



POCKETKNIFE FOR YOUTH

Aldeia de São Sebastião, PORTUGAL
19th - 28th July 2022



Youth á Cinta





POCKETKNIFE FOR YOUTH

POCKETKNIFE FOR YOUTH

The Youth Exchange "Pocketknife for Youth", is a project organized by Youth Cinta as the main topic of integration of minority groups. Designed to be funded by the Erasmus + program, the Youth Exchange proposed as scheduled dates from 2022, 19th and 28th July 2022.

The Youth Exchange "Pocketknife for Youth" aims to empower young people by providing them with more and better skills in terms of tools and skills of entrepreneurship, self-esteem and project management. In addition to the direct impact created on the participants, it is also expected to generate impacts on different communities as an expression of the multiplying actions of these young people.

It is intended to create a transversal instrument to support the implementation and management of projects that contemplates all the phases necessary for the development of entrepreneurship projects and the creation of own employment.

"Pocketknife for Youth" is developed for 40 participants, aged between 18 and 30, with the exception of team leaders with 8 teams. The project will take place during 10 days in Aldeia de São Sebastião. All the accommodation and food costs will be covered. Travel costs will be reimbursed according to the distance calculator and the Erasmus+ rules.

Travel Costs

*(Travel days included)
19th to 28th July 2022

Portugal	0€
Spain	275€
Serbia	360€
Estonia	360€
Bulgaria	360€
Romania	360€
Slovakia	360€
Czech Republic	360€

*(Travel costs will be reimbursed according to te distance calculator and the Erasmus+ rules)

TEAMS

5 per national team

4 participants



1 team leader





POCKETKNIFE FOR YOUTH

ORGANIZATION



Youth à Cinta

Youth À Cinta is a non-profit student organization that has as its main goal the support and development of activities related to the development of skills in youth. The association was created to represent the needs and rights of the youth and students in the region of Guarda. Thus, Youth À Cinta's work is about providing opportunities for cultural understanding and skills development as well as helping young people with social integration and skills development. The organization also works on promoting and motivating local students about the positive points and personal and interpersonal development of those who are looking for a mobility period abroad, as well as helping in the whole process.

HOW TO GET TO PORTUGAL & ALDEIA SÃO SEBASTIÃO?

ARRIVAL

LISBON AIRPORT - 19th JULY

(Before 15:30, please confirm your flight details)

DEPARTURE

LISBON AIRPORT - 28th JULY

(After 13:00, please confirm your flight details)

MENTION

You should take a flight to Lisbon airport because it is the main airport near our region and you will find flights from your country easily. About transportation from the airport we will pick up the participants at the airport and bring them directly to the project side, all together, by a private bus.

This private bus is taking the group from Lisbon airport to the accommodation. The meeting point in the airport will be announced in the facebook group and by email all the information and maps to get there.

The cost of the private bus per participant is 20€, this price, is a return trip from the airport to the accommodation. We believe that is more than fair price for both trips. This 20 euros will be deducted from the final amount spent to reimbursement of each participant, it is a private transportation and is not covered by the National Agency.



Youth à Cinta



POCKETKNIFE FOR YOUTH

PREPARATION

Each Organization should gather information about their countries and cities/villages (traditions, habits, curiosities...) as well as a presentation about their organization. Those presentations should be dynamic, creative, and trying to involve the whole group. There is not limit for imagination and creativity. For the cultural nights you should bring some traditional snacks and drinks, and prepare an explanation about them.

You should bring with you ALL the tickets and boarding documents concerning your travel costs, these documents are **VERY IMPORTANT FOR THE REIMBURSEMENT**.

Since one of our activities will be a workshop about your national reality, you will have to prepare a presentation about this topic related to your countries or communities.

YOUR TASKS FOR THE EXCHANGE:

- Presentation of your country and your sending organisation.
- Information about the situation of your country on the main topic.
- Traditional foods and drinks for the cultural night.
- Flag of your country would be great.

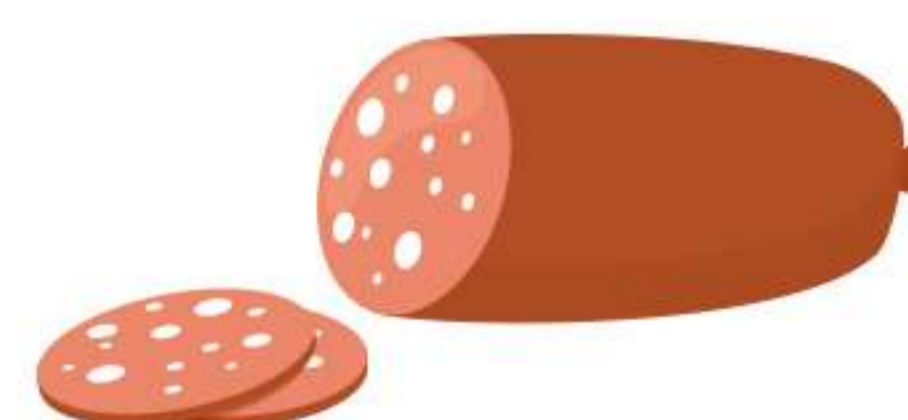
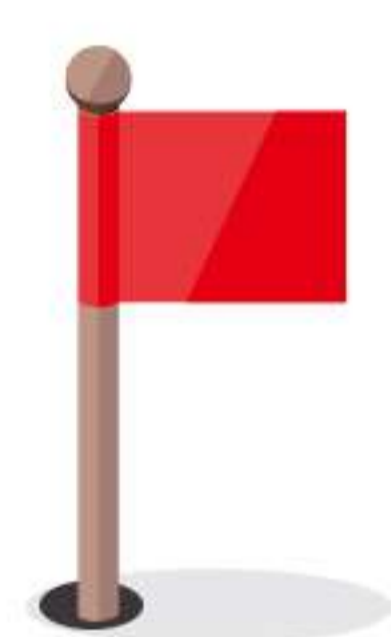
Reimbursement of the Travel Expenses: According to Erasmus + guide 2021-2027.

CULTURAL NIGHT

We will have one session per country where you can expose your customs, traditional dances and culture. All the teams must prepare some presentation from their countries in a creative way.

We hope, that your culture means you something more than national food and drinks. Also bring the flag or your country. It would be nice if you bring also some small souvenirs with you (costs are not covered).

And don't forget to bring some traditional music for the intercultural nights.



WHAT TO BRING

- Towels
- Warm clothes (The project is developed in a region where the nights are cold)
- Masks and protecting equipments
- Sportive clothes



Youth á Cinta



POCKETKNIFE FOR YOUTH

COSTS AND REIMBURSEMENT

Pocketknife for Youth - Youth Exchange project is implemented with financial support from the European Commission and the Erasmus + programme.

Accommodation, food, as well as activities costs will be covered from the project budget. It is recommendable to get travel insurance but it will not be covered by the project budget.

Travel expenses will be covered after collecting all the travel documents on good conditions. Participants have to use the cheapest ways of transportation and submit the original invoices for plane tickets, boarding passes, train and bus tickets. Private cars, taxi and first class tickets will not be reimbursed.

Please keep the boarding passes from your airport check-in as well. Reimbursement will be done in **EUROS**, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than Euros, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase:

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

ATTENTION

Make copies (do a scan) of your tickets and invoices before coming to Portugal and send us all your travel documents to this email address:

youth.acinta@gmail.com, as soon as you buy them. If you have tickets and invoices, make sure that you e-mailed copies of both.

You can't buy any air ticket or any travel cost without authorization from the organization. If this happens, it will not be refund any amount of money to these participants.

All participants must consult with the organizers on prices & routes (please contact by email: **youth.acinta@gmail.com**) before buy any tickets.

DEADLINE DAY 9TH JULY

For the reimbursement of the money, you have to bring us all these original documents:

- Official Invoices
- E-tickets.
- Proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)
- Original boarding passes

We encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes before coming to Portugal, without needed to send it to us by post mail when you return home. If is not possible to do it, you will need to send us the boarding passes by post mail after the project.

Of course, if you want you can stay 1-2 days before/after the project, but you wil have to pay by yourself for those extra days.





POCKETKNIFE FOR YOUTH

ACCOMMODATION

Aldeia de S. Sebastião is a small village in the center of Portugal, in the interior part of the country.

Participants will stay in Aldeia de S. Sebastião, you can see more about it, in the following pictures. Remind that the project is developed during the summer season but is in the mountain, please bring also warm clothes for the nights. Participants will be divided in rooms divided by gender.

Accommodation, local transportation and other activity costs are covered by the hosting organization only during the project's dates **(the 19th July to 28th July 2022)**.



GENDER BALANCE

Each organisation will have to ensure the gender balance of the project

LEADER'S PROFILE

- To be highly interested in the topic and an active participation
- To have fluent level of English
- Have experience in KA105 projects

PARTICIPANT PROFILE

- Have a minimum interest about the topic
- To be open to learn more about the topic
- Aged between 18-30 years old + Team Leader with no age limit

PARTICIPANTS



Youth á Cinta