

“PICTURE THIS - PHOTOGRAPHY  
AS A LIFE TOOL”

YOUTH EXCHANGE

INFOPACK

03/07/2025-11/07/2025

COIMBRA, PORTUGAL



Funded by  
the European Union



Erasmus+

MAAC

MOTIVOS ALTERNATIVOS - ASSOCIAÇÃO CULTURAL



# Objectives of the project:



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- To raise awareness among young people about the power of photography and how it can shape the perception of reality.
- To create awareness about diversity and contribute to changing the paradigm of the "ideal."
- To develop skills and competences in photography and visual storytelling.
- To empower young people as visual storytellers to promote diversity in their own countries.
- To create a local impact in Coimbra and raise awareness in the local community for diversity issues through a photo exhibition and other local activities.
- To promote and give visibility to the Erasmus+ program





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## Aim of the project

"Picture This - Photography as a NFE Tool" is a project that aims to change the image of photography among young people and create active awareness among them through their own actions. As an artistic association, we have previous experience not only in Art in general but also in photography. With the help of our partners, we want to share and exchange accumulated know-how in this area, as well as in non-formal education.



# Partners

Motivos Alternativos

Adventure and Innovation Programs Centre

Verde Sur

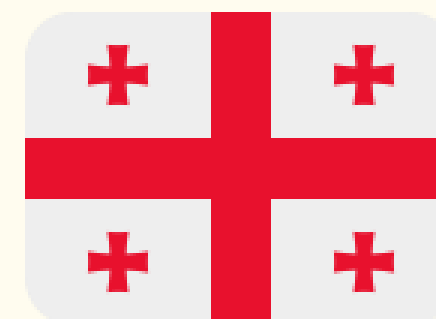
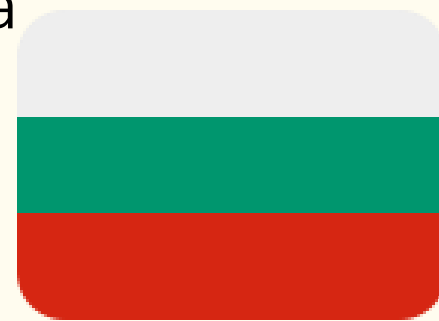
Institut za poticanje mladih

MIG

KTU SA

36 participants (5 participants + 1 leader) from Portugal,  
Spain,

Bulgaria, Lithuania, Croatia, and Georgia



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# BUDGET

Bulgaria	395*€
Spain	417€*
Croatia	395€
Lithuania	395€
Georgia	820€

\*must be green travel

# REIMBURSEMENT RULES

Please note that the reimbursement amount cannot exceed the maximum limit set by the Erasmus+ program.

Travel, board, and lodging expenses will be covered by the European funding, but travel reimbursements are subject to the ceilings specified in the Erasmus+ Programme Guide. For any further clarification, refer to the Partnership Agreement that will be signed.

If you wish to opt for Green Travel (more sustainable travel options), please contact us in advance.

All the tickets will be collected by the host organization.



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# WHAT TO BRING?

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- 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.



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# THE VENUE

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=IwAR05K0kbp2I9lObXPcFXrK6xbT3j1X1ou2xGOHd\\_YMaxq5l6X7H8bB6ihFU](https://becoimbra.com/pt/inizio/alojamento-estudantil/residencia-universitaria-b1?fbclid=IwAR05K0kbp2I9lObXPcFXrK6xbT3j1X1ou2xGOHd_YMaxq5l6X7H8bB6ihFU)**



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# HOW TO GET TO COIMBRA

Coimbra is located in the center of Portugal, which means is half way distance between Lisbon and Porto. [SEP]

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](http://www.cp.pt)**

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

**[www.rede-expressos.pt](http://www.rede-expressos.pt)**

**[www.flixbus.pt](http://www.flixbus.pt)**



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# 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."





# Contacts

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Thanks ☺

