

IMPORT EXSPORT

* Youth Exchange * 18/27 May 2015 * Madeira Island - Portugal *

Welcome!

The project **Import - exSport** was meant from the beginning to help the young people interact and show them that sport and outdoor activities could have a great potential for educational purposes.

Import - exSport seeks to have a strong social impact and promotes tolerance and diversity, it stimulates and promotes the development of personality throughout inter-cultural learning, gives them the opportunity to settle new experiences, increases the active participation of the youngsters.

Education through Sport and Outdoor Activities, the main theme, proves to be a great opportunity for the participants and it is met with overflowing enthusiasm, regardless of verbal communication challenges, especially for those who do not excel in English. It will give the chance to participants coming from disadvantaged backgrounds to be actively involved in all activities and interact easier with their foreign peers. It is also important to fulfil the daily needs of physical wellness for young people and the exchange will provide just that through specific activities. We wanted that the Portuguese youth from the Island of Madeira to experience a multicultural environment and to interact with other young people from different parts of Europe.

For the youth exchange and the project itself we have set the following objectives:

- To teach how sport activities could contribute towards personal growth and development increasing the self-esteem and decreasing the risk of dangerous addiction, and to prove how sport can be a valuable tool for learning, integration, socialization or communication;
- To make the participants active in the creation of their own healthy life style increasing the creativity and the entrepreneurship, and to improve one's cooperative and participating skills in a team and in society in order to better manage conflicts;
- To promote the development of active participation in social and cultural life and combat youth problems and the feeling of isolation fostering the feeling to belong to European Union;
- To live and learn in a multinational, multicultural environment for more than a week reflecting about similarities and differences with other cultures, and to foster a inter-cultural learning through a real contact between young people from different countries in order to combat stereotypes and prejudices about the others and develop a process of growth and comparison based on the same concerns and needs;
- To create the proper space and share ideas about how we would like to use and develop sport as a learning tool with young people, as well an appropriate environment for young people to experience for the first time Erasmus Plus and similar programs fostering more participation and the development of projects in the future.

Looking forward to meet you all,

Razvan (STEP) & José (Casa do Povo)

MADEIRA With its charming capital, Funchal, is already famous for excellent climate of temperatures, which always seems to be spring, the mild water of the sea, and the green vegetation, which called the "pearl of the Atlantic" or "Garden of Atlantic", making it a tourist destination of choice throughout the year. The forest *Laurissilva*, classified by UNESCO as a World Natural Heritage, offers unparalleled scenery, they may be embarking on the adventure of "Levadas" old irrigation water channels that facilitated the so rugged terrain, and which today are the best ways to know this natural heritage, and the heart of the Island Madeira.

Today, Madeira island is modernized, with good access, services of high quality, more varied offer hotel and tourism, while maintaining its traditional way of life and great charm to have green in their 728km², mountains, mild climate, fertile soils and customs and traditions alive. Madeira is the main island of the archipelago also famous for its spectacular wine characteristic known worldwide Madeira Wine, by their flowers and their landscapes.



Find more about it: <http://www.visitmadeira.pt/>
About Santana: <http://santanamadeirabiosfera.com/en/>



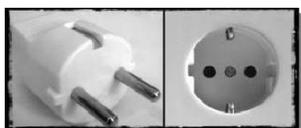
VENUE Centro de Juventude de Santana. We will be hosted in shared international rooms. There's free internet wifi, but there won't be computers other the ones you bring with you. It is a wonderful place, very close to the forest.

HOW TO GET TO MADEIRA By plane, unless you want to swim across Atlantic. Our airport is FNC (Funchal). Information about the airport: http://www.anam.pt/madeira_en

WEATHER The Island has known for its never ending spring. In May, it is expected warm temperature. Daily average will be around 23 C⁰. At night, it can decrease to 19 C⁰. Anyway, come prepared with a coat! We can't promise it won't rain a little.

FINANCES The currency in Portugal is the Euro. Unless you want to do some shopping, you should not need to spend a lot of money. Meals and accommodation are covered by organisation, as well as tea and coffee during the breaks. We will have water during meals, and there is some bar service and supermarket around, where you can buy, if you want, other food or drinks.

HOW TO GET TO THE VENUE Santana is half an hour far from the airport, by car. It is possible to arrive to the venue by public transport, but there aren't many available options (depending of your arrival/departure time). Don't worry! We'll put ourselves a van directly from and to airport on the arrival and departure day.



Hey! We think it may be important to inform you about the electric plugs we currently are using in Madeira. Bring an adaptator, if you need it.

INSURANCE Those who possess a European insurance card should therefore be covered for illness and accidents in the same way as they are in their country, please bring with you this card. If you don't have, it is **3 time to make it. Hurry up!**

<http://ec.europa.eu/social/main.jsp?catId=559> In any case, please remember health and travel insurance as well as travel insurance is your responsibility. So, don't forget it!

VISA To enter Portugal, you need a valid identity document (passport or identity card). Citizens of EU and EFTA countries do not need a Visa. If you need it, make sure you apply for it immediately. If you need an invitation or confirmation letter from our side, please let us know. We do not take any responsibility for this information. If necessary, please check these questions with the Portuguese embassy in your country.

THE PROGRAMME It will be send by email shortly before the training.

THINGS TO BRING WITH YOU

During the week, we'll have many **outdoor activities**. You are requested to bring the following equipment:

- **Towels and swimming suits:** (a chance to swim in the ocean still available)
- **Toiletries** (gel, shampoo, etc)
- Personal **medical supplies**.
- **Good shoes** for walking outside.
- **Shoes and Clothes** suitable for sport activities
- **Light cloths**, swimsuit, sun cream, sun glasses and a cap. (Summer is coming!)
- **Earplugs** (shared rooms!).
- **Information** about your organization.
- Anything you want to share with the other participants (music instruments, books, games. And food or drink from your country for intercultural night)
- Your own computer, if you need it.



We'll create a facebook closed group and will invite all the participants. From our experience, this can help to organize trips together or meet already at the airports.



- Accommodation address:

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Have a nice trip! 😊