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Infopack Camp Hot

Date of Youth Exchange – 19th – 29th July 2024
Oeiras, Portugal

About the project

5 Countries: Portugal, Liechtenstein, Slovakia, Latvia and Estonia.

We want to carry out this project to provide young people with the opportunity to explore and try out new sports and to introduce them to diverse cultures and adopt healthy lifestyles. Why?

In today's world, a significant number of young people tend to spend more time indoors and are frequently engrossed in their mobile devices.

Our aim is to address this concern by introducing captivating sports activities during summer, fostering a renewed sense of enthusiasm, all while nurturing a deeper appreciation for the beauty of the natural world.

The project "Hot Camp" consists a youth exchanges, which will be dedicated to summer sports.

Objectives:

- ➔ **New Sports:**
Our project introduces young participants to a wide array of sports, fostering physical activity and helping them discover their interests and talents.
- ➔ **Cultural Enrichment:**
By engaging with different cultures, we aim to broaden young people's horizons, promoting tolerance and open-mindedness in our interconnected world.
- ➔ **Promoting Healthy Lifestyles:**
Our project empowers young individuals to make informed choices about their well-being through activities like yoga, sports, and nutritious meal preparation.
- ➔ **Nature:**
Our overarching objective is to rekindle young people's bond with nature. We achieve this by offering engaging sports activities. Through these experiences, we strive to cultivate a profound appreciation for the wonders of the natural world while promoting an active lifestyle.



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Description

The youth exchange “hot camp” aims to give young people the chance to reconnect with nature and lead a healthier and more active lifestyle. Each group will be composed by 7 youngsters (between 18 to 22 years old) and one leader. The Portuguese and Liechtenstein group will have 2 leaders. In total there will be 41 participants in the youth exchange that will take place from 19 to 29 Juli 2024.

During the camp, the young people will get to know new sports in various activities and have the opportunity to build their confidence through new challenges. The workshop will also give participants the opportunity to try out new lifestyles that live in harmony with nature.

The young people will have the chance to know the local community and to have contact with the Portuguese culture and habits and share at the same time their own culture with the other members of the group.

We hope that the youth exchange will motivate the participants to lead a healthier lifestyle, develop a greater understanding of different cultures, respect and care for nature and make new friends.

Participants:

Each Group: 7 youngsters + 1 leader

7 youngsters (gender balance) between 18-22 years old

1 leader from each country, 2 from Portugal and Liechtenstein (the leader of the group doesn't have an age limit but must be the same in the Advance Planning Visit (APV) and in the youth Exchange and must have experience in participation in previous youth exchanges) and good level of English.

The participants in the youth exchange are supposed to have between 18 and 22 years old.



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Travel Expenses:

Participants from each country transfer the participation fee to their organisation and the organisation then books the trip together with all participants and their youth leaders: The difference (actual travel costs - participant fee) is then paid to the respective organisation.

The participants must arrive at the Accommodation place at 19/07/2024 before 23h00. The departure from the Accommodation must be at 29/07/2024 before 12h00.

The travel must be done on the 19/07/2024 and 29/07/2024. In case some participant wants to arrive earlier or departure after he/she must ask for permission before.

In case the participants arrives earlier or departures after the activity dates, they will be responsible for the accommodation, food, transfers.

To avoid problems, we suggest that the participants send us the itinerary of the flight before they buy the tickets.

Offene Jugendarbeit Liechtenstein will reimburse travel costs.

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 and participants **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.

The reimbursement of the travel costs to the leader and to the participants 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.



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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.

Preparation Costs

There will not be given any preparation costs to the groups, however the participants will get some money to prepare the International Evening, we will talk about this in APV.

Accommodation

The participants will be accommodated in Casa Europa. It used to be a school and it was converted in accommodation for Youth Exchanges and training courses.

The bedrooms are multiple and there are bathrooms and showers available on each floor. There is a common area and a kitchen.

Bed clothes and towels will be provided to the participants.

Internet Wi-Fi connection is available at Casa Europa (however, it might not have a strong signal because of the highest number of users during the activity).

To arrive in Casa Europa

From the airport: take the metro (red line), you need to leave in Alameda and change to the green line until the final station **Cais do Sodré**. The price of the metro is 1,80€ + 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 1,75€. 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 1,80€ + 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 ticket machine with 1 travel to Cruz Quebrada. It will cost you 1,75€. 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 1,80€ + 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 ticket machine with 1 travel to Cruz Quebrada. It will cost you 1,75€. 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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Protection and safety

All the participants must fulfill the application form.

In case the participant has some medical problems, food restriction or allergies, it must be mentioned in the application form and the leader must be informed.

The participants shouldn't bring valuable stuff. There is no need to bring computer or tablet. During the activities will be available all informatic equipment needed for the activities.

Insurance

Insurance is the responsibility of each participant and leader, but leaders must ensure that everyone has valid insurance and is also insured in Portugal.

Host organization:

ProAtlântico – Associação Juvenil

Address:

ProAtlântico – Associação Juvenil
Casa Europa – Rua Policarpo Anjos, 43
1495-207 Cruz-Quebrada
PORTUGAL

URL: <http://www.proatlantico.com>

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.



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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.

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 centres). 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 harbour) 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.



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