



GLAD

GLOBALIZING THE LOCAL,
LOCALIZING THE GLOBAL

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ISEU - PORTUGAL



PROJECT

What is GLAD ?

This project was created with the intention of continuing a project already developed in 2015, which was considered as an Inspiring Project by the National Agency for the management of the Erasmus + program in Portugal. In this way, we intend with this project to make possible to compare the most striking differences during these two years and more than allowing the young people the possibility to discuss the main topic of the project it's to allow the exchange of experiences and good practices that each participant knows of your country.

With this project, Adamastor intends to debate the active participation of young people in local communities, since in Portugal this is very significant from the point of view of social and economic development. This view is based on expressive support from young people, which can bring to the youth associations and the community a variety of "actors" that constitute a base of support for the country, particularly in the fight against democratic absence.

Young people mirror the society of today and as Sheikha Al Mayassa, considered the most powerful woman in the art world, says: "We do not want to be all the same, but we want to understand each other." This is because it is no longer possible to speak of a youth, since there are many types of youths of whom we have heard or spoken of. This leads us to realize that there are different "youths" with desires, needs, formations and different challenges.

That's why Adamastor intends to develop this project, thus creating tools for young people to participate and persuade others to do the same in order to make a better community and society in which they are inserted.

The project will be divided into two activities. The first concerns a Youth Exchange where the youngsters will expose their problems and barriers to the lack of active participation and these same problems and difficulties will be discussed in the second activity which will be a Mobility of Youth Workers, who being these workers of the youth area representing youth organizations and associations will work on a final Tool Kit that will be presented and explained to the community to create measures and tools that allow the active participation of young people in the community.

In both mobilities mentioned in this project, the activities that we will develop will be practical activities, based on non-formal education that will allow both young participants and youth workers a more interactive way to expose problems and difficulties as well as solutions that have been found to fight these same problems. In order to meet the main topic of the project we will also focus on the eight levels of participation indicated by Sherry Arnstein.

The greatest impact that can be expected from the outset is the opportunity for 65 participants (46 of whom will be young people with fewer opportunities) to carry out a valuable experience which, in addition to personal enrichment, will enable them to better understand the European situation in which we find ourselves. It is expected to reflect on lessons learned, analysis of mechanisms and tools to promote collaboration on active participation of young people and support in the construction of Europe.

We aim to improve quality and increase cooperation between youth associations and public institutions at the international level in order to move towards economic development and social cohesion which obviously goes to the young community and life opportunities which together with other experiences of life, this program can offer.

In the long term we will see results obtained after this project, as we hope to see the solutions found in this project to be implemented not only in Portugal, but also in all partner countries of the project so that young people can freely and actively participate in society, thus building a society for all.

Promoter



ADAMASTOR - ASSOCIAÇÃO CULTURAL

Partners

	CYPRUS	Neolea Gia Antalagi Kai Katanoisi
	FRANCE	Parcours le Monde Grand Ouest
	GREECE	Environmental Group of Kessariani
	HUNGARY	Támaszpont Mentalhigiénés Oktatási és Prevenciók Közhasznú Alapítvány
	ITALY	Associazione GIOSEF-UNITO
	POLAND	SFERA Poland działająca przy Stowarzyszeniu Europe4Youth
	CHECH REPUBLIC	Brno For You ZS
	SERBIA	SFERA Srbija

A1 - Youth Exchange

5 to 14 April (travel days included)
all participants are invited to do the check-in until 19h00 of 5th April

4 participants + 1 leader

A2 - Training Course

17 to 25 May (travel days included)
all participants are invited to do the check-in until 19h00 of 17th May

1 participant + 1 leader



FINANCE

Travel Costs

Value per person

Cyprus	530€
France	275€
Greece	360€
Gungary	360€
Italy	275€
Poland	360€
Czech Republic	360€
Serbia	360€

* Remember that in order to get the reimbursement of the expenses you need to delivery all boarding pass, tickets, invoices and receipts.



HOW TO ARRIVE



1
STEP

At the **Porto Airport** you can take the Metro (Purple Line) and go until the **Campo 24 Agosto** Bus Station or take a direct bus (www.getbus.eu/en/porto-airport-porto).

2€

2.75€

As there is no train to Viseu, we recommend you to use a well developed network of buses.



2
STEP

At the **Lisbon Airport** you can take **Aerobus** and go to the **Sete Rios Bus Station**.

4€

Exit **Campo 24 Agosto** and there you will have the **Campo 24 Agosto Bus Station** (Terminal Rodoviário).

Once you arrive to **Sete Rios Bus Station** buy a ticket to Viseu.



Follow to <http://www.rede-expressos.pt> to check the schedules and/or book the trip online. You can also buy tickets directly at any bus station. Its better if you buy the tickets in advance.

Lisbon

Sete Rios bus station

19€

Porto

24 de Agosto bus station

12.5€

*The prices may suffer changes and remember you can buy the tickets with Youth Discount

WELCOME TO VISEU!

Now you have **two options**:

You can go by **foot** to the hostel, its just **18 min** away.

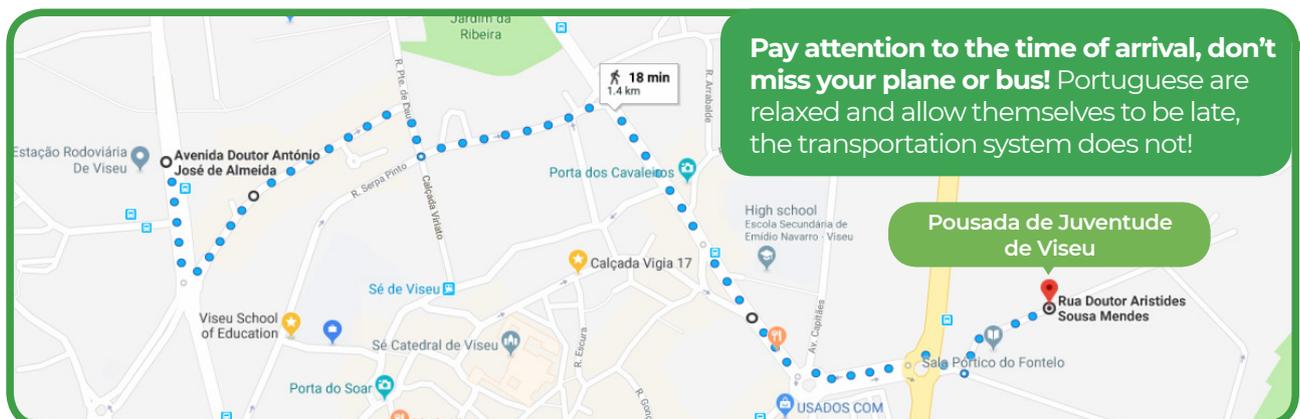
You can go by **taxi**, the trip cost around 5€.

3
STEP

Address:

Pousada de Juventude de Viseu
Rua Dr. Aristides Sousa Mendes
3500-033 Viseu

Pay attention to the time of arrival, don't miss your plane or bus! Portuguese are relaxed and allow themselves to be late, the transportation system does not!



YOUTH HOSTEL

WHERE SHARING OF
EXPERIENCES, MEETINGS
AND MISMATCHES COME





YOUTH HOSTEL



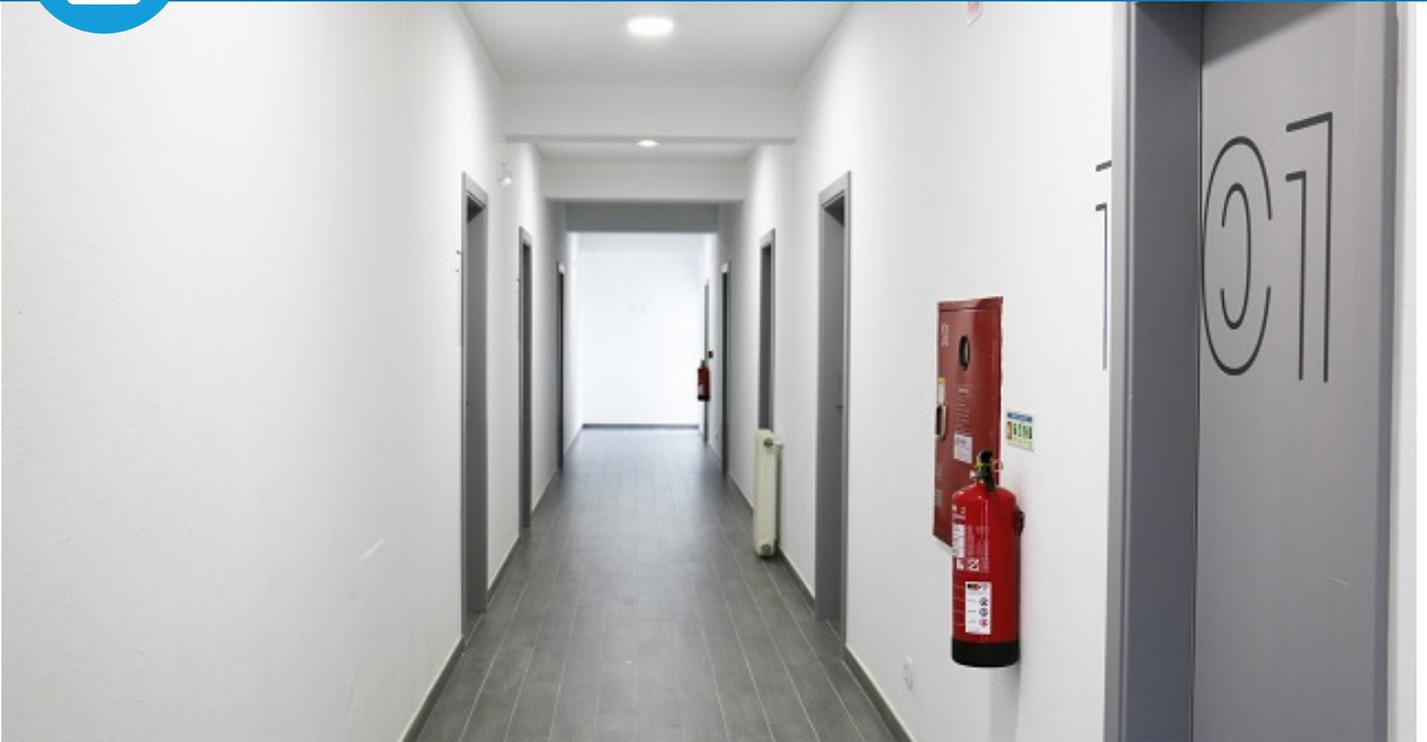
ABOUT

The accommodation, especially aimed at the young people, backpacking and adventurous spirit, benefits from a convivial atmosphere where the sharing of experiences, meetings and mismatches happen as tourists and travellers depart in search of the city and its surroundings.





YOUTH HOSTEL



ROOMS

The Viseu Youth Hostel | Adamastor disposes of a total of 19 rooms, divided in multiple rooms, double rooms, adapted double rooms. The multiple rooms consists of 4 beds and are ideal for groups of friends which will explore the city or those who like to meet new people and new cultures. The wardrobes are equipped with an advanced RFID system that ensures the privacy and the security of the guests.

All rooms include bed linen, bath towel and hand towel.





YOUTH HOSTEL

SALA DE CONVIVENCIA
LIVING ROOM
SALLE DE SÉJOUR

S A L A

V I R I I

A T O C

LIVING ROOM

The living room is a space that has a 4k tv with digital cable channels, internet is available in all building, outlets and table for computers. Ideal for socializing and meeting new people and various creating stories while having a cup of coffee and enjoying the view on the terrace. You can even surf on the internet, since its available throughout the hostel.



SHOWERS / WC

Both bathrooms (female and male) are provided with two showers/wc for guests that are in the multiple rooms. The showers/wc have hair dryers, individual showers and toilets.

Double rooms are equipped with private bathrooms.





YOUTH HOSTEL



LAUNDRY

With economic prices and work from 10h00 to 23h00 your dirty clothes will not be a problem with our self-service laundry. All guests have at their disposal two washing machines (which you don't need to add products), a dryer machine, an iron and ironing board.

KITCHEN

The Viseu Youth Hostel | Adamastor has a comun kitchen where guests can prepare their meals. Equipped with all the necessary kitchen equipment and utensils, refrigerators, ovens, microwaves, four preparation zones and with personal lockers where you can store your products. It is also here that breakfast is served every morning from 8h00 to 10h00.





MORE INFO

SOME RULES AT THE VISEU YOUTH HOSTEL | ADAMASTOR

It is not accepted to bring any people over night.

It is strictly forbidden to smoke inside.



It is prohibited to display posters or pictures.

There must be **silence** on the surroundings **after 23:00 until 08:00.**



Do not drink alcohol inside.

Lost items that are left in rooms after check out will be removed and **can be picked up at the reception within 48 hours.**



Your room must **always** be **clean** and **organised**



Do not move or remove furniture

EMERGENCY CONTACTS

POLICE / AMBULANCE / FIRE DEPARTMENT 📞 **112**

VISEU HOSPITAL + **351 232 420 500**

VISEU YOUTH HOSTEL | ADAMASTOR + **351 232 413 001**



You receive at check-in, an RFID card that allows them to access the Viseu Youth Hostel - Adamastor, their room, wardrobe and kitchen cabinet. At the end of the stay you must leave at the reception. The loss, damage or non-return of the card has a cost of 20 €.

UISEU

IN BEIRA ALTA, BETWEEN
MOUNTAINS AND FULL GREEN
VALLEYS WE CAN FIND
THE CITY OF VIRIATO AND
VASCO FERNANDES.





UISEU

In Beira Alta, between mountains and fully green valley's we can find the city of Viriato and Vasco Fernandes - Viseu - a city with around 100.000 inhabitants.

This is a joyful city, which welcomes people who live in or visit the heart of Portugal. Upon the visit of this city you will find it has many attributes, but what makes it distinct from other cities is the complete variation of identities and authenticity in each place you will have the pleasure to visit.



Visit our heritage or historic sites, the mysterious Cava of Viriato, enjoy a troll through the parks and gardens or walk around the historic town centre. Discover the urban in the street art and book your place in one of the creative events on our cultural calendar, which runs all year.

The quality of life that characterises Viseu that charms those who visit us. You'll feel at home, free from the stress of the big city life.

“Bem-haja” means, thank you and all the best, is a typical saying in Viseu, and with that we say our goodbyes and leave you with this invitation to visit “the best city to live in” in Portugal!

“Viseu, the best city to live in”

is a brand and an attitude.



www.turismodocentro.pt
www.cm-viseu.pt
www.visitviseu.pt

SOME PRICES*

*AVERAGE PRICES



PASTRY

1.00€



MEAL

6.50€



1.5L OF WATER

1.20€



COFFEE

0.60€



THINGS TO DO

DISCOVER



Cava de Viriato is one of the most emblematic engineering works, from the centuries IX-X preserved from the Iberian Peninsula. Many doubts remain about who ordered the rise of such a monument. It's Viseu's biggest mystery yet! Cava de Viriato is a monument with an octagonal plan, with 32ha of area, and it consists of eight slopes on land with 250m of length each.

On top of the hill, beside the Cathedral, stands the museum of Grão Vasco, it contains a substantial expression of our identity in the realism of the work of Vasco Fernandes, in whose paintings light and colour blend in perfect symbiosis and there is harmony in the ambience, emotions and shapes of faces and care taken with detail.

The museum's collection also includes an important number of works representing Portuguese art history from different periods.



Entering the Renaissance Garden of the Former Bishop's Palace in Fontelo, you step back into the 16th century, to the time when gardens were designed to celebrate Man's rule over Nature. The most exotic and extravagant garden in Viseu has been built up over centuries, Pick a granite bench to sit down and relax in this idyllic spot. and delight in the diversity of shapes, colours, aromas and maybe see some peacocks walking around the park.

RECURRING EVENTS



If you go to Viseu from the beginning of August until mid-September, you can visit the São Mateus Fair is located in the huge parking near the Viriato Statue.

With over 624 years, this is one of the oldest fairs in Portugal. Here, you'll find local handicrafts, folk music, a funfair, several food stalls, Portuguese and international artists concerts. Over these more or less 30 days of amusement, more than one million visitors go to this fair.

If you go to Viseu from the beginning of July this event. Every year, the Ephemeral Gardens festival jolts Viseu, a serene city in the interior of Portugal. Artists adorn Viseu with modern art and serenade it with contemporary music.

Shops become installation spaces, ancient churches double as music venues, old walls serve as canvases for street art. Every plaza seems to have its own DJ, every garden its own sculpture show. It also has stores, bookshops, restaurants, and bars that stay open until late.

