

Portugal

Infopack

Youth Empowerment in **Erasmus+ Projects**

PBA - 13TH TO 18TH OF MARCH 2025



Erasmus+ Accreditation Strategy



Associação Juventude de Vila Fonche has been awarded a 4-year Erasmus+ Accreditation in the field of youth. Our strategic plan focuses on empowering young people, particularly those with fewer opportunities from rural and marginalized areas, to actively participate in Erasmus+ projects and beyond.

The core objectives of our Accreditation strategy are:

- To empower youth organizations and youth workers to support young people with fewer opportunities at the local level.
- To enable young people to take the lead in addressing challenges they face and driving positive change in their communities.
- To foster the inclusion of young people with fewer opportunities, ensuring they are active participants in society regardless of their background.

PBA

The PBA marks the first project coordinated by Associação Juventude de Vila Fonche under the strategic plan developed for its Erasmus+ Accreditation in the youth field.

This mobility for youth workers aims to foster long-term partnerships among organizations that share common needs, objectives, and values, ultimately enhancing the quality of future joint projects and initiatives.

Main objectives:

- To establish meaningful contacts and collaborations among organizations from rural and marginalized areas, particularly those working with young people with fewer opportunities.
- To build sustainable partnerships for future activities, with a special focus on Erasmus+ and European Solidarity Corps (ESC) projects.
- To define a strategic and collaborative workflow that improves the quality of projects and mobilities.
- To exchange good practices for empowering young people with fewer opportunities in rural and marginalized areas.
- To share experiences and methodologies in youth work within rural and marginalized contexts.

TRAVEL ADVICES



The travel costs will be supported until the maximum allowed by Erasmus + according to the distance, please confirm the value using the [distance calculator](#) (to Arcos de Valdevez) and the following information:

TRAVEL DISTANCE	GREEN TRAVEL	NON-GREEN TRAVEL
10 - 99 km	56,00€	28,00€
100 - 499 km	285,00€	211,00€
500 - 1999 km	417,00€	309,00€
2000 - 2999 km	535,00€	395,00€
3000 - 3999 km	785,00€	580,00€

Important advice for planning your trip to Arcos de Valdevez:

Before booking, send us (projetos.juventude@arcosv.pt) your travel options and we will give you feedback and suggestions if you have doubts

If a participant travel from different a city or country the sending organization should send us a declaration informing us about the situation

The closest airport from Arcos de Valdevez is in Porto - Porto Airport (OPO)

The last direct bus from Porto airport to Arcos de Valdevez is at 18h15 and each ticket costs 17,00€. You can check the bus schedule in: <https://www.getbus.eu/pt/>

The last direct bus from Porto city center to Arcos de Valdevez is at 20h30 and the tickets price differs according the date of booking. You can check the timetable and prices here: <https://rede-expressos.pt/pt>

Don't forget to collect all the invoices, boarding passes and bus/train tickets otherwise we cannot make the reimbursement for the travel costs

According your arrival time in Arcos de Valdevez we will meet up at Centro Jovem.



How to get the bus at Porto Airport

PORTO AIRPORT - ARCOS DE VALDEVEZ

Airport	Arcos de Valdevez
08h50	08h50
11h00	11h00
14h0	14h0
17h15	17h15

After you get the arrival space please go towards one of the exit doors, turn right and at the end you will find an information signal with the following name “Get Bus”

You can book the ticket online (<https://www.getbus.eu/pt/>) or buying it on the bus directly to the driver.

You just need to say “Um bilhete para Arcos de Valdevez”



How to get the bus at Porto Campanhã

PORTO CAMPANHA - ARCOS DE VALDEVEZ

Porto Campanhã	Arcos de Valdevez
14h00	10h40
20h30	13h10

After your landing in Porto Airport you need to follow the metro indications, you can buy the ticket metro in the machine and it costs around 2,25€. You have to go, by metro, until “Estádio do Dragão” metro station (35min) and then walk until Porto Campanhã bus station (4min).

We advice you to book your ticket in advance online (<https://rede-expressos.pt/pt>).

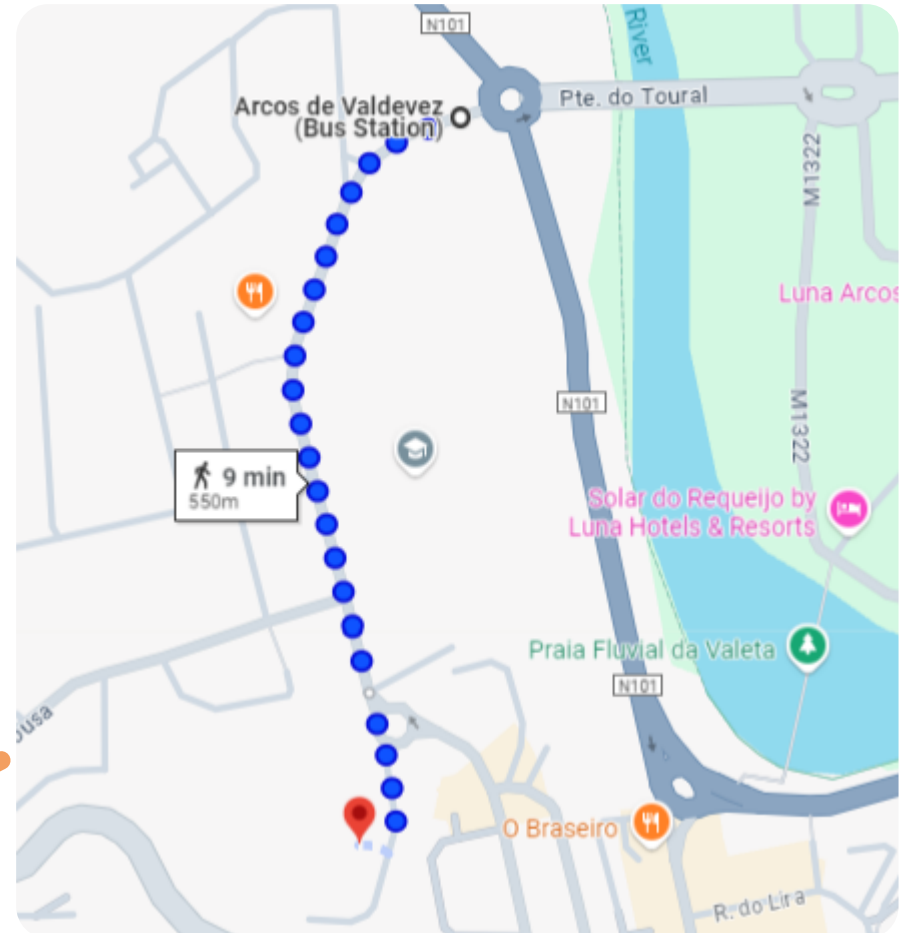


How to get to CENTRO JOVEM

As you can see in the map it's really easy to get to Centro Jovem from the bus station on foot.

It takes around 9 minutes.

The link to the directions: <https://goo.gl/maps/XBtZYmizaSdVceBu8>



ACCOMODATION

ACCOMODATION

Participants will be lodged in POUSADINHA, lodging center belonging to the association with capacity for 30 people.

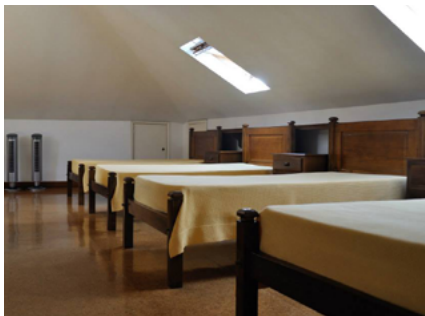
The participants will share bedrooms and bathrooms.

The building has free Wi-Fi in the common areas and an exterior space that will allow the interaction of the participants during free times.

It's easy to get to the center of the village, making it easier to improve the participant's interaction with the local community.

Pousadinha will also be used as well as some public spaces in Arcos de Valdevez that allow a better interaction with local villagers and its culture.

Bed sheets and towels will be provided to the participants. All the bathrooms have at your disposal shower gel and shampoo available.



DON'T FORGET

Bring clothes/shoes that you would feel comfortable in, according to the temperature. Here you can check the weather forecast and decide which kind of clothes are good for you.

<https://www.ipma.pt/pt/otempo/prev.localidade.hora/index.jsp#Viana%20do%20Castelo&Arcos%20de%20Valdevez>

Be aware that in Portugal March can be cold and humid because of the rain. The majority of the buildings aren't well isolated so it's necessary to have still warm clothes inside.

European Health Insurance Card.
(<https://ec.europa.eu/social/main.jsp?catId=559>)

The plugs in Portugal are type F
(see the image).

Don't forget your adaptor if you need one!



LANGUAGE & USEFULL EXPRESSION

Bom dia/ Boa tarde/ Boa noite:

Good morning/good afternoon/good night

Obrigado /Obrigada:

Thank you!

Olá:

Hi!

Bem-vindo:

Welcome

Como está? or Tudo bem?:

How are you ?

Muito bem, obrigado/a, e tu?:

Very good thanks, and you ?

Sim / Não:

Yes/ No

Se faz favor / Por favor:

Please

De nada / É um prazer:

You're Welcome

Com licença / Desculpe:

Excuse me

HOW TO APPLY

We expect that each organization will involve 1 member of the staff with a key position. This will give the opportunity to take decisions on the spot and give real contributions.

PARTICIPANT PROFILE:



- Has a real connection to the partner organization
- Can share the organization dynamic and work on the field of Erasmus+ Program & European Solidarity Corps
- Commitment to active participate during the PBA
- Able to work in English
- Ability to replicate and implement the knowledge and skills acquired/developed in the partner organizations

If you want to make part of our PBA, please fill this form till 09/02/2025

<https://forms.gle/MhHFmPYYDcFwVmvP9>

CONTACT US

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TRAINING CONTENT RELATED

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