



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



P O R U M M U N D O M E L H O R



SPORTS VS DISABILITY AND EXCLUSION

INFO KIT

Guimarães, Portugal

APV: 25th to 28th of August 2017

YE: 30th Sep. to 8th Oct. 2017

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

Move.T+ designed DISPLAY - Sport Vs. Disability and Exclusion in cooperation with ChF, ISAB, STEP and Just do It, after local discussions with youngsters who want to tackle disability, social exclusion and lack of opportunities through sport, promoting inclusion and youth empowerment to impact society at all levels, backing mutual understanding, tolerance and opportunities for all. We aim at new solutions through partners' and participants' perspectives, informal and non-formal education tools and peer-learning.

In a world facing unparalleled multicultural challenges and an urgent need to instil common fundamental values particularly to the hard to reach young people, preventing individualism, discrimination, intolerance and violent radicalisation, people with disabilities, youngsters with fewer opportunities and young migrants and refugees are experiencing a challenging transition into adult life in community. As a highly appealing activity, able to bring everyone together regardless of age, gender or social origin, sport can play an essential role to provide youngsters with the more social and community-creating aspects of sport activities and informal dynamics.

A Youth Exchange with 20 young people from a fewer-opportunities background and 5 experienced team leaders, coming from Portugal, Bulgaria, Slovakia, Poland and Hungary was designed to address key topics as social inclusion of young people, promotion of diversity and intercultural dialogue, tolerance and respect, and sense of initiative of young people, equipping them with competences and methods needed for transferring the common fundamental values of our society to young people, inspiring an active European citizenship.

During the YE, participants will develop transferable skills and promote personal growth, while discovering new cultures through peer learning and sharing, reinforcing the importance of solidarity, equality, multiculturalism, team spirit, tolerance and fair-play. The main activities include workshops, role-playing, visits, debates and sport activities that will give participants specific tools and soft skills. The core thread is an Olympic-styled adapted activity (Prolympic Games), between multinational teams.

As tangible outputs, participants will create a video-book with instructions of the activities implemented and develop a set of social entrepreneurial projects to disseminate the approach implemented during the project as a model to actively contribute to solve the social exclusion problem, benefiting local communities and institutions, influencing political authorities and decision-makers at local, regional, national and European 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.

The **APV** will involve **one participant from each partner association** (which will be the team leader during the youth exchange) and was developed in order to inform the leaders about the program, all the activities details, the city and all the infrastructures for the project and to sign the agreement between partners.

The **Youth Exchange** will involve a total of twenty five young people, divided into five groups from different countries. Five of these young people concern the Portuguese delegation, while the other young people will be from **4 groups of five members each**, selected by partner associations.

All groups should be composed of one team leader and four 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 21 years and adequately experienced.**

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 **17-26 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:

- To make use of sport to reach out to marginalised young people, youngsters from underprivileged backgrounds and people with disabilities or fewer opportunities.
- To actively promote social inclusion of youngsters, promoting diversity, intercultural dialogue, and common values of freedom while inspiring positive impacts on health and well-being.
- To empower youth through sport as a strategic tool to nurture tolerance and respect of human rights, inciting active civic participation against violence, discrimination and social exclusion.
- Employability and soft core skills for the labour 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.

APV SCHEDULE

	Friday	Saturday	Sunday	Monday
	25/08/2017	26/08/2017	27/08/2017	28/08/2017
08:00 - 08:30	Arrivals	Breakfast	Breakfast	Breakfast
08:30 - 09:00				Departures
09:00 - 09:30				
09:30 - 10:00		"Breaking the ice" dynamics and Program review	Sharing session - "My country's sport"	
10:00 - 10:30				
10:30 - 11:00				
11:00 - 11:30		Perspectives from each group's organization + agreement signing	Communication workshop	
11:30 - 12:00				
12:00 - 12:30				
12:30 - 13:00				
13:00 - 13:30		Lunch	Lunch	
13:30 - 14:00				
14:00 - 14:30				
14:30 - 15:00		Accommodation, Logistics and Venues Review	Creative moments: Adapt yourself!	
15:00 - 15:30				
15:30 - 16:00				
16:00 - 16:30				
16:30 - 17:00				
17:00 - 17:30		Pedy-paper "Displaying the city for everyone"	Reflection Session "The value of sport: EU perspectives"	
17:30 - 18:00				
18:00 - 18:30				
18:30 - 19:00		Networking Session	Closing plenary	
19:00 - 19:30				
19:30 - 20:00				
20:00 - 20:30	Dinner	Dinner	Dinner	
20:30 - 21:00				
21:00 - 21:30				
21:30 - 22:00		Multicultural Night	Portuguese Night	
22:00 - 22:30				
22:30 - 23:00				

* All activities are subject to change

YE SCHEDULE

	Saturday 30/09/2017	Sunday 01/10/2017	Monday 02/10/2017	Tuesday 03/10/2017	Wednesday 04/10/2017	Thursday 05/10/2017	Friday 06/10/2017	Saturday 07/10/2017	Sunday 08/10/2017
08:00 - 09:00	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:30 - 11:00		"Burn the ice" - Basic life support techniques	Sharing session - "Sports from my country include..."	Prolympics - upside down	Prolympics - Heavy Dance	Prolympics - EU Debate Series	Awareness event in a local school "Sport Vs. Disability and Exclusion"	Open Prolympics - Community Edition	
11:15 - 12:45		Presentations of each group	Prolympics - home made running			Prolympics @ local institution			
13:00 - 14:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
14:45 - 16:15		Expectations Tree & Writing to my future self	Creative moments: Instant Theatre	Creative moments: Find inclusion	Entrepreneurial Workshop: Sport, Disability and Inclusion		Preparation of Open Prolympics - Community Edition	Global Reflection - Sports Vs. Disability and Exclusion	
16:30 - 18:00		Pedy-paper "Displaying the city for everyone"	Workshop "The value of sport: EU perspectives"	Inclusion Lab: Sport's values Vs. Refugee crisis				Certification and Recognition Plenar	
18:00 - 19:00	Comfy group - Welcome session	Comfy group - Daily reflection	Comfy group - Daily reflection	Comfy group - Daily reflection	Comfy group - Daily reflection	Comfy group - Daily reflection	Comfy group - Daily reflection		
20:00 - 21:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21:30 - 23:00	Socialympics		Multicultural Night	Multicultural Night	Idea Competition: Sport as an inclusion tool	Movie Session (Invictus or Chariots of Fire) & Debate		Portuguese & Farewell Night	

* This program will be discussed during the APV

* All activities are subject to change

WHERE WILL I STAY?



During the APV participants will be accommodated in Guimarães Youth Hostel.

Located in the center of town, Guimarães 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.

For the YE we are still searching for the best place to gather all the participants.

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 **#DISPLAY**.

Don't forget to like our facebook page!²

CURRENCY

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 per participant
Bulgaria	360.00 €
Slovakia	360.00 €
Hungary	360.00 €
Poland	360.00 €
Portugal	0.00 €

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 HERE

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.

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

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

⁴<https://getbus.eu/en/guimaraes-airport-guimaraes/>

CHECKLIST

- ✓ All travel documents;
- ✓ Comfortable clothes for sport;
- ✓ A towel and things for your showers;
- ✓ Presentation of your country and association;
- ✓ European Sanitary Card in order to be safe in case of emergency;
- ✓ Presentation about your country and activities for the intercultural night;
- ✓ A typical thing of your country for the intercultural night;
- ✓ Prepare energizers, ice-breakers and outdoor activities;
- ✓ 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.

ABOUT GUIMARÃES

Guimarães is a city and municipality located in northern Portugal, in the district of Braga. Its historic town center is listed as UNESCO World Heritage Site since 2001, in recognition for being an exceptionally well-preserved and authentic example of the evolution of a medieval settlement into a modern town in Europe.

For some decades, Guimarães was the capital of the County of Portugal, however, shortly after the Battle of São Mamede (1128), and due to the needs of the Reconquista, Coimbra became the kingdom's capital.[5]

The inhabitants of Guimarães are often called "Vimaranenses" and "Conquistadores" (the Conquerors) in relation with the historical heritage of the conquest initiated in Guimarães.

USEFUL PHRASES

ENGLISH	PORTUGUESE
YES	Sim
NO	Não
PLEASE	Por Favor
THANK YOU	Obrigado
THANK YOU VERY MUCH	Muito Obrigado
GOOD MORNING	Bom dia
GOOD AFTERNOON	Boa tarde
GOOD NIGHT	Boa noite
GOODBYE	Adeus
BYE	Xau
ENTRANCE	Entrada
EXIT	Saída
PULL	Puxe
PUSH	Empurre
EMERGENCY EXIT	Saída de Emergência

INFO & CONTACTS



erasmus@movetmais.pt



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



www.movetmais.pt



Francisco Peixoto (Main Contact)



+351 914 964 667



Tiago Araújo



+351 937 373 955



Beatriz Aarão



+351 910 267 124