

Águeda, Portugal

10-11 September



Dear participants,

## Objectives

General objective:

- To promote the social inclusion of young people through the acceptance of diversity and interculturality.

Specific objectives:

- a) To raise awareness among young people about diversity and interculturality;
- b) To promote a more conscious, proactive and more tolerant attitude towards difference;
- c) To empower young people with new competences and learning based on NFE;
- d) To share good practices, European dialogue and exchange of personal and social experiences;
- e) To raise awareness of young people in the face of low social participation and citizenship;
- f) To increase social inclusion and cultural diversity initiatives based on the needs of young Europeans.

# Activities

## Activities

### APV

The activity that allows young people and group leaders to finalize the program of the project, define tasks, schedule and role of conduct, visit the place of the activities and discover the host community (2 days at the beginning of September 2018).

### Local Preparatory Meetings

Local activity to prepare and motivate young people for the topic of the project (from September to November 2018). In these meetings, young people will be involved in the project and in the youth exchange itself, as they are going to divide tasks and assume responsibility in relation to the main activities of the exchange.

### Youth Exchange

5 days in Águeda, Portugal (travel days excluded) in December of 2018. Based on non-formal education methods, participants will develop cooperation skills in multicultural team working and establish a proactive attitude towards different cultures.



**We are looking forward to hosting you for the Advanced Planning Visit about the Youth Exchange "Together for Diversity" that will take place in Águeda from 9th to 12th September.**

In this document, we gather all the information that may help you during your arrival and stay.

Read it carefully and if you have any doubts, contact Psientífica to clarify your doubts.

# WELCOME

# Águeda

## The City

**Águeda** is a Portuguese city in centre-north of Portugal. It has 11346 inhabitants.

The city is crossed by a **river** called *Águeda*, as well.

The most part of the territory consists of **small mountains** and **large valleys**.

That said, it's a rural area known for the corn, fruit, wine and wood production.

Most of its parishes are part of a region famous for its wines and roasted suckling pig.

Despite this, it has a lot of industries outside the city.

The distance between *Águeda* and **Porto** is 72km and 240km from **Lisbon**.



# Participants

8 group leaders + 8 youngsters  
16 PARTICIPANTS



# Accommodation

# Food

**Dinner and lunch will be served in the canteen of ESTGA (<https://www.ua.pt/estga>) during weekdays. During weekends, the meals will be in local restaurants.**

**Hotel XPT (<https://www.xpt.pt/>)**



# What to bring



**European Health Insurance Card**



**Umbrella**



**Proper clothes for the weather**  
([www.accuweather.com](http://www.accuweather.com)).

**You don't need to bring:**

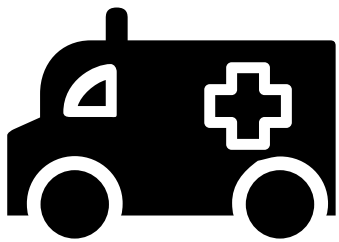


**Towels**



**Sheets**

Contacts



**112**



**+351 234 622 417**