

CIDADANIA PELA CAPOEIRA

YOUTH EXCHANGE
7 - 17 OCTOBER 2019

SETÚBAL, PORTUGAL

PORTUGAL | FRANCE | SERBIA | LITHUANIA | TURKEY

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 the **21st to the 30th of January 2019**. It will be our first project and it will be a pleasure to host you. 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

Capoeira is an afro-brazilian cultural expression that mixes martial art, sport, popular culture, dance and music, developed by African slaves in Brazil during the XVI century as a survival tool, but also as an artistic expression. That's why Capoeira is more than a physical activity, being a symbol of black emancipation. It is part of UNESCO Cultural Heritage of Humanity. The youth exchange "Citizenship Through Capoeira" wants to be a different and emancipating project, to promote the European values of inclusion, tolerance, multicultural dialogue and citizenship through Capoeira. At the same time it wants to promote healthy lifestyles through sport activity, to stimulate creativity and to raise awareness for ecological sustainability, one of the most important challenges of nowadays.

The objectives of the project are:

- >to promote the European values of inclusion, tolerance, multicultural dialogue and citizenship through Capoeira;
- >to raise awareness for ecological sustainability;
- >to promote social inclusion and to fight all kinds of discrimination;
- >to promote healthy lifestyles and outdoor and sport activities;
- >to promote European mobility and multicultural dialogue;
- >to empower young people with new personal and professional skills and competences;
- >to promote Capoeira.

Profile of participants

Number of participants per organization: 5 + 1 group leader

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

- Age between 18-30;
- Youngsters motivated for sport activity;
- Youngsters open to multicultural dialogue;
- 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 Setubal, Portugal, which is a youth hostel that hosts tourists and some guests of the city. The rooms will be for 6 and 4 people. Participants will be mixed in the rooms by nationality. The hostel is equipped with a kitchen, bathrooms and has wi-fi and it provides bed linen.

Breakfast, lunch and dinner will be served in a local restaurant. 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;
- Swimming suit, sun protector and hat (sun can be strong in the Portuguese summer);
- Sport/comfortable clothes and shoes;
- 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!

Financial Aspects

The youth exchange will take place in Setubal, Portugal from 7th to 17th of October 2019. Financial support will be provided by the Portuguese National Agency for the “Erasmus +” Program (Key Action 1). **Experimentáculo** 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 training course will be covered by the hosting NGO.
- No participants fee

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

France	275 euros
Serbia	360 euros
Lithuania	530 euros
Turkey	530 euros
Portugal	-

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 - +351 964724671)

Timetables for bus 562:

https://www.tsuldotejo.pt/ver_horario.php?fx=562_Ida_20181201_20301231_lineScheds.svg.png

Timetables for bus 563:

https://www.tsuldotejo.pt/ver_horario.php?fx=563_Ida_20170501_20301231_lineScheds.svg.png

Contacts

Pedro Soares
experimentaculo@gmail.com
mobile/whatsapp: +351 964724671

José Correia “Goiaba”
amacapoeira@hotmail.com
Mobile: +351 918667108

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>