



YOUTH EXCHANGE

Together for Diversity

**Águeda, 17th to 21st
December**

Portugal, Estonia, Italy,
Eslovenia, Spain, Lituania,
Macedonia, Poland

Dear participants,

Although there is a social proximity enhanced by technologies and the digital age, the truth is that there is an increase in intolerant behaviors and non-acceptance of diversity and interculturality.

We believe that you - young people - as the future of Europe, should be made aware of social inclusion, of diversity and of the interculturality, as core social values in the constitution of a cohesive and tolerant society.

Having this worries in mind we decided to join *Together for Diversity!*

OBJECTIVES:

A) PROMOTE THE SOCIAL INCLUSION OF YOUNG PEOPLE THROUGH THE ACCEPTANCE OF DIVERSITY AND INTERCULTURALITY;

B) SENSITIZING YOUNG PEOPLE TO DIVERSITY AND INTERCULTURALITY;

C) PROMOTION OF A MORE CONSCIOUS, PROACTIVE AND MORE TOLERANT ATTITUDE TOWARDS DIFFERENCE;

D) TRAINING OF YOUNG PEOPLE WITH NEW SKILLS AND LEARNING BASED ON NFE;

E) SHARING OF GOOD PRACTICE, EUROPEAN DIALOGUE AND EXCHANGE OF PERSONAL AND SOCIAL EXPERIENCES;

F) SENSITIZATION OF YOUNG PEOPLE IN THE FACE OF LOW SOCIAL PARTICIPATION AND CITIZENSHIP;

G) ENHANCEMENT OF SOCIAL INCLUSION AND CULTURAL DIVERSITY INITIATIVES BASED ON THE NEEDS OF THE YOUNG EUROPEANS.



TOGETHER FOR DIVERSITY

We are looking forward to hosting you for the Youth Exchange about Diversity that will take place in Águeda from 17th to 21st December.

In this document we gathered all the information you may need for your arrival and stay.

Read it carefully and if you have any doubts, contact your organization , so Psientífica can help you with your doubts.

WELCOME!!!

ÁGUEDA

Águeda is a portuguese city in the centre-north of Portugal. It has 11346 inhabitants.

The city is crossed by a river called Águeda, as well. The most part of the city consists of small mountains and large valleys.

It is a rural area know for the corn, fruit, wine and wood production.

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

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

The distance bwtween Águeda and Porto is 72 Km and 240 Km from Lisbon.





Participants

The Group consists of 6 participants of each country.

5 youngsters + 1 group leader

48 Participants

Timetable

Sunday	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
ARRIVAL	09:00 – 09:30	BREAKFAST						DEPARTURE
	09:30 – 11:00	Get to Know group and project	Team building activities	Activity for Diversity - Estonia	Activities for Diversity - Portugal	Reflection about the YE and the activities developed		
	11:00 – 11:30	Break						
	11:30 – 12:30	Objectives, results and impact of the project	Activity for Diversity - Slovenia	Activity for Diversity - Spain	Activities for Diversity - Portugal	Final reflection on 8 key competences and on the impact of the YE in their learning.		
	12:30 – 14:00	LUNCH						
	14:00 – 16:00	Erasmus+ program and Non Formal Education	Activity for Diversity - Italy	Activities for Diversity - Lituânia	Activities for Diversity - Portugal	group evaluation, individual evaluation		
	16:30 – 17:00	BREAK						
	17:30 – 19:30	Get to know the group games	Activity for Diversity - Macedonia	Activity for Diversity - Poland	Activities for Diversity - Portugal	Farewell activities		
	20:00 – 21:00	DINNER						
	21:00 -	Intercultural night (2 countries)	Intercultural night (2 countries)	Intercultural night (2 countries)	Intercultural night (2 countries)	Farewell party		

NOTE: THIS TIMETABLE MAY SUFFER SOME SMALL CHANGES.



To prepare

All teams are going to prepare material that we will use during the youth exchange.

- Intercultural nights:

bring something informal and fun for the participants. Please, don't bring .ppt presentations.

- All teams have to prepare an activity to develop in 1h30m for all group about the topic "Together for Diversity". It can be:

- sports
- performance
- theatre
- cooking...

Arrival and departure

A bus will take you from Porto to Águeda and then from Águeda to Porto.

The bus will leave Porto on December, 16 depending on the last time the last group arrives at the airport.

The meeting will be or in the airport or in Avenida dos Aliados, in front of MacDonal'd's.



On December, 22 the bus will take you directly to the airport. The time of the bus will depend on the participants' flights.

Accommodation

Escola Secundária Marques de Castilho (<http://www.esmcastilho.pt>)

Since the venue is a school, the sleeping rooms are prepared for classes.

During the Youth Exchange, the sleeping rooms will be prepared for you to rest.



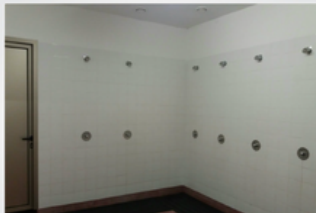
Bar for Breakfast



Sleeping Rooms



Activities Space



Bathroom

Food

Dinner and lunch will be served in the canteen of ESTGA (<https://www.ua.pt/estga>).

The breakfast will be in Escola Secundária Marques de castilho.

The options are:

milk with coffee

simple croissant

nectar

bread/ croissant with cheese

Fruit

bread/ croissant with ham

pastries

bread with butter

yoghurt

chocolate milk

IMPORTANT: once the breakfast will be served in the school, it is important to know upfront what will be served. For that reason participants must choose until the end of november what they would like to have for breakfast during the Youth Exchange.

What to bring



EUROPEAN HEALTH INSURANCE CARD



HYGIENE PRODUCTS (SHAMPOO, SHOWER GEL, TOOTHPASTE, ...)



UMBRELLA



PROPER CLOTHES FOR THE WEATHER (WWW.ACCUWEATHER.COM). BRING IMPERMEABLE CLOTHING.

You don't need to bring:

Towels

Sheets



Contacts

EMERGENCY

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POLICE

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