



INFOPACK - YOUTH EXCHANGE

# TOGETHER AGAINST MINORITIES EXCLUSION

ÁGUEDA, 12TH AND 16TH OF JULY 2021



# WELCOME TO ÁGUEDA

Dear Partners,

We are looking forward to meet you for the Youth Exchange that will take place in Águeda on the **12th and 16th of July.**

In this document, you will find all the information that you need.

Please, read it carefully!

Any questions you may have please contact Ana Mendes:



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# ABOUT THE PROJECT



In the recent years, we have observed a shift in European democracies to adopt nationalist, border-closing and **hostile behaviors** against ethnic minorities, migrants and refugees.



The increase of aggressive attitudes towards these individuals cause them additional difficulties in their process of **social inclusion**, which in itself is already quite arduous because they have to adapt to a completely different culture!!



The social problem is the social inclusion by migrants, refugees and ethnic minorities, caused by the enormous prejudice and misinformation that exists towards this group.

# PROJECT GOALS

- ✓ To capacitate young people with key competences to promote the transformation of the most vulnerable social realities and a more effective action towards ethnic minorities, migrants or refugees by providing this learning opportunity;
- ✓ Make young people and society aware of the problems and social exclusion process faced by migrants, refugees and ethnic minorities, in order to reduce prejudice and discrimination against them;
- ✓ To promote social inclusion of ethnic minorities, refugees and migrants, by spreading the values of diversity, interculturality and tolerance throughout society;
- ✓ To promote intercultural dialogue and cooperation between European organizations and the participation of young people with fewer opportunities in society.

# ABOUT ÁGUEDA



Águeda is a small city in the north - center of Portugal - it has about 14000 habitants.

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

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



Águeda is an important commercial and industrial center, located in an extremely fertile area. The gastronomical and economical region where it is inserted, known as the **Bairrada**, encompasses many of the local civil parishes and is well known for its vineyards and wine industry, as well as its suckling roasted pig (*Leitão Assado à Bairrada*).



The average annual temperature is 15.2°C and it tends to rain a bit in the winter.

# PARTICIPANTS



49 participants – 1 group leaders and 6 young people per country

Group leader:  $\geq$  18 years old

Young people: from 16 to 26 years old



Preferable young people with fewer opportunities (refugees, migrants or ethnic minorities);



Interested in participating in initiatives that addresses social problems and the needs of young people with fewer opportunities, refugees, migrants or ethnic minorities;



Motivated to participate in learning and international mobility projects;

# TO PREPARE

A small presentation about your culture/country. It can include food, music, games... **It is really up to you!**



Be creative and prepare yourself to have fun!



Bring a mug, something that represents you and/or your culture.

# ARRIVAL AND DEPARTURE

Águeda is a small town with limited access to major cities. This is the suggested itinerary from Porto's Airport to Águeda.

From the Airport, you take the **metro** to Trindade Station (about 2€ per person)

Schedules on page 22

[https://www.metrodoporto.pt/uploads/document/file/497/hor\\_rios\\_Inverno\\_2019-20\\_online\\_otimizado.pdf](https://www.metrodoporto.pt/uploads/document/file/497/hor_rios_Inverno_2019-20_online_otimizado.pdf)



From Trindade station to Porto - Campanhã railway station (Validate the same ticket, simply change the line)  
Schedules on page 16 (same link)

Take the **train** from Porto - Campanhã railway station to Aveiro railway station (about 3.55€ per person)

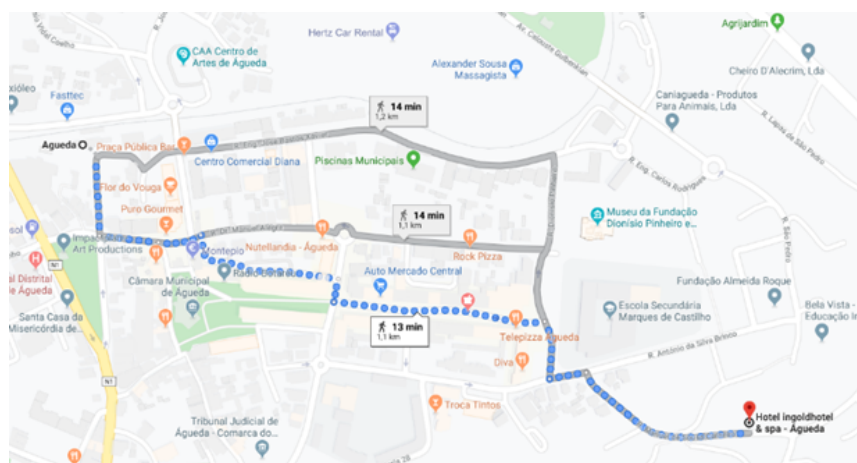
Schedules on <https://www.cp.pt/passageiros/en>



From Aveiro railway station to Águeda railway station (about 2.15€ per person)

Schedules on the same link

# ARRIVAL AND DEPARTURE



From Águeda railway station to the Hotel you are staying, it is only a 14-minute walk!



Be aware that after 21h00 you won't be able to reach Águeda by public transportation. Have this in mind when you book the tickets!! At the end of this document you can find the train schedules.

# TRAVEL INFORMATION

TAX NUMBER: 507 462 823

In order for us to reimburse you with the costs, **you need to save the boarding tickets** (plane, metro, train). Be aware that the amount to be refunded corresponds to the maximum allowed by the distance band presented below.

We can also argue that Psientífica can buy your flight according to the limit budget and flights available.

COUNTRY	DISTANCE BAND	LIMIT
Slovenia, Greece, Italy, Poland, Romania	2000 – 2999 km	360€ per participant for the round trip
Spain	500 – 199 km	275€ per participant for the round trip

# TRAVEL INFORMATION

## IMPORTANT NOTES:



In order for us to reimburse you with the costs, you need to send us the original boarding tickets (if you have them on a app, take a screenshot)



**DO NOT FORGET** to ask for the receipt with tax number: **507 462 823**. Without this we cannot refund you!



We know that some online airlines reservations do not allow the tax number, however if you use a public transportation in Portugal (train, metro) the only way we can reimburse you is with the receipt and tax number!!

# IMPORTANT INFO

## BEFORE BOOKING, CHECK:



If you have permission from the hosting organization to book the ticket!



Check the website to see if your country is on the red list and if you need covid-19 tests (you will probably need):  
<https://imigrante.sef.pt/en/covid-19/faqs/#1613416901602-dc3c0f7a-b3f2>



Read the contingency plan and comply with all the rules

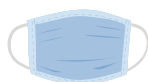
# WHAT TO BRING?



ID/Passaport



European Health Card



Enough Masks (ideally 2 per day)



Clothes appropriate for the weather - check at <https://www.ipma.pt/en/>



Boarding Tickets



Phone Charger



Presentation of your country



Coffee/tea mug

# IMPORTANT CONTACTS



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112



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Ana Mendes

# TIMETABLE

Timetable

	Travel Day	Day 1	Day 2	Day 3	Day 4	Day 5
9h - 9h30	<b>Breakfast</b>					
AM		Get to Know each other!	Cultural Sharing	City Tour	Cultural Sharing	Dissemination activities
11H - 11H30	<b>Morning break</b>					
AM		Code of conduct	Exclusion and social discrimination (Spain presentation)	City Tour	Exclusion and social discrimination (Poland presentation)	Future projects
13H- 14H30	<b>Lunch</b>					
PM		Get to Know each other! + Team Building	Exclusion and social discrimination (Greece + Italy presentation)	Study Visit + Exclusion and social discrimination (Host presentation)	Exclusion and social discrimination (Romania + Slovenia presentation)	Debriefing + Evaluation
17H- 17H30	<b>Afternoon break</b>					
PM		Reflection	Reflection	Reflection	Theme: Methodologies and Working tools	YouthPass
20H-21H	<b>Dinner</b>					