

ACTIVE HUMAN(S) RIGHTS

Youth Exchange
Seixo de Gatões, Portugal
11-20 February 2019

Co-Funded by:

Hosted by:
Youth for the Future



Erasmus+

Aim of the project

- To give opportunity to 30 Young People coming from 6 different European countries learn with each other about Human Rights using the methodology of improvisation, theater and drama.

Specific objectives

To promote awareness and recognition of Human Rights among Youth through organization of Festival of Human Rights during the Youth Exchange

To promote tolerance, equality, freedom of expression, thinking and religion

To create and disseminate “toolbox” of Human Rights

To promote work spirit either in national and international team.

Methods

- ① We believe that the best learning outcomes are coming from experiential learning, therefore you will experience living together, working, learning, preparing meals and eating together. The leading methodology used will be british drama and improvisation theatre.

Activities

- Activities will begin at 10 am everyday and participants will take part in 4 workshops + some evening activities and reflection. In first days of the exchange the workshops will be based on improvisation and drama methods, in the middle there would be day of open space and there will be time to discover the city of Coimbra and Montemor-o-Velho. In the second part of the project there would be two days dedicated to developing the photovoice and videovoice projects and in the end of the exchange participants will prepare and implement festival of Human Rights in local community as well as the toolbox of the project.

Tasks before the Youth Exchange

National teams will decide together 2 dishes which can cook as dinner during Youth Exchange

- Meals will be for the 30 participants. We recommend that the meals can be prepared fast and will ask you the ingredients you need and how you will need to cook them.

Each national team will prepare 1 workshop of 1,5 hour to implement during the Youth Exchange (based on Compass booklet that we will share with you)

- The division of topics already decided in the APV are:
 - Slovakia - Discrimination
 - Romania - Stereotypes
 - Italy - Gender Equality
 - Cyprus - Human Rights introduction
 - Poland – Protection of human rights
 - Portugal – War and terrorism

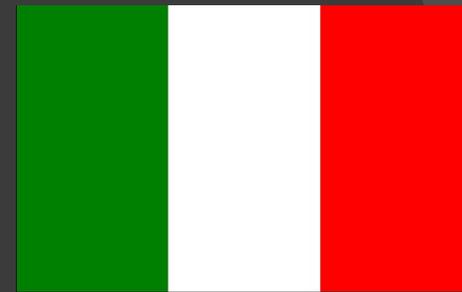
Partners



YOUTH FOR THE
FUTURE



FUNDACJA MŁODZI
DLA EUROPY



HIGH ON LIFE



ASOCIATIA PUZZLE
OPTIMEAST TG.
NEAMT



NEOLEA GIA
ANTALAGI KAI
KATANOISI



BEING ACTIVE - MAIN
KEY FOR
ACHIEVEMENT

Participants and their profile

- ⦿ 4 participants per country (18-26 years old) + 1 group leader (no limit age);
- ⦿ Communicative level of English;
- ⦿ Willing to join international project and work together with diverse participants coming from different countries representing different cultures and religions;
- ⦿ High motivation to go to action and take active part in all workshops during the activity;
- ⦿ Willing to promote the project during all phases via social media;
- ⦿ Willing to live together and prepare the meals for the team;
- ⦿ Willing to make the follow up activities.

Living conditions & responsibilities

Participants will be living together in Cultural Center of Seixo de Gatões, sleeping in 2 big spaces split by gender (individual beds).

Project conditions:

- ⦿ Participants will clean the common spaces (maybe 2 times) during the project, organized by international team;
- ⦿ Participants will prepare the breakfast & dinners for all the group by national team (each participant will prepare maximum 2 times each one of these meals).

The venue place & meeting local culture

- Project will be held in rural village of Seixo de Gatões (30km far from Coimbra).
- There will be free time after night activities and there will be the possibility of meet locals in local coffee place in order to be in touch with local culture (not mandatory, is up to each participant).



Reaching the venue

- ◉ **We will provide a bus to transport participants from Coimbra to the venue in arrival day (departing from Coimbra at 3:45PM) and vice versa in departing day (arriving at Coimbra at 10 AM).**
- ◉ According with the necessary time from airport to Coimbra, participants should land in Portugal the latest 11:30AM on 11th and to get flight after 3PM on 20th.
- ◉ Participants should arrive in Lisbon or Porto airport, after to take metro to Lisbon/Porto city and from there bus or train to Coimbra.
- ◉ Here, websites of train (<https://www.cp.pt/passageiros/en>) or bus (<https://www.rede-expressos.pt/en/>) from Lisbon or Porto to Coimbra.

Booking the travel

- ⦿ Participants need to send us travel proposal and just buy it after our confirmation, otherwise won't be reimbursed. Please, send it as soon as you get accepted for the project.
- ⦿ Participants should book the tickets until 20th January 2018.
- ⦿ If you would like to visit Portugal (and you are welcome to make it!), you can come 2 days before or depart 2 days after the project.

Budget

As in Erasmus + guidelines, participants will be reimbursed from their places place until place of the project as well as to come back, when using public transportation. Transportation with own car or taxi won't be reimbursed.

Maximum budget available per participant:

- ⦿ Portugal – 0€
- ⦿ Poland, Romania, Italy and Slovakia - 360€
- ⦿ Cyprus – 530€

Obligations of participants

- To be fully active during activities & to attend to all the workshops;
- To accomplish the tasks of preparation before the Youth Exchange and dissemination and visibility after it;
- To send tickets proposal according with the deadline;
- To provide us the tickets & send reimbursement form (we will provide the excel template) until 20th January;
- To fill EC survey of evaluation of the Project according with the deadline.

What to bring

- ⦿ Good mood & to be open with the others;
- ⦿ Clear mind without stress of doing some work / home task before, during and after the TC;
- ⦿ European insurance card;
- ⦿ At all shower towel, because we cannot provide it;
- ⦿ Warm clothes and shoes;
- ⦿ Comfortable clothes and shoes for the workshops which will take place indoor and outdoor;
- ⦿ Cameras, laptops (at least 2 per country; will be needed for photo and video voice projects);
- ⦿ Traditional food, drinks and souvenirs for intercultural evenings.

Contacts of organizers

- ◉ Diogo: +351 916722086
- ◉ Filip: +48 503074049

- ◉ E-mail: youthforfuture2017@gmail.com

About our organization

“Youth for the Future” was created one year ago in rural area of Seixo de Gatões (30 km far from Coimbra) and is doing:

- Active local work (organizing workshops for Youth based in NFE methods);
- Organizing Training Course about Entrepreneurship and sense of initiative in January and this Youth Exchange in February;
- Making partnerships with portuguese and international NGO's active in field of Youh Work and also in volunteering, to give empowerment to Young People in these fields (for example sending participants for projects abroad and receiving volunteers at our village);
- Taken part in organization of Human Rights Festival in Coimbra from 7-9th December 2018 (<https://www.facebook.com/events/2470690929612407/>).

About Erasmus +

- ◉ Erasmus+ is the European Union program for education, training, youth and sport.
- ◉ Programme aims to modernize education, training and youth work across Europe. It offers exciting opportunities for participants to then study, work, volunteer, learn and train abroad in Europe.

Disclaimer

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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