



21-30 June
Coimbra, Portugal

YOUTH EXCHANGE

PORTUGAL | ICELAND | GEORGIA | LITHUANIA | ITALY |

Dear partners,

We kindly want to invite you to take part in our youth exchange project which has been approved by the Icelandic National Agency and it will take place in Coimbra, Portugal, during the 21 and the 30 of June 2022. It will be a pleasure to host you.

After one year pandemic we are ready to implement it, but it will be a challenging and different. But we count with your support to achieve all the goals and make it successful. The 21st and the 30th of June are travel days.

This is a project from Álfur, your favorite Icelandic organization; and Experimentáculo, our friends from Portugal, are taking care of all preparation process as the hosting organization.

At this stage we need to choose the participants and search for the flights.

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

Project Summary

The title of the project is a reference to a quote by leading climate activist Greta Thunberg: "I am here to say, our house is on fire ... I want you to act as if our house is on fire. Because it is."

Nowadays when climate change has started to be visible to everyone, when the environment strikes communities in the forms of very cold winters, long and hot summers, heavily polluted air and water, floods and earthquakes, desertification, everyone needs to put in additional effort into pushing forward the protection of our environment as a topic of high importance if we want to have a bright future, ensure environmental sustainability and sustainable development. Special focus should be put on simple steps that every person can undertake to reduce their eco-footprint on the planet. For instance simple rules that everyone can follow every day in order to make sure that we maintain a healthy environment.

We have become a consumer society in times when the environment most needs our protection. Each week we put bags out by the curb that the garbage trucks come and take away, and we forget about them instantly: Out of sight-out of mind. But where does it go? And what would happen if nobody came to take it away? We'd be forced to think about it constantly. And when we really look at what we throw away, we can see that most of our garbage isn't really garbage at all, but rather reusable, recyclable materials. Every garbage bag contains valuable resources and energy that we are throwing away every day. When you recycle products you use every day, like cardboard boxes, milk jugs, cans, you give new life to items that used to be thrown away, saving energy and helping lower greenhouse gas emissions in the process. For each ton of paper that is recycled 17 trees are saved. The energy we save when we recycle one glass bottle is enough to light a light for 4 hours. The youth should have a chance to learn these facts in order to save the future of the planet. Therefore this project will provide a space for learning about these themes of recycling, environment protection and garbage selection & removal and the benefits we gain from it.

The main objectives of the project are:

- To raise awareness of youngsters about the benefits of the 3R concept (reduce, reuse, recycle), and the benefits of recycling, reusing of garbage, garbage selection and garbage removal.
- To broaden participants knowledge and to introduce the topic of environmental protection and sustainable development.
- To provide space for promotion of Cultural diversity in Europe and intercultural understanding between youngsters coming from different social, cultural, &religious backgrounds.
- To give new skills and competences to young people and empower them in the field of Youth.
- To promote Erasmus+ programme.

Profile of participants

Number of participants per organization: 5 people (4 participants + 1 team leader)

- Age between 18 and 30 years old;
- Participants motivated for the topic of ecology and sustainable environment;
- Participants open to multicultural dialogue;
- Youth workers, NGO activists, volunteers;
- Students, youngsters looking for the first job, youngsters planning to start their own business;
- Ready to take part and fully engage in the whole Youth Exchange;
- Have organizational support for further activities within ERASMUS+;
- Able to slightly communicate in English language.

NOTE!

Please try to take care of the gender balance of the groups!

Financial Aspects

Financial support will be provided by the Icelandic National Agency for the “Erasmus +” Program (Key Action 2). Álfur will be able to offer the following financial conditions:

- The travel costs from home town of the participants to the venue will be covered according to the rules of the Erasmus+ program based on distance calculator.
- Accommodation, food, local transports and all materials of the youth exchange will be covered by the hosting NGO.
- No participants fee

Taking in consideration the recent pandemic of the new coronavirus, please take in consideration this:

- participants should have an insurance covering the costs related also to the sanitary situation in Europe (in case of COVID contagious we cannot cover the costs for isolation or flight changes);
- all the tickets should be bought with the free cancelation option (if the event is canceled or postponed because of the pandemic, we cannot cover the costs of the tickets).

Below you can see the official table for the reimbursement per participant:

Portugal > 20 euros

Lithuania > 275 euros

Iceland > 530 euros

Georgia > 360 euros

Italy > 360 euros

What to bring

- Sunscreen and a hat for the sun
- Comfortable clothes and walking shoes
- A jacket for the evening (it can be cold in the evening)
- Food/drinks/etc. for the intercultural evening
- An energizer, team building activity or workshop if you want to implement it
- Keep all your tickets, invoices and boarding passes.

All the participants should bring their European Health Card. You can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. Please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country.

Accommodation

The project will take place in Coimbra - one of the oldest and most beautiful cities of Portugal. Coimbra has a privileged location, in the center of Portugal. The city hosts one of the oldest universities in the world, that is part of Unesco World Heritage. Any time of year is perfect to enjoy Coimbra, thanks to its enviable weather.

The accommodation will be in a University Residence called B1 in Coimbra, Portugal. The residence is located in the centre of the city, just few meters away from the main square. The accommodation will be in four dorm rooms. Each room has wi-fi, a balcony and bed linen.

You can check it out a but more in the official website:

https://becoimbra.com/pt/inizio/alojamento-estudantil/residencia-universitaria-b1?fbclid=IwAR05K0kbp2I9IObXPcFXrK6xbT3j1X1ou2xGOHd_YMaxq5I6X7H8bB6ihFU

How to get to Coimbra

Coimbra is located in the center of Portugal, which means is half way distance between Lisbon and Porto. It means you can fly to one of those airports. From Lisbon and Porto you will need to take a bus or a train to Coimbra. There are good connections and plenty of transports on a daily basis. The trip takes less than 3 hours.

We will help you with your way from Lisbon or Porto to Coimbra. Let us know about which flights you are booking and we will arrange you a travel plan.

With the train you can check the timetables between Lisbon or Porto and Coimbra here:

www.cp.pt

With the bus you can check the timetables between Lisbon or Porto and Coimbra here:

www.rede-expressos.pt

www.flixbus.pt

About Coimbra

Coimbra is a city and a municipality in Portugal. The population of the municipality is around 150.000 people] in an area of 319.40 square kilometres. The fourth-largest urban centre in Portugal (after Lisbon, Porto and Braga), it is the largest city of the district of Coimbra and the Centro Region.

Among the many archaeological structures dating back to the Roman era, when Coimbra was the settlement of Aeminium, are its well-preserved aqueduct and cryptoporticus. Similarly, buildings from the period when Coimbra was the capital of Portugal (from 1131 to 1255) still remain. During the late Middle Ages, with its decline as the political centre of the Kingdom of Portugal, Coimbra began to evolve into a major cultural centre. This was in large part helped by the establishment of the University of Coimbra in 1290, the oldest academic institution in the Portuguese-speaking world.

Apart from attracting many European and international students, the university is visited by many tourists for its monuments and history. Its historical buildings were classified as a World Heritage site by UNESCO in 2013: "Coimbra offers an outstanding example of an integrated university city with a specific urban typology as well as its own ceremonial and cultural traditions that have been kept alive through the ages."

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* For better communication we will create also a Facebook and. WhatsApp group where we can discuss all the details.