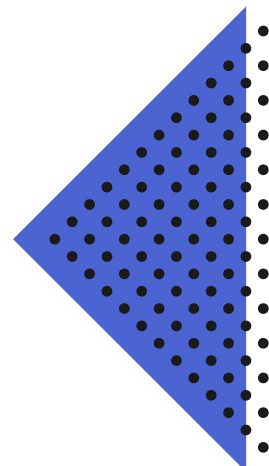


get your YOUTH on
Social Entrepreneurship for Young People

Guimarães, Portugal
8-16th of May





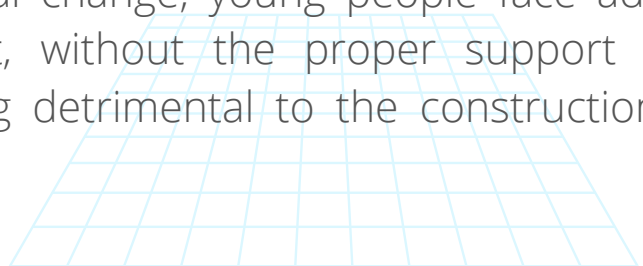
About the Youth Exchange



This project wants to tackle the:

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.





AIMS

- To promote the training of young people through the development of key competencies for lifelong learning and the adoption of entrepreneurial thoughts and attitudes.
- To promote the training of young people, through co-learning activities, experimentation, and discovery of potential and talent, with a focus on young entrepreneurship, non-formal and informal based.
- To promote the social inclusion of young people, including socially underrepresented groups, through the creation of personal, social, and professional development opportunities, transition-oriented for adult life.
- To become more capable and aware of adapting to evolution and social change.
- To promote the involvement, connection and empowerment of young people in a European context.



PARTICIPANTS PROFILE

- Between 18 and 25 years old;
- Young people with fewer opportunities;
- Motivation to participate in the project;
- Ability to conceptualize results/learning and share them with their peers;
- 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 shared bathroom.

Check in: 8th May at 18h

Check out: 16th May at 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



8th May: 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.

9-15th May: Breakfast will be at Pousada da Juventude, lunch and dinner will be at local restaurants.

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

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: 8th May (arrival) | 16th May (departure)

Airport to reach:

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



From the airport to Pousada da Juventude:

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



Link to the bus transfer:

<https://www.getbus.eu/pt/guimaraes-aeroporto-guimaraes>

- If you are already in Porto city centre, there is a direct train to Guimarães.

For information about train times to Guimarães, consult:

<https://www.cp.pt/passageiros/en>

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 TC, 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

VAT number: 515 385 166

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
Avatud Ühiskond MTÜ (Estonia)	530,00€	5 young people + 1 Group Leader
ALLIANSSIN KEHITTAMISPALVELUT OY (Finland)	530.00€	
Creative Youthland (Greece)	360.00€	
United Equality (Sweden)	360,00 €	
Danish Youth Team (Denmark)	360,00 €	
OSAED (France)	275,00€	

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:

Sara Pereira / Patricia Bastos



sara.mota@proacting.org



+351 915 237 757

Social Media



<https://proacting.org>



Proacting Associação (@proactingassociacao)



Proacting Associação