



Co-funded by the
Erasmus+ Programme
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INFO KIT

“Now You(th) Play”

17-25 September 2016
Guimarães Portugal



OUR ORGANIZATION

Move.T+ is a youth association and our aim is as simple as to build a better world, one day at a time. We are about 20 members aged between 16 and 30 years with the desire to promote social, cultural, sport and educational activities to the local community. Our name incites everyone to move, and it reflects our common passion to create activities that add value to the people and the city, inspiring and encouraging youth movement and initiative.

We want to promote an active citizenship, greater social cohesion, awareness on relevant community issues, and a fairer society, supportive and motivated to share experiences and join efforts towards a better world. Considering the specific personal and professional skills of each member, we have structured our activities into three main components: education & health promotion, civic & cultural intervention, and sports & environment.

The scope of our activities extends to the general population, in order to raise awareness about social, cultural, environmental and other relevant issues to promote active citizenship and shared responsibility in building a better world.



PROJECT SUMMARY

This project will be implemented through a partnership established between Move.T+, Portugal, STEP - Society for territorial progress, Slovakia, Sisak Youth Associations, Croatia, EuroDEMOS, Romania, and ISAB, Hungary and will take place from 1st August of 2016 to 31st May of 2017.

Nowadays, it is essential to encourage and support the personal and social development of underprivileged children and young people, stimulating on a permanent basis the integration of the individual in society with an effective response to the needs of the population on several levels.

All activities planned under this project will occur between **17-25 of September** and are focused on children and young people from disadvantaged backgrounds, reduced social conditions and poor families, including children and young people under institutional care. These actions and activities intend not only to actively promote the learning of rules and behavioral standards but also to energetically promote social inclusion and solidarity, providing the opportunity to integrate underprivileged social groups into the community. In addition, this project will provide a great chance for the participants to meet new people and create a new network of friends.

Several initiatives and a set of educational and training dynamics will be implemented such as sports activities, awareness campaigns, laboratories, round tables, workshops, cultural visits and murals, small theatre, photography exhibitions, video sessions, music concerts, among others. The methods to be used will allow the introduction of different approaches such as role playing, debates, discussions and conversations, structured dialogue, surveys, banners, posters, flyers, visual arts, communications, team building, paddy paper and thematic games.

While developing these and other activities the participants will be encouraged to strengthen values such as solidarity, democracy and friendship, enhance the level of competences and transferable skills, promoting the participation in democratic life and the access labor market, promote active citizenship, intercultural dialogue, social inclusion and solidarity to foster development, both on a personal and social level.

PARTICIPANTS

All activities planned under this project are aimed at young people from disadvantaged backgrounds, poor social and family conditions, including young people under institutions.

This project will involve a total of thirty young people, divided into five groups from different countries. Six of these young people concern the Portuguese delegation, while the other young people will be from **4 groups of six members each**, selected by partner associations.

All groups should be composed of one team leader and five young.

All groups will be mandatorily accompanied by a **team leader**, who will ensure the responsibility for the group, in order to safeguard not only the proper functioning of the activity, but also to ensure that all matters relating to safety and well-being of participants, particularly those under 18, are fulfilled and safeguarded. **The team leader must be at least 25 years and must be able to speak English proficiently.**

For each group of participants, there should be numerical gender equality in order to ensure gender balance as well as between different sensibilities and life trajectories. As regards the age of the participants, this must be contained in the range **16-30 years. All participants must know the basics for communicating in English.**

Be aware that our insurance only covers personal accidents and the activities proposed, during your stay in Guimarães.

OBJECTIVES

The topics covered in the program, in which participants will acquire new knowledge and skills, are:

- Social inclusion through sports (Booklet object), social solidarity and migration crisis;
- Employability and soft core skills for the labor market, including communication in English language, self-knowledge and motivation;
- Social Entrepreneurship, awareness of the idea and project development;
- Active citizenship and participation in the democratic process (eg forum);
- Organization of events (eg participation in the flash mob organization and the final forum);
- Introduction to various sports;
- The European Union, mobility opportunities, study, training and work offered to young Europeans and certifications.

YOUTHPASS

Participants of approved projects of Erasmus+ Youth in Action and of the Youth in Action programmes have the right to receive recognition for their participation and learning in the projects. The Youthpass Certificate is the instrument which has been developed for this purpose.

As this project is based on the principles of non-formal education, all the participants will be able to get a YouthPass certificate after the project, confirming their participation and mentioning the new gained competences.

At the end of every day, the participants would reflect on what they have learned during the day, drawing and modifying their Europass throughout the whole Exchange.

SCHEDULE

	Saturday 17/09/2016	Sunday 18/09/2016	Monday 19/09/2016	Tuesday 20/09/2016	Wednesday 21/09/2016	Thursday 22/09/2016	Friday 23/09/2016	Saturday 24/09/2016	Sunday 25/09/2016	
08:30 - 09:15		Breakfast								Travel
09:15 - 09:30		Meeting point in front of the youth hostel								
09:30 - 12:30		Basic Life Support Workshop	Sports for Inclusion	Social Entrepreneurship Workshop	Motivational Workshops and preparation of the Flashmob	Inclusion Workshops and Sports	Presentation “The UE for the youth”	Open Event		
12:30 - 13:30		Lunch								
13:30 - 14:45		Free Time								
14:45 - 15:00		Meeting								
15:00 - 16:45		Inclusion Lab	Tolerance and Inclusion Workshop “Migrants Integration”	Ideas for Future Projects Competition	Metting with Policy Makers	Tournament Games	Open Event Preparation	Global Reflection		
16:45 - 17:00							Coffee Break			
17:00 - 17:15			Team Leaders Briefing		Flashmob					
17:15 - 17:30										
17:30 - 18:30	Coffee Break	Peddy Paper by Night	Coffee Break	Coffee Break	Coffee Break and Competition Awards Delivery	Sport Activities				
18:30 - 19:00	Welcome Speech		Round Table	Round Table						
19:00 - 19:45	Team Leaders Meeting	Free Time								
19:45 - 20:30		Dinner						Tradicional Portuguese Dinner		
20:30 - 21:00	Multicultural Dinner	Free Time	Round Table	Competition Results Presentation	Movie Night	Outdoor Zumba Workshop	Closing of Daily Activities			
21:00 - 21:15										
21:15 - 21:30										
21:30 - 21:45	Multicultural Night	Portuguese Night and Educational Games	Closing of Daily Activities							
21:45 - 23:00										
23:00 - 23:15	Closing of Daily Activities			Closing of Daily Activities						

*** All activities are subject to change**

WHERE WILL I STAY?



All participants will be accommodated in Guimarões Youth Hostel.

Located in the center of town, Guimarões Youth Hostel is a privileged starting point to visit the historical center – World Heritage since 2001 with all of its typical little streets and cozy plazas. For more information you can visit their website¹.

FOOD

Breakfast will be served in your accommodation.

The rest of the meals will be served in several different places. We are trying to get you a diversified and cultural meals in order for you to meet our culture and costumes.

Please let us know if there are any particular needs about the food, such as allergies or vegetarianism.

¹ <http://www.pousadasjuventude.pt/en/youth-hostels/guimaraes/>

PREPARING THE TRIP

SOCIAL MEDIA



Just before the activities we want to promote the project through all social media, web sites and blogs of all the partners. Therefore, we want your help to make that possible.

Please share the exchange as much as you can, using the hashtags **#movetmais** and **#NYP**.

Don't forget to like our facebook page!²

CURRENCY EXCHANGE

In Portugal, the currency used is the Euro.

Thus, we suggest that the currency exchange is made in your own country.

There is also a currency exchange office in Oporto's Airport but have a lower exchange rate.

We cannot guarantee the exchange of all currencies in the city of Guimarães.

² <https://www.facebook.com/MoveTmais>

TRAVEL COSTS

Country	Maximum reimbursement
Croatia	270.00 €
Slovakia	270.00 €
Hungary	270.00 €
Romania	270.00 €

Table 1 - Maximum reimbursement for each participant

You must fly directly to Portugal. Stop-over's exceeding 12 hours will not be reimbursed. The project doesn't cover travel by taxi.

All the amounts foreseen by the project have been calculated according to the official address of each organization. So, the distance calculation has been made following the official distance calculator of the European Commission³.

How to get to Guimarães?

You should fly to Oporto's airport. You could also fly to Lisbon, but it would be more difficult to get to Guimarães.

When in Oporto's airport, we suggest you to get a bus called "getBus"⁴, it would take you directly to Guimarães, where you will be picked.

There are also the possibility to get metro and trains from Oporto or Lisbon but are not the best economic or logistic solution.

Please inform us as soon as possible how you are going to get to Guimarães, and at what time you will arrive.

You must keep a copy of all printed tickets so that we are able to reimburse you the costs. Buy already all the coming back tickets and bring a copy so we can reimburse you.

Do not board with any phone application! We need the printed tickets in order to reimburse you!

³ http://ec.europa.eu/education/tools/distance_en.htm

⁴ <http://www.getbus.eu/index.php?seccao=2&lang=en&local=GMR>

CHECK LIST

- ✓ All travel documents;
- ✓ Comfortable clothes for sport;
- ✓ A towel and things for your showers;
- ✓ Presentation of your country and association;
- ✓ A typical thing of your country (Drink, Snack, Souvenir...) for the intercultural night;
- ✓ European Sanitary Card in order to be safe in case of emergency;
- ✓ Presentation of a national sport; (preferably not in a computer)
- ✓ Presentation of traditional games in your country. (preferably not in a computer)
- ✓ Endless amounts of good mood and motivation for work and leisure;

Please let us know as soon as possible, what material you will need for your presentations.

INFO and CONTACTS



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<https://www.facebook.com/MoveTmais>



www.movetmais.pt



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