

Love is all you need

YOUTH EXCHANGE

**21-30 AUGUST 23
COIMBRA, PORTUGAL**

PORTUGAL | DENMARK | HUNGARY | SERBIA | BELARUS | TURKEY

Summary

In our organization we always look to music as a universal language, that allow people and cultures to meet. We reject at all all kinds of intolerance and social exclusion. Unfortunately, in the last years, we've been watching some rights to step back, including in European countries. Never before in this century the rights of the minorities were so much in danger. And now the war in Ukraine brought what we thought it was impossible: a war in a European territory.

That war was the last drop that led us to the creation of this project that we titled "Love is All You Need", borrowing one of the verses from the song "All You Need is Love", from the Beatles. This song is an anthem to humanity and fraternity and deserves to be remembered every day, specially in this times of danger for freedom and democracy. So this will be a project that wants to fight back the war, the hate and the prejudice through education for peace and through the most universal tool of all: Music.

The general objectives of the project "Love is All You Need" are:

- to promote education for peace through Music;
- to promote education through Art;
- to promote the values of tolerance, inclusion and multicultural dialogue;
- to promote and raise visibility to Erasmus+ program.

Partners

Portugal - Motivos Alternativos and Experimentáculo

Denmark - Danish Youth Team

Hungary - Fiatalok Egységben Egyesület

Serbia - Azbuki

Belarus - Brest Local Regional Development Fund

Turkey - Modern Youth Group

Participants

Number of participants per organization: 6 (5 + 1 team leader):

- Age between 18 and 30 years old (the team leader doesn't have age limit);
- Participants motivated for the topic of Arts in general and Music in particular;
- Participants open to multicultural dialogue;
- Youth workers, NGO activists, volunteers, artists, musicians, youth leaders;
- Ready to take part and fully engage in the whole Youth Exchange;
- Have organizational support for further activities within ERASMUS+;
- Able to communicate in English language.
- Participants doesn't need to have specific knowledge in music or need to know how to play an instrument; but it's an extra :)

NOTE!

Please try to take care of the gender balance of the groups!

Financial Aspects

Financial support will be provided by the Portuguese National Agency for the "Erasmus +" Program (Key Action 2). Motivos Alternativos will be able to offer the following financial conditions:

- The travel costs from home town of the participants to the venue will be covered according to the rules of the Erasmus+ program based on distance calculator.
- Accommodation, food, local transports and all materials of the training course will be covered by the hosting NGO.
- No participants fee

Taking in consideration the recent pandemic of the new coronavirus, please take in consideration this:

- participants should have an insurance covering the costs related also to the sanitary situation in Europe (in case of COVID contagious we cannot cover the costs for isolation or flight changes);
- all the tickets should be bought with the free cancelation option if possible (if the event is canceled or postponed because of the pandemic, we cannot cover the costs of the tickets).

Below you can see the official table for the reimbursement per participant:

Denmark > 360 euros

Hungary > 360 euros

Serbia > 530 euros

Belarus > 360 euros

Turkey > 610 euros

What to bring

- Sunscreen and a hat for the sun
- Comfortable clothes and walking shoes
- A jacket for the evening (it can be cold in the evening, even if it is August)
- Food/drinks/etc. for the intercultural evening
- An energizer, team building activity or workshop if you want to implement it
- If you know how to play an instrument and you can bring it, please do
- Keep all your tickets, invoices and boarding passes.

All the participants should bring their European Health Card. You can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. Please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country.

Accommodation

The youth exchange will take place in Coimbra, Portugal. The accommodation will be provided in the Student Residence F1, located 20 minutes from the center of the city by foot. The residence will be empty during our stay. During the project participants will be mixed in the dorms by nationality, in double room with private bathroom. The accommodation is equipped with a kitchen, outdoor areas and has wi-fi and it provides bed linen. Meals are served in the accommodation. All needs regarding your diet will be guaranteed.

+ info: <https://becoimbra.com/pt/inizio/alojamento-estudantil/residencia-universitaria-f1>

How to get to Coimbra

Coimbra is located in the center of Portugal, which means is half way distance between Lisbon and Porto. It means you can fly to one of those airports.

From Lisbon and Porto you will need to take a bus or a train to Coimbra. There are good connections and plenty of transports on a daily basis. The trip takes less than 3 hours.

We will help you with your way from Lisbon or Porto to Coimbra. Let us know about which flights you are booking and we will arrange you a travel plan.

With the train you can check the timetables between Lisbon or Porto and Coimbra here: www.cp.pt

With the bus you can check the timetables between Lisbon or Porto and Coimbra here: www.rede-expressos.pt
www.flixbus.pt

About Coimbra

Coimbra is a city and a municipality in Portugal. The population of the municipality is around 150.000 people] in an area of 319.40 square kilometres. The fourth-largest urban centre in Portugal (after Lisbon, Porto and Braga), it is the largest city of the district of Coimbra and the Centro Region.

Among the many archaeological structures dating back to the Roman era, when Coimbra was the settlement of Aeminium, are its well-preserved aqueduct and cryptoporticus. Similarly, buildings from the period when Coimbra was the capital of Portugal (from 1131 to 1255) still remain. During the late Middle Ages, with its decline as the political centre of the Kingdom of Portugal, Coimbra began to evolve into a major cultural centre. This was in large part helped by the establishment of the University of Coimbra in 1290, the oldest academic institution in the Portuguese-speaking world.

Apart from attracting many European and international students, the university is visited by many tourists for its monuments and history. Its historical buildings were classified as a World Heritage site by UNESCO in 2013: "Coimbra offers an outstanding example of an integrated university city with a specific urban typology as well as its own ceremonial and cultural traditions that have been kept alive through the ages."

Contacts

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* For better communication we will create also a Facebook and. WhatsApp group where we can discuss all the details.