



EXPRESS U!

ERASMUS+ YOUTH EXCHANGE

INFOPACK

ABOUT THE PROJECT

Express U! is a project with the main goal of promoting tolerance, social inclusion and diversity between the young people through culture, focusing on dance.

The participants come from 5 different countries (plus the ones from Portugal), being: Spain, Italy, Latvia, Macedonia and Estonia. In total, there'll be 48 participants.

This project will take place in Aveiro, a small city in Portugal, known as the Venice of Portugal. Why? Just check some pictures below and you'll understand immediately!

GOALS

MAIN: Promote social inclusion, diversity and tolerance between young people through culture, especially dance.

SPECIFIC:

- Create initiatives and dynamics, based on the methodology of non-formal education (NFE), to promote social inclusion, diversity and tolerance in young people;
- Promote interculturality, dialogue and European values;
- Foster the importance of cultural and artistic expression in the personal, social and professional development of young people;
- Promote equal access to inclusive and participatory opportunities;
- Fostering skills development in young people through participatory methodologies and reinforcing synergies between the various existing methodologies;
- Raise awareness of the appreciation (by organizations, participating youth workers and society at large) of culture, especially dance, as a tool of excellence for promoting social inclusion, tolerance and diversity in young people;
- Promote the development and sharing of competencies, good practices and tools among participating organizations to implement transnational projects and initiatives aimed at the social inclusion of young people through culture and participatory methodologies;

THE DATES

The Advanced Planned Visit will be from **27th to 28th of september** and the Exchange will be from **5th to 10th of november**. Check the activities below.

THE PROFILE OF THE PARTICIPANTS

GROUP LEADER: Each country needs to have one Group Leader to be present in both activities, and this person should be someone from your organization with 18 or more years. This person should also have:

- an high sense of responsibility, be used to deal with young people, social inclusion, diversity and culture;
- experience in working with non-formal education;
- knowledge of this Erasmus+ programme and be sensitized about social exclusion, specially in young people.

PARTICIPANTS: Each country has to choose 7 young people in total, 5 out of them should have fewer opportunities (read below). They should:

- be from 16 to 26 years old;
- be interested in this project's themes;
- be a good communicator, have responsibility and proactivity;
- have a great relationship with the other participants;
- be interested in Erasmus+ programmes and so recognize the value of being part of a project like this one.

The **young with less opportunities** should be someone with some cultural differences, have some economic obstacles, some difficulties in learning and/or have geographic and social obstacles in their lives.

Resuming:

APV: With the Group Leader (GL) should come other person identified as a young with less opportunities.

Exchange: With the GL should come the same young from APV and other 6 young people. At least 4 out of this 6 should also be young and with less opportunities.

In total, you have to choose one GL and 7 young people (5 with fewer opportunities).

Note: if you have people under 18 years coming, you have to send me the Term of Responsibility signed by the parents/guardian of those people. The Term was also sent as na attachment in the same e-mail as this Infopack.

ABOUT DCTR

DCTR is a non-profit organization based in Aveiro that develops programming, creation and training activities in performing arts, focusing on dance. The duality culture-education is in the basis of DCTR's work, and the Non-Formal Education (NFE) is seen as an importante piece of the individual's development as a person, professional and citizen, as importante as Formal and Informal Education. One of the main goals of DCTR is to promote social inclusion in schools and in the community, helping the arts to become more accessible to all.

"The movement is the first way of thinking"

Get to know more about us at: <https://dctr.pt/>

PLANNED ACTIVITIES

Please note that the Exchange activities will be discussed in the APV, so bring your suggestions. We left one activity for each country with a random theme (included in the general theme of the project), so feel free to do what you can and want in that activity. You can start think about that before APV and then bring your questions to that meeting.

For the APV, please bring a brief presentation of our country and of how you think these issues (tolerance, diversity and social inclusion) are seen there, so we can discussed it in the APV and adjust the activities to all of the realities from each country.

Activity programme for the Advanced Planning Visit					
Venue		Duration			
City	Country	Start date	End date	Activity duration	Travel days
Aveiro	Portugal	27/09/2019	28/09/2019	2	2
Activity Programme					
Timetable	Activities	Description			
26-09-2019 TRAVELLING DAY					
DAY 1 // 27-9-2019					
MEETING POINT:					
AM	09H30	Presentation of the participants, organizations and project	Group presentation w/ ice-breaks Brief presentation of the project Brief introduction of each organization and its Group Leader		
	MORNING SNACK				
	11H	Presentation	Time to prepare the group presentation (total of 30 min; the presentations will have 10 min max.) Presentation of each country focusing on dance and social inclusion Learning some basic portuguese		
	12H	Visit to Aveiro's Theater	Visiting Aveiro's Theater		
PM	13H	LUNCH // Refeitório de Santiago			
	14H30	Energizer Presentations	Energizer Continuing with the presentations from each country Debate about the goals of the APV		
	16H	Goals setting Task definition, timings and responsibilities	Establishment of the plan for the exchange and its goals Debate and reflection about the specific goals (skills development) Think and debate about each partern's role, tasks, responsibilities and timing for every activity of the exchange		
	AFTERNOON SNACK				
	17H	Task definition, timings and responsibilities	Debating the strategies of the exchange's activities. Development of the activities plan.		

		Strategy and activities plans	
	19H	DINNER // Refeitório de Santiago	
DAY 2 // 28-09-2019			
MEETING POINT:			
AM	09H30	Ice-breakers. Operacional, logistics, communications, risks prevention and conflicts resolution, monitoring and evaluation plans.	Talks about the communication between partners and participants, the dissemination and exploration of the results in the youth, community and stakeholders. Development of the operacional, logistics, communications, risk prevention and conflicts resolution, monitoring and evaluation plans.
	MORNING SNACK		
	11H	Continuing w/ the development of the plans	Continuing with the development of the plans
PM	13H	LUNCH // Refeitório do Crasto	
	14H30	Visiting the places of the exchange activities	Visiting and talking about the places where the exchange's activities will happen and whether there's need to adjust those
	AFTERNOON SNACK		
	17H	Analyze and evaluation of the APV	Analyze and evaluation of the APV. Discussion of the details of the activities of the YE.
	19H	DINNER // Refeitório do Crasto	
29-09-2019 TRAVELLING DAY			

Activity programme for the Youth Exchange					
Venue		Duration			
City	Country	Start date	End date	Activity duration	Travel days
Aveiro	Portugal	06/11/2019	10/11/2019	5	2
Activity Programme					
Timetable	Activities	Description			
5-11-2019 TRAVELLING DAY					
DAY 1 // 06-11-2019					
AM	09H30	Presentation of the participants, organizations and project	Group presentation w/ ice-breaks Debate/Reflection about the goals of the project, parterns and activities plan Brief presentation of the project, DCTR and Aveiro		
	MORNING SNACK				
	11H	Ice-break and Team Building	Ice-break and Team Building Time to prepare the group presentation (total of 30 min; the presentations will have 10 min max.)		
PM	13h	LUNCH // Refeitório de Santiago			

	14H30	Energizer (DCTR) Group Presentation Multicultural dialogue	Energizer Sharing of expectations, fears, goals and contributions. Time to prepare the group presentation (total of 30 min; the presentations will have 10 min max.) Group presentation about the country in general with 3 curiosities about it and 3 main characteristics of the country's habitants	
AFTERNOON BREAK				
	17h	Presentations Introduction to the methodology of Non-formal education (NFE)	Continuing with the presentations Deeper knowledge of self and of the others. Start to develop the NFE dynamics, in articulation with the problem identified, needs, goals and impact of the project.	
	19H	DINNER // Refeitório de Santiago		
	20H30	Individual reflection. Time off	Individual reflection promoted by the group leadrs. Time off to informal conviviality, to get to know each other and the different cultures.	
DAY 2 // 07-11-2019				
MEETING POINT:				
AM	09H30	Energizer (YOUTH SENATE STRUMICA) Get to know the youthpass	Development of group spirit, cohesion, inclusion, sharing and trust. Talk about the eight key skills of the Youtpass.	
	MORNING SNACK			
	11h	Social inclusion and diversity (GLOBERS) Team building	Adress the issues of social inclusion and diversity, using NFE methods.	
PM	13H	LUNCH // Refeitório de Santiago		
	14H30	Visiting the city	Touring in Aveiro, getting to know some tradicional costumes, buildings, etc.	
	AFTERNOON BREAK			
	17H	Energizer (EXPRESS YOURSELF) Issues and NFE	Talk about the importance of NFE in the development of social and personal skills in young people	
	19H	DINNER // Refeitório de Santiago		
	20H30	Individual reflection. Intercultural Night.	Individual reflection promoted by the group leadrs. Time off to informal conviviality: intercultural nigh with traditional dances and typical snacks (at least two) from each country	
DAY 3 // 08-11-2019				
MEETING POINT:				
AM	09H30	Energizer (SFERA) Interculturality	Debate about the interculturality and the importance of the intercultural dialogue in social inclusion and diversity. Promotion of the different cultures and acceptance of diversity.	
	MORNING SNACK			
	11H	Equality (AVATUD UHISKOND MTU)	Debate avout the refugees, the social excluded youth and the importance of self-esteem, opportunities and social inclusion.	

PM	13H	LUNCH // Refeitório de Santiago	
	14H30	Group dynamics, social inclusion and community (SFERA)	Address the issues of social inclusion and diversity in the communities, in group. Reflect upon the importance of strategies of intervention in society or/and of cultural approach.
	AFTERNOON BREAK		
	17H	Youth, less opportunities and culture (EXPRESS YOURSELF)	Continuation of the topics being discussed
	19H	DINNER // Refeitório de Santiago	
	20H30	Individual reflection. Time off	Individual reflection promoted by the group leaders. Time off to informal conviviality, to get to know each other and the different cultures.
DAY 4 // 09-11-2019			
MEETING POINT:			
AM	09H30	Energizer (AVATUD UHISKOND MTU) Group dynamics. Sharing the european values	Interaction, dialogue and reflection about the importance of respecting diversity, promoting social inclusion and european values
	MORNING SNACK		
	11H	Getting to know the city	Touring in Aveiro, with orientation games.
PM	13H	LUNCH // Refeitório do Crasto	
	14H30	Interaction with the community (YOUTH SENATE STRUMICA)	Debate about the stigmas associated with young people with less opportunities, socially excluded and discriminated against
	AFTERNOON BREAK		
	17H	Dissemination Team Building	Planning the dissemination of the project.
	19H	DINNER // Refeitório do Crasto	
	20H30	Individual reflection.	Individual reflection promoted by the group leadrs. Time off to informal conviviality, to get to know each other and the different cultures.
DAY 5 // 10-11-2019			
MEETING POINT:			
AM	09H30	Energizer (GLOBERS) Reflection about the interaction with the community	Interaction, dialogue and reflection about the activity of interaction with the community. Analyzing the strategies of intervention previously identified as needed in the inherent social context
	MORNING SNACK		
	11H	Evaluation	Evaluating, in group, the dynamics, issues developed and the experiences associated with. Thinking about the participation in the project and its importance to promote social inclusion,

			diversity of social, cultural and sports initiatives under the diversity and social inclusion in youth, through culture.
PM	13H	LUNCH // Refeitório do Crasto	
	14H30	Youthpass	Deliver of the youthpass. Thinking about the eight key skills developed. thinking about each one's path until the moment and the what changed after participating in this project.
	AFTERNOON BREAK		
	17H	Satisfaction questionnaires	Completing the satisfaction questionnaires
	19H	DINNER // Refeitório do Crasto	
	20H30	Informal interaction among all the participants	Goodbye party
11-11-2019 TRAVELLING DAY			

NOTE: All of these activities are mandatory and we'll have attendance forms. Any absences will have to be justified in writing, signed by the person and the Group Leader.

ACCOMODATION

The participants will be staying in Casa de Santiago, in individual rooms or in 2-4 beds rooms.

This place is about 10-15 minutes from the center of Aveiro so you have everything you need near. Aveiro is also a small city so there's not the problem of the transports.

We'll have one person from our team staying with the participants in the accomodation to help you with anything you need.

We will guarantee you Wi-Fi but probably the quality for the videocalls won't be too good.

WEATHER

In september the temperatures are usually around 14°C min to 23°C max and it won't probably rain. (But it's been a warm month so far).

In november the temperatures in Aveiro are usually around 7°C min to 17°C max. Our mornings and nights are really cold and in the afternoon it's usually warmer so if you bring a warm coat that you can take off in the afternoon you'll be okay. It'll probably rain in these days sob ring clothes and boots ready for it. Aveiro is also very windy so be ready to have your hair always tosted!

The houses are not usually heated, so bring a warm pajama.

TRAVELLING & TIME OF ARRIVAL/DEPARTURE

As you can see in the Planned Activities:

APV

Arriving in 26th of september

From 27th to 28th is the activities

Departure in 29th of september

Exchange

Arriving in 5th of november

From 6th to 10th is the activities

Departure in 11h of november

The Porto (OPORTO) airport is the closer one to Aveiro and it'll be cheaper to go from there to Aveiro, so please land in this one.

We kindly ask you to arrive in Aveiro the afternoon or in the night (from 7 pm forward; so landing in Porto from 5pm forward) and departure in the morning (around 9 am, so you'll be in the airport around 11 am).

If you have any doubts please contact us (producao@dctr.pt) before buying any ticket.

REFUNDS

The travel reimbursments will be based on real costs, considering the following limits:

SPAIN	275€
ITALY	275€
LATVIA	360€
MACEDONIA	360€
ESTONIA	530€

NOTE: This price includes also the train and the metro, so please subtract around 20€ to the total price and then you have the limit for your airplane ticket.

The refunds will be made until 10 days after the activities. In other to do that, each person has to keep every receipt (airplane, metro and train) and send me to the email above or give them in hand). Without the receipts/tickets we won't be able to refund you. Each participant and the Group Leader should be present in every activity, otherwise we won't be also able to refund them.

GETTING TO AVEIRO BY TRAIN



Unfortunately we won't be able to pick you up at the airport but it's easy to get to Aveiro from Porto (around 1 hour and half total):

FROM THE AIRPORT TO AVEIRO

SUBWAY:

- Once you arrive at the airport, try to follow the indication to the subway station and search for this symbol:



- Buy your ticket at the machines: choose the Z4 option (4 zones), by 2€;
- Go to the  line towards TRINDADE. Get out in the **VIA RÁPIDA/VISO** stop (9 stops);
- Change to the  towards **CAMPANHÃ**. You'll get out precisely at **CAMPANHÃ** (10 stops).

More information here: <https://en.metroporto.pt/>

TRAIN:

- You'll catch the train also in CAMPANHÃ. Try to follow the indications that have a train to go to the ticket offices or machines (you can buy them in both places);
- Buy the tickets to the **URBAN train** by **3,55€ to AVEIRO**. Sometimes the final destination may be another city so confirm the train line by the schedule and not the destination;
- The travel duration is about 1 hour;
- **These tickets can only be bought on the exact day of the trip!**

More information at: <https://www.cp.pt/passageiros/en>

And then... Welcome to Aveiro!!! 😊

PS. In Aveiro you won't need transports because it is a small city!

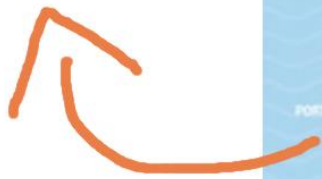
ABOUT PORTUGAL

Some of us probably knows Portugal already (maybe even just by name, thanks to Cristiano Ronaldo!) but we're a small country, neighbors of Spain and we have the most western point in Europe! We have an incredible diversity of landscapes and places: we have two islands, sea/beaches, mountains, snow and also really hot cities (the hottest ones go around 37°C/100°F!)

The portuguese are really warm people, very talkative and they surely know how to have fun!

Portugal is, unfortunately, one of the countries with less cultural activities of Europe but we've grown a lot in this area and now we have already great artists, theaters and a lot of Festivals! In the late years we've been developing a lot of projects for social inclusion, specially in schools.

We're
here! :)



ABOUT AVEIRO

Aveiro is a small city from the center and in the coast of Portugal. It's near Coimbra and Porto, so it's an importante connection city and it has a great location to get almost anywhere in the north and center of the country.



Aveiro is famous for it's Ria (It's like a river but since it's smaller than a normal river, it's called Ria) and for the moliceiros (a typical boat from the city that you'll see immediatly once you get there).

The beaches are also really famous in Aveiro, and its salt culture (we eat a lot of codfish here in Portugal and Aveiro it's the codfish portuguese city!). Also really well-know are the ovos moles, a tradicional sweet that you'll probaly love!

Aveiro is also one of the most mild cities in Portugal: it doesn't get really hot in Summer but it's also not that cold in Winter. Benefits for being near the sea!



These are the ovos moles ("sweet eggs")

These are the moliceiros in the Ria of Aveiro



These are the typical houses in Costa Nova, a small place near the sea, in Aveiro