



INTERNATIONAL YOUTH EXCHANGES

Lourinhã, Portugal



Erasmus+

Hello dear participants!

First of all, we would like to congratulate you for being part of the approved project “Change4Europe” and we can promise you there will be much work to do but you are also going to have lots of fun! ☺

This project will, naturally, be a challenge for everyone involved: for you as participants, working to complete the assignments assumed towards your organizations, and for us, as the hosting entity responsible for the accomplishment of the goals of this project. For the period of your staying here we want to make sure that you have everything you need. Therefore, do not hesitate to ask questions and communicate with us even before the start of the youth exchange, so we can help you solve any difficulty you may face during the preparation period, your fears and expectations regarding the topic of this project and, last but not least, the youth exchange itself.

We know you have joined the project because you want to learn new things, acquire new skills, make new friends, and learn more about other cultures and many other things but most of all, TO HAVE FUN. We believe we are going to achieve all this and much more by working together in this project. THINK OUTSIDE THE BOX, BE OPEN MINDED and don't be afraid to ask questions.

In the next few pages, you will find useful information, for the organizations as well as for the participants, such as details about logistical stuff and activities.

So...

WELCOME TO OUR COMMON PROJECT ☺

Tá a Mexer TEAM

LOURINHÃ

The municipality is situated on the coast of the Oeste (West) Region. It has an area of 146 square km, and a population of about 25,000, distributed among 8 parishes. Nowadays it has excellent transport links with Lisbon, 63 km away, and the other main Portuguese towns.

According to some accounts, the name Lourinhã is associated with a Roman settlement. In the twelfth century, at the height of the Christian Reconquest, D.

Afonso Henriques granted the land now known as Lourinhã to D. Jordan, a French nobleman, for his gallant services in helping to recapture Lisbon from the Moors.



The municipality's 12 kilometres of coastline, with its combination of beautiful beaches, rugged cliffs and tranquil bays on a route that enjoys bright sunshine all year round, make up a uniquely rich landscape.

Lourinhã has 12 km of coastline with several popular beaches.

- Praia de Areal
- Praia da Areia Branca
- Praia do Caniçal
- Praia de Paimogo
- Praia de Vale Frades
- Praia de Porto das Barcas
- Praia da Peralta

These natural conditions are ideal for various nautical sports and activities such as sports fishing, underwater fishing and photography, surfing and jet skiing.

The inland part of the municipality, characterised by a rurallandscape and harmonious colours, offers excellent opportunities for a peaceful, relaxing holiday. There are several rural tourism establishments where you can be in direct contact with nature and life on the farm, and take part in lots of outdoor activities, such as horse-riding, tennis, mountain biking, game shooting, mini-golf and go-karting, or you can just relax.

The most important historical sites are the church of Nossa Senhora da Anunciação (also known as the church of Santa Maria do Castelo), the church of the Misericórdia, the convent and church of Santo António, Paimogo Fort, Fonte Lima Park, the Lourinhã Museum and the monument commemorating the Battle of Vimeiro (at which the Anglo-Portuguese army defeated Napoleon's forces, commanded by General Junot, on 21 August 1808, during the first French invasion).

The area of Lourinhã is known by the Late Jurassic findings of dinosaurs and other fossils, and give the name for Lourinhã Formation. The Museu da Lourinhã holds the main dinosaur collection.





Climate

Lourinhã has its own microclimate! In Summer it is never too hot, between 23°/27°. Only 10 minutes farther inside in the country you have 10° to 15° higher temperatures. Usually there is also a lot of wind in Lourinhã. The coldest months are December and January, with around 3°/ 5° during the night. Spring and Autumn are generally mild and sunny.

Food

Just for your knowledge, there is some typical food you can find in Lourinhã:

“Areias Brancas” (sweet)



Salame (sweet)



Pastéis de Nata (sweet)



Bacalhau (codfish)



Caldo Verde (soup)



Carne de porco à Alentejana
(pork meat with clams)



Castanhas (Chestnuts)



Caracóis (snails)



How to get Lourinhã from Lisbon Airport

You have to take the underground from the Airport until Jardim Zoológico or Campo Grande. From there, you should pick up the Bus until Lourinhã. The underground ticket costs about 1,50€.



If you decide to go to Jardim Zoológico, the underground takes 40 minutes (more or less) and you should pick up the bus company **REDE EXPRESSOS**, and the ticket costs about 8,00€.

HORÁRIOS

Lisboa ➔ Lourinha ➔ Peniche

CÓDIGO DA LOCALIDADE

			A										B			
001	LISBOA	P	07:30	08:30	10:00	11:45	12:30	13:30	15:45	17:00	18:30	19:30	22:00			
449	TORRES VEDRAS		08:15	09:15	10:45	12:30	13:15	14:15	16:30	17:45	19:15	20:15	22:45			
465	CARRASQUEIRA		08:30	09:30	11:00	12:45	13:30	14:30	16:45	18:00	19:30	20:30	23:00			
453	LOURINHA		08:40	09:40	11:10	12:55	13:40	14:40	16:55	18:10	19:40	20:40	23:10			
466	PRAIA AREIA BRANCA		↓	09:45	11:15	13:00	13:45	14:45	17:00	18:15	19:45	20:45	↓			
415	PENICHE	C	09:00	10:05	11:35	13:20	14:05	15:05	17:20	18:35	20:05	21:05	23:30			

If you decide to go to Campo Grande, the underground takes 40 minutes (more or less) and you should pick up the bus company **RÁPIDA AZUL**, and the ticket costs about 7,00€.

LISBOA C. GRANDE	CARRASQUEIRA	MARTELEIRA	LOURINHÃ	SEIXAL	P. AREIA BRANCA	CASAL DO ALTO FOZ	ALTO DO VERISSIMO	GERALDES	PENICHE TRIBUNAL	PENICHE GARE
DIAS ÚTEIS WORKING DAYS										
8:00	8:40	8:45	8:55	9:00	9:02	9:08	9:10	9:12	9:22	9:25
11:00	11:40	11:45	11:55	12:00	12:02	12:08	12:10	12:12	12:22	12:25
13:00	13:40	13:45	13:55	14:00	14:02	14:08	14:10	14:12	14:22	14:25
15:15	15:55	16:00	16:10	16:15	16:17	16:23	16:25	16:27	16:37	16:40
16:00	16:40	16:45	16:55	17:00	17:02	17:08	17:10	17:12	17:22	17:25
16:45	17:25	17:30	17:40	17:45	17:47	17:53	17:55	17:57	18:07	18:10
17:30	18:10	18:15	18:25	18:30	18:32	18:38	18:40	18:42	18:52	18:55
18:00	18:40	18:45	18:55	19:00	19:02	19:08	19:10	19:12	19:22	19:25
18:30	19:10	19:15	19:25	19:30	19:32	19:38	19:40	19:42	19:52	19:55
18:45	19:25	19:30	19:40	19:45	19:47	19:53	19:55	19:57	20:07	20:10
19:00	19:40	19:45	19:55	20:00	20:02	20:08	20:10	20:12	20:22	20:25
19:30	20:10	20:15	20:25	20:30	20:32	20:38	20:40	20:42	20:52	20:55
20:00	20:40	20:45	20:55	21:00	21:02	21:08	21:10	21:12	21:22	21:25
21:00	21:40	21:45	21:55	22:00	22:02	22:08	22:10	22:12	22:22	22:25
22:30	23:10	23:15	23:25	23:30	23:32	23:38	23:40	23:42	23:52	23:55
SÁBADOS DOMINGOS FERIADOS WEEKENDS AND PUBLIC HOLIDAYS										
10:00	10:40	10:45	10:55	11:00	11:02	11:08	11:10	11:12	11:22	11:25
14:30	15:10	15:15	15:25	15:30	15:32	15:38	15:40	15:42	15:52	15:55
20:00	20:40	20:45	20:55	21:00	21:02	21:08	21:10	21:12	21:22	21:25

Free Time

As you can verify in the detailed program, there will be several free evenings during the youth exchange. You can take this time to visit Ribamar or Lourinhã, go to cafés, pubs or bars... on your own expenses. Organizers will give you detailed information regarding the places where you can spend your free time.

IMPORTANT! Please do not leave the hosting place by yourself alone, take always your cell phone with you so in case of an emergency you can contact your group leader or a person from the host organization team. Also please inform your group leader if you leave the hosting place. All times please have with you, while going out, your ID card.

Currency

The currency in Portugal is Euro.

Transportation Costs

Tá a Mexer will reimburse each partner sending organization after the youth exchange for all the travel costs, as per the common agreement between the hosting and the sending organizations.

The Hosting Place – “Casa do Oeste – Fundação João XXIII”

All the participants will be hosted at “Casa do Oeste – Fundação João XXIII”, which belongs to Parish of Ribamar. Ribamar is located near Lourinhã, 10 minutes by car. Some activities will be held in the same place as the hosting and another ones will be in Lourinhã. Meals will also be taken in the same building, so participants will not need to move anywhere for that purpose. We will provide three meals a day for each participant (breakfast, lunch and dinner), except for the intercultural evenings which will be prepared by each country group on their own.

You should bring with you one sleeping bag, one pillowcase, one bath towel, one hand towel, beach towel and all personal hygiene (including sun protection).

Preparation of the Participants

We would like to suggest to each partner organization to select participants interested in the topic of the youth exchange and who are involved in the activities and work of each organization.

The language used during the Youth Exchange (YE) will be English, and it would be useful for participants to know it at a medium level, at least. If this is not the case, then

the group leader will also have the role of translator for those participants with linguistics difficulties.

Each group of participants representing a partner will have to present its country and traditions, as well as the organization (regular activities, scope, and work field). For these activities we suggest each group to prepare a presentation and some traditional snacks from its home country.

Participants can bring laptops with them, since there is a free internet access inside the hosting place. Music, musical instruments, movies, games, etc., are more than welcome for spending time together during evenings and free time.

Please do not forget about TRADITIONAL MUSIC and PRESENTATION OF YOUR COUNTRY for the intercultural evenings. Also there is some personal stuff we suggest you to bring with you for this adventure:

1. Photo or video cameras in case you would like to keep unique moments ☺
2. Other personal stuff you think you may need during the period and may not find by yourself here, like medication and any other things you think about.
3. Appropriate clothing for indoor – outdoor activities, sport activities (don't forget about your bath suit!)

Your group should prepare:

- Ice Break games for first day;
- 2 Energizers for mornings (30minutes each);
- Intercultural night;
- The concept of Democracy in your country for debate;

After your preparation, you should tell us which material do you need to develop the activities.

We will organize a working group for the YE in cooperation with volunteers from the mobility participation programs. Details will be given on the first day of the activities.

Group Leaders' – tasks and responsibilities

The tasks of a group leader are the following:

- Participate in the selection of the participants (based on a participant profile that will be established based on the theme and goals of the project – 3 girls and 3boys between 14 and 19 years old – which 3 of them should be with less opportunities)
- Organize meetings with the young participants

- Set-up an activity schedule in cooperation with the other partners and participants
- Engage in a continuous communication with the other partners
- Establish the safety and protection measures, along with the other leaders
- Make sure that participants in their groups know about the cultural profile of the hosts and other participants, the destination and the legislation of the hosting country

Also, it is recommended that a group leader will also fulfil the following tasks:

- Distribute tasks and responsibilities among participants in its group, according to their interest and knowledge
- Ensure that support materials are properly developed
- Facilitate communication between participants from different national groups

The group leader has the following responsibilities:

- Makes sure that the participants have all the required travel documents (Insurance, European Health Card, ID Card and the term of responsibility to leave the country when they are younger than 18 years old)
- Makes sure that the activities are adapted in such a way that they meet the need of young people with fewer opportunities involved in the project
- Prevents and mediates conflicts within the group
- Identifies problematic situations and tries to solve them
- Makes sure that the feedback of the participants is taken into consideration when implementing daily activities
- Makes sure that the linguistic barriers are overcome and that communication is done in an efficient way
- Encourages participants to reflect on the learning process, inclusively in issuing the Youth Pass certification
- Evaluates the daily activities along with the other leaders and participants
- Makes adjustments to the activity schedule, in the case this will be needed
- Helps elaborating the Youth passes based on the self-evaluation of the participants
- Evaluates the project at a partner/national group level

Summary of the Project “Change4Europe”

The implementation of the Youth Exchange "Change4Europe", will contribute to prevent, minimize, combat and reverse of any situation of social exclusion and discrimination (racial, religious, gender and social / economic origin) in a critical and constructive way, in this tematics which are problematic issues transverse to all societies / communities at a international level. To achieve that, we will provide to all

the participants, and particularly those most vulnerable to the above situations, with skills, knowledge and tools that enable them to reflect and become aware of change, to raise awareness of intercultural and interreligious dialogue, to know and to approve other cultures and languages and to implement actions that are in line with the objectives defined in the ERASMUS+ Programme and, particularly, in this project.

This exchange will involve 6 young people from each participating country (Portugal, Belgium, France and Italy) and will be held from 03rd to 11th of September of 2017, in Lourinhã, Portugal. The project allows the participation of all the young people between 14 and 19 years old, and there is no requirement, but it is a pre-condition for understanding basic English. The young people involved in the project will come from different cultures and different socio-economic contexts and the group will be constituted with 24 participants, 12 with less opportunities, especially with economic, social (minority, migrant, refugee) and / or professional obstacles.

Through the planned activities for the exchange, namely, practical and thematic workshops, energizers, awareness raising actions for a food gathering, intercultural evenings, presentations, debates, games and pedagogic games, among others, participants will increase and develop their personal, social and professional skills.

The methodologies applied in the project activities will be non-formal, using pedagogical methods: expositive, active, demonstrative and interrogative. The evaluation of the exchange we will apply quantitative and quality methods.

It is intended that there is an impact of the exchange at local, regional, national, European and / or international level, as the main goals to be achieved are transversal to the problems and priorities felt by the community and society in general and the results of the project will be visible through dissemination activities by young people and partner organisations. The impact and the dissemination of the exchange will be ensured through the knowledge of ERASMUS + Programme and its opportunities, as well as the various initiatives that young people will develop during the exchange and upon their return to their origin countries, such as, the organization of debates and exhibitions about the theme, the distribution of flyers and the visualization of the promotional video of the exchange.

At the end of the exchange, young people will fulfill the Youthpass certificate, as a way of certifying all the skills acquired during the project, and it can be used as an instrument for their insertion in the job market. The expected long-term benefits of this project are achieved, at one hand, by promoting, with the local communities of each organization, good practices on democracy, intercultural and interreligious dialogue, tolerance, solidarity and awareness-raising for social contrasts and, at the other hand, the incentive to continue these actions about this and other issues considered as priorities in Europe.

Youth Exchange Programme in attached