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Move

P O R U M M U N D O M E L H O R

DISPLAY

SPORTS VS DISABILITY AND EXCLUSION

INFO KIT

Guimarães, Portugal
APV: 25th to 28th of August 2017
YE: 30th Sep. to 8th Oct. 2017

OUR ORGANIZATION

Move.T+ is a youth association established in Guimarães, the birthplace of Portugal, and our aim is as simple as to build a better world, one day at a time. We are about 20 members, aged between 16 and 30 years, willing to develop social, cultural, sport and educational activities to promote active citizenship, greater social cohesion, awareness on relevant community issues, and a fairer society, committed to join efforts towards a better world. Our name incites everyone to move and reflects our common passion to create activities that add value to our people and communities, inspiring and encouraging youth movement and initiative across Europe.

PROJECT SUMMARY

Move.T+ designed DISPLAY - Sport Vs. Disability and Exclusion in cooperation with ChF, ISAB, STEP and Just do It, after local discussions with youngsters who want to tackle disability, social exclusion and lack of opportunities through sport, promoting inclusion and youth empowerment to impact society at all levels, backing mutual understanding, tolerance and opportunities for all. We aim at new solutions through partners' and participants' perspectives, informal and non-formal education tools and peer-learning.

In a world facing unparalleled multicultural challenges and an urgent need to instil common fundamental values particularly to the hard to reach young people, preventing individualism, discrimination, intolerance and violent radicalisation, people with disabilities, youngsters with fewer opportunities and young migrants and refugees are experiencing a challenging transition into adult life in community. As a highly appealing activity, able to bring everyone together regardless of age, gender or social origin, sport can play an essential role to provide youngsters with the more social and community-creating aspects of sport activities and informal dynamics.

A Youth Exchange with 20 young people from a fewer-opportunities background and 5 experienced team leaders, coming from Portugal, Bulgaria, Slovakia, Poland and Hungary was designed to address key topics as social inclusion of young people, promotion of diversity and intercultural dialogue, tolerance and respect, and sense of initiative of young people, equipping them with competences and methods needed for transferring the common fundamental values of our society to young people, inspiring an active European citizenship.

During the YE, participants will develop transferable skills and promote personal growth, while discovering new cultures through peer learning and sharing, reinforcing the importance of solidarity, equality, multiculturalism, team spirit, tolerance and fair-play. The main activities include workshops, role-playing, visits, debates and sport activities that will give participants specific tools and soft skills. The core thread is an Olympic-styled adapted activity (Prolympic Games), between multinational teams.

As tangible outputs, participants will create a video-book with instructions of the activities implemented and develop a set of social entrepreneurial projects to disseminate the approach implemented during the project as a model to actively contribute to solve the social exclusion problem, benefiting local communities and institutions, influencing political authorities and decision-makers at local, regional, national and European level.

PARTICIPANTS

All activities planned under this project are aimed at young people from disadvantaged backgrounds, poor social and family conditions, including young people under institutions.

The **Youth Exchange** will involve twenty-five young people from five different countries. Five of these young people concern the Portuguese delegation, while the other youngsters will form **four groups of five members each**, selected by partner associations.

All groups will be mandatorily accompanied by a **team leader**, who will ensure the responsibility for the group, in order to ensure not only the proper functioning of the activity, but also to guarantee that all matters relating to safety and well-being of participants, particularly those under 18, are fulfilled and safeguarded. **The team leader must be at least 21 years old and adequately experienced.**

For each group of participants, there should be numerical gender equality to ensure gender balance as well as between different sensibilities and life trajectories. With regards to the age of the participants, this must be contained in the range **17-26 years. All participants must know the basics for communicating in English.**

Note: Please be aware that our insurance only covers personal accidents and the activities proposed, during your stay in Guimarães.

OBJECTIVES

The topics covered in the program, in which participants will acquire new knowledge and skills, are:

- To make use of sport to reach out to marginalised young people, youngsters from underprivileged backgrounds and people with disabilities or fewer opportunities.
- To actively promote social inclusion of youngsters, promoting diversity, intercultural dialogue, and common values of freedom while inspiring positive impacts on health and well-being.
- To empower youth through sport as a strategic tool to nurture tolerance and respect of human rights, inciting active civic participation against violence, discrimination and social exclusion.
- Employability and soft core skills for the labour market, including communication in English language, self-knowledge and motivation;
- Social Entrepreneurship, awareness of the idea and project development;
- Active citizenship and participation in the democratic process (eg forum);
- Organization of events (eg participation in the flash mob organization and the final forum);
- Introduction to various sports;
- The European Union, mobility opportunities, study, training and work offered to young Europeans and certifications.

YOUTHPASS

Participants of approved projects of Erasmus+ Youth in Action and of the Youth in Action programmes have the right to receive recognition for their participation and learning in the projects. The Youthpass Certificate is the instrument which has been developed for this purpose.

As this project is based on the principles of non-formal education, all the participants will be able to get a YouthPass certificate after the project, confirming their participation and mentioning the new gained competences.

At the end of every day, the participants will reflect on what they have learned during the day, drawing and modifying their Youthpass, and possibly Europass, throughout the whole Exchange.

YE SCHEDULE

| | Saturday 30/09/2017 | Sunday 01/10/2017 | Monday 02/10/2017 | Tuesday 03/10/2017 | Wednesday 04/10/2017 | Thursday 05/10/2017 | Friday 06/10/2017 | Saturday 07/10/2017 | Sunday 08/10/2017 |
|---------------|-------------------------------|---|--|--|---|--------------------------------|---|---|----------------------|
| 08:00 - 09:00 | Arrivals | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 09:30 - 11:00 | Arrivals | "Burn the ice" - Basic life support techniques | Sharing session - "Sports from my country include..." | Prolympics - upside down | Prolympics - Heavy Dance | Free Time | Awareness event in a local school "Sport Vs. Disability and Exclusion" | Open Prolympics - Community Edition | Departures |
| 11:15 - 12:45 | Arrivals | "Burn the ice" - Basic life support techniques | Prolympics - home made running | Prolympics - upside down | Prolympics - Heavy Dance | Free Time | Awareness event in a local school "Sport Vs. Disability and Exclusion" | Open Prolympics - Community Edition | Departures |
| 13:00 - 14:30 | Arrivals | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Departures |
| 14:45 - 16:15 | Arrivals | Expectations Tree & Writing to my future self | Creative moments: Instant Theatre | Creative moments: Find inclusion | Entrepreneurial Workshop: Sport, Disability and Inclusion | Prolympics @ local institution | Prolympics - EU Debate Series | Global Reflection - Sports Vs. Disability and Exclusion | Departures |
| 16:30 - 18:00 | Arrivals | "Displaying the city for everyone" | Workshop "The value of sport: EU perspectives" | Inclusion Lab: Sport's values Vs. Refugee crisis | Entrepreneurial Workshop: Sport, Disability and Inclusion | Prolympics @ local institution | Preparation of Open Prolympics | Certification and Recognition Plenar | Departures |
| 18:00 - 19:00 | Comfy group - Welcome session | Comfy group Daily reflection | Comfy group Daily reflection | Comfy group Daily reflection | Comfy group Daily reflection | Comfy group Daily reflection | Comfy group Daily reflection | Free Time | Departures |
| 20:00 - 21:30 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Departures |
| 21:30 - 23:00 | Socialympics | Free Time | Multicultural Night | Multicultural Night | Idea Competition: Sport, Disability and Inclusion | Movie Session & Debate | Free Time | Portuguese & Farewell Night | Departures |

*** All activities are subject to change**

WHERE WILL I STAY?



During the YE, as all team leaders present in the APV agreed, participants will be accommodated, **from 30th of September until 6th of October at the Guimarães Youth Hostel¹**, and in the last two days, **from 6th to 8th of October at Casa de Retiros N. S. Perpetuo Socorro²**.

Located in the town centre, the Guimarães Youth Hostel is a privileged starting point to visit the historical centre – World Heritage since 2001 with all of its typical little streets and cozy plazas. For more information, you can visit their website³.

Located within 500m from the city central square, in Guimarães, the Casa de Retiros N. S. Perpetuo Socorro hostel offers very good accommodation conditions, close to coffees, markets and several interesting places.

FOOD

Breakfast will be served in your accommodation.

The rest of the meals will be served in different places. We are trying to get you a diversified and cultural meals so that you can get to know our culture better.

Please let us know if there are any particular needs about the food, such as allergies or vegetarianism.

¹ <http://www.pousadasjuventude.pt/en/youth-hostels/guimaraes/>

² <https://www.booking.com/hotel/pt/casa-de-retiros-n-s-perpetuo-socorro.pt-br.html>

³ <http://www.pousadasjuventude.pt/en/youth-hostels/guimaraes/>

PREPARING THE TRIP

SOCIAL MEDIA



Just before the activities we want to promote the project through all social media, web sites and blogs of all the partners. Therefore, we want your help to make that possible.

Please share the exchange as much as you can, using the hashtags **#movetmais** and **#DISPLAY**.

Don't forget to like our facebook page!⁴

CURRENCY

In Portugal, the currency used is the Euro.

Thus, we suggest that the currency exchange is made in your own country.

There is also a currency exchange office in Oporto's Airport but have a lower exchange rate.

We cannot guarantee the exchange of all currencies in the city of Guimarães.

⁴ <https://www.facebook.com/MoveTmais>

TRAVEL COSTS

| Country | Maximum reimbursement per participant |
|-----------------|---------------------------------------|
| Bulgaria | 360.00 € |
| Slovakia | 360.00 € |
| Hungary | 360.00 € |
| Poland | 360.00 € |
| Portugal | 0.00 € |

Table 1 - Maximum reimbursement for each participant

You must fly directly to Portugal. Stop-overs exceeding 12 hours will not be reimbursed. The project doesn't cover travel by taxi.

All the amounts foreseen by the project have been calculated according to the official address of each organization using the official distance calculator of the European Commission⁵.

HOW TO GET HERE

You should fly to Oporto's airport. You could also fly to Lisbon, but it would be more difficult to get to Guimarães.

When in Oporto's airport, we suggest you to get a bus called "getBus"⁶, it would take you directly to Guimarães, where you will be picked.

There is also the possibility of commuting to Guimarães by metro and trains from Oporto or Lisbon but this is not recommended as these are not the most economic or best logistic solution.

Please inform us as soon as possible how you are going to get to Guimarães, and at what time you will arrive.

You must keep a copy of all printed tickets so that we are able to reimburse you the costs.

Do not board with any phone application! We need the printed tickets in order to reimburse you!

⁵http://ec.europa.eu/education/tools/distance_en.htm

⁶<https://getbus.eu/en/guimaraes-airport-guimaraes/>

CHECKLIST

- ✓ All travel documents;
- ✓ European Sanitary Card in order to be safe in case of emergency;
- ✓ Comfortable clothes for sport;
- ✓ A towel and things for your showers;
- ✓ An activity involving a typical sport from your country;
- ✓ Presentation of your country and association;
- ✓ Activities for the intercultural night;
- ✓ Typical things from your country for the intercultural night (you may bring traditional food, clothes, local items, etc... be creative to show your culture and share your traditions with everyone);
- ✓ Prepare energizers, ice-breakers and outdoor activities;
- ✓ Endless amounts of good mood and motivation;

Please let us know as soon as possible what material you will need for your presentations.

ABOUT GUIMARÃES

Guimarães is a city and municipality located in northern Portugal, in the district of Braga. Its historic town centre is listed as UNESCO World Heritage Site since 2001, in recognition for being an exceptionally well-preserved and authentic example of the evolution of a medieval settlement into a modern town in Europe.

For some decades, Guimarães was the capital of the County of Portugal, however, shortly after the Battle of São Mamede (1128), and due to the needs of the Reconquista, Coimbra became the kingdom's capital.[5]

The inhabitants of Guimarães are often called "Vimaranenses" and "Conquistadores" (the Conquerors) in relation with the historical heritage of the conquest initiated in Guimarães.

USEFUL PHRASES

| ENGLISH | PORTUGUESE |
|---------------------|---------------------|
| YES | Sim |
| NO | Não |
| PLEASE | Por Favor |
| THANK YOU | Obrigado |
| THANK YOU VERY MUCH | Muito Obrigado |
| GOOD MORNING | Bom dia |
| GOOD AFTERNOON | Boa tarde |
| GOOD NIGHT | Boa noite |
| GOODBYE | Adeus |
| BYE | Xau |
| ENTRANCE | Entrada |
| EXIT | Saída |
| PULL | Puxe |
| PUSH | Empurre |
| EMERGENCY EXIT | Saída de Emergência |

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