



Advanced Planning Visit – 15th – 18th April 2022

About the project:

The Youth Exchange “Together for SDG’s” will happen in the Summer of 2022, in Oeiras, Portugal. The main idea of the project is to stimulate the dialogue between youngsters from different countries about the challenge of SDG's and make them deeply involved in concrete actions to the achievement of the Goals, in order to contribute to the future, we want for us and for future generations.

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 10.000 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

Fondatsia "Detsa na Balkanite" - Bulgaria

Noored Ühiskonna Heaks - Estonia

High on Life - Italy

ASOCIACION MUNDUS - UN MUNDO A TUS PIES - Spain

KANE - Social Youth Development Civil NonProfit Society - Greece

ASOCIATIA FORUMUL CETATENESC PENTRUACTIUNE SOCIALA SI EDUCATIE CIVICA - Romania

APV

Objectives of the APV

- Get to know the youth exchange 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 doesn'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 their tickets.



Arrival: The travel must be done at 15/04/2022. 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 18/04/2018, 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:

Bulgaria – 360,00 Euro

Estonia – 530,00 Euro

Italy – 360,00 Euro

Spain – 275,00 Euro

Greece – 360,00 Euro

Romania – 360,00 Euro

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

The calculation of the travel cost of each country has in consideration the place of the partner organization. In case the departure place of the leader is different, a justification must be given, and a new calculation must be done using the distance calculator from European Commission, available at

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

The amount of the travel costs that can be reimburses can be different. It can decrease, but it can't increase.

The leader must keep all transport tickets, invoices, proof of payments, receipts and boarding pass used to come from their residence to the place of the youth exchange and to return home.

The reimbursement of the travel costs will be made taking in consideration the documents given to ProAtlântico.

The reimbursement of the travel costs of the leader will be made after the Youth Exchange



occur directly to the Sending Organization once we get all travel documents an invoice from the sending organization.

Each participant can bring 1 piece of checked luggage; sometimes it is already included in the ticket, if the participant flies using traditional air companies. If the participant decides to use low-cost companies, they usually don't include the luggage, so the participant can include 1 checked luggage that can be reimbursed. If the participant decides to include additional luggage or extra weight those will not be reimbursed.

Only the cheapest means of transportation (public transportation, 2nd class) can be reimbursed.

Taxi it's not reimbursed.

We don't reimburse priority boarding and selection of seats.

Covid-19 Protocol

With this distance, it is hard to predict what will be the evolution of Covid-19 in Portugal and other countries. So, there might be the need to include some additional measures if the situation gets worse.

For the time being, we are looking for leaders with full vaccination, and with a report of negative test to Covid-19 48 hours prior to arrival to Portugal (the test can be PCR or Antigen, but it can't be an auto-test. We need the clinical report with the results. If the test has costs, those are not reimbursed).

Insurance

ProAtlântico will make travel insurance for the leader and participants during the exchange, this insurance will cover also COVID-19 effects to make sure that all participants will not be in a difficult situation in case someone in the group get infected during the activity.

No reimburse will be made of extra insurances taken by the participants. If participants decide to do other insurance will be at their own responsible and it will not be refundable.

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/km²) 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.