



Beyond Barriers: Everyone is Seen

Youth Exchange

Promoting Organization:
Associação Juvenil de Deão - AJD

 Portugal

Partner Countries:

 Spain

 France

 Greece

30th June to 9th July 2026

Associação Juvenil de Deão - AJD

Email: ajdgeral@ajdeao.pt



Co-funded by
the European Union



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



MEET AJD

Associação Juvenil de Deão (AJD), based in Deão and founded in 1997, is a youth organization focused on creating social, cultural, sports and artistic opportunities for young people, especially in rural areas of Viana do Castelo. Its mission is to promote youth participation, volunteering, inclusion, equal opportunities and access to information.

AJD develops projects supported by national and European programmes such as PAJ, IPDJ, Erasmus+ and European Solidarity Corps, working on themes like gender equality, local development, young participation and citizenship and youth volunteering. The association organizes youth exchanges and other projects for children and young people annually and receives many international volunteers to help in every department.

If you'd like to learn more about AJD, take a look at this video created by a CES volunteer.

[AJD - Vídeo](#) 



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MEET THE CITY OF VIANA



Viana do Castelo is a beautiful coastal city in northern Portugal, known for its rich cultural heritage, friendly atmosphere, and stunning natural landscapes. Surrounded by the Atlantic Ocean and the green hills of Santa Luzia, the city offers a perfect balance of tradition, history, and modern life.

In the historic center, you'll find charming streets, lively squares, and remarkable architecture. One of the city's highlights is the iconic Basilica of Santa Luzia, offering one of the best panoramic views in Portugal. Viana is also deeply connected to the sea, with a strong fishing tradition and a vibrant riverfront.

The city is famous for its romarias, especially the Romaria da Senhora d'Agonia, one of the most important traditional festivals in Portugal. During these celebrations, the streets fill with music, dance, parades, and colorful cultural expressions that bring the whole community together. You will also discover the beauty of Viana's traditional costumes, known for their bright colors, intricate embroidery, and symbolic patterns. These costumes often incorporate filigree, a delicate and detailed form of goldsmithing that is part of the region's artistic identity.



In Viana you can enjoy welcoming people, peaceful beaches, great hiking paths, and many opportunities to learn and engage with local traditions.

If you would like to know more about Viana, check this video:



[Viana in 150 seconds](#)



PROJECT SUMMARY



“Beyond Barriers: Everyone is Seen is an international youth exchange that brings together young people from different countries to explore the topic of inclusion, accessibility, and civic engagement for people with limitations and that face different barriers, with a special focus on visually impaired individuals. The project focuses on understanding the challenges faced by these people and discovering ways to promote participation, empathy, and social cohesion.

During the exchange, participants will have the opportunity to:

- Experience the daily barriers faced by people with limitations through interactive simulations and workshops.
- Understand the physical, social, digital, and institutional obstacles that affect accessibility and inclusion.
- Develop empathy and inclusive attitudes by placing themselves in the perspective of people with barriers.
- Prepare a full day shared with visually impaired people, applying what they have learned to promote their well-being, inclusion and participation.
- Plan small civic actions or proposals to improve accessibility and inclusion in their communities, acting for a positive social change.

Through simulation activities, role-plays, collaborative workshops, and engagement with organizations that work with people with visual impairments, “Beyond Barriers” encourages participants to build empathy, practical skills, and civic awareness. By the end of the project, young people will not only have experienced the realities of living with limitations and barriers but also gained tools and confidence to promote inclusion, accessibility, and meaningful change in their communities.

This project is about seeing, understanding, and acting for inclusion, creating a society where everyone - regardless of barriers - is valued, seen, heard, and able to participate fully.



**SPOILER
ALERT**

**PARTICIPANTS WILL HAVE
A FULL IMMERSIVE DAY
WHERE THEY WILL
EXPERIENCE DAILY LIFE
WITH VISUAL IMPAIRMENTS.**

PROJECT OBJECTIVES



Raise awareness of barriers and limitations



Develop empathy and inclusion



Bringing young people closer to real challenges



Empowering people to take concrete action in the community



Promoting active citizenship

GROUP



Participants

Each partner country will bring 4 participants, aged 18 to 25 years, and 1 group leader (over 18 years old).

The total group will consist of 20 participants, plus 1 facilitator and some AJD volunteers.

Profile of participants

We are looking for participants who are:

- Interested in the topic
- Motivated and willing to actively participate in all activities
- Open-minded and respectful of different cultures and backgrounds
- Interested in intercultural learning, teamwork, and personal development
- Able to communicate in English (basic level sufficient)
- Responsible and reliable, especially regarding assigned tasks

Group leaders should additionally:

- Be able to support and guide participants during activities
- Assist facilitators and ensure the group follows the rules and timetable

Countries/Partners



PORTUGAL - ASSOCIAÇÃO JUVENIL DE DEÃO (AJD)



SPAIN - CAZALLA INTERCULTURAL

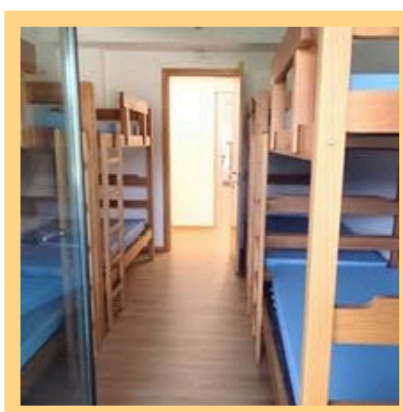
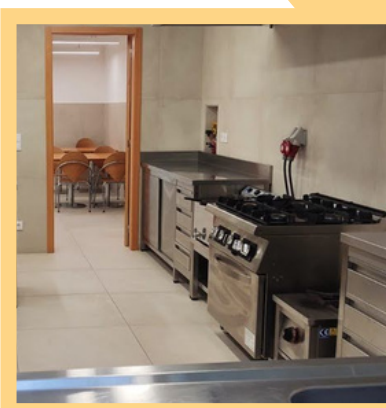


FRANCE - PISTES SOLIDAIRES



GREECE - UNITED SOCIETIES OF BALKANS (USB)

LOCATION



The youth exchange will take place in Darque, Viana do Castelo, Portugal. Participants will be accommodated at CFRVC - Regional Training Centre of Viana, located next to Cabedelo Beach, one of the most emblematic beaches in the region.

The venue is fully equipped and offers several shared rooms with bunk beds, separate male and female bathrooms, an industrial kitchen, a spacious dining area, and multiple rooms suitable for workshops and group activities. Additionally, there is an outdoor green area that can be used for leisure, relaxation, and socialising.

Bedsheets, pillows, and blankets will be provided. However, please note that towels are not included and there is no washing machine available on-site. Participants must bring their own towels.

The beach is within walking distance, providing an excellent opportunity for seaside walks and moments of relaxation close to nature.

ADDRESS OF THE ACCOMMODATION

Largo Nossa Senhora das Areias, 206
4935-160 Darque
Viana do Castelo, Portugal





HOW TO GET HERE

Travel days: 30th June and 9th July

If you are traveling by airplane, the nearest airport is **Aeroporto Francisco Sá Carneiro (OPO) in Porto**. From the airport, you have two main options to reach your accommodation in Viana do Castelo:

Option 1: Bus Transfer

Take a transfer bus from the airport to Viana do Castelo bus terminal. Tickets should be purchased in advance. Check schedules and book here: [Get Bus](#). From Viana bus terminal, we will pick up you up.

Option 2: Train

Take the metro from the airport to Porto Campanhã train station (metro located on floor -1).

From Porto Campanhã, take a train to Areia Darque station.

Departure stop: Porto Campanha

Arrival stop: Areia - Darque

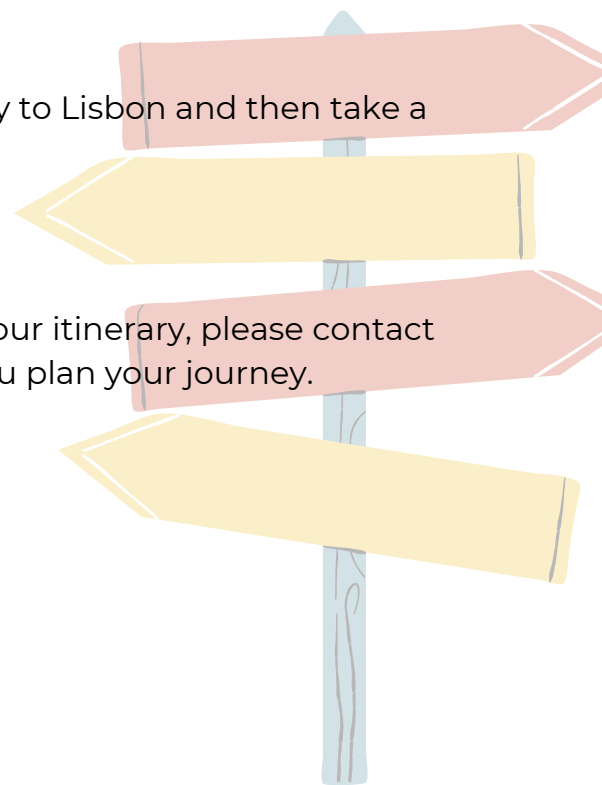
Tickets can be booked online ([CP](#)). From Areia Darque station, we will pick you up.

Alternative Route

If flights to Porto are not convenient, you can also fly to Lisbon and then take a bus or train to Viana do Castelo.

Need Help?

If you have any questions or need assistance with your itinerary, please contact us. We will be happy to explore options and help you plan your journey.



TRAVEL BUDGET



The project is co-funded by the ERASMUS+ Programme of the European Union, which means that travel costs will be reimbursed up to the limits stated in the programme guide. We recommend plan your itinerary as soon as you receive the confirmation letter, as prices are usually much lower when purchased early.

Portugal	Spain	France	Greece
56€	309€	309€	395€
Green travel mandatory	417€ Green travel	417€ Green travel	535€ Green travel

Travel Reimbursement Guidelines

- We can only reimburse tickets for public transport. Car rentals, taxis, or other private means of transport cannot be reimbursed.
- If you choose green travel (eco-friendly options), the budget is higher and you can use more travel days.
- If flight costs exceed the limits stated above, the difference must be covered by the sending organization or the participants.
- We strongly recommend that tickets are purchased by the sending organization only after sending us a proposed itinerary and receiving our approval. Tickets should not be bought before approval.

Extra Travel Days

- Arriving earlier in Portugal or departing later is allowed for a maximum of 3 additional days.
- Accommodation and other expenses for these extra days must be arranged and covered by the participant.

Reimbursement Process

- After presenting the receipts, AJD will make a bank transfer to each partner organization. Direct reimbursement to participants is not possible.
- It is extremely important to keep all boarding passes for your trip to Portugal and for the return journey. These are required for project justification to the Portuguese National Agency. Missing boarding passes may cause compliance issues.

Deadline for Proof of Purchase

- Each partner organization must send proof of travel purchase to AJD at least two weeks before the Youth Exchange starts.

Please make sure to keep all documents safely!

LOGISTICS

Costs Covered

The project covers travel, accommodation, food, and activities, which will be managed by AJD. For any additional expenses, such as souvenirs or extra meals, participants should bring their own money.

Food

Meals will be complete, balanced, and varied. Participants will have almost all breakfasts, coffee breaks, lunches, and dinners at the accommodation.

Dinners will be prepared by the national teams, so each team is encouraged to bring traditional recipes from their country; AJD will provide the ingredients.

We will accommodate dietary restrictions such as allergies, intolerances, or vegetarian/vegan diets, providing special menus as needed.

Activities

The program will be carried out in collaboration with all participants. A facilitator will lead most activities, but national groups are encouraged to prepare workshops in advance.

We will also involve external organizations and European Solidarity Corps volunteers to enrich the program and provide diverse learning experiences.



EXTRA INFORMATION



What Not to Forget

- Towels for bath and beach
- Swimsuit
- Toiletries, sunscreen, and insect repellent
- Clothing suitable for different weather conditions (at least one warm coat), practical/comfortable shoes, and slippers
- A reusable water bottle
- Valid identity card or passport
- European Health Insurance Card
- Travel insurance with repatriation clause

Rules and Guidelines

- No smoking, alcohol, or drugs during activities and inside the area of the venue
- Respect quiet hours and keep common spaces tidy
- Participants will be divided into teams, responsible for:
 - Cooking dinner
 - Cleaning and setting up the accommodation each day
- Respect all participants, facilitators, and volunteers
- Be punctual for all activities and meetings
- Participate actively in workshops, energizers, and intercultural activities
- Use the WhatsApp group responsibly for communication with the whole group

Before the Project

As soon as you are selected, you will receive a confirmation letter with:

- The timetable of activities
- Practical information
- Tasks your team should prepare beforehand

Each national team will also be responsible for:

- Preparing a workshop and an energizer
- Organizing an intercultural night to present their country
- Bring traditional recipes for cooking
- Prepare the dissemination activity by the end of the mobility

LOOKING FORWARD TO SEE YOU!



BEYOND BARRIERS EVERYONE IS SEEN

We look forward to your participation! If you have any questions or need further information, feel free to contact us.



ajdgeral@ajdeao.pt



[@ajdeao](https://www.instagram.com/ajdeao)



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