

ECONOMY FOR YOUTH

YOUTH EXCHANGE
30 JANUARY - 7 FEBRUARY 2018

SETÚBAL, PORTUGAL

PORTUGAL | SPAIN | ITALY | ROMANIA | LITHUANIA



experiment@ula



Erasmus+

This project is funded by the European Union.

Dear partners,

We kindly want to invite you to take part in our youth exchange project which has been approved by the Portuguese National Agency and it will take place in **Setúbal, Portugal** from **30 of January to 7 of February 2018**. At this stage we need to find the participants for the project quickly and you, as sending partners, should support the participants to buy their tickets after checking with us the itinerary.

Here below you will find more specific information on the contents of the youth exchange. After reviewing all the information, please have your potential participants fill in the questionnaire that you will find in the attachment and send back to **experimentaculo@gmail.com** as soon as possible.

Project Summary

What we've established as our main objective is to prepare and to form young people for an adequate approach to the marketplace. Our goal is to help the participants develop certain skills, knowledge and abilities that are essential in finding good, competitive jobs and for a successful approach of the employers and of the labour market in general. Among these main objectives we also aim to create better bonds better communication between young people from different cultures. The activities are based on non formal teaching methods.

Profile of participants

Number of participants per organization: 4 + 1 group leader

A total of **5** participants per organization aged between 18-30 and 1 leader without age limit.

- Age between 18-30;
- Young unemployed people or looking for the first job;
- Youth workers, NGO activists, volunteers;
- Ready to take part and fully engage in the whole Youth Exchange;
- Have organizational support for further activities within ERASMUS+;
- Able to communicate in English language.

NOTE!

Please take care of the gender balance of the groups!

Accommodation

The hosting place is **POUSADA DA JUVENTUDE** in Setúbal, Portugal, which is a youth hostel that hosts tourists and some guests of the city. The rooms will be for 4, 6 and 12 people. Participants will be mixed in the rooms by nationality. The hostel is equipped with a kitchen, bathrooms and has wi-fi. You can find all the info about it here: <https://pousadasjuventude.pt/pt/pousadas/setubal>

Lunch and dinner will be served in the restaurant **BATIKANO'S**. Breakfast will be served in **POUSADA DA JUVENTUDE**. All needs regarding your diet will be guaranteed.

What to bring

Here is a list of important things that you should bring with yourself:

- Travel tickets: We can only refund your traveling costs, if you have all the tickets, receipts of the trip, invoices and boarding tickets;
- Medicines: for preventive reasons we recommend for those who have health problems to bring their own medicine;
- Some traditional snacks, drinks or food: In order to learn as much as possible from each other's culture, we will organize an intercultural evening, where you are supposed to share some of your local specialties with the other participants.
- Presentation of your country and culture: In order to present your country and culture to others during Intercultural Night, feel free to prepare something for the others. Please be creative!
- Towel.

How to get to Setúbal

After your arrival proceed to the bottom floor of the airport where you can take the metro to **Oriente** (it is the third stop on the red line). In Oriente catch the 562 bus or the 563 bus, which will take you to Setubal. Your stop is the last one and we will be waiting for you there. Please send us message when you get in the bus so we can know when you're coming. Pedro - 964724671)

Underneath there's the time schedule of the buses you can catch.

562:

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563:

		PARTIDAS DE LISBOA (PÇA ESPANHA)																								
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About Setubal

Do you know Setúbal is the only European city with dolphins?

Do you know Setúbal is the hometown of José Mourinho?

And do you know Setúbal is part of the international club of the Most Beautiful Bays in the World?

Setúbal is a city and a municipality in Portugal. The population has 118,166 inhabitants. The city is located on the northern bank of the Sado River Estuary, approximately 48 kilometers south of Portugal's capital, Lisboa. It is also the seat of the Setúbal District.

In the beginning of the 20th century, Setúbal was the most important center of Portugal's fishing industry, particularly sardines. None of the many factories then created are operating today. However, the existing maritime ports, either traditional, commercial and the new marines, keep the city links to the ocean and water well alive and vibrant. Tourism, based on the beautiful existing natural conditions plus excellent hotels, resorts and infrastructures, is one of the city's most appreciated resources, due to its interconnection with the Sado river on one side and Atlantic Ocean on another, having a coast line with both. The city is also connected with the nearby coast of the Arrábida hills natural park - which offers an unspoiled nature and beautiful beaches to the Atlantic Ocean. A dolphin colony inhabits the Sado River. Across the river on the south bank lies the peninsula of Tróia, a place with vast white/golden sand beaches where several luxury hotels and resorts were recently built. The Tróia peninsula can be sighted from the city, across the river.

<http://www.mun-setubal.pt>