

Youth Exchange

Promotion of youth social and civic participation
through activism and volunteering competences

Alqueva, Portugal
August 26 - 30, 2025



Co-funded by
the European Union

Project information

This transnational mobility of young people (YE) is part of the project approved under the accreditation of the Associação Sementes de Esperança at the level of the Erasmus Programme. The low values of young people's participation in democratic life reveal the need to invest in a project that promotes volunteering and activism among young Europeans as a vector for their inclusion and social and civic participation. The problem addressed is the lack of participation of young people in democratic life. The project responds to several needs: a better understanding of the individual and collective benefits of volunteering and activism, including the development of professionally useful skills and the reduction of social exclusion, in order to increase motivation and engagement; the development of values and essential skills for volunteering and activism to foster confidence in participation; the use of non-formal approaches to explore the specific ambitions of each young person and align them with local needs, ensuring mutual benefit; and greater knowledge about existing opportunities in the field of volunteering and activism across different geographical areas, to enhance access and involvement.

Objectives

General: Motivate young Europeans to do volunteering and activism, as a motor of inclusion and social and civic participation.

Specific:

- Provide young people with an opportunity for transnational non-formal learning and active participation;
- Raise awareness among young people of the benefits of volunteering and activism;
- Explore opportunities for volunteering and activism in different geographical areas;
- Develop a set of transversal and essential skills throughout the life of young people, promoting their ability to engage in volunteering and activism.

Partner organization

LUMEN (Croatia), Entrepreneurship and Social Economy Group (Greece), Tavo Europa (Lithuania), Proactive Future (Spain) and ATIC (Romania)

Hosting organization

The Associação Sementes de Esperança is located in Portel, in the Alentejo Region (Portugal). It has been in existence since 1997 and is an accredited entity for Erasmus+. Its work focuses mainly on the vocational training of workers and unemployed, the latter mostly with low qualifications and in a situation of social disadvantage. More recently, since 2023 inclusive, it began to carry out international mobilities of young people and youth workers, focusing on the promotion of social participation and volunteering of young people in rural areas and the training of technicians to work with them. During these two years, enough knowledge has been gathered in the non-formal education sector, not only at the level of youth work but also to train new youth workers, volunteers, facilitators and trainers who are starting to take the first steps in this field of Erasmus+ projects.

For participants

Each country will send 1 group leader (aged at least 18 years) and 5 participants, aged between 18 and 30 years, selected by each entity, promoter, and partner. All participants must have at least an intermediate level of English and be motivated to share practices, knowledge, and experiences.

Important: Participants under 18 years of age must have express written authorization from a parent or legal guardian to travel to Portugal and take part in the Youth Exchange. They must also be accompanied throughout the trip and the event by the group leader, who will be responsible for them.

This authorization must be signed by the parent or legal guardian and officially recognized by the competent authority in their country. It must include all the required information, as specified in the draft attached to this infopack.

[!\[\]\(a870788d6ed9b8fd294b7654a8c8526b_img.jpg\) Authorization document \(editable\)](#)

Additionally, the parent or legal guardian must complete and sign a second declaration (recognition of the signature is not required for this one). The draft is also attached to this infopack:

[!\[\]\(3211b5d1d968fc1665909b34f9f16010_img.jpg\) Parent/guardian declaration](#)

Both documents must be sent by email to: smtseperanca@gmail.com, no later than August 12, 2025 (inclusive).

Finally, two facilitators from the promoter, both aged 18 or over, will also participate. They have experience in non-formal education and a good command of the English language.

What to Bring

- ID card or passport
- Any necessary medications
- European Health Insurance Card (EHIC) – free of charge
- Laptop for work activities (e-book production)
- Comfortable clothing and shoes (weather around 35°C), including swimsuit, beach towel, sunscreen, and hat for river trips
- Toiletries (only a face towel and a bath towel are provided), slippers, iron and personal care items
- Snacks (no alcohol allowed), traditional games/songs/dances/flags for cultural night
- A positive attitude and willingness to participate fully

Note: Alcohol consumption is not allowed during meals, activities, or inside the hostel.



Location

The project will take place in Alqueva, a town in the municipality of Portel, in Portugal, located approximately 190 km from Lisbon and about 20 km south of the county seat, Portel.

Alqueva is a small locality with a declining and aging population. Its name comes from the word "alqueive", meaning "fallow land" or "desert land", which reflects the region's naturally dry and harsh soil conditions. These environmental challenges have long hindered the development of the area.

A turning point came a few decades ago with the construction of the Alqueva Dam, designed to irrigate the land and stimulate development in a region heavily reliant on agriculture. The dam was completed in 2002, and its name derives directly from this locality.

[!\[\]\(cbe2492b119e39e02a1dab2af4a4b296_img.jpg\) Find out more here](#)

Accommodation

Participants will be accommodated at Alqueva Hostel, in Alqueva. Breakfast will be served at the hostel, with dietary restrictions taken into account as informed in advance by participants.

Rooms will be shared, with participants of the same sex but mixed nationalities, all being participants of the Youth Exchange.

Photos:

<https://alquevahostel6.wixsite.com/mysite/quartos>

Phone: +351 266 637 037

Mobile: +351 969 698 817

Email: alquevahostel@gmail.com

Wi-Fi available.

Food

Dinner on arrival day and all meals during the event will be served at the restaurant “O Artur,” located near the hostel and activity site. Meals will follow Portuguese cuisine, respecting dietary restrictions shared in advance by participants.

Restaurant link:

<https://postodeturismo.pt/pt/restaurantes/portel/restaurante-o-artur>

Meal schedule during the training course:

- 07:30 – 08:45: Breakfast (on August 31, breakfast will be from 06:30 to 07:15)
- 11:00 – 11:30: Snack
- 13:00 – 14:30: Lunch
- 16:30 – 17:00: Snack
- 20:00 – 21:30: Dinner



Program schedule

Time	Day 1 – 26 Aug 2025	Day 2 – 27 Aug 2025	Day 3 – 28 Aug 2025	Day 4 – 29 Aug 2025	Day 5 – 30 Aug 2025
09:30–11:00 am	Icebreakers, rules, Erasmus+ introduction	Visit to the fluvial beach of Alqueva (group dynamics)	Visit to the fluvial beach of Alqueva (energizer)	Energizer, volunteer practices in Portel	Energizer, continue e-book production Continue e-book production
11:30 am–01:00 pm	Non-formal education, group reflections, national group work	Visit to the fluvial beach of Alqueva (group dynamics)	Learning and capacity building on volunteering	Completion of previous activities	
02:30–04:30 pm	Energizer, complete activity, social/civic participation	Energizer, EU youth strategies follow-up	Group reinforcement, Code of Conduct creation	Guided tour in Portel	Energizer, continue e-book production
05:00–06:15 pm	EU youth strategies and priorities	Learning and capacity building on activism	Complete previous activity, distribute volunteers, prepare activities	Start e-book production (group work) —	Reflection, evaluation, Youthpass delivery
06:15–07:00 pm	Guided tour Alqueva				Collection of information on the practical and logistical arrangements of the mobility activity (evaluation of this); Delivery of the Youthpass
07:00–08:00 pm	Reflection time	Reflection time	Reflection time	Reflection time	Free time
09:30–11:00 pm	Cultural night	Cultural night	Cultural night	—	Informal farewell meeting

Travel

The venue: How to get here (Alqueva)

Official day of arrival in Portugal: 25th August 2025

Participants may arrive up to two days earlier. However, the project will not cover any expenses incurred due to early arrival in Portugal, except for the cost of incoming flights.

On the official arrival day, only expenses for public transport from the place of arrival in Portugal to Évora will be reimbursed. From Évora to Alqueva, transport will be free, by bus provided by the Town Hall of Portel.

Welcome Dinner - August 25th, 2025

The welcome dinner will be held at 8:30 pm at the restaurant "O Artur" in Alqueva.

Departure - August 31st, 2025

The official departure will take place on August 31st at 7:15 am, from the Alqueva hostel, with free transport to Évora provided by the City Hall of Portel.

Important notes:

- Participants may book return flights up to two days later, but extra days are not covered by the project.
- Only the official departure day's transport will be provided free of charge.
- Those flying from Faro will depart from Portel by bus at 9:35 am, arriving at 1:05 pm.
- Others flying from Lisbon or Porto must reach those airports on their own using the recommended transport options.

Travel and Arrival Instructions

By 12th August 2025 (inclusive), all participants must submit the proposed travel details for both arrival and return flights — including dates, times, airports of arrival and departure, and ticket prices — via email to smtseperanca@gmail.com for validation.

⚠ Important: Do not purchase airline tickets before receiving confirmation. Flights must align with the project's official schedule: Arrival in Alqueva: 25th August 2025 - Departure: 31st August 2025

Participants will gather in Évora on 25th August at 6:45 PM.

Those flying into Porto or Lisbon must arrange transport to Évora, from where the organization will provide group transportation to Alqueva.

Arrivals

If You Arrive via Porto Airport

1. Metro to Campanhã Station
 - Take the metro from Porto Airport to Campanhã station (approx. 37 minutes).
 - Metro runs every 30 minutes.
 - Ticket can be bought at the station or from a machine.
2. Travel from Campanhã to Lisbon (Oriente Station):
3. Choose one of the following options:
 - Rede Expressos or Flixbus bus
 - CP Train (Campanhã → Lisboa Oriente)
4. 🚩 Important: Buy your ticket online and choose only from the time slots provided in the info sheet.
5. From Lisbon (Oriente) to Évora:
 - Rede Expressos or Flixbus bus
 - CP Train from Oriente to Évora
 - Buy your ticket online and select the time indicated in the program
6. Meeting Point in Évora:
 - 6:45 pm, August 25th
 - Roundabout next to Évora bus station (intersection of Liceu Street and Avenida de S. Sebastião)
 - You'll be picked up by a free shuttle from the City Hall of Portel

If You Arrive via Lisbon Airport

1. Metro to Oriente Station:
 - Purchase the ticket at the airport and take the metro to Oriente Station.
2. From Oriente to Évora:
3. Choose one of the following:
 - Rede Expressos or Flixbus bus
 - CP Train (Lisboa Oriente → Évora)
 - Book your ticket online and select one of the listed times
4. Meeting Point in Évora:
 - 6:45 pm, August 25th
 - At the roundabout next to the Évora bus station
 - A free shuttle will take you to Alqueva

If You Arrive via Faro Airport

1. Bus from the Airport to Faro Bus Terminal:
 - Bus stop is in front of the arrivals building
 - Trip takes around 20 minutes
 - Only one Rede Expressos trip to Portel per day
2. Bus from Faro to Portel:
 - Take the Rede Expressos bus
 - Arrival in Portel is at 8:10 pm
 - A free bus from the City Hall of Portel will pick you up and bring you to Alqueva

Reimbursement

Travel Grants

The maximum amount reimbursable per participant takes into account the eligible expenses presented and paid by the participant.

Private transport, fuel, or expenses related to arriving in Portugal before August 25, 2025, or returning more than two days after leaving Alqueva will not be covered (excluding return flight costs and public transport to/from the airport).

Any expenses exceeding the amounts listed below must be covered by the participant and will not be reimbursed by the project.

Important rules

- Travel costs must be paid by participants in advance and will be reimbursed later.
- Do not book flights until your travel plan (dates, airports, prices) is approved via email.
- After the activity, send invoices or boarding passes (in your name) in a single email in PDF format to smtsesperanca@gmail.com, indicating your IBAN for reimbursement (must be in your name).
- Reimbursement will be made via bank transfer within 10 business days after receiving all documents.
- Expenses will not be reimbursed if receipts or required information are missing.

Country	Grant (Maximum)
Croatia	395.00€
Greece	395.00€
Lithuania	580.00€
Portugal*	56.00€
Spain	309.00€
Romania	580.00€

Join now with Tavo Europa!

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.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

[Registrations](#)

