



**Entrepreneurship Competence Development Camp**

# INFOPACK

## KA1 – Mobility of Young People

**APV: 21 - 22 June 2021**

**YOUTH EXCHANGE: 2 to 9 July 2021**

**Guimarães, Portugal**



proacting  
A força de fazer acontecer!

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# Welcome to Portugal

Dear Partners,

We are looking forward to welcoming you to the Advanced Planning Visit and Youth Exchange of the (E)C@MP Project, which will take place in Guimarães.

- APV: 21 and 22 of June 2021 (excluding travel days)
- Youth Exchange: 2 to 9 of July 2021 (excluding travel days)

In this document, you will find all the information that may help you during your arrival and stay.

Please, read it carefully! Any question you may have, please contact:

- Ana Martinho (ana.martinho@proacting.org / +351 932138802)
- Mariana Delgado (mariana.delgado@proacting.org / +351 961790283)

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# About the Project

Young people in the EU have high indicators of lack of initiative and participation in society, which increases their exclusion, disintegration, or dissatisfaction. As a result of this problem, according to Eurostat data, for the year 2018, in the EU28, it was found:

- Of the total population at risk of poverty and social exclusion, 28.2% are young (between 18 and 24 years old);
- There were 13.7% young NEETs between 18 and 24 years old;
- Of the total unemployed, young people between 20 and 24 years old represent 12.9% of the total

There is an urgent need to develop measures that promote the training of young people to define personal, social, and professional paths that are inclusive, entrepreneurial, and integrated into the labor market and to facilitate the transition to adult life and/or to a professional change.

Thus, this project is specifically targeted at young people: excluded and at risk of poverty; NEET; unemployed; with precarious jobs; who want to change jobs; who want to change their situation at work; or want to develop their entrepreneurial skills.

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# Main Goals

- Foster the entrepreneurial, critical, and creative spirit, allowing the passage of ideas and personal projects to action;
- Provide young people with know-how and experience to develop their own projects and to take risks and succeed in life in society and, specifically, in the labor market;
- Promote economic and financial literacy through the transfer of knowledge and methodologies and tools to initiate new ways of thinking and acting;
- Promote the active participation of young people in all areas of society;
- Promote the potential of the NFE in the training and personal, social, and professional development of young people;
- Appeal to the interest of young people to be the engine of their own social transformation

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# Budget

About the management of the travel of the participants, we have the following proposal:

- Each partner organization takes on the responsibility of buying the travel for the participants.

The Erasmus+ program has established the financial contribution by the rule of allocation. In the following table, we present a table with the funding for each partner organization:

PARTNER ORGANISATION	DISTANCE BAND	BUDGET P/ PARTICIPANT
PROACTING	0 - 9 km	0,00€
ADEL (SVK)	2000 - 2999 km	360,00 €
SFERA ITALY (IT)	500 - 1999 km	275,00 €
GLOBERS (ES)	500 - 1999 km	275,00 €
AVATUD ÜHISKOND MTÜ (EE)	3000 - 3999 km	530,00 €
YOU IN EUROPE (GR)	2000 - 2999 km	360,00 €





# Where

Guimarães is a Portuguese city located in the District of Braga, with a population of 54,097 inhabitants, spread over an urban network of 23.5 km<sup>2</sup>, in 20 parishes and with a population density of 2223.9 km<sup>2</sup>.

Guimarães is one of the most important historic cities in the country, with its historic center inscribed on the UNESCO World Heritage list since 2001.





# Accommodation

We will stay at HI Guimarães – Pousada de Juventude where we will have bedrooms with 6 bedrooms. It is located 8 minutes from historical city center, by walking.

The rooms will be assigned according to gender and country.

# Food

The breakfast will be at the hotel and the meals will be provided in PAPARICOS. Please, if you have any food restrictions, let us know so we can alert the food service in time.



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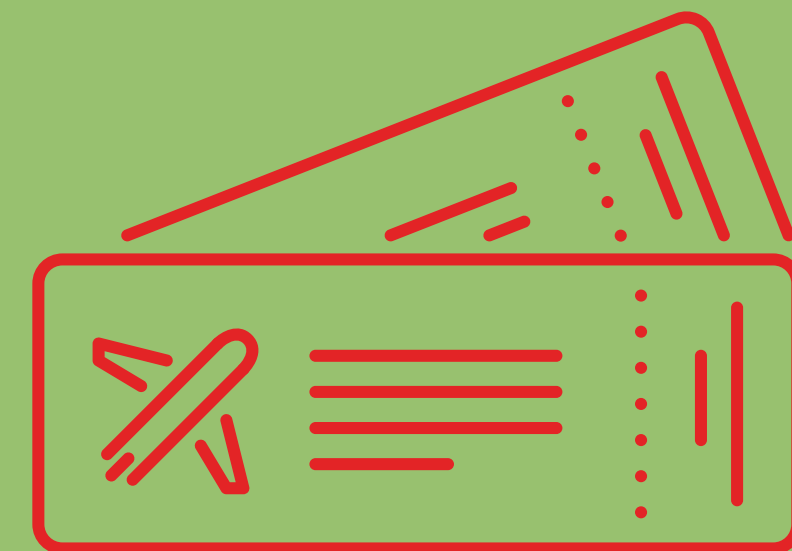
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**VAT NUMBER: 515 385 166**

To reimburse you for the costs, you need to keep all boarding tickets (plane, metro, train) and invoices. Be aware that the amount to be refunded corresponds to the exact price that you have been spent.

**DO NOT FORGET** to ask for the invoices with the VAT number. Without this, we cannot refund you!



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# Participants

## PARTICIPANTS PROFILE

- Young people between 18 and 25 years old
- Disintegrated from education and training systems, internships or work and/or socially excluded (facing situations of less opportunity);
- Little or no experience in transnational projects;
- Little development of entrepreneurial capacity;
- Motivated to transform their social reality

## GROUP LEADER PROFILE

- At least 18 years old;
- Experienced and active in working with young people;
- Experience as a facilitator in preparing and supporting young people;
- With responsibility in decision making;
- Able to disseminate the results to social agents;
- With knowledge of the Erasmus + program, NFE methodology, and themes;
- Oriented to the success of the project.

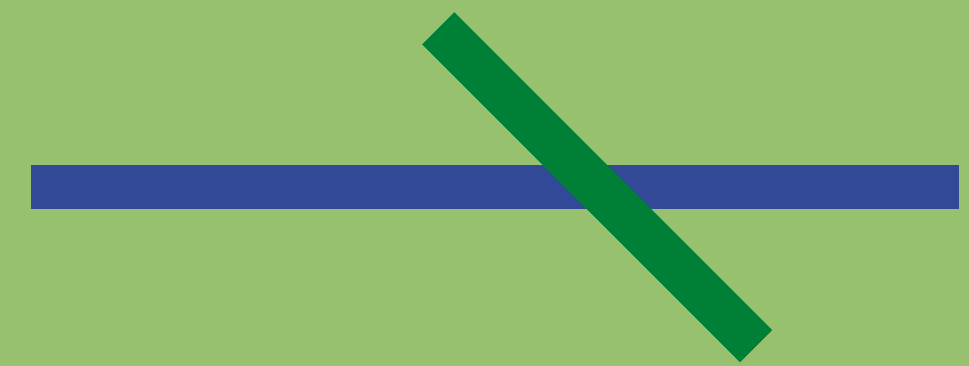
# Youth Exchange- Participants

**02-09 July 2021  
(+2 days of travel)**

**34 PARTICIPANTS IN TOTAL**

**5 MEMBERS FROM EACH ORGANIZATION**

- **2 YOUNG PERSON WITH FEWER OPPORTUNITIES**
- **2 YOUNG PERSON**
- **1 GROUP LEADER**



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# Arrival and Departure

02-09 July 2021  
(+2 days of travel)



We kindly ask you to arrive on the 1st, until 6 pm, as we already have booked dinner for 8:00 pm.

Since the hotel is booked until the 10th at 12 am, if you want to stay another night, remember that we can't cover your extra night.



Preferential Francisco Sá Carneiro  
Airport – Oporto Airport



Option 1: At the airport bus station, take the direct bus (<https://www.getbus.eu/en/>) – Round trip is 14€

Option 2: Porto Airport Metro – A-Line (Campanhã) (You need to catch the subway in the airport and buy a card (0,50€ and the trip 2€) This card is reusable. Keep it!  
In Campanhã you will go to the train station and catch the train to Guimarães (<https://www.cp.pt/passageiros/en>) (ticket is 3,25€)

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# Arrival and Departure

02-09 July 2021  
(+2 days of travel)



If you choose Lisbon Aeroporto



Option 1: Lisbon Airport Metro - Oriente (Occasional Title 1,50€). You need to catch the subway at the airport and buy a card. This card is reusable. Keep it!  
In Oriente, you will go to the train station and catch the train to Guimarães (<https://www.cp.pt/passageiros/en>) - price between €28,35 and €47,85 (depending on the time)

Option 2: Lisbon Airport Metro - ZOO (Occasional Title 1,50€). You need to catch the subway at the airport and buy a card. This card is reusable. Keep it!  
Go to Sete Rios bus station and catch the bus to Guimarães (<https://rede-expressos.pt/pt/horarios-bilhetes>) - 21,00€

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# Timetable

Time	Day 1 Thursday, 01/07/2021	Day 2 Friday, 02/07/2021	Day 3 Saturday, 03/07/2021	Day 4 Sunday, 04/07/2021	Day 5 Monday, 05/07/2021
9h	Arrival	Breakfast	Breakfast	Breakfast	Breakfast
10h-11h30		Welcome session for participants  Rules off Youth Exchange	Ice Breaker  Presentation of each country reality of social innovation and best practices	Ice Breaker  Inspirational Morning (testimonials of young entrepreneurs)	Ice Breaker  Working groups
11h30		Coffee Break	Coffee Break	Coffee Break	Coffee Break
11h45-13h		Presentation of PROACTING and (E) C @ MP  Presentation of the Erasmus + program  Expectations/Fears/Contributions	Presentation of each country reality of social innovation and best practices	Inspirational Morning (testimonials of young entrepreneurs)	Swot analysis - Working groups
13h-14h30		Lunch	Lunch	Lunch	Lunch
14h30-16h	Check-in and reception of the participants (17h)	Get to Know each other  Introduction to NFE  Comun ground	Ice Breaker  Workshop on design thinking  Creation of the working groups	Ice Breaker  Problem Tree - working groups	Cultural Visit
16h		Coffee Break	Coffee Break	Coffee Break	
16h15-18h		Reflection of the topics : Youth, Inclusion and Intergration  Evaluation day  Meeting team leadrs and organizacion	Maping of the problems  Evaluation day  Meeting team leadrs and organizacion	Apresentation project planner plataform  Evaluation day  Meeting team leadrs and organizacion	
20h	Dinner	Dinner	Dinner	Dinner	Dinner
21h30	Welcome Party	NGO Fair	Spain cultural night	Greek cultural night	Estonia cultural night

# Timetable

Day 6 Tuesday, 06/07/2021	Day 7 Wednesday, 07/07/2021	Day 8 Thursday, 08/07/2021	Day 9 Friday, 09/07/2021	Day 10 Saturday, 10/07/2021
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Ice Breaker  Working Groups	Ice Breaker  Working Groups	Ice Breaker  Working Groups	Ice Breaker  Presentation of Experts  Presentation for Experts	Check out (until 12h)
Coffee Break	Coffee Break	Coffee Break	Coffee Break	
Dinamic Financial Growth - working groups Working Groups	Working groups  Dinamic Spaghety and marshmallow - working groups	Dinamic of Monitoring - working groups	Presentation for Experts	
Lunch	Lunch	Lunch	Lunch	
Ice Breaker Working Groups	Ice Breaker  Working Groups	Ice Breaker  Preparation of Presentation	Ice Breaker  Youthpass Competences Game	Departure
Coffee Break	Coffee Break	Coffee Break	Coffee Break	
Dinamic Strategic Partners - working groups  Evaluation day  Meeting team leadrs	Dinamic of Communication - working groups  Evaluation day	Preparation of Presentation  Evaluation day  Meeting team leadrs and organizacion	Preparation of Presentation  Refction and Evaluation	
Dinner	Dinner	Dinner	Dinner	
Slovákia cultural night	Italy cultural night	Portugal cultural night	Farewell Party	

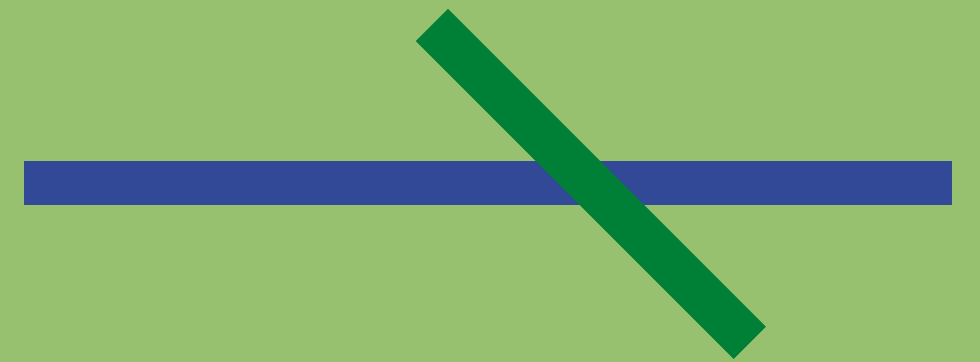


# Tips

## Local currency

Our national currency/money is EURO.

- You can exchange your money at the airport but depends on availability.
- A lot of places in the city (like restaurants and some stores), only allow money.



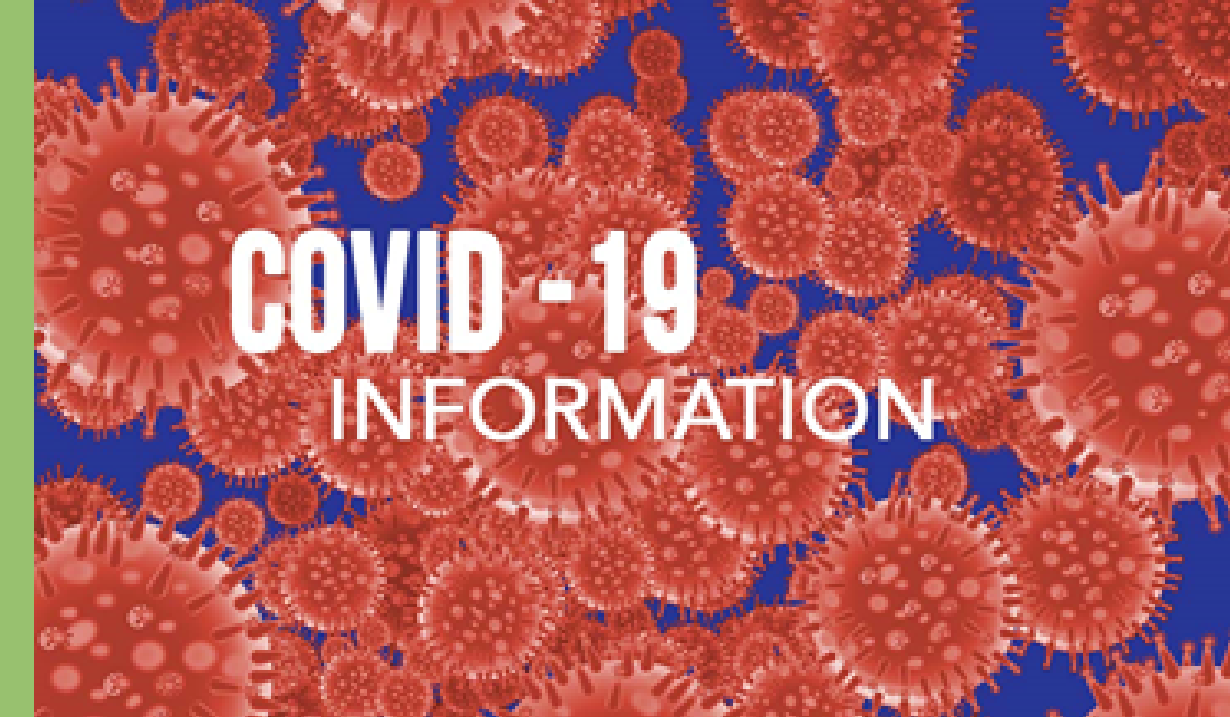
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# Covid-19 Information

- We guarantee alcohol gel for disinfecting hands
- It is mandatory to maintain a safety distance of 2m.
- We try to guarantee quick tests to Covid 19 on arrival and in the middle of the project.
- The use of masks is mandatory throughout the project period.
- We guarantee masks throughout the project period, but it is preferable if you can bring your own.
- We do not assume the cost of Covid-19 test to participants who need to enter Portugal or return home.
- All care and recommendations will be strictly followed by DGS – General Directorate of Health of Portugal



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# Do not forget!



ID Card /  
Passaport



European  
Health Card



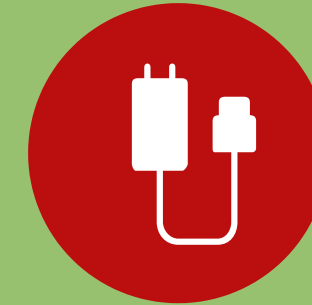
Small  
Umbrella



Clothes  
appropriate  
for the  
weather



Boarding  
Tickets



Phone  
Charger



Mask

# Important Contacts



Emergency Number  
112



Táxi  
+351 225 076 400



Ana Martinho  
+351 932138802



José Dias  
+351 914953393





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