

**Youth Exchange**



**What is Real?**

Connecting with the world

**6 - 10 July 2023**

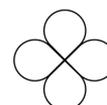
***Guimarães, Portugal***

**This project has no Participation Fee**

**Accommodation, food and travel are funded by the European Union.**



Funded by the  
European Union



**Palavras  
Infini**  
Núcleo de Inclusão  
Comunicação e Media

# Objectives

## Main Objective

During this youth mobility we will work on issues like fake news, disinformation, discrimination in the media and social networks, with the aim of understanding how these communication means influence stereotyped behavior and originate prejudice in society and how can we become changemakers in this information age.

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## Specific Objectives

- Educate young people in the field of media and digital literacy, in favor of democratic and civic participation informed and active, so that they become active and vigilant agents of social inclusion and diversity;
- Foster learning and skills development through non-formal and informal dynamics and through the promotion of intercultural and diverse dialogue;
- Reinforce common European values and eliminate conscious prejudice, stereotypes, discrimination and/or bullying and/or disguised, vis-à-vis other groups.



# About the host: Núcleo de Inclusão

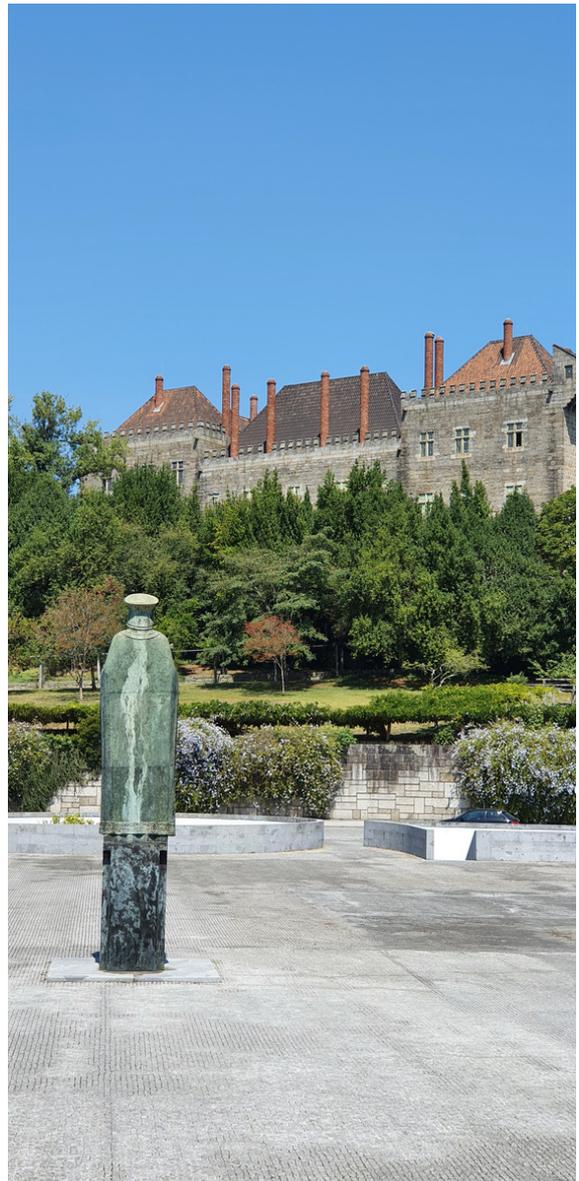


## Mission

Through communication and information, promote social inclusion and combat prejudice and consequent discrimination, contributing to a society based on diversity and equity.

## Our organisation

Palavras Infinitas - Núcleo de Inclusão, Comunicação e Media is a Portuguese organization founded in 2015. Our aim is to defend and promote the rights and interests of those who suffer from exclusion at all levels - social, cultural, and economic - focusing especially on people with disabilities. The main work of Palavras Infinitas is to promote the demarginalisation of people and disrupt the barriers that may lead to social exclusion.



# Erasmus+ Team



**Sofia Pires**

Coordinator

- Bachelor in Journalism, Post Graduation in Marketing and Strategic Management;
- Subjects: Inclusive Communication, DEI, Disability and Human Rights;

Content Producer for Plural&Singular; Municipal Forum for People with Disabilities; Local Action Plan of Guimarães, Child Friendly City (UNICEF), and others.

Project Manager/Facilitator

- Masters in Environmental Management (finishing a master's in Project Management);
- Subjects: Non-Formal Education, DEI, Environment and Human Rights;
- Worked three years around Portugal as a facilitator in a project about creativity;



**Cláudia Pires**



**Margarida Seguro**

Communications Manager

- Bachelor's in marketing and Advertisement and a Post-Graduation in Crisis and Humanitarian Action.
- Part of the volunteer field since 2008 and international experience since 2018;
- Former Facer of Amnesty International and Former Social Media Manager at SOS Children Villages;

Many more will join us to help craft a project filled with positive experiences and a lot of learning.

# Programme

## Example of Sessions:

- What is Communication?
- Why/How do we communicate?
- Prejudice and stereotypes
- Fake news and disinformation
- Online violence/ Bullying
- Hate Speech
- Greenwashing and the Climate Change buzz
- Effective Communication
- Technology in communication
- Accessible vs Inclusive Communication

etc...

- Intercultural night (to exchange and learn more about the participant's culture.

**4 sessions a day + reflection**

**At least 2h lunch break**

## Methods

- Get to know;
- Icebreakers;
- Energizers;
- Team building;
- Brainstorming;
- Simulations;
- Discussion and debates;
- Reflection, evaluation, debriefing and assessment.
- Outdoor activities

## Methodology:

## Non-formal Education





# Participants

- Participants will have to participate throughout the project including: preparation, training and dissemination.
- All participants should have a good level of English;
- Must comply with **COVID measures**;
- Participants must be motivated to work on the topic.

## Profile

- Age: 18 - 30 years old;
  - people motivated to work the topic
- Priority: people with fewer opportunities

## Partners

**Total 7 organisations**

**Each:**

**5 participants**

**1 group leader**

**2 Facilitators from  
Núcleo**

**Total 44 pax**



# Participants

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## Profiles

### **Group Leader:**

- Age=>18 years (preferably up to 30);
- Experience of working with young people, particularly with fewer opportunities;
- Experience in the prevention and/or resolution of risks and conflicts;
- Skills to ensure the effective learning of young people;
- Knowledge about the methodology of non-formal and informal education;
- Knowledge about the Erasmus+ Program and European priorities;
- Goog English level.

### **Participant:**

- 18-30 years;
- Motivated to participate in the project;
- Interested in the topic;
- Willing to be involved in a diverse environment that promotes inclusion and diversity;
- Available to participate in non-formal and informal education dynamics;
- Sensitized to European values;
- Dynamic, proactive and with a sense of responsibility.

# Travel Please read carefully



Read carefully!

Trips will be purchased by participants or sending organizations.

The travel budget is defined according to the following distance calculator: [Distance Calculator](#). For more information, consult your sending organization.

Núcleo de Inclusão only refunds trips if you comply with all of the following steps:

- Purchase a trip pre-approved by Núcleo de Inclusão; send your trip (example itinerary print) for approval by email with dates, prices, bags, with arrival/departure time from Guimarães.
- All trips (flights, trains, metro, etc) purchased need to have an **invoice** issued with Núcleo de Inclusão tax number;
- Original tickets (paper version) need to be sent to Núcleo de Inclusão's address, including invoices, boarding passes, itinerary confirmation with prices dates and hours, etc;
- Original documents (virtual version) need to be uploaded in the country folder (google drive) including invoices, boarding passes, itinerary confirmation with prices dates and hours, etc; for access to the folder contact your sending organisation;
- a mobility declaration is signed during the activity;
- participants have active participation during 80% of activities, including preparation, training, and dissemination.

## **Please, consider that:**

- Maximum tolerance of 2 days before and after the travel day;
- Any costs (accommodation and food) on extra days are not funded;
- It will be reimburse maximum 1 bag per participant (1 cabin or 1 check in bag).
- Travel insurance will not be reimbursed.
- We do not accept photos or edited documents for reimbursements;
- The refund is made by bank transfer directly to the account of the participant or sending organization
- Invoice should have visible: passenger name (participant) + dates + prices, all in the descriptive.

**Email: [international@nucleodeinclusao.pt](mailto:international@nucleodeinclusao.pt)**

## **Invoice Info:**

Palavras Infinitas - Núcleo de inclusão, comunicação e Media

Tax Number: 513 707 468

Address: Av. D. Joao IV , 1076, 4ºesq

Bloco C 4ºEsq

Postal Code: 4810-534

Guimaraes, Portugal

# Travel Tips



Read carefully!

## Travel days for the Activity:

**Arrival day:** 5th July - the activity (mandatory presence) will start on the 6th early in the morning.

**Departure day:** 11th July - check out until 11pm.

**COVID:** At the moment, there are no travel restrictions for participants coming from partner countries.

## Travel Tips:



Airports:

Porto - [Francisco Sá Carneiro Airport](#) (**best option!**)

Lisboa - [Humberto Delgado Airport](#)



Train:

[Comboios de Portugal](#)



Bus:

[GetBus](#) (Express Bus Oporto Airport - Guimarães)

[Flixbus](#)

[Rede Expressos](#)

# Practicalities



## Location:

All participants will be accommodated on the university campus - Minho University

Azurém

4800-042 Guimarães



## Accommodation:

University residences.

Twin room with Private WC.

1 towel provided, wifi,  
common room



Guimarães Castle, located next to the accommodation

## Weather:

July - Summer time: Warm days, no rain

## Currency:

The official currency in Portugal is EURO

1 domestic beer or 1 non-alcoholic drink: 1,00 – 2,00 €

Local transport bus ticket: 1.80 €

## Food:

Dietary requirements will be taken into account.

Breakfast served in the accommodation.

Coffee break will be provided.

## Restaurant (lunch and dinner):

University Restaurant

and

Comilão Restaurant



# Practicalities

## What to bring?

- Reusable water bottle (we have amazing tap water!);
- Comfortable clothes and shoes (we might have outdoor activities);
- Flip flops, towels, cosmetics and personal toiletry items (shampoo, soap, etc.);
- Any medications that you will need;
- Important documents;
- For the intercultural night please bring everything you can - food, drinks, music, traditional clothing, etc. We want to learn more about the culture of all participants and celebrate diversity;
- Motivation to work on the topic!



## Insurance:

The European Health Card (EHC) is accepted in every country of the European Union. If you don't have it, you can get it easily. Let us know if you need any help arranging the EHC.

Noneless, an insurance is provided during activities days.

# About the venue: Guimarães, Portugal



Guimarães is a Portuguese medieval city located in the north of Portugal.

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*Guimarães is an important historic city, considered the birthplace of the Portuguese nation because of its first king - Afonso Henriques, who was born there. In addition, the Battle of São Mamede, a seminal event for the foundation of the Kingdom of Portugal - was fought in the vicinity of the city.*

*Guimarães have about 158 thousand inhabitants spread in a 240,955 Km<sup>2</sup> área, Portugal has about 11 million inhabitants.*

*The Historic Center of Guimarães was declared a World Heritage Site by UNESCO in 2001. The city boasts an architectural compound of a unique heritage value exceptionally preserved, through a continuous urban management policy.*

# Tips and Tricks

## Language

In Portugal people speak Portuguese. The Portuguese language is spoken by more than 260 million people, being the fourth most spoken language in the world. Check this table for some words and expressions that might be helpful when being in Portugal.

English	Portuguese
Hello	Olá
Good morning	Bom dia
Do you speak English?	Fala inglês?
Where is ...?	Onde fica...?
My name is...	O meu nome é ...
Excuse me/sorry	Desculpe
Please	Por favor
Thank you	Obrigado
You're welcome	Bem-vindo
Goodbye	Adeus/Xau
I want...	Eu quero...
Water	Água
Coffee	Café
Tea	Chá
Beer	Cerveja





**Call for Participants**

**Deadline May 5th**



**Travels arrangements**

**Deadline May 12th**



**Waiting list - Recall**

**Deadline May 26th**



**[international@nucleodeinclusao.pt](mailto:international@nucleodeinclusao.pt)**

**Important note: during summer flights are expensive therefore we want to accelerate this procedure asap**