



Youth Exchange
**Youth advocates for
Human Rights**

Guimarães, Portugal
March 31 - April 4, 2025



Co-funded by
the European Union

Project information

Despite progress in various areas, vulnerable groups continue to experience human rights violations, leading to harmful effects on individuals and communities. These injustices perpetuate cycles of inequality, exclusion, and discrimination, emphasizing the urgent need for educational and social initiatives that promote and defend human rights.

Human rights are the foundation of a fair and inclusive society. However, their violation remains a persistent issue worldwide. Empowering young people from diverse backgrounds by providing them with a platform to engage with peers across Europe, exchange ideas, and actively participate in discussions on equality and human rights is essential to fostering a society that values dignity and respect for all. Inspired by the Universal Declaration of Human Rights and the European Union Charter of Fundamental Rights, this initiative offers youth participants the opportunity to expand their knowledge through interactive workshops, collaborative projects, and real-world simulations. These activities explore the challenges and responsibilities of advocating for human rights within their communities and beyond.

General goals:

- Engage young people from various European countries in initiatives that enhance their understanding of human rights, leadership, and social justice, empowering them to become active changemakers.

Specific goals:

- Awareness: Raise awareness about the significance of human rights and the consequences of their violations, nurturing a sense of responsibility among youth.
- Competency Development: Foster key competencies like critical thinking, empathy, and effective communication through intercultural exchanges and awareness-raising activities.
- Empowerment: Equip participants—especially those facing diverse challenges—to initiate positive change in their communities by promoting inclusion, equity, and respect for diversity.



Profile of participants

1. Group Leaders:

- **Age:** 18 years and older
- **Experience:**
 - Proven experience working with young people, including those with fewer opportunities
 - Prior experience in European or mobility projects is a plus
- **Interests:**
 - Strong interest in human rights issues and/or active participation
 - Engaged in non-formal education (NFE) and informal education (IE)
- **Skills:**
 - Effective communication skills
 - Teamwork abilities and a cooperative attitude
- **Language:** Fluent in English

2. Youth:

- **Age:** 18 to 30 years
- **Motivation:**
 - Eager to develop key competencies and engage in an intercultural project
 - Strong interest in the project's themes
- **Experience:**
 - Previous experience in European or mobility projects is advantageous
 - Familiarity with non-formal education (NFE) and informal education (IE)
- **Skills:**
 - Effective communication and teamwork abilities
 - Cooperative attitude
- **Language:** Fluent in English

3. Youth with Fewer Opportunities:

- **Age:** 18 to 30 years
- **Motivation:**
 - Driven to develop key competencies and participate in an intercultural project
 - Genuine interest in the project's themes
- **Experience:**
 - Must face at least one of the following challenges:
 - Disability or physical/mental health issues
 - Health problems
 - Barriers related to education or training access
 - Cultural differences or language barriers
 - Social obstacles, economic difficulties, geographic isolation, or discrimination based on origin
 - Little or no previous experience in transnational mobility projects



Transport

Each organization will be responsible for purchasing their own flights + Airport: Guimarães / Guimarães - Airport.

All these expenses will be reimbursed at the end, after presenting the necessary proofs.

Please ensure that all transport invoices within Portugal include the following NIF (Tax Identification Number): 515064599. This is essential for reimbursement purposes.

It is important to know that flight tickets must be booked to and from Porto Airport (OPO), and remember to prioritize booking cheap flights and pay attention to luggage.

Budget for Participant: 395,00 EUR

Accommodation

Pousada da Juventude – Guimarães

Located in the city center, the Youth Hostel of Guimarães is situated in a renovated centenary building, offering all essential amenities.

Meals included: Breakfast, Morning Snack, Lunch, Afternoon Snack, and Dinner.

Nearest Airport: Francisco Sá Carneiro Airport (PORTO) - 40 min by bus to Guimarães.



Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

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