

ERASMUS+ YOUTH EXCHANGE

SOCIAL INCLUSION: MAKE IT SPORTIF

COIMBRA 14 - 22 NOVEMBER



Erasmus+



Youth for
the Future
Seixo de Gatões

SUMMARY OF THE PROJECT

PLACE: Coimbra

DATES: 14 - 22 November 2022

PARTICIPANTS: 36 participants from Romania, Cyprus, Spain, Portugal, Italy and Latvia



COIMBRA IS WAITING FOR YOU

ABOUT THE ORGANIZERS

Youth for the Future

Youth for the Future is a NGO from a rural area near Coimbra and has strong connection with Young People from the region and our volunteers organize many local activities in topics such as Human Rights, Climate Change and Environment , personal development, multiculturalism, entrepreneurship, etc.



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SHORT DESCRIPTION OF THE PROJECT

Social Inclusion: Make it Sportif

Sport has proven to be an essential instrument in the provision of positive development paths, harnessing the accumulation of important life skills, which as a result could act as a driver of youth empowerment and resilience towards negative influences such as delinquency, violence and radical ideas.

Therefore, this project plans on addressing the current threat of youth radicalization with violent extremist beliefs, through promoting sport as a tool for increasing and reinforcing positive social thinking and behaviour.

"Social Inclusion: Make it Sportif" will promote positive social values, such as tolerance, inclusion and respect in order to foster the inclusive and equitable participation of individuals from various backgrounds in pluralistic societies and promote European citizenship's values to counter radicalization in European countries.



PROJECT'S OBJECTIVES

Raise awareness



nurture and increase self-empowerment and self-esteem through participation and initiation of sport and recreational activities in order to combat growing radicalization. Promote positive social values, such as tolerance, inclusion and respect in order to foster the inclusive participation in pluralistic societies;

Eu opportunities



To explore the possibilities of the Erasmus + program as a tool for youth empowerment, mobility and social commitment and to identify the competencies that can be obtained through EU different non-formal education programs and their certification by Youthpass, etc

Growth



To support cooperation and communication process among young people with fewer opportunities living in different parts of Europe. Self development of participants and youth through multicultural team work and intercultural learning.

Spread the word

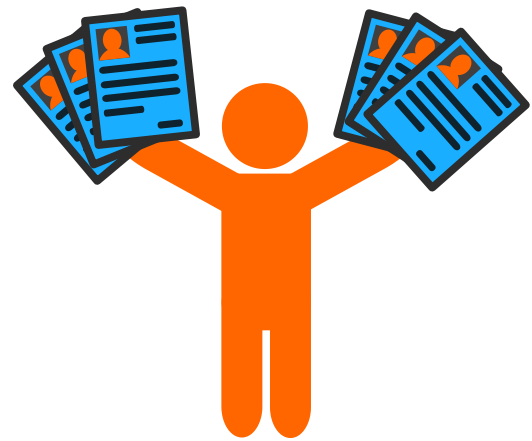


Consolidate partner relations and build bridges for sharing learning experiences and develop common ground to work in the future and increase awareness on Human Rights by creating social campaigns and related public events

...AND MUCH MORE

PARTICIPANTS PROFILE

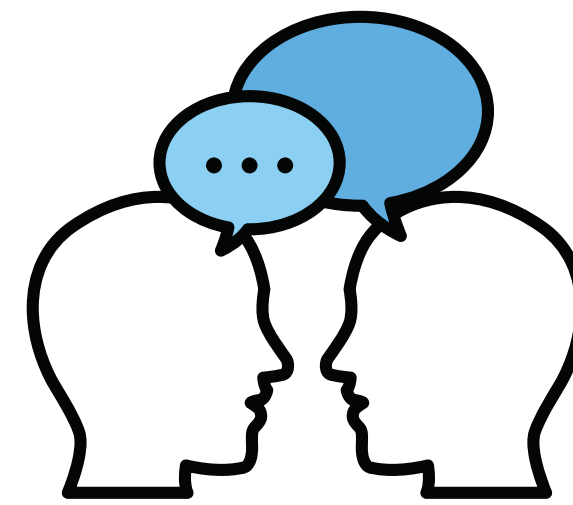
5 participants (18-30) + 1 GL (no age limit)



Willing to develop sport activities to create inclusion



Youth, NGO activists, volunteers, Youth interested and sports and social inclusion



Able to Communicate in English



Want to learn more about the Human Rights topic and how to use sport as a tool

PLEASE BE MINDFUL OF THE GENDER BALANCE OF THE GROUPS

ACCOMMODATION

Participants will be hosted in Coimbra Portagem Hostel, in rooms of 6/8 people with shared toilets. There is free Wi-Fi, however it might be a bit limited. Bedsheets and towels will be provided, even if It is advised to bring a towel for daily use



FOOD

Each morning breakfast will be served at a local bar. Lunch will be at the univeristy canteen (10 min walking from the residence). For the dinner, during the week, you will have a mix of dinners in restaurants and canteen.



WORKSPACE

The main activity room is located in the same area, but outdoor activities will also be incorporated.

YOUTH EXCHANGE MAIN ACTIVITIES

WORKSHOPS

Workshops promoted by the participants on themes related to Human Rights education, Sport and Inclusion

VISITS AND SPEECH

During the project participants will have the chance to know better Coimbra and know the local activism related with inclusion and sports

SPORT ACTIVITIES

Set up sport games and implement it during the youth exchange. Analyse how sports can be helpful to prevent radicalization and to create inclusion in the societies

DISSEMINATION

Share the results of the project online and reach as much people as possible possible and create a real impact in the communities

IF YOU HAVE ANY IDEAS AND/OR
SUGGESTIONS OF ACTIVITIES - DON'T
HESITATE TO SHARE!

PLANE TO PORTO/ LISBON

You should arrive in Portugal either by Lisbon or Porto Airport and then you must get a train (www.cp.pt/passageiros/en) or bus (www.rede-expressos.pt/en/ or <https://global.flixbus.com/>) to Coimbra. Try to get flexible tickets with reimbursement or changes option.

You should arrive in Coimbra by the afternoon on 14th November and you can depart after breakfast on 22nd November

It's (mandatory) really important to send us your travel plan before booking the tickets.

We strongly suggest you to take only one plane, from your country to Portugal. Nowadays it's pretty risky to do a stopover (a lot of flights are delayed or cancelled).

Don't hesitate to contact us for any travel advice! We are ready to help you!



GETTING TO COIMBRA

PLEASE DO NOT BUY ANY TICKETS BEFORE RECEIVING OUR APPROVAL.

REIMBURSEMENT

To be reimbursed for your trip. The following are necessary: 1) Tickets and boarding passes. 2) Invoice/ receipt/ booking email. Keep your bus/train tickets as well! Transportation by taxi is not reimbursable.

Your travel expenses will be reimbursed after the exchange by bank transfer to the partner association. If you fail to provide the necessary travel documents, we will be unable to reimburse you.

FINANCES & TRAVEL BUDGET LIMITS

Accommodation, living and other project /exchange related expenses are 100% funded by the Erasmus+ project. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the distance from your location:

BUDGET PER COUNTRY

ITALY, ROMANIA	360€
SPAIN (Green Travel)	320€
CYPRUS, LATVIA	530€

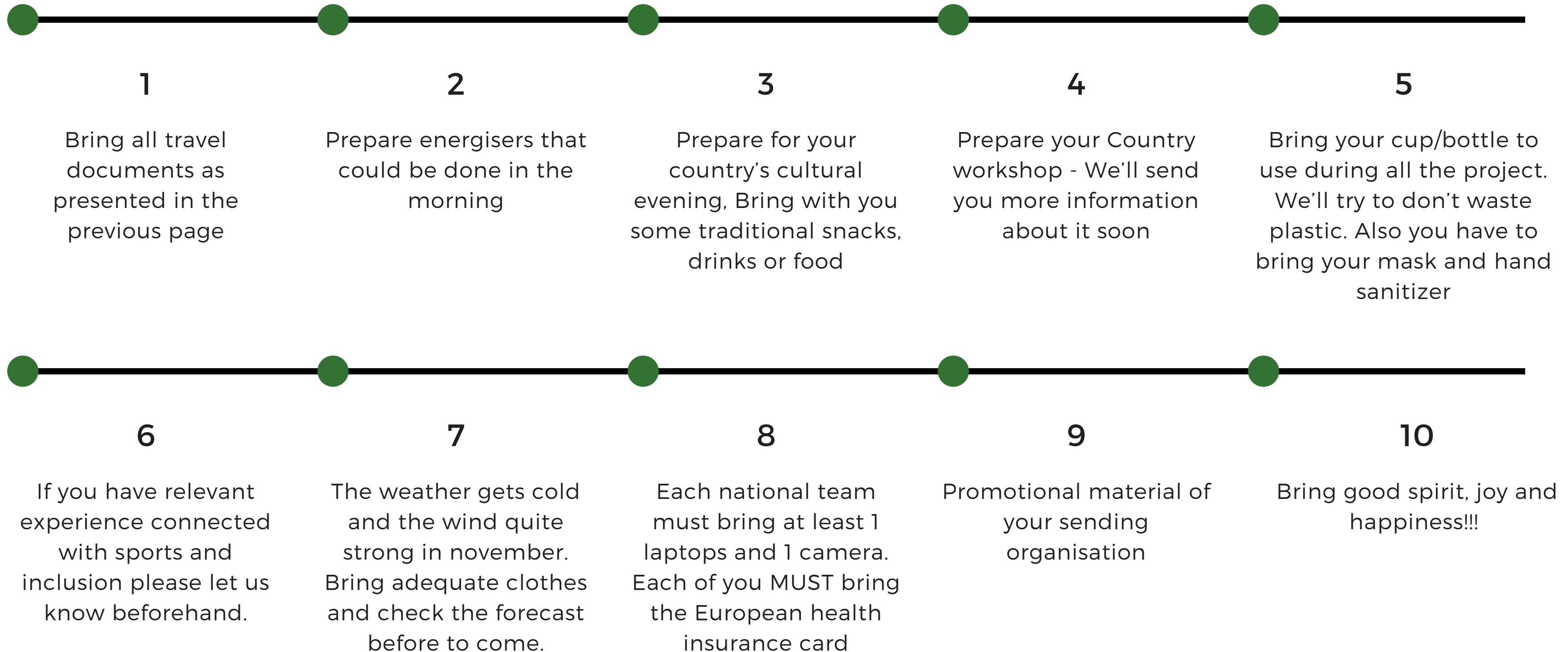


IF ANY DOUBT, CONTACT US!

PREPARATION

**YOU MUST BRING THE EUROPEAN HEALTH
INSURANCE CARD**

Get ready for the Youth Exchange



BASIC RULES

All the participants will be expected to be present and active in all the activities, with the exception of illness.. Unauthorised absence from the activities and workshops won't be allowed.. Smoking is prohibited everywhere inside buildings, thus all the smokers will have to go outside or to specially designated areas for a cigarette. We expect you to respect the property and your living spaces.

This is a European project and not a vacation. You will however get free time for visiting and discovery Coimbra

We expect everyone to share a positive energy all throughout the exchange to encourage cohesion. Prepare to have fun!

Please note that failing to comply to these rules will result in the rejection of any applications for any future projects that we will host.



THANK YOU FOR YOUR UNDERSTANDING
AND SEE YOU SOON!



CONTACTS

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