



DON'T STOP THE YOUTH



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YOUTH

22nd-28th of November of 2023

Guimarães, Portugal



Funded by
the European Union



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade

proacting



About Proacting

Proacting – Associação para a Promoção do Empreendedorismo e Empregabilidade is a non-profit organization based in Porto and founded in 2019 with the aim of enhancing entrepreneurship and employability, especially among the youth community.

Although the conceptual framework where we intend to act is of qualified leverage, we will not fail to have as a constant focus the young people who, for various reasons, present a framework of fewer opportunities to achieve their goals. We actively seek contexts and solutions to promote their active participation and personal and social development.



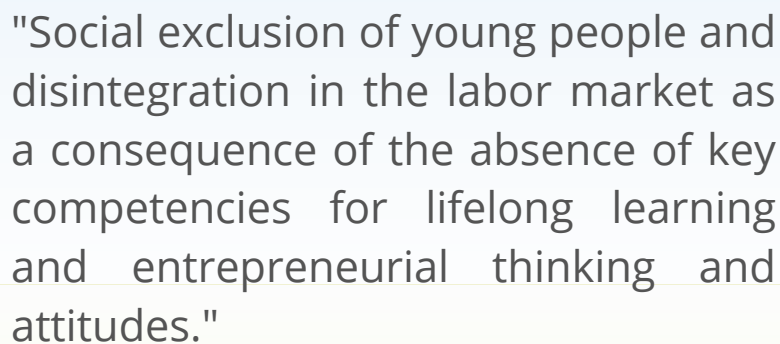
proacting

Associação para a Promoção do Empreendedorismo e Empregabilidade



About the Youth Exchange

When designing the accreditation this project is a part of, we took into consideration as the main problem:



"Social exclusion of young people and disintegration in the labor market as a consequence of the absence of key competencies for lifelong learning and entrepreneurial thinking and attitudes."

In addition to the challenges underlying youth's personal, educational and professional change, young people face added challenges and needs that, without the proper support and opportunities, end up being detrimental to the construction of their future and life project.

The relational gap between young people and their environment hinders their work. If they are not able to identify and promote participative actions, appealing and adjusted to the needs and interests of young people, young talent and potential will continue to be wasted.

Digital competences and skills are essential to give every individual an equal opportunity to thrive in life, find employment and be an engaged citizen. Having digital competences and skills and ensuring the availability of digital infrastructure and equipment has become even more crucial since the outbreak of the COVID-19 pandemic.

Nearly all future learning and jobs will require a certain level of digital competences and skills. The ongoing technological evolution demands the lifelong development of competences and skills by all learners if Europe is to remain economically competitive and participate in social life.

This Youth Exchange on Digital Entrepreneurship aims to empower and inspire young people to explore the world of digital entrepreneurship by providing them with knowledge, skills, and practical digital experiences related to entrepreneurship.

Besides this, *Don't Stop the Youth* works towards guaranteeing gender equality for all participants, responding to the Youth Goal 2, determined by the EU Youth Strategy, which encompasses the "equal access to formal and non-formal education."

AIMS

- Development of critical competences needed to create and manage projects in the digital landscape, including leadership skills, creative thinking, problem-solving, and effective communication.
- Empower young people to apply their knowledge and skills in their digital initiatives.
- Analyse the various facets of the digital world.
- Encourage participants to think entrepreneurially by encouraging them to identify opportunities and turn ideas into concrete actions.
- Foster collaboration with other participants from different cultural backgrounds and create a network of contacts.
- Promoting innovation and the development of creative solutions to the challenges faced in digital entrepreneurship.

PARTICIPANT PROFILE

- Between 18 - 25 years old;
 - With fewer opportunities;
 - Motivated to participate in the project;
 - Able to conceptualize results/learning and share them with their peers;
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- Basic knowledge of the English language;
 - Communicative, self-aware and interested;
 - Proactive, dynamic and enthusiastic.

About Guimarães



Guimarães is considered the birthplace of Portugal because the first king of Portugal, Afonso Henriques, was born there.

Associated with the Portuguese identity, the historic center of Guimarães, in the area inside the walls, was classified as a World Heritage Site by Unesco based on the values of originality and authenticity with which it was recovered.

From Guimarães, cities as Porto and Braga are easily reached.

Accommodation



All participants will be accommodated at Pousada da Juventude de Guimarães.

The rooms will be distributed with a maximum of 6 people with a shared bathroom.

Check in: 22nd November after 18h

Check out: 28th November until 12h

Address:

Complexo Multifuncional de Couros, Largo do Cidade, 8
4810-430 Guimarães
Portugal

Find out more about the Pousada here:

<https://www.pousadasjuventude.pt/pt/pousadas/pousada-de-guimaraes/>

Meals



22nd November: For those who need it, on the day of arrival there is a budget up to 7,5€ for dinner. We recommend *francesinha* in the city of Porto, but we can also recommend you cheap restaurants in Guimarães.

23rd-27th November: Breakfast will be at Pousada da Juventude, lunch and dinner will be at the accommodation.

28th November: Breakfast will be at Pousada da Juventude.

Important Note: Allergies and food restrictions will be taken care of.

Activity Room

The activities will take place in the meeting room of the venue and outdoors (if the weather allows it).



Reaching the Venue

Travel Dates: 22nd November (arrival) | 28th November (departure)

Closest Airport:

The preferential airport for reaching the Youth Exchange area is Francisco Sá Carneiro Airport (OPO).



From the airport to Guimarães:

Francisco Sá Carneiro airport is just 40 minutes away, and you can easily access Guimarães via direct bus transfer.



Link to the bus transfer: <https://www.getbus.eu/>

From the Porto city center to Guimarães:

From the Porto city center, you can access Guimarães by train.



- **Duration:** 1h 15 minutes approximately.
- **Station:** São Bento Train Station.
- **Adress of the Train Station:** Praça de Almeida Garrett, 4000-069 Porto.

For information about the train: <https://www.cp.pt/passageiros/en>.

From the Porto city center, you can access Guimarães by bus as well.



- **Duration:** 45 minutes.
- **Station:** Terminal Intermodal de Campanhã -Campanhã Bus Terminal.
- **Adress of the Bus Terminal:** R. de Bonjória 691 4300, 4300-084 Porto.

Link to the bus: <https://www.flixbus.pt/>

Both the Train station and the Bus station in Guimarães are 15 minutes from the accomodation.

Travel Cost and Reimbursement

To reimburse you for the costs, you need to keep all **ORIGINAL** boarding tickets (plane, metro, train), reservations and invoices.

Be aware that the amount to be refunded corresponds to the exact price that you have spent as long as it is within the maximum established by the program.

If any documents are paper format, and it was not possible for them to be provided during the Youth Exchange, you will need to send them to:

Rua do Freixo, nº979, E1.2. 4300-218 Porto, Portugal



DO NOT FORGET to ask for invoices with the VAT number in all the transportation you take to reach Portugal and going back and for the first dinner. Without this, we cannot refund you!

VAT NUMBER

515385166

In case you need more than the number to fill out the invoices:

Name: PROACTING - Associação

Address: R. do Freixo 979, E1.2, 4300-010 Porto, Portugal

The following table refers to the travel budget, per participant, available for each organization.

Organization	Budget per Participant	Participants
Proacting (Portugal)	210,00€	6 young people + 1 group leader
Youth Senate Tallinn (Estonia)	530,00€	5 young people + 1 group leader
Youth Horizons (Greece)	360,00€	4 young people + 1 group leader
Tavo Europa (Lithuania)	360,00€	4 young people + 1 group leader
Danish Youth Team (Denmark)	360,00€	4 young people + 1 group leader
Spain	210,00€ (with Green Travel)	6 young people + 1 group leader

Important note: We kindly ask you that before purchasing the airplane tickets, please share your travel plan for our approval.

What to Bring:



ID Card/Passport and European Health Card.



We want to reduce the use of plastic and paper waste. In this sense, we ask you to bring a mug that you can use to drink tea or coffee during activity breaks and also, your bottle of water.



Computer or another working device



Check the weather before coming to Portugal. It is pretty unpredictable!
Bring also appropriate shoes and clothes.



Personal items you might need (medication, toothbrush, etc.)



All your travel documents.



For cultural exchange, arranged by the participants, please bring food and drinks from your own country as well as flag or a scarf!

Contact us :)

If you have any questions, don't hesitate to reach out to us:

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Social Media



<https://proacting.org>



Proacting Associação (@proactingassociacao)



Proacting Associação