

YOUTH TO YOUTH WITHOUT BORDERS

INFOPACK

YOUTH WORKERS MOBILITY

15 MAY - 24 MAY 2024 | BRAGA, PORTUGAL



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BRIEF CONTEXT

The main goal of Youth to Youth Without Borders project is to empower Youth Workers with tools connected to the principles of empathy and resilience to address the current challenges faced by young people in a post-pandemic society, experiencing war and its consequences in Europe.

TO ACHIEVE THIS,

we aim to adapt the "Youth to Youth" program, which originated the organization Par and has been a part of our activity portfolio for over 10 years, making it borderless by developing a replicable and expandable methodology.

OBJECTIVES:

- To develop a new methodology and manual adapted from the "Youth to Youth" Par's program;
- To empower Youth Workers with the necessary tools of resilience and empathy to address youth issues resulting from the current scenario (post-pandemic society, on going war in Ukraine, and economic crisis);
- To promote personal and interpersonal skills;
- To recognize the importance of empathy in conflict prevention/resolution;
- To acquire tools to implement resilience and empathy in everyday activities;
- To learn and apply innovative techniques in Youth Work and Non-Formal Education (NFE).



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PROJECT ACTIVITIES

YOUTH WORKERS MOBILITY

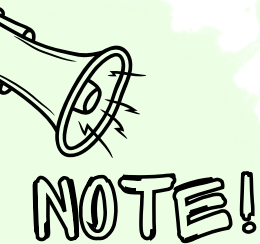
- Empower participants with tools connected to the principles of empathy and resilience and better prepare Youth Workers to support young people in their needs, promoting empathy, resilience, and social inclusion;
- Provide Youth Workers with the opportunity to acquire new personal and interpersonal skills;
- Develop the Manual for Youth Workers and empower participants to conduct multiplier events in their local contexts.

LOCAL MULTIPLIER EVENTS

- We intend for each partner to support them in organizing a total of **3 multiplier events per country**, tailored to the target audience they are accustomed to working with.



For example, a youth worker dealing with socially vulnerable young people may plan an activity to help them better understand their emotions and handle interpersonal conflicts more healthily, using the empathy and resilience techniques learned in the training. Another youth worker working with young immigrants may use the mutual recognition approach to promote integration and cultural diversity.



Participating in this Youth Workers mobility entails a commitment to the ongoing project activities, specifically, the facilitation of these local multiplier events. It is important for you to know that you will have full support from the consortium organizations! You will never be alone in this learning process ;)



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WHERE?

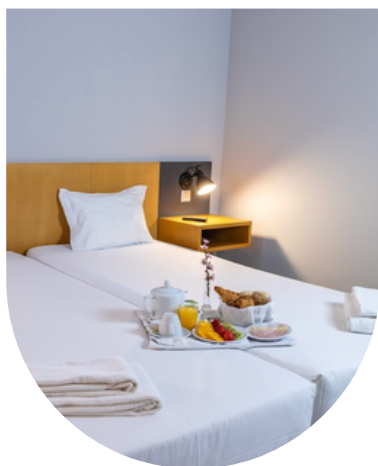
This training will take place in **Portugal, in the beautiful city of Braga.**

In 2012, Braga was recognized as the European Youth Capital, and in 2018, it was designated as the European City of Sports. Since 2017, it has been a part of the UNESCO Creative Cities Network in the Media Arts category.



The accommodation for the mobility will be at Flag Hotel Braga, which is a 12-minute drive from the town center. As for the locations where we will conduct activities, we will utilize a meeting room within the facility as well as outdoor spaces.

Important note: Rooms will be arranged with consideration for gender equality and cultural diversity.



TRAVEL INFORMATION



Please, before purchasing your travel tickets, inform us of your options so that we can advise you on the best choice and provide authorization (please note that trips for tourism in Portugal are not reimbursed).

If you are selected to participate in this mobility, once you have your final itinerary, please fill out the following document:



PARTICIPANTS TRAVEL ITINERARY



Here you can find some pathway options to the hotel/venue, depending on where you are arriving from.

ARRIVAL

- If you are landing at Porto Airport, the best option would be:

Porto

Campanha

Braga 15221 Braga

✓ 49 min (12 paragens)

Braga

From the airport, take transportation to Porto (Campanhã), and from Campanhã station, take a bus or train to Braga.

Once in Braga, you should take a bus that will bring you to Ferreiros (address: Rua Damiana Maria da Silva, No. 20, 4700-085 Braga).

- If you are landing at Lisbon Airport, the best option would be:

Lisbon Oriente

Rede Expressos 49 Ponte d. Lima

✓ 4 h (2 paragens)

Braga

From the airport, take transportation to Oriente bus station), and from there, take the bus 49 (transportation company: Rede Expressos) to Braga.

Once in Braga, you should take a bus that will bring you to Ferreiros (address: Rua Damiana Maria da Silva, No. 20, 4700-085 Braga).



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You can check the bus and/or train schedules and prices on these websites:

- **Bus** - site Rede Expressos:



- **Train** - site CP (Comboios de Portugal):



- For participants coming from Spain, please contact the organization [Ticket2Europe](mailto:ana.delvalle@ticket2europe.eu) (ana.delvalle@ticket2europe.eu) to determine the best option based on your place of origin

HEALTH INSURANCE

We strongly recommend the participants to bring their **European Health Insurance Card** to be covered in case they need medical assistance.



WHO?

This project is intended for **youth workers professionals** with experience in working with young people in various contexts.

The maximum number of participants per country is **5**.

The countries involved in the project are **Portugal, Spain and Romania**.

COSTS

This project will be implemented within the framework of Erasmus+ Programme of the European Commission (KA2).

Hence, all costs related to food, accommodation and activities carried out within the scope of the project will be paid in full.

The travel costs are financed by European Commission, attending to the programme rules according to distance calculator.

Spain up to 275€ (preferably eco travel)

Romania up to 360€

APPLICATION FORM

IMPORTANT!

Deadline: March 15th 2024 (23:59pm)

To participate in this mobility and become part of this incredible project, you need to register through one of these links (depending on your country of residence).



PORTUGAL | APPLICATION FORM



SPAIN | APPLICATION FORM



ROMANIA | APPLICATION FORM



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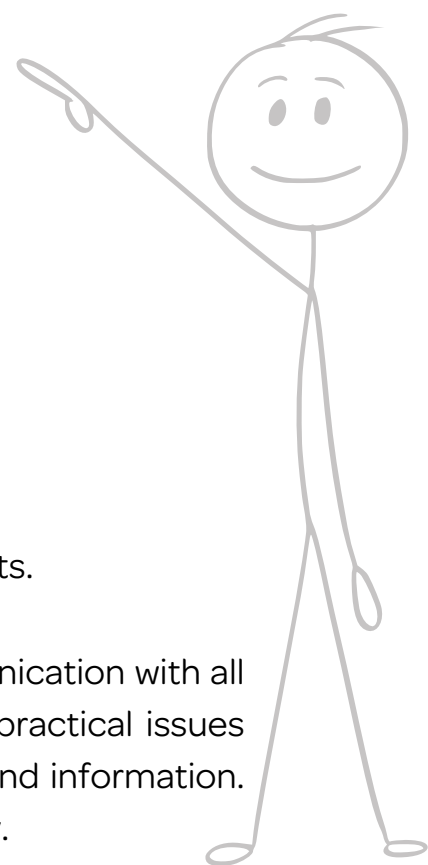
PARTICIPANTS SHOULD BRING:

- Original passport/identification document;
- Original invoice of their flight, transport tickets and boarding passes.
- Comfortable clothes for outdoor activities;
- Refillable bottle.

BEFORE COMING!

TASKS TO PREPARE

- Some good **energizers!**
- **Presentation** of the organization for which you work:
 - Who is the target audience;
 - What type of work they do/area of intervention;
 - Where it is located;
 - Some examples of projects carried out;
 - The type of methodologies you typically use in your projects.
- We are going to create a **WhatsApp group** to make communication with all the participants easier and faster, addressing logistical and practical issues before and during the mobility, and also for sharing photos and information. We will send you the link to join a few weeks before the mobility.



ANOTHER RELEVANT INFORMATION:

- Regarding accommodation: we can provide accommodation from May 15th to May 24th 2024 (no later than 10:00h).
- Regarding meals: for the arrival day (May 15th) we can only provide dinner and for the departure day (May 24th) only breakfast.



Please, if you have any other questions, do not hesitate to contact us:

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**SEE YOU
SOON! ★**



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