



SCORE

SPORTS ACTIVATING YOUTH
AND PROMOTING EMPOWERMENT

2018-1-PT02-KA105-005025

✉ info@colinafest.pt

UISEU - PORTUGAL



PROJECT

What is SCORE ?

This project is financed by the Portuguese National Agency Erasmus+ Youth in Action programme and consist in a Youth Exchange activity with 8 european countries and will take place in Viseu, Portugal. Promote by Colina Fest - Associação Cultural, Desportiva, Recreativa e Social, with the number 2018-1-PT02-KA105-005025.

The name of the project SCORE comes from Sports aCtivating yOuth and pRomoting Empowerment with this topic Colina Fest wants to make an important contribution to help address the socio-economic changes and the challenges the region faces for growth, inclusion and social justice by using the non-formal education method to promote European values and sustainable development of societies that foster intercultural understanding and the sense of belonging to the community.

Colina Fest's main objective is to exploit the potential of sport as a tool for inclusion, thereby preventing radicalization and violence, and empowering young people with fewer opportunities to promote the common values of the EU.

We invite the partners to add the participants selected to our facebook group for this project:
<https://www.facebook.com/groups/colinafestscore>

Promoter



PORTUGAL

COLINA FEST - ASSOCIAÇÃO CULTURAL,
DESPORTIVA, RECREATIVA E SOCIAL

Partners

	POLAND	STOWARZYSZENIE EUROPE 4 YOUTH
	HUNGARY	TÁMASZPONT MOPKA
	CZECH REPUBLIC	BRNO FOR YOU ZS
	ITALY	SFERA ITALY
	SWEDEN	SVENSKA UNGDOM LEAGUE
	LATVIA	RASIO "PERSPEKTIVA"
	BULGARIA	SDRUZHENIE YOUTHUB



DAYS

A1 - Youth Exchange

9 Days (7+2)

4 to 11 June (travel days included) all participants are invited to do the check-in until 19h00 of 4th June

40 participants

5 per Country

Sports aCtivating yOuth and pRomoting

	04/jun	05/jun	06/jun	07/jun	08/jun	09/jun	10/jun	11/jun	
10:00 - 10:30	Arrivals	Warm up	Warm up Poland + Hungary	Let's Play 1	Warm up Czech Rep.+ Italy	Warm up Sweden + Latvia	Warm up Bulgaria + Portugal	Departures	
10:30 - 11:30		Get To Know Each Other	Team Building		Street Football	Prevention and fight against violence and intolerance	Enhancing Health and Social Inclusion in and through Sport		
11:30 - 11:45		Break	Break						Break
11:45 - 13:00		Agenda and Objectives	Education Training and qualifications in Sports	Lunch	Lunch	Lunch	Good practices		Networking and Youthpass
13:00 - 15:00		Lunch	Lunch						
15:00 - 16:15		Erasmus+ Youthpass	Viseu, The Secret City	Sports #4ALL	Education Through the Sports	Beach Voley	Final Personal Evaluation+Project Evaluation		
16:15 - 16:30		Break			Break	Break			
16:30 - 17:30		Bazar NGO			Coaching	Beach Voley	Feedback		
17:30 - 18:00		Reflection Group	Reflection Group	Reflection Group	Schwinn Cycling Marathon	Reflection Group	Free time		
18:00 - 20:00		Check in Hostel	Sharing Moment	Sharing Moment		Sharing Moment			
20:00 - 21:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner			
21:00	Free Night	Cultural Evening	Free Night	Colina Fest	Colina Fest	Colina Fest	Farewell Party		



FINANCE

Travel Costs

Participants

Value per person

Poland	x5	360€
Hungary	x5	360€
Czech Republic	x5	360€
Italy	x5	275€
Sweden	x5	360€
Latvia	x5	360€
Bulgaria	x5	360€

* Remember that in order to get the reimbursement of the expenses you need to delivery all boarding pass, tickets, invoices and receipts.



HOW TO ARRIVE



1
STEP

At the **Porto Airport** you can take the Metro (Purple Line) and go until the **Campo 24 Agosto** Bus Station or take a direct bus (www.getbus.eu/en/porto-airport-porto).

2€

2.75€

As there is no train to Viseu, we recommend you to use a well developed network of buses.



2
STEP

At the **Lisbon Airport** you can take **Aerobus** and go to the **Sete Rios Bus Station**.

4€

Exit **Campo 24 Agosto** and there you will have the **Campo 24 Agosto Bus Station** (Terminal Rodoviário).

Once you arrive to **Sete Rios Bus Station** buy a ticket to Viseu.



Follow to <http://www.rede-expressos.pt> to check the schedules and/or book the trip online. You can also buy tickets directly at any bus station. Its better if you buy the tickets in advance.

Lisbon

Sete Rios bus station

19€

Porto

24 de Agosto bus station

12.5€

*The prices may suffer changes and remember you can buy the tickets with Youth Discount

WELCOME TO VISEU!

Now you have **two options**:

You can go by **foot** to the hostel, its just **18 min** away.

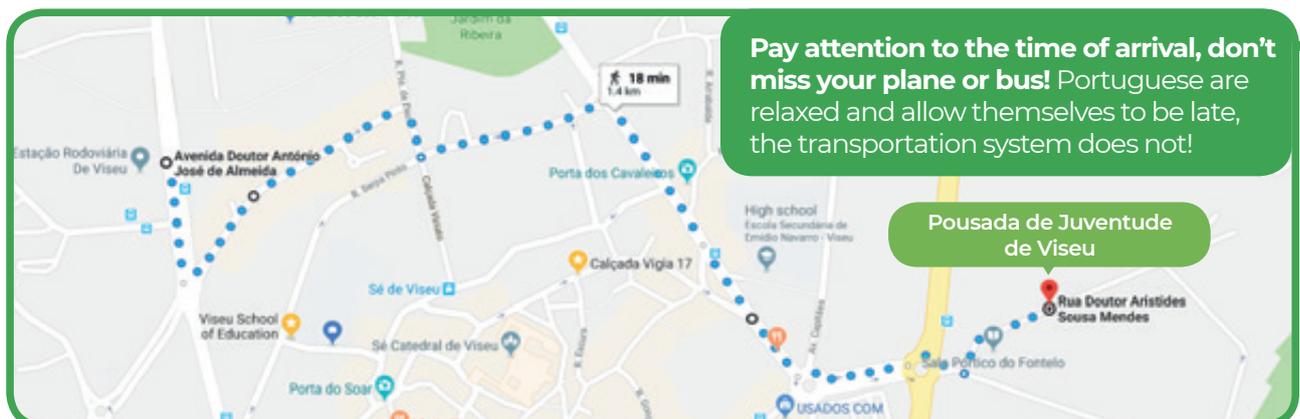
You can go by **taxi**, the trip cost around 5€.

3
STEP

Address:

Pousada de Juventude de Viseu
Rua Dr. Aristides Sousa Mendes
3500-033 Viseu

Pay attention to the time of arrival, don't miss your plane or bus! Portuguese are relaxed and allow themselves to be late, the transportation system does not!



YOUTH HOSTEL

WHERE SHARING OF
EXPERIENCES, MEETINGS
AND MISMATCHES COME





YOUTH HOSTEL



ABOUT

The accommodation, especially aimed at the young people, backpacking and adventurous spirit, benefits from a convivial atmosphere where the sharing of experiences, meetings and mismatches happen as tourists and travellers depart in search of the city and its surroundings.





YOUTH HOSTEL



ROOMS

The Viseu Youth Hostel | Adamastor disposes of a total of 19 rooms, divided in multiple rooms, double rooms, adapted double rooms. The multiple rooms consists of 4 beds and are ideal for groups of friends which will explore the city or those who like to meet new people and new cultures. The wardrobes are equipped with an advanced RFID system that ensures the privacy and the security of the guests.

All rooms include bed linen, bath towel and hand towel.





YOUTH HOSTEL

SALA DE CONVIVENCIA
LIVING ROOM
SALLE DE SÉJOUR

S A L A

V I R I I

A T O C

LIVING ROOM

The living room is a space that has a 4k tv with digital cable channels, internet is available in all building, outlets and table for computers. Ideal for socializing and meeting new people and various creating stories while having a cup of coffee and enjoying the view on the terrace. You can even surf on the internet, since its available throughout the hostel.



SHOWERS / WC

Both bathrooms (female and male) are provided with two showers/wc for guests that are in the multiple rooms. The showers/wc have hair dryers, individual showers and toilets.

Double rooms are equipped with private bathrooms.





YOUTH HOSTEL



LAUNDRY

With economic prices and work from 10h00 to 23h00 your dirty clothes will not be a problem with our self-service laundry. All guests have at their disposal two washing machines (which you don't need to add products), a dryer machine, an iron and ironing board.

KITCHEN

The Viseu Youth Hostel | Adamastor has a comun kitchen where guests can prepare their meals. Equipped with all the necessary kitchen equipment and utensils, refrigerators, ovens, microwaves, four preparation zones and with personal lockers where you can store your products. It is also here that breakfast is served every morning from 8h00 to 10h00.





MORE INFO

SOME RULES AT THE VISEU YOUTH HOSTEL | ADAMASTOR

It is not accepted to bring any people over night.

It is strictly forbidden to smoke inside.



It is prohibited to display posters or pictures.

There must be **silence** on the surroundings **after 23:00 until 08:00.**



Do not drink alcohol inside.

Lost items that are left in rooms after check out will be removed and **can be picked up at the reception within 48 hours.**



Your room must **always** be **clean** and **organised**



Do not move or remove furniture



EMERGENCY CONTACTS

POLICE / AMBULANCE / FIRE DEPARTMENT 📞 **112**

VISEU HOSPITAL + **351 232 420 500**

VISEU YOUTH HOSTEL | ADAMASTOR + **351 232 413 001**



You receive at check-in, an RFID card that allows them to access the Viseu Youth Hostel - Adamastor, their room, wardrobe and kitchen cabinet. At the end of the stay you must leave at the reception. The loss, damage or non-return of the card has a cost of 20 €.

VISEU

IN BEIRA ALTA, BETWEEN
MOUNTAINS AND FULL GREEN
VALLEYS WE CAN FIND
THE CITY OF VIRIATO AND
VASCO FERNANDES.





UISEU

In Beira Alta, between mountains and fully green valley's we can find the city of Viriato and Vasco Fernandes - Viseu - a city with around 100.000 inhabitants.

This is a joyful city, which welcomes people who live in or visit the heart of Portugal. Upon the visit of this city you will find it has many attributes, but what makes it distinct from other cities is the complete variation of identities and authenticity in each place you will have the pleasure to visit.



Visit our heritage or historic sites, the mysterious Cava of Viriato, enjoy a troll through the parks and gardens or walk around the historic town centre. Discover the urban in the street art and book your place in one of the creative events on our cultural calendar, which runs all year.

The quality of life that characterises Viseu that charms those who visit us. You'll feel at home, free from the stress of the big city life.

“Bem-haja” means, thank you and all the best, is a typical saying in Viseu, and with that we say our goodbyes and leave you with this invitation to visit “the best city to live in” in Portugal!

“Viseu, the best city to live in”

is a brand and an attitude.



www.turismodocentro.pt
www.cm-viseu.pt
www.visitviseu.pt

SOME PRICES*

*AVERAGE PRICES



PASTRY

1.00€



MEAL

6.50€



1.5L OF WATER

1.20€



COFFEE

0.60€



THINGS TO DO

DISCOVER



Cava de Viriato is one of the most emblematic engineering works, from the centuries IX-X preserved from the Iberian Peninsula. Many doubts remain about who ordered the rise of such a monument. It's Viseu's biggest mystery yet! Cava de Viriato is a monument with an octagonal plan, with 32ha of area, and it consists of eight slopes on land with 250m of length each.

On top of the hill, beside the Cathedral, stands the museum of Grão Vasco, it contains a substantial expression of our identity in the realism of the work of Vasco Fernandes, in whose paintings light and colour blend in perfect symbiosis and there is harmony in the ambience, emotions and shapes of faces and care taken with detail.

The museum's collection also includes an important number of works representing Portuguese art history from different periods.



Entering the Renaissance Garden of the Former Bishop's Palace in Fontelo, you step back into the 16th century, to the time when gardens were designed to celebrate Man's rule over Nature. The most exotic and extravagant garden in Viseu has been built up over centuries, Pick a granite bench to sit down and relax in this idyllic spot. and delight in the diversity of shapes, colours, aromas and maybe see some peacocks walking around the park.

RECURRING EVENTS



If you go to Viseu from the beginning of August until mid-September, you can visit the São Mateus Fair is located in the huge parking near the Viriato Statue.

With over 624 years, this is one of the oldest fairs in Portugal. Here, you'll find local handicrafts, folk music, a funfair, several food stalls, Portuguese and international artists concerts. Over these more or less 30 days of amusement, more than one million visitors go to this fair.

If you go to Viseu from the beginning of July this event. Every year, the Ephemeral Gardens festival jolts Viseu, a serene city in the interior of Portugal. Artists adorn Viseu with modern art and serenade it with contemporary music.

Shops become installation spaces, ancient churches double as music venues, old walls serve as canvases for street art. Every plaza seems to have its own DJ, every garden its own sculpture show. It also has stores, bookshops, restaurants, and bars that stay open until late.

