



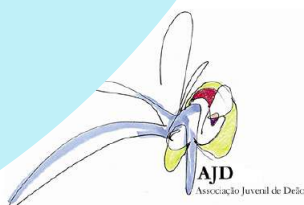
## Youth in Action: Building Change Youth Exchange

Promoting Organization:  
Associação Juvenil de Deão - AJD  
Portugal

Partner Countries:  
Greece  
France  
Turkey  
Spain

**7th to 15th of August, 2025**

Associação Juvenil de Deão - AJD  
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**Agência Nacional  
Erasmus+ Juventude/Desporto  
Corpo Europeu de Solidariedade**



## Project Summary

"Democracy is the government of the people, by the people, for the people." – Abraham Lincoln

European democracy relies on the strength of an informed and engaged citizenry. In fact, through an active and critical role in civic and political life, young minds enrich their understanding and awareness, empowering their beliefs. By taking them into action, these pristine ideas and diverse perspectives foster a better decision-making, bolstering an equitable, peaceful and inclusive society.

For this matter, it is crucial to bring young European citizens closer to democracy and the community, by encouraging the rightful recognition to their integration and cooperation's impact. But are they in truth participating nowadays?

With this exchange, we aim to cultivate a stimulating and thoughtful discussion in order to promote a culture of active citizenship among young people and to reinforce their sense of individual and collective responsibility.

Participation does not begin or end at the ballot box — it is built every day through small acts of involvement, solidarity, and civic engagement.

This youth exchange will empower participants to reflect on what it truly means to be an active citizen, to recognize the impact of their voice, and to better understand the democratic processes that shape their lives. We will explore key themes such as youth participation in democratic life, community involvement, volunteering, social inclusion, and human rights.

Throughout the week, you will be encouraged to share your experiences and perspectives, critically reflect on the challenges they face, and co-create solutions for stronger and more inclusive communities.

We hope you come back home confidently driven with a purpose as an agent of change in your own reality.

## What should not be forgotten

- Toiletries/sunscreen/repellent
- Clothing (at least one warm coat), practical/comfortable shoes, and slippers
- A reusable water bottle
- Towel and beach towel
- Swimming suit
- Valid identity card/passport
- European Health Insurance Card
- COVID certificate (in case it's needed)
- Insurance with repatriation clause





## Location

The youth exchange will be held in Barroselas, Viana do Castelo, Portugal.

Address of the accommodation:

Rua dos Passionistas, 275  
4905-394 Barroselas  
Viana do Castelo, Portugal

The necessary conditions for a pleasant stay will be given, namely: male and female bedrooms and women's and men's bathrooms, as well as space for leisure and socializing, apart from the space for daily activities.  
Bed sheets will be provided.



## Travel Days

**7th and 15th of August**

For the travel you will have the maximum fixed amount (also assured by the project) that varies from country to country:

- **Greece:** 395€ (per participant – Non-ecological Travel)  
535€ (per participant – ecological trip)
- **Turkey:** 1188€ (per participant)
- **France:** 309€ (per participant – Non-ecological Travel)  
417€ (per participant – Ecological Travel)
- **Spain:** 309€ (per participant – Non-ecological Travel)  
417€ (per participant – Ecological Travel)

If the flight costs are above the limits listed above, your organization or the participants will have to assume this difference. The tickets will be purchased by the partner organizations or by the participants. Partners should inform us of the ticket price.

After presenting the receipts to the promoting organization, the promoting organization will make a bank transfer payment to each partner organization. **AJD will only do one bank transfer to each partner. It's not possible for AJD to reimburse participants directly.** It is extremely important that you KEEP ALL THE BOARDING PASSES from your trip to Portugal and on the way back home. We need it for justifying the project at the Portuguese National Agency. We might get in trouble if some are missing.

So PLEASE, KEEP THEM SAFELY.

**Everyone must send us proof of the travel purchase until one week before the YE.**

## Participants

Each partner country will bring 4 participants, from 18 to 30 years, and 1 group leader (aged over 18 years old). Each team will have 5 people in total.

Important and checked by National Agency: please remember to keep the gender balance in your team trying to select 50% male and 50% female participants.



## Costs Funded

The project costs related to travel, accommodation, food, and activities are covered within the project and will be handled by AJD. For other expenses (souvenirs, extra food) each participant should bring their own money.

## Food

The food will be complete, balanced, and varied. Participants will have almost all breakfasts, coffee breaks, lunches, and dinners at the place of accommodation. **Lunches and dinners will be cooked by everyone, divided into teams.** Partner organizations will need to inform us, by filling out the forms we will send, if participants have dietary restrictions (intolerances, allergies, vegetarians, etc.). We will provide a special menu according to the participants' needs.

## Transfers between the airport to Barroselas, Viana do Castelo

After you arrive at the airport, you can take a bus or metro to the main Train Stations, either **Campanhã** or **São Bento**, from there you can take a train to Barroselas.

If you cannot get to the train Stations you can take a direct bus to Viana do Castelo, and after take a train from the Station in Viana do Castelo to Barroselas. Please keep your tickets (boarding pass and bus ticket), because we need them to reimburse you. AJD will assure the transport from Barroselas to the accommodation on specified dates and times.

Here you can buy the train tickets:

<https://www.cp.pt/passageiros/en/buy-tickets>

See the bus schedules (from and to the airport) and buy the tickets here:

<https://www.barquense.pt/>

<https://www.ovnitur.pt/>

<https://www.autna.com/pt-pt/horarios-e-precos/>

<https://rede-expressos.pt/pt>

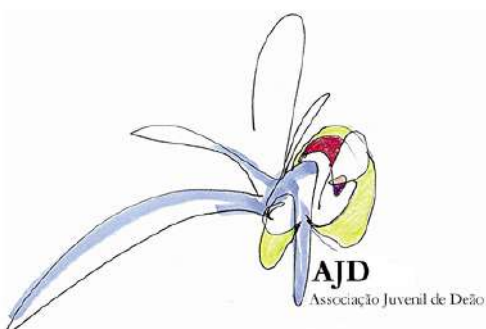


## What to prepare before the departure

- Dynamic **presentation about your country and your organization** (maximum 15 min in total)
- Prepare activities about your country for the **intercultural night**: prepare traditional songs/dances and/or other activities that you would like to do. You can also bring traditional costumes/instruments. **Each team will cook one dinner with traditional food (starter, main dish, dessert, and drink)**. Each team will have a night dedicated only to its country. Please make a list of the ingredients you need and check if in Portugal we will be able to buy them or if you need to bring them with you. After having all the ingredients listed, we will buy them. Please be conscious of the ingredients' choices, considering the prices;
- Prepare a **workshop** about the subject (the topic will be chosen during the meeting) (45 min to 1h)
- Prepare **two energizers**/ice breakers/wake up the body (max 10 min each).

## Online meetings

- At least two online meetings with the partner organizations will be done before the departure;
- One will be held after the youth exchange with the partner organizations and the group leaders, to share feedback and the data collected after the evaluation of the YE.



Project funded by:



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