracy and therefore are not sufficiently participating in democratic processes.

The project aims to empower young people to actively engage in the democratic processes of their countries and the European Union. By providing them with the knowledge, skills, and motivation to participate in elections, we seek to increase their involvement in decision-making and civic activities.

The Youth Exchange is based on peer education and learning by doing. The methodology, "Dream it up! Stage it," lets young people demonstrate their future democratic life with their creativity and decisions through theatre. We believe that if we can increase young people's awareness about the importance of their participation, we can dream of a better future. This better future will be our highest achievement. Besides, we want to showcase activities about young people's participation as good practices, which can serve as examples to decision-makers and other NGOs. Lastly, the project will be inspirational for young people who want to take part in democratic participation.

The objectives are as follows:

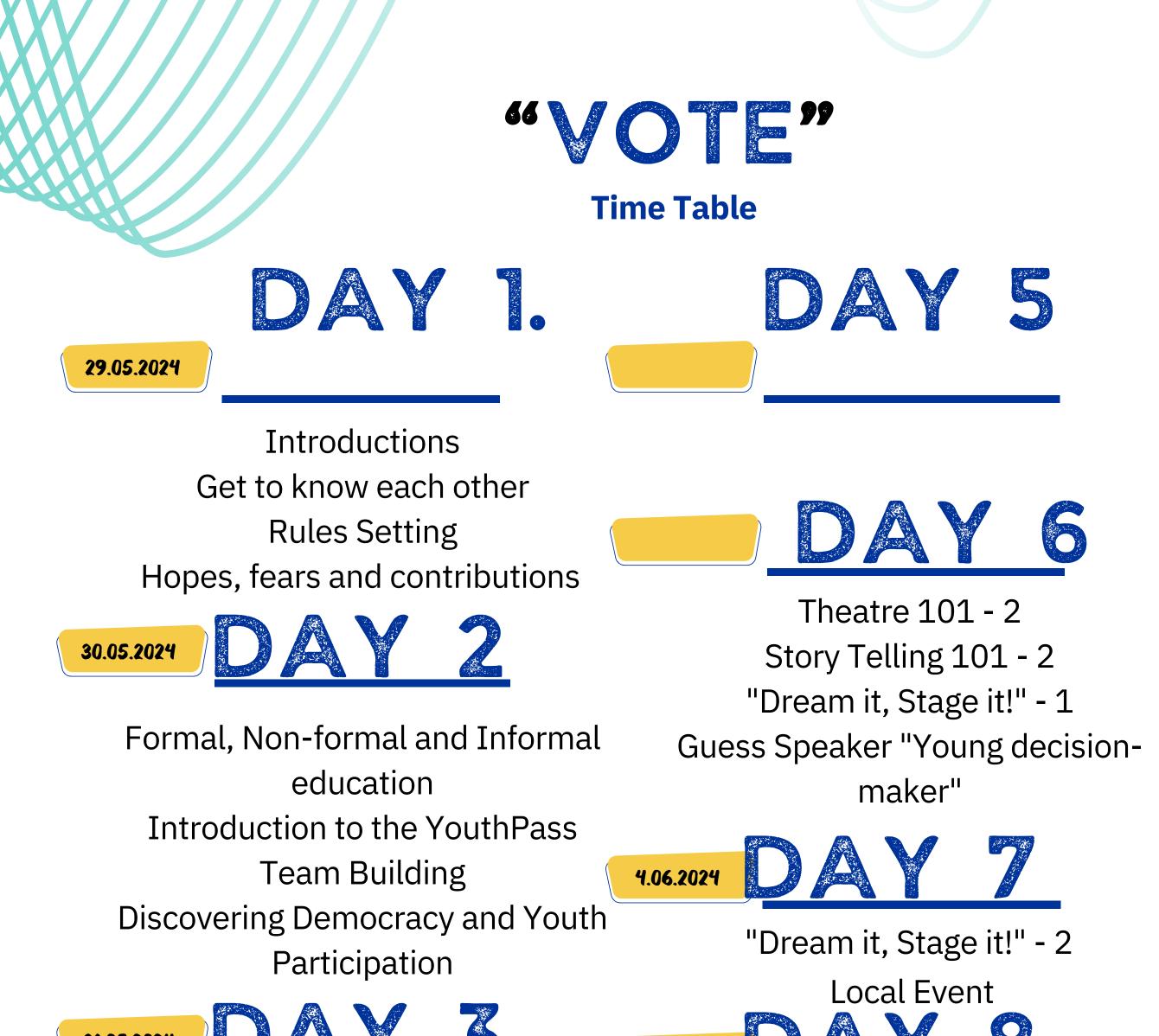
- To increase young people's democratic consciousness and awareness by demonstrating the democratic participation process.
- To promote and consolidate European citizenship and European common values.
- To increase voter turnout and youth participation in democratic processes.
- To improve young people's creativity through theatre.
- To ensure the inclusion of young people with fewer opportunities in the project.



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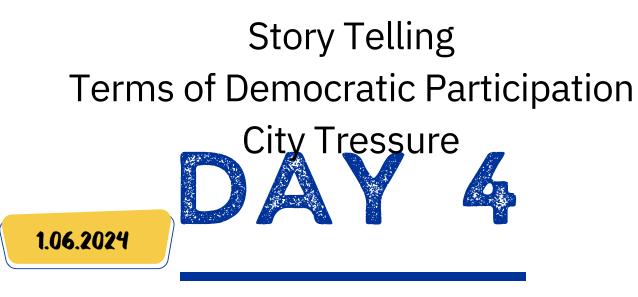












Theatre 101 Story Telling 101 Human Sculpture Visit of Organisation Mindfulness "When I packing my suitcase" The Letter To Me Final Evaluation and Reflection Secret Friend Revealing Youth Pass Ceremony



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Participants Profile

Participants from Portugal, Turkey, Lithuania, Hungary, France, and Greece will take part in the projects.

Group leaders, chosen from experienced and active youth workers, will ensure a balanced mix of knowledge, age, and gender within each group. Except for group leaders, participants will be aged between 18 and 24. The project aims to include young people with fewer opportunities, with a particular focus on fostering the attendance of Ukrainian youth affected by war. While the project language is English and participants are expected to freely express themselves in English, language proficiency is not a strict requirement. We will provide support through group leaders to overcome any language barriers.

We cordially invite all participants interested in exchanging experiences about the topic of youth participation and democracy.

Reimbursement

Travel costs to the venue and back will be reimbursed up to the maximum amount determined by the Erasmus+ Programme.

PORTUGAL	0€	
LITHUANIA	360 €	Save all the trav (boarding passes, tic
GREECE	360 €	Travel costs will b presentation of
HUNGARY	360 €	completion of follo activities.
TÜRKİYE	530 €	The transfers wi transfer through t account.
FRANCE	275 €	Before booking the get confirmation from

Save all the travel documents originals boarding passes, tickets etc.)

Travel costs will be reimbursed after the presentation of all documents and completion of follow-up and dissemination activities.

The transfers will be made via bank transfer through the organization's bank account.

Before booking the tickets, it's obligated to get confirmation from us.

***Insurance, personal expenses, private transports (taxi, bolt, uber etc.) are not refundable



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The closest airport is Francisco Sá Carneiro Airport (Porto Airport). Second option can be Lisbon airport also known as Lisbon Humberto Delgado or Portela Airport. If you arrive to Lisbon you can take bus or train directly to Porto. We recommend busses for more efficiency and better timing.



City Transport and To Reach Ermesinde

City transport is quite easy and good planned in Porto, but in the begining can confuse. From Airport you can take it metro to Campanhã train station. After you have to take another train from Campanhã to Ermesinde. This video explain very well how to reach city center.





From Campanhã to Ermesinde. All those trains written down with final destionation passing through Ermesinde.

> Marco Canavesses Braga Guimarães Penafiel



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About Ermesinde

Ermesinde is a tiny city near Porto, our organisation place here. This tiny city don't have too many attractions. Otherhand, it will offer you warm welcome of North Portugal, delicious cuisine, and tranquillity. If you look to "Maps":

We are quite close to Porto!

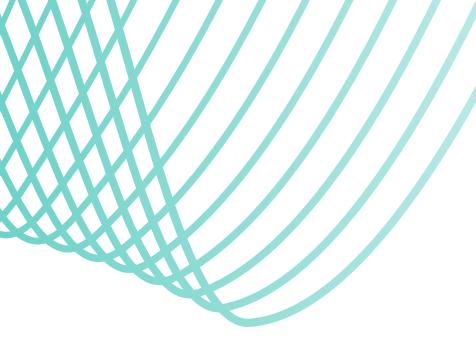
Ermesinde only 15 minute to Porto by train. This means you are coming to city of wine. Amazing views, history, joy, Porto wine, pastel de nata and francesinha waiting for you.











What to bring

Clothes: Although there's no dress code, we advise comfortable clothes and footwear to better enjoy the activities. The weather should be warm but not too hot, average of 23 °C, but it usually gets colder at night, so be sure to bring a warm jacket. You're also welcome to bring swimwear in case you'd like to go to the beach on the free day (beware, the ocean water is very cold).

Personal Hygiene: Anything you need for your hygiene (i.e. shampoo, conditioner, shower gel, deodorant, toothbrush, toothpaste, etc.).
Medication: If you have any specific or recurrent condition you take medication for, please be sure to bring said medication with you.

For Intercultural Evening: Ideas, traditional dances, music, snacks, drinks and/or whatever else you think of, to present your country and culture to the group.

Last but not least, be sure to bring an open mind, a positive attitude and lots of energy!

Insurance

All participants should come prepared with the European Health Insurance Card, or, in case you don't have access to this card, you must adquire a comprehensive travel health insurance, covering both the travel and the entire duration of the stay.



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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 yourpotential 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 jointhe 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



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