

# EUROPE



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## SHARING IS CARING

Advanced Planning Visit – 14<sup>th</sup> – 17<sup>th</sup> April 2018



## About the project:

The Youth Exchange “Europe: Sharing is Caring” will happen in the Summer of 2018, in Oeiras, Portugal. It has emerged as part of the Europe 2020 strategy towards smart, sustainable and inclusive growth, and has been designed to respond to the demands of the European Union, particularly in terms of employment, education and social inclusion and poverty reduction. We want to live in a better Europe of all, for all.

## Organization

### ProAtlântico – Associação Juvenil:

ProAtlântico - Associação Juvenil was founded in 2001 is based in Porto Salvo, Oeiras, and carries out activities with children, young people, elderly people, and handicapped people, mainly in Oeiras Municipality.

Most of the activities with children and young people take place during the school breaks, such as sport tournaments, National and International exchanges, and entertaining and cultural activities; and after school, as educational support. We try to help these young people to develop life skills, to be more independent.

Along the year we have several projects with elder people, as summer camps, Cultural Trips, New Year party, and balls.

In 2003, we started to work with Youth Program, and we took part in youth exchanges and in several training courses and seminars around Europe.

Today ProAtlântico – Associação Juvenil has more than 20.000 members, and gives special attention to needy people, and those with less opportunities. And aims to give people the chance to establish contact with other cultures, to help them to find ways to deal with their own problems and to break the existing prejudices.



## Partners

Asociación Mundus – Un Mundo a Tus Pies

Asociatia Nevo Parudimos - Romania

Associazione Cultural Strauss – Italy

Eurocircle – France

KANE - Social Youth Development Civil NonProfit Society - Greece

Fondatsia "Detsa na Balkanite" - Bulgaria

Noored Ühiskonna Heaks – Estonia

## APV

### Objectives of the APV

- Get to know the youth exchange “YOUth inspires Europe” and leaders
- Visit to the activities places
- Knowledge of the timetable
- Share of ideas
- Division of tasks
- Creation of common rules
- Aware the leaders for the importance of Youthpass

### Participants

1 leader for each group (the leader of the group don't have a age limit **but must be the same in the APV and in the youth Exchange** and must have experience in participation in previous youth exchanges and must have good knowledge of English.

The leader or the sending organization are responsible to buy his tickets.





**Arrival:** The travel must be done at 14/04/2018. There is no program in that day, so the participants just need to get to the accommodation before 23h00. We will not provide meals that day.

**Departure:** The travel must be done at 17/04/2018, there is no program in that day, and so the participants just need leave the accommodation until 12h00. Breakfast will be provided to the participants that day.

To avoid problems, we suggest that the participants send us the itinerary of the flight before they buy the tickets.

### **Reimbursement**

ProAtlântico will provide travel costs according to the **ERASMUS +** rules:

Spain – 275,00€

Italy – 360,00€

Romania – 360,00€

Greece – 360,00€

Bulgaria – 530,00 €

Estonia – 530,00€

France – 275,00€

The amounts are per participant and include all the travel expenses (including in Portugal).

### **Accommodation**

The participants will be accommodated in Casa Europa, this is a new space that is still being prepared to host the participants, it was an old primary School that is being converted in accommodation.

The bedrooms are multiple and there are bathrooms and showers available. There is a common area and a kitchen.





We provide bed clothes, towels.

Internet Wi-Fi connection is available at Casa Europa.

### **To arrive in Casa Europa**

From the airport: take the metro to Cais Sodré. You need to leave in the green line final station Cais do Sodré. The price of the metro is 1,45€ + 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the tickets machine with 1 travel to Cruz Quebrada. It will cost you 1,60€. There are regular trains. You can check the timetable in the station. Please be aware that not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

Then leave the station to the right side and cross the bridge. Then you have a tunnel and you arrive to Rua Policarpo Anjos. Casa Europa is located in the number 43.

From the train stations of Santa Apolónia or Oriente: go by metro (green line) to the station of Cais Sodré. The price of the metro is 1,45€ + 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the tickets machine with 1 travel to Cruz Quebrada. It will cost you 1,60€. There are regular trains. You can check the timetable in the station. Please be aware that not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

Then leave the station to the right side and cross the bridge. Then you have a tunnel and you arrive to Rua Policarpo Anjos. Casa Europa is located in the number 43.

From the bus station of Sete Rios or Oriente: go by metro (green line) to the station of Cais Sodré. The price of the metro is 1,45€ + 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the tickets machine with 1 travel to Cruz Quebrada. It will cost you 1,60€. There are regular trains. You can check the timetable in the station. Please be aware that not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

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**Location:**

Oeiras is an important Village (45,8/km<sup>2</sup>) that offers the dynamism of large number of habitants (162.124) mainly young, near Lisbon the capital of Portugal (15 minutes), and 20 minutes from Sintra - World Patrimony, and 10 minutes from Cascais bay.

Oeiras has got many infrastructures of economic development such as TagusPark, LagoasPark and Quinta da Fonte (business centers). The Cultural opportunities are guaranteed not just because of the village environment and heritage (such as the Palace of Marquês, the gunpowder factory, the Poets Park and the recreation harbor) as for the preservation and good use of the space by the local authorities. The Shopping Center Oeiras Parque is a good example of an infrastructure that provides entertaining activities (shopping, cinemas) and rapid access.