



INFOPACK



GLOCALLY
2.0
GLOBAL SUSTAINABILITY THROUGH LOCAL
ACTION



Erasmus+

This infopack contains all the important topics and informations which regards you as partners and participants. Please read carefully the next chapters. We have tried to include all possible information in this info pack, even the apparently obvious topics. Don't hesitate to contact us in case something is not clear.

[**APPLY NOW**](#)



PROJECT IDEA

What is a Youth Exchange?

Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods. Youth exchanges take place outside the school environment. On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more. Participant's learning experiences are recognized through a Youthpass.

Discover more watching this video <https://www.youtube.com/watch?v=myhRLRrV8Io> and this video <https://www.youtube.com/watch?v=SXdqTWuSnHs>



Description

We would like to carry out this project because we believe that non formal education provides engaging experiences for youngsters. We want to show that creative tasks and inclusive methodology approach boost confidence and participation. We are motivated to carry on this project because we believe that non formal education is a universal language that speaks to us regardless of our social, economical, cultural or geographical background. It gives us a new perspective and insight on different cultures and customs. Weather they create a painting or a collage to express emotions and feelings, art has the power to break barriers, create initiative and contribute to personal and professional development of youth.



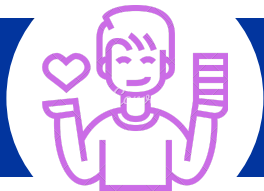
PROJECT GOALS

Youth Goals



SUSTAINABLE DEVELOPMENT GOALS





Carina

DATES

Arrivals

7 of August is the travel day.

The check in will be open for you until 23pm.

To see how to get in Viseu check the next pages.

If you arrive until 21h00 please notify us in order to book the dinner for you.

Departures

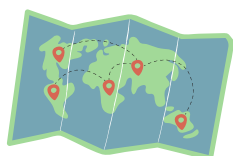
14 August is the last day in Viseu.

You need to do the check out from your rooms until 10h00.

Take your luggage with you to the training room.

The lunch in the last day is included is you will travel before 12h00 please let us know.

WHAT IS INCLUDED



- Travel - according to the Erasmus+ Distance Calculator from your home to the venue

- Health Insurance (complementary to the European Health Card)

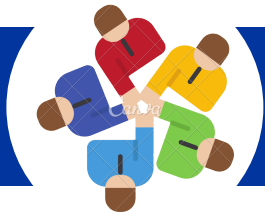


- Accommodation

- 3 meals per day



- Youthpass Certificate



PARTNERS





ABOUT DE PROJECT



G L O C A L L Y
2.0

Glocally 2.0 is an ecological program based on outdoor activities that provide the ideal opportunity to involve young people in understanding the environmental measures necessary to develop sustainable solutions to urgent environmental problems. Engaging students in understanding the problems of ecological processes and opening their minds to ecological education can lead future generations to adopt sustainable technologies and economies that protect the environment.

goals

Education

DEVELOP NON-FORMAL ACTIVITIES AS A FORM OF EDUCATION ABOUT ECOLOGY;

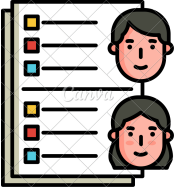
Interculturality

PROMOTE THE EQUAL PARTICIPATION OF YOUNG PEOPLE FROM DIFFERENT REGIONS, CULTURES, GENDER AND RELIGIONS;

Awareness

STRENGTHEN THE SKILLS OF YOUNG PEOPLE IN RELATION TO ENVIRONMENTAL ISSUES.





RESPONSABILITIES

ADAMASTOR & AELV RESPONSIBILITIES

Preparation of the program, accommodation, food, insurance, verification of safety procedures
Secret group GLOCALLY Group please add your participants and start sharing information

Website GLOCALLY

DRIVE Information

Communication: With all participants will be carried out by email, FB closed group and WhatsApp;

Activities: ADAMASTOR & AELV will programme all the activities;

Dissemination: All partners should disseminate the project and their results del párrafo

PARTNERS RESPONSIBILITIES

Each Partner will be both participant and an active actor of YE.

Participant application form:

All partners should fill the "participant application form" and send it to AELV;

Insurance: All participants must have valid a travel insurance.

Travel organisation: All partners will organize travel to and from the place of YE;

Communication: With all participants will be carried out by email, FB closed group and WhatsApp;

Activities: All partners and participants should prepare their tasks as: Energizers, Icebreakers, Workshops, intercultural nights and Bazaar of Organizations;

Dissemination: All partners should disseminate the project and their results;

Important points

- The leader must have a good level of English in order to support the participants.
- Please confirm your arrival/departure dates before booking the tickets.
- Please don't buy tickets without confirmation from AELV.
- **FILL THIS APPLICATION FORM: <https://forms.gle/1EjaC4z51Dm5oKic6>**
- A travel insurance for the full duration of the project with travel days included; The participant is responsible to send a copy to us before its arrival. As well as a valid European Health Insurance Card.



ACTIVITIES

DAY 1
Monday
7

DAY 2
Tuesday
8

DAY 3
Wednesday
9

DAY 4
Thursday
10

DAY 5
Friday
11

DAY 6
Saturday
12

DAY 7
Sunday
13

DAY 8
Monday
14

GLOCALLY
PRESENTATION

WORKSHOP 3
Good Practice in
outdoor/nature-
based and
environmental
activities and nature
activities

CREATIVE TIME
Ideas to recycle
old fabrics &
material

EUROPEAN
YOUTH DAY
ACTIVITY

WORKSHOP
Beyond
Glocally: EU
Youth
Programs:
ESC, SALTO,
etc.

break

break

break

break

break

ICEBREAKER

VISIT CITY
COUNCIL

F
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CREATIVE TIME
Ideas to recycle
old fabrics &
material

EUROPEAN
YOUTH DAY
ACTIVITY

Group
Activity:
Working for
the final
presentation

Lunch

Lunch

T
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Lunch

Lunch

Lunch

WORKSHOP 1
LET'S explore
Natural Heritage

GROUP ACTIVITY
How to read a Map

VISIT
TO
PORTO
OR
AVEIRO
+
BEACH

Group Activity:
Working for the
final presentation

EUROPEAN
YOUTH DAY
ACTIVITY

Group
Activity:
Working for
the final
presentation

break

break

break

break

break

WORKSHOP 2
How to deliver a
message, social
Media for
environmental
activism

WORKSHOP 4
Ethics in nature:
how to be a
responsible citizen

DISCUSSION
GROUP
Small Ideas, Big
Impact: How can
I contribute for
the climate
change cause?

EUROPEAN
YOUTH DAY
ACTIVITY

Each group
present their
project of
Glocally2.0

FREE Time

FREE Time

FREE Time

FREE Time

FREE Time

MULTICULTURAL
DINNER
& QUIZ SHOW

DINNER & FREE
NIGHT

DINNER
& FREE
NIGHT

DINNER &
GAMES NIGHT
(games &
language tandem

INTERNATIO
NAL
Eurovision
Conquest -
Karaoke
night

FAREWELL
PARTY

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FINANCES

Travels

Contribution to the travel costs of participants from their place of origin to the venue of the activity and return.

To get the reimbursement you need delivery all tickets, boarding pass, receipts and invoices as proof of the mobility.

Before buy the tickets sent the travel plan and prices to the team to get the authorization before buying.



*Erasmus+ Programme Guide 2023

Budget category	Eligible costs and applicable rules	Amount		
		Travel distance	Standard travel	Green travel
Travel	<p>Contribution to the travel costs of participants, including their accompanying persons, facilitators and decision makers, from their place of origin to the venue of the project activity or the physical event and return, regardless of whether the travel is national or transnational.</p> <p>Financing mechanism: contribution to unit costs.</p> <p>Rule of allocation: based on the travel distance and number of persons.</p> <p>The applicant must indicate the distance between the place of origin and the venue of the activity¹²⁶ by using the distance calculator supported by the European Commission¹²⁷.</p> <p>For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total.¹²⁸</p>	10 – 99 km	23 EUR	
		100 – 499 km	180 EUR	210 EUR
		500 – 1999 km	275 EUR	320 EUR
		2000 – 2999 km	360 EUR	410 EUR
		3000 – 3999 km	530 EUR	610 EUR
		4000 – 7999 km	820 EUR	
		8000 km or more	1500 EUR	



HOW TO APPLY

This project is coordinated by Adamastor & AELV.

You will mainly be in touch with us during the application process, the selection, and at the beginning of your mobility.

All administrative and financial aspects of the projects are managed by Adamastor and AELV.

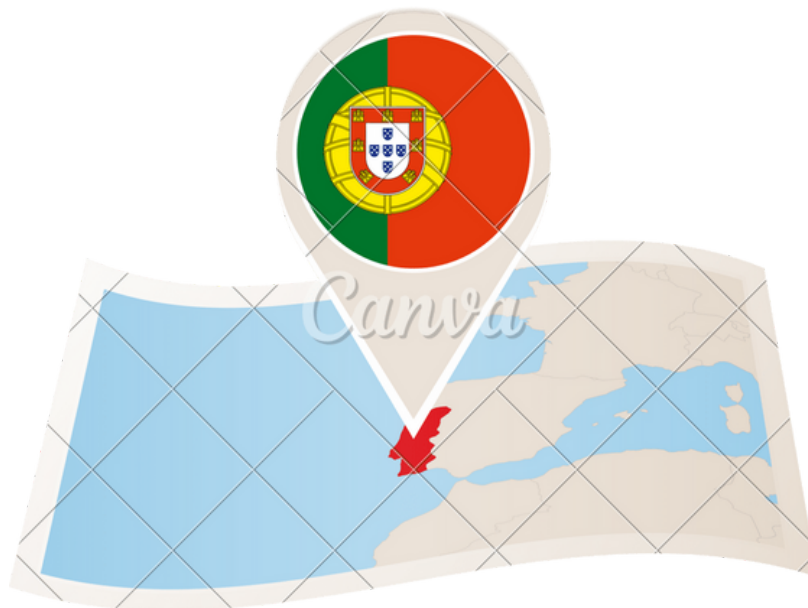
During all this process if you need any clarification or you have doubts please contact our team.



PORTUGAL
SPAIN

info@adamastor.org.pt
info@aelv.org

+351 232 413 432
+34 687 69 56 85





HOW TO ARRIVE

From Lisbon

1
STEP

At the main entrance of the Lisbon Airport pick up the Aerobus to SETE RIOS BUS STATION
€3,60



Aeroporto: 10:00 | 11:00 | 13:00 | 15:00 | 16:00 | 17:00
Sete Rios: 10:30 | 11:30 | 13:30 | 15:30 | 16:30 | 17:30

Please before departure check all the information and schedules of your flights and buses.



You can buy the ticket online or at Sete Rios Bus Station
Buy the ticket with discount for youngsters (Jovem) €17

2
STEP

As there is no train to Viseu, we recommend you to use our developed network of buses.
www.rede-expressos.pt



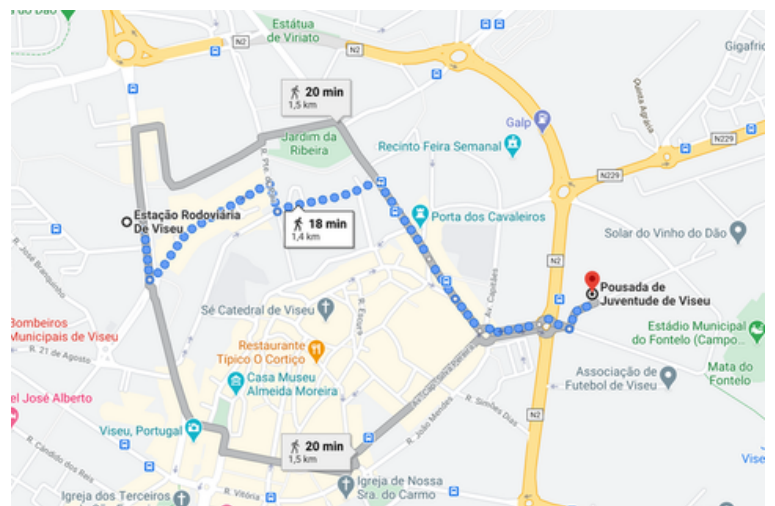
3
STEP



If we didn't manage to pick up you can go by foot to the hostel, it's 18'min walk or you can take the taxi that costs you around €5,00

It was a long trip but you are now at Viseu Mobility Center (under construction, sorry for the inconvenience)
WELCOME!!!
BEM VINDO!!!

If everything went well we will wait for you at this point. Please take your luggage upstairs.





HOW TO ARRIVE



From Porto

1
STEP

At the main entrance of the Porto Airport pick up the Metro to TRINDADE STATION (Purple Line) €2,00 Zone 4



At Senhora Hora Station change to the Red Line in direction to Estádio do Dragão. Exit CAMPANHÃ

Please before departure check all the information and schedules of your flights and buses.

2
STEP

As there is no train to Viseu, we recommend you to use our developed network of buses. www.rede-expressos.pt or FLIXBUS www.flixbus.pt



You can buy the ticket online or at Campanhã Bus Station Buy the ticket with discount for youngsters (Jovem) from €7,99



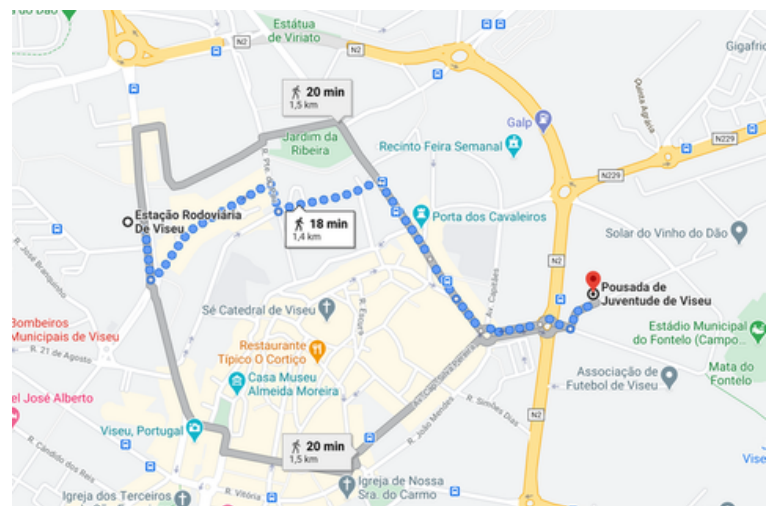
3
STEP



If we didn't manage to pick up you or you want to walk a bit it's only 18' min by foot to the hostel or you can take the taxi that costs you around €5,00 or check with UBER

It was a long trip but you are now at Viseu Mobility Center (under construction, sorry for the inconvenience) WELCOME!!! BEM VINDO!!!

If everything went well we will wait for you at this point. Please take your luggage upstairs.





ADAMASTOR

Adamastor is a youth organization founded in 28th January 2005 with the objective of empower the youth and promote the mobility of youngsters.

Now with more than 18 years is one of the must experiences organizations in Portugal in the youth field. An entrepreneurial organization with the ambition to make a difference in the youth sector.

It is for this reason that we seek to diversify our areas of work, but always with the concern of holding hands with young people. Because our motto is "together we build the future". Some of the most important moments of Adamastor.



2009 Adamastor got the first accreditation for European Voluntary Service



2011 was created the Viseu Youth Council where Adamastor has been Adviser and Secretary since then



15th September 2015 Adamastor becomes an Eurodesk Multiplier PT02



30th September 2015 signature of the protocol with MOVIOJovem to start to explore the Youth Hostel (Pousada de Juventude de Viseu)



23th June 2016 Opening of the Pousada de Juventude de Viseu | Adamastor



9th of January 2017 signature of the protocol between the Municipality of Viseu and Adamastor to explore the Youth Center Fontelo - Viseu Jovem



2018 Adamastor is officially member of the Street Football as Distrital Coordinator

UISEU JOVEM



Uiseu Jovem is a project created by Adamastor and the Municipality of Uiseu (Município de Uiseu), to provide the youth citizens of the city a space where they can find a youth atmosphere, community feeling, events/workshops offers, wifi, new opportunities, volunteering and guidance, all of this through non-formal education.

LOJA EUROPA JOVEM VISEU

LEJ Uiseu is an information structure for young people that seeks to facilitate access to European information, to increase young people's interest in the European Union (EU) and the social and political life of their community. Promote youth participation in European and local community projects. Has created in Braga European Youth Capital in the year of 2012.



EURODESK MULTIPLIER



Multipliers are local organizations (e.g. youth centres, associations, municipalities) but despite their variety, their core mission remain the same. As one of the most important tasks within the structure, multipliers maintain a face-to-face connection with young people through events and campaigns they organize. Multipliers are the body in the system who make sure that the mobility information collected in the network reaches young people who then through the work of multipliers receive youth information and counselling based on their personal profiles.

FONTELO YOUTH CENTER



Fontelo Youth Center, a space where diverse activities are dinamize, using the non-formal education method, aimed at young people.

Just a short e.g.:

- Empowering young people to become autonomous and confident to play their role as active citizens of society.
- Monthly topics, weekly workshops of cultural sharing and tandem idioms.
- Assisting young people by giving them access to new experiences and acquiring new skills.
- Digital skills (youtube, facebook, instagram).



- Environmental awareness workshops; support youth being more active and to gain more self-conscious about different cultures and mindsets.
- Sense of initiative and entrepreneurship; promote trainings "learning by doing"; artistic and cultural activities.
- Supporting the office: office work, creating posters and promoting the projects and activities on social media; promoting of european opportunities and volunteerism.





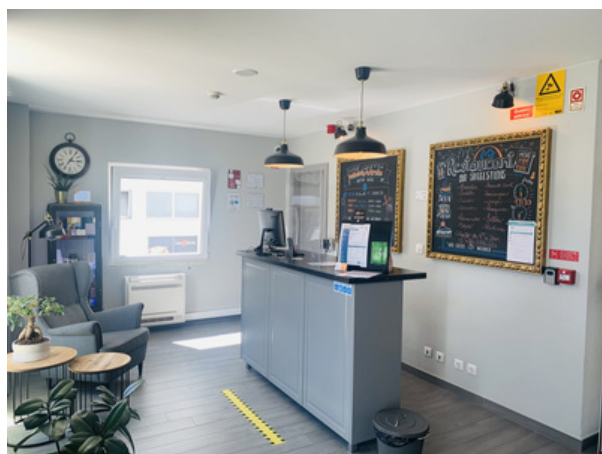
YOUTH HOSTEL

YOUTH HOSTEL VISEU

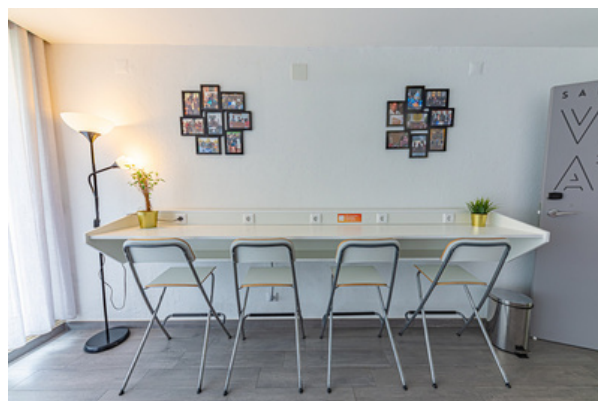


The Youth Hostel of Viseu lives side by side with Fontelo Park, one of the greenest lungs in the city of Viseu and where the Sports Park is located. Moreover, it is relatively close to the historical center of the city, which can be reached in 5 to 10 minutes by foot.

The accommodation, especially aimed for young people, backpacking and adventurous spirit, benefits from a convivial atmosphere where the sharing of experiences, meetings and mismatches happen as tourist and travellers depart in search of the city and surroundings.



The living room is a space that has a 4K TV with cable channels, internet is available in all building, outlets and table for computers. Ideal for socializing and meeting new people and creating stories while having a cup of coffee and enjoying the view on the terrace.





YOUTH HOSTEL

YOUTH HOSTEL VISEU



The HI Viseu | Adamastor disposes of a total of 19 rooms, divided in multiple rooms, double rooms and adapted double rooms.

The multiple rooms consists of 4 beds, wardrobes and table. The door and the wardrobes are equipped with an advanced RFID system that ensures the privacy and the security of the guests. All rooms include bed linen, bath towel, hand towel and housekeeping.



Both bathrooms (female and male) are provided with individual showers and toilets for the guest that are in the multiple rooms. They are equipped with hair dryers.





YOUTH HOSTEL

YOUTH HOSTEL VISEU



The balcony with beautiful view.



The kitchen with two islands and 4 station for cook and individual pantries with RFID lockers.



You have a vending machine 24h/7days with some snacks and drinks available in the facilities.



Galpico



The terrace with beautiful view.



Bacalhau à Brás / Codfish Brás



Dessert



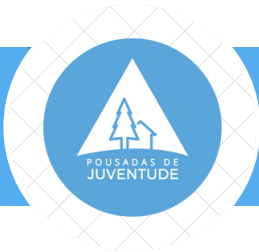
Spaghetti alle vongole



Sunset parties



The water mirror on the terrace



RULES *Canva*



There must be silence on the surroundings after 23 pm until 08 am



Do not move or remove any furniture



Sanitize hands regularly or wash them for 20' seconds



It is strictly forbidden to smoke inside, even at the windows

It is prohibited to display posters or pictures



Remember that all these rules are important because we share this space with other people and it is necessary to respect everyone.



Do not drink alcohol inside



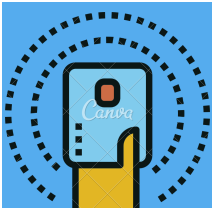
It is not accepted to bring people without permission



Do not use the phone loudly Use your earphones



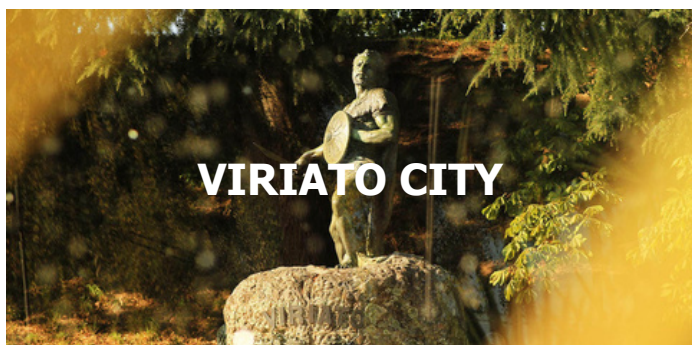
Your room must be always clean and organized



You receive at check-in, two RFID cards that allows you to access the Viseu Youth Hostel - Adamastor, room, wardrobe and kitchen cabinet. At the end of the stay, you must leave at the reception. The loss, damage or non-return of the card has a cost of 20€/each.



VISEU *Canva*



VIRIATO CITY

In Beira Alta, between mountains and full green valleys we can find the city of Viriato and Vasco Fernandes, with around 100.000 inhabitants.



WINE MAKING CITY

This is a joyful city, which welcomes people who live in or visit the heart of Portugal. Upon the visit of this city you will find it has many attributes, but what makes it distinct from other cities is the complete variation of identities and authenticity in each place you will have the pleasure to visit or live.

Visit our heritage or historic sites, the mysterious Cava of Viriato, enjoy a troll through the parks and gardens or walk around the historic town centre. Discover the urban in street art and book your place in one of the creative events on our cultural calendar, which runs all year.



VISEU IS THE ANSWER

The quality of life that characterises Viseu that charms those who visit us. You'll feel at home, free from the stress of the big city life.



"Viseu, the best city to live in"

is a brand and an attitude.

www.turismodocentro.pt
www.cm-viseu.pt
www.visitviseu.pt



EVENTS

"Bem-Haja" means, thank you and all the best, is a typical saying in Viseu and with that we say our goodbyes and leave you with this invitation to visit "the best city to live in" in Portugal!

SOME PRICES *Canva*



Coffee
€1,00



Water
€1,00



Pastry
€1,20



Lunch
€10,00



Cinema
€7,10



PORTUGAL

Lisbon



In Porto you can find a true representation of the Portuguese tradition and the mixture of and audacious modern architecture, both adorned by the beauty of "Ribeira", one of the musts that make this city unique, and the proud and welcoming traits of the locals. Your stomach will never regret of receiving such delicacies, snacks, tasty plates and engulf yourself in sweet and soft Port wine.

Aveiro



Heiress of a rich and varied cultural history, Évora, a UNESCO world heritage city, situated in a singular and typical landscape territory, shelter of medieval memories, where you can find palaces, monasteries and churches stories to count. Its traditional products, makes this place the right one for the ones who love explosions of flavor in their mouths.

VISIT *Canva*

Lisbon, the capital of Portugal, right next to the river Tejo, a city hiding treasures and history, with original artistic creations and its very typical style. Tons of light, stories in every corner, old traditional neighborhoods with their own enthusiastic residents, viewpoints and their wonder sights, never ending lifestyle during all night long. Once in Portugal, you can't miss this chance.

Porto



Known as the portuguese Venice, Aveiro with its tradicional boats surrounding the pittoresque houses along the river, where you can enjoy the flavors of seafoof with a wonderful sight. The mixture of colors and essences makes all the visual experience such an amazing pleasure that can't be missed. Don't forget to try the local pastry, your taste buds will thank you later.

Évora

