



Viseu Jovem 2.0

✉ esc@adamastor.org.pt

VISEU - PORTUGAL



PROJECT

What is Viseu Jovem 2.0 ?

It is well known that the future belongs to the youth. However, it is necessary to continue working on topics that are of their interest. There is a need for young people to have equal opportunities both in education and in the labor market. This way, this project aims to encourage young people to be more participative in society. Not only locally but also internationally. It is not easy to be in a work environment where the challenges are constant and creating team spirit is something that becomes even more complicated. At Adamastor, we try every day to do this work with young people, so that they learn to work as a team and with people from different cultures and social backgrounds. With the volunteers we believe that we can spread this feeling of European community and that our community will be valued with this help. So we all learn and take advantage of these unique experiences.

Goals

- Improvement of the 8 key competences for lifelong learning
- Knowledge in European Union project management related to Youth, Culture and Citizenship
- Deep knowledge about the EU policies involving Youth
- Promotion of Erasmus+ for the youngsters and local community
- Skills and competences in Youth Working
- Development of capabilities in a transversal way
- Ability to be participative and active in the society
- Empowering and development of a sense of ownership, acquiring and understanding of their rights and responsibilities, and being able to exercise their voices and influence within groups and wider communities
- Ability for planning and achieve objectives and anticipated learning outcomes
- Reinforcement of the capacity in being reflective and evaluate youth work, by identifying strengths and weaknesses; learning and improving from experience
- Awareness for the volunteering in the development of local communities
- Engaging in group work, led by young people exploring issues in depth
- Development of creativeness and sense of initiative
- Ability to work with young people on self awareness and addressing needs

Conditions of participation

- Between 17 and 30 years
- Legal residence in the country of the Sending Organization

What EVS offers

- Round trip (according to a kms system) to the place where the volunteer project is carried out
- Health insurance (complementary to the European Health Insurance Card).
- Transport from the place of residence to the place of voluntary work;
- Language training of the host country
- Accommodation and food
- Pocket money



ACTIVITIES

Adamastor together with the Municipality of Viseu has a project called the Youth Center Fontelo, a space where diverse activities are dynamized, using the non-formal education method, aimed at young people. Just a short eg.: empowering young people to become autonomous and confident to play their role as active citizens of society; digital competencies; weekly workshops of cultural sharing and tandem idioms; assisting young people by giving them access to new experiences and acquiring new skills; environmental awareness workshops; support youth being more active and to gain more selfconscious about different cultures and mindsets; sense of initiative and entrepreneurship; promote trainings "learning by doing"; artistic and cultural activities.

Other Activities

- Cultural Sharing
- Intergenerational activities
- Portuguese classes for migrants
- Study follow-up service
- Teaching different idioms
- Vocational and professional guidance
- Information technology laboratory



FINANCE

Country	Participants	Time	Participants	Time
Cyprus	1x	45+2* Days	2x	120+2* Days
Hungary	1x	45+2* Days	2x	120+2* Days
Italy	1x	45+2* Days	2x	120+2* Days
Poland			2x	120+2* Days

Description

Value

Travel (Max limit established by the programme)

Cyprus

530€

Italy

275€

Hungary and Poland

360€

Food allowance/Pocket Money (per month)

280€

*Travel days



Sign up below!!

<https://form.jotformeu.com/hugoribeiro/evs-adamastor-application-form-2019>



ADAMASTOR

Adamastor is a non-profit youth organisation that actively engages in Erasmus+ activities



FIND US ON:

www.adamastor.org.pt

info@adamastor.org.pt

fb.com/adamastorviseu

instagram.com/adamastor_ac



PLACES

OVISEU JOVEM

UISEU JOVEM

Viseu Jovem is a project created by Adamastor with partnership of Municipio of Viseu (City Council), to provide the youth citizens of the city of new opportunities like workshops, activities and volunteering but also provide information and non-formal education.

This project has two places for youth in the city, the Youth Center Fontelo and Youth Center Escadinhas, where they can study and take advantage of the opportunities



Youth Center Escadinhas



Youth Center Fontelo



YOUTH HOSTEL VISEU

The Youth Hostel of Viseu lives side by side with Fontelo Park, one of the greenest lungs in the city of Viseu and where the Sports Park is located. Moreover, it is relatively close to the historical center of the city, which can be reached in 5 to 10 minutes by foot.





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.

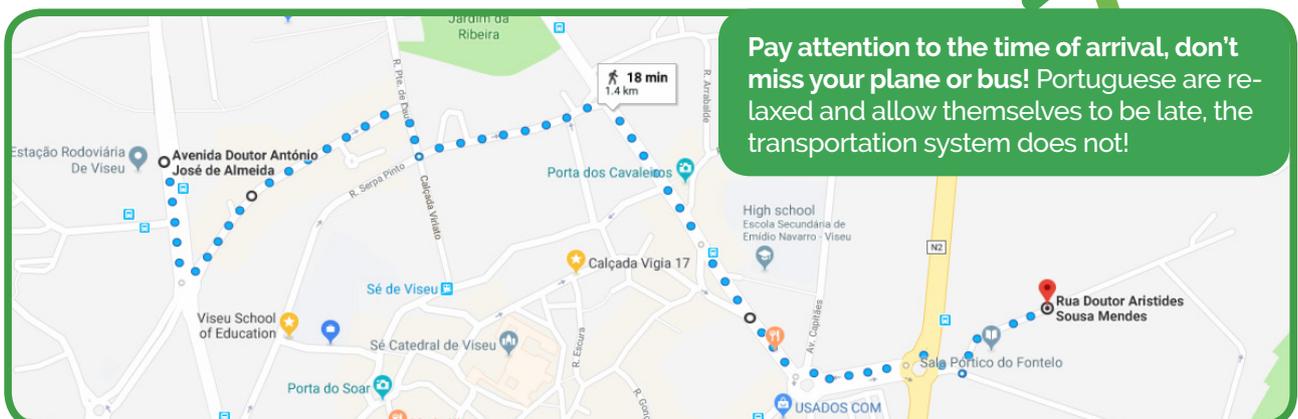
Lisbon	Sete Rios bus station	19€
Porto	24 de Agosto bus station	12.5€

3
STEP

Now you have **two options**:

You can go **by foot** to the hostel, its just **17 min** away.

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



YOUTH HOSTEL

WHERE SHARING OF
EXPERIENCES, MEETINGS
AND MISMATCHES COME





YOUTH HOSTEL



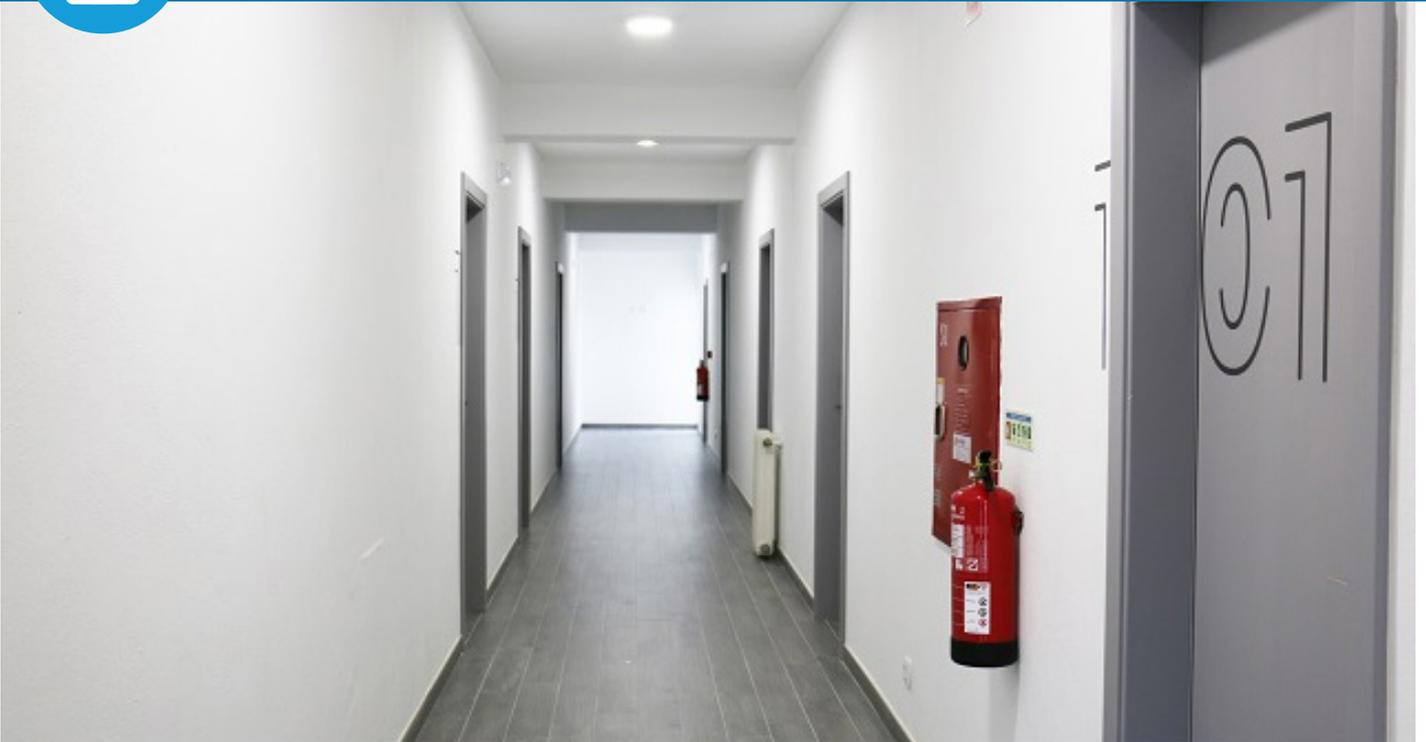
ABOUT

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.



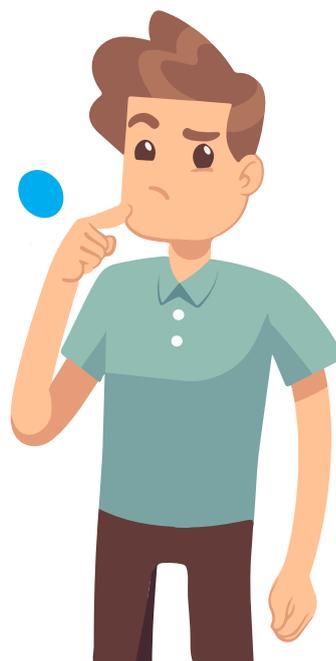
It is prohibited to display posters or pictures.

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 stroll 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.

