

# EMBRACE YOUR ABILITIES

*INFOPACK*



*YOUTH EXCHANGE BRAGA  
8TH APRIL - 15TH APRIL  
2022*



*Embrace Your Abilities*

# ABOUT

In 2018, Braga was named the European City of Sport. This led us to question the extent to which sport is inclusive. It has become clear that inclusivity in sport is not a major concern for many people. Most sports that are available to the general public do not have an option to include mixed gender teams, participants with disabilities, or those from different socio-economic backgrounds, to name a few.

With the introduction of the sustainable development goals (SDGs) in 2015, it has never been more important to discover new ways to improve our health and wellbeing. It is widely accepted that an increased uptake of sport and physical activity is an effective way to improve health and wellbeing.

Many people are often excluded from participating in sport and, as a result, are unable to benefit from the incredible effects it can have on our health.

It is important to promote equality and eradicate discrimination in the world of sport in order to allow everyone to participate.



# WHAT ARE THE OBJECTIVES OF THIS YOUTH EXCHANGE?

The 'Embrace Your Abilities' youth exchange aims to raise awareness of current discrimination issues that are present in sports. In addition, it aims to find methods which can be implemented to eradicate this discrimination. The goal of this youth exchange is to promote dialogue and discussion in order to educate individuals on how to make sports and activities more inclusive for minority groups.

A platform for participants and their organisations will be created in order to build multi-cultural partnerships and to improve critical thinking skills and a sense of initiative.

Participants will be encouraged to actively engage with their local communities in order to make a lasting effect, to improve inclusion in sport, to enhance their personal skills and their intercultural awareness, to engage with Erasmus + projects and values and finally, to promote equality. In order to achieve these objectives and promote more inclusivity in sport, 'Embrace Your Abilities' will highlight how hugely important it is to remove any barriers and discrimination issues in the world of sport.

# RED CROSS YOUTH

The Red Cross in Braga was created in 1870 and its mission has since then relied on the work of volunteers. Our mission is to improve the conditions of vulnerable people by mobilizing the power of humanity, while respecting our fundamental principles.

The Youth Division of PRC-Braga was first created in 2005 and has since then been working with young people from local communities in projects carried out in schools and other youth environments, as well as with less privileged children from the local community. We work mainly in four different areas of intervention: health education and health promotion; social inclusion and gender equality; international cooperation and education for development; and environmental education and sustainability. Our activities are developed making use of non-formal education methodologies. Moreover, one of the most important aspects of our work is the promotion of voluntary service among young people in order to encourage active citizenship.



# BRAGA

With over 2000 years of rich history, Braga possesses one of the oldest Sacro-Montes in Europe, namely Bom Jesus which is representative of the Minho region. In Braga, you can find the oldest Portuguese Cathedral and the Motherhouse of the Benedictines, the Monastery of Tibães (Mosteiro de Tibães).

The Sanctuary of Sameiro (Santuário do Sameiro), Bom Jesus and the Falperra, are surrounded by green spaces and beautiful landscape.

The Roman legacy is another attractive part of Braga's history. Braga is often called 'Portuguese Rome' due to its origin in the Roman city of Bracara Augusta. Braga is known for its distinct churches, splendid XVIII century houses, gardens, nature parks and recreational areas. Its long history is visible in the splendor of its monuments,, museums and churches.

Visiting Braga is like time travelling in the modern world. The old, traditional city submerges its visitors in its richness and majesty can be seen alongside the innovative and youthful culture, commerce, gastronomy, industry and public services.



# ACCOMMODATION AND FOOD

Accommodation and food are fully covered.

You will be staying in the **Residencial Centro Comercial Avenida** in BragaShopping, in the city center. This hostel is located in a lovely area, close to historical monuments and museums. The fully equipped, modern rooms are the perfect place for a relaxing stay.

**Room fittings:** 220/240 V AC, air conditioning, Wi-Fi

**Bathroom fittings:** private bathroom, shower, hair dryer (upon request).

We will have breakfast at the hostel. We will have lunch and dinner together to enjoy local and traditional Portuguese food. There will also be two coffee breaks a day, with fruit and Portuguese sweets to keep your energy levels up.

## WHAT TO BRING

- 1.First Aid Kit – your personal medication, anti-allergy pills, pain killers, aspirin, etc. (Due to the difference of price, it may be better to bring the specific type you already use from your home country)
- 2.Your passport/ID card
- 3.All of your travel tickets! (It's very important to keep all of your tickets and receipts. We can only reimburse you if you give them to us)
- 4.Other things you may need: unblocked cell phone, chargers, cables, camera, laptop.
- 5.European Health Insurance Card
- 6.Music, especially music in your own language
- 7.Snacks from your home country, drinks, traditional food/specialities from your country for the intercultural night



# GETTING HERE

## **Porto - fastest route**

When you arrive at Porto Airport, you can take “**Getbus**” to reach Braga easily and at low cost. The buses leave the Airport regularly. You can find the schedule and information about the bus stop on the link below:

<http://getbus.eu/index.php?seccao=2&lang=pt>

The easiest and most flexible way to get tickets for the Getbus is to buy them once you are on the bus, directly from the driver.

## **Lisbon:**

If you are arriving in Lisbon, in order to get to Braga, you can take the **Rede Expressos** bus or take the train. For the bus, you can find the schedule on the link below:

<http://www.rede-expressos.pt/>

it would be wise to buy the tickets for Rede Expressos **online** (there's an app also available) so as to avoid queuing for a long time at the ticket office in the bus station (they may sell out of tickets because it will be a holiday season and a lot of people will be traveling at that time).

To reach the bus stations from the Lisbon Airport you need to use the **metro** (<https://www.metrolisboa.pt/>). In the airport, follow the signs guiding you to the Metro Station. The airport is on the **red line** and so is the station “Oriente”. The station “Sete Rios” is on the **blue line** so you need to change the line in the stop “S. Sebastiao”.

For the train, the best stations are the “Oriente” and “Santa Apolónia” ones, which are also accessible through Metro (<https://www.cp.pt/passageiros/en>).

# TRAVEL BUDGET

Travel expenses will be 100% reimbursed according to the maximum per each country

**Greece** - 360€ per participant

**Italy** - 275€ per participant

**Lithuania** - 360€ per participant

**Latvia** - 360€ per participant

**Portugal** - no budget

## Useful Contacts

Dialling code +351

SOS - 112

Police - 253 200 420

Firemen - 253 215 546 / 253 264 077

Hospital de Braga - 253 027 000

Health line 24h – free - 808 24 24 24

Juventude cruz vermelha - 253 271 185

Beatriz Melo +351 965 150 522

Táxis - 253 253 253

(uber and other apps are available)

# SEE YOU SOON!

