

# Youth Exchange INCLUSION: ERASMUS+ FOR ALL!

6-14 August 2026 (travel days included)  
Amarante, Portugal



# Who is Aventura Marão Clube (AMC)?

Is a local, non-profit and civil law association created in 1993 by a group of young people from Amarante with the aim of **promoting healthy lifestyles** among the population (especially young people) of Amarante. It currently has more than 400 members and has 3 active sections: Mountain Biking, Canoeing and Fair Trade. In 1999, opened the 1st Portuguese Fair Trade store and, since 2009 runs the Youth Centre/ Hostel (CJ Amarante), through which it has coordinated more than 150 projects, mainly European, and involved around 6,500 young people in volunteering and participation activities. It is therefore very committed to promoting Europe and its values in the local youth community.

## AMC's pillars:

- a) Healthy lifestyles (food and sport)
- b) Sustainability (organic production, local consumption & Fair Trade)
- c) Education for Human Rights
- d) Initiative and creativity
- e) Intercultural dialogue



# Welcome to Casa da Juventude de Amarante

In 2009 we started to manage the local youth centre/hostel (CJ Amarante) a study case project as we were the first private body managing a public equipment in Portugal and by that we created an initial strategy (support local youth initiatives to approach youngsters to our values; develop mobility and participation projects; offer accommodation and food services.)

AMC has recently received the **quality label for ESC and Erasmus+ accreditation for Youth** (that intends to systematise our performance in terms of mobility of young people and workers in the youth area) with regard to the themes that we defined in our strategy for the next decade:

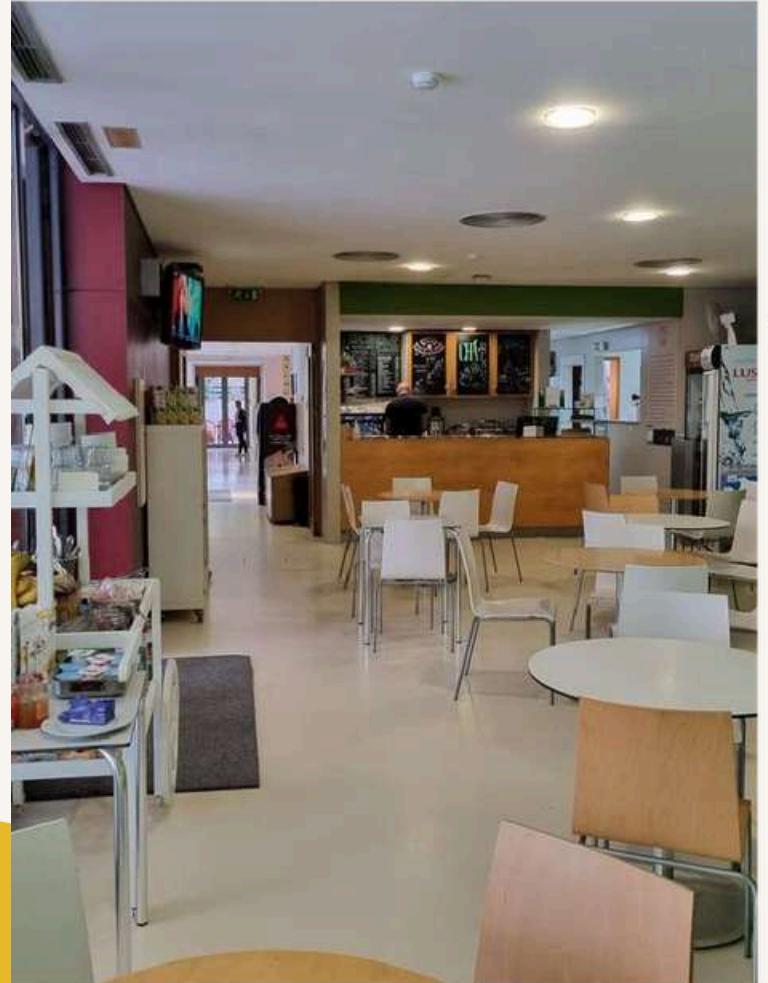
- **Values** (practicing the values and principles we preach);
- **Sustainability** (activate the local community and contribute to reducing the ecological footprint and combating climate change);
- **Education** (how to train citizens more aware of their rights and responsibilities and with a more global, tolerant and solidarity view of the world around them);
- **Collaboration** (how to develop partnerships that allow closer and more sustained cooperation between different actors in society).



# FOOD & ACCOMMODATION

Accommodation in our youth center (Casa da Juventude de Amarante).

We will provide food (breakfast, lunch and dinner) during the project at our vegetarian bar/restaurant.



# About Amarante

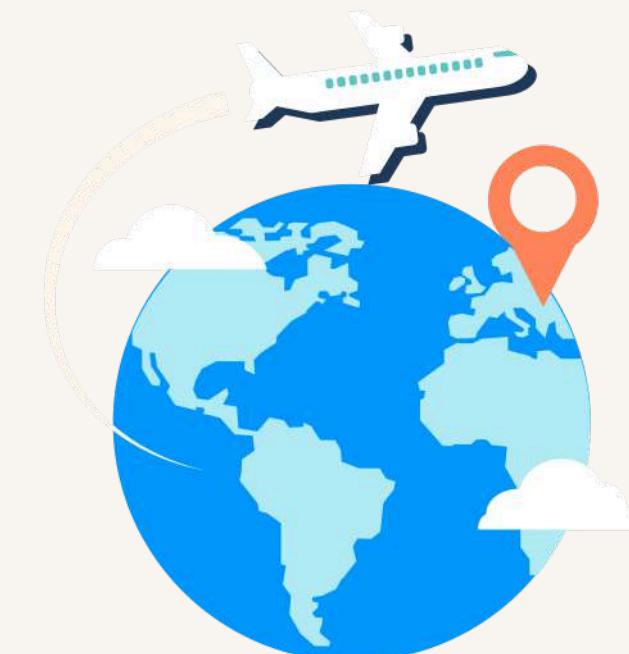
Amarante is a **historical city** in northern Portugal with a huge natural and building heritage, the city cultural and artistic tradition made Amarante a **Creative city of UNESCO** network. With 56 thousand inhabitants, Amarante is the municipality with the biggest area of the Porto district.

**Download app Amarante Tourism**  
<http://www.amarante.smiity.com/>



# How to reach us

Amarante is located around 60 km away from Porto. Which means the easiest way for you to reach us is by travelling to **Porto's Airport (OPO)**. From there we will arrange your transport to Amarante.



If impossible to fly to the suggested airport we can find other solutions ;)

# About the Project

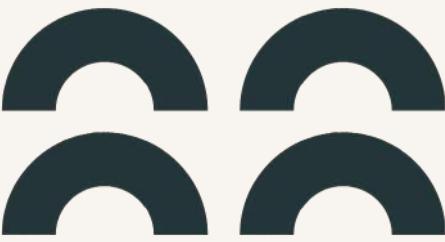
The Youth Exchange “INCLUSION: Erasmus+ for all!”, organized by Aventura Marão Clube (AMC), aims to stimulate the inclusive and creative participation of young people, especially those with fewer opportunities and/or special needs, in the development of community-based cultural events through the application of Non-Formal Education methodologies during the Amarante Youth Festival 2026 (Há Fest).

This exchange also strives for better lifestyles among young people, in terms of consumption and active participation in their communities and offers nature and outdoor activities (such as hiking or canoeing) taking advantage of the exceptional conditions offered by the natural surroundings of Amarante (Marão, Aboboreira or Alvão mountain ranges and Tâmega or Ôlo rivers).

INCLUSION exchange will also work on digital skills that will support the dissemination and visibility of the Erasmus+ Program and other EU opportunities in our region, especially for young people.

	<b>Place</b>	<u>Amarante, Portugal</u>
	<b>When</b>	6-14 August 2026 (travel days included)
	<b>Who</b>	25 youngsters (16-20 years old) + 5 youth leaders (18+)
	<b>Countries</b>	AMC (Portugal) + 4 Program countries

# PROGRAM (draft version)



Activity program (draft)								
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
06/08/26	07/08/26	08/08/26	09/08/26	10/08/26	11/08/26	12/08/26	13/08/26	14/08/26
Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Arrival	DISCOVER get to know other and Amarante  PRESENTATION program, fears, expectations and contributions  FINANCING E+ and Youthpass	INTRODUCTION: to the topic of YE (inclusive participation)  GROUP TASKS division of groups/tasks	INCLUSION Preparation of activities during Há Fest 2026! (Youth Festival)	WATER SPORTS kayaking in Rio Tâmega  CULTURAL VISITS (Porto and/or Guimarães)	INCLUSION activities during Há Fest 2026! (Youth Festival)		GREENDEX CO <sub>2</sub> calculation (impact) and compensation action  CONCLUSION results, follow-up, and evaluation	Departure
	Group building activities	INTERCULTURAL EVENTS Intercultural dinner, nights and events open to the local community		Free night	Games night	Karaoke night	Farewell event and Youthpass ceremony	

# Our team

+



Miguel  
(Executive Director and  
Project Manager)



Marcella  
(Project Coordinator)



Inês  
(Project Coordinator)



Rita  
(Communication)

# Bar and Reception Squad



Alfredo



Ondina (Dina)



Tânia



Rita



Paulinho



Edite



Carlos



Margarida



Alice



Lurdes

They will never leave you hungry! Professionals to their bones, you can normally see them in different combinations behind Bar do Girassol and the reception.

# What to PACK TRAVEL TIME

- Your own hygiene products
- At the youth center we have towels that you can use (you have to leave a 5€ fee that will be given back to you when you return the towel).
- Swimming suits or shorts and beach towel
- Take with you some cash. In some shops the international credit cards are not accepted

Comfortable clothes and shoes



# Simple Rules



## Drugs and alcohol:

Drugs are not permitted at any Equação project. If someone is found to be using illegal drugs, there will be action taken. Alcohol is not permitted if you are under 18 and no alcohol is allowed during activities, including meals. Alcohol is also not permitted in the rooms or any other space inside the Youth Center except the bar.



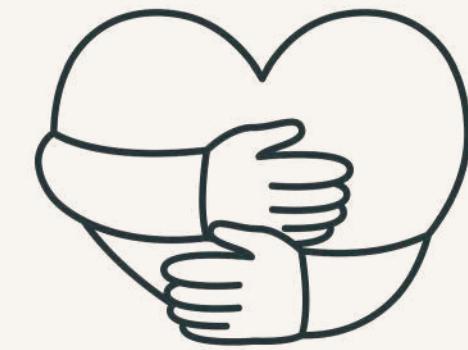
## Smoking:

It is not allowed to smoke inside the building. There are dedicated smoking areas outside so please only smoke in these areas. Smoking is forbidden in the rooms, including the balconies.



## Litter:

Be aware what littering is forbidden. Help the staff on site by keeping the area clean and presentable at all times. This includes the grounds, accommodations, working and eating room. Use the bins provided and notify the staff if you need assistance.



## Co-existence:

There may be a considerable number of different people from all over the world, including children, using the site at one period of time. Please follow the guidelines given out by Equação team and be considerate and respectful to other users of the site, including staff members.

# CODE of CONDUCT

**This code of conduct is a free will agreement and reflects the wish and responsibility of all partners involved. Under this code of conduct we agree to respect Erasmus+ rules and our partnership should be based on clear, accountable and honest communication processes. All partners should be ready for compromise and to discuss obstacles and different points of view but always respecting fundamental values and principles and actively cooperate under agreed deadlines and tasks.**

## SHOW RESPECT FOR

### THE ENVIRONMENT

**BY**

Keeping noise to a reasonable level and observing sensible sleep times;  
Not harming or causing harm to animals, trees and plants;  
Leaving the site in the same condition you found it.

### ALL OTHER PEOPLE ONSITE BY

Acting courteously to all people and respect different cultures and beliefs;  
Behaving appropriately whether supervised or unsupervised; Reporting any suspicious people or activities; Understanding that aggression either verbal or physical will not be tolerated.

### THE FACILITIES

**BY**

Using all equipment considerately and carefully; Smoking only on designated areas;  
Using the waste bins provided and not dropping litter;  
Not wilfully damaging or defacing property.

### THE PROGRAM

**BY**

Being on time to start the program activities;  
Not using your mobile phone during the project activity time;  
Not being late for breakfast, lunch and dinner.

# EMERGENCY evacuation PLAN

**CJ AMARANTE** has an emergency evacuation plan to **ensure** that all people are able to evacuate the building in a timely and **safe** manner.



**EMERGENCY contact**  
**112**

## In case of FIRE, you **MUST**:

Leave the room and follow the exit signs.

If you are the last person leaving and it is safe to do so, close the door of the room, do not stop to collect your possessions.

Immediately raise the alarm by operating the nearest fire call point and break the glass point.

Call the emergency services (112).

Give them the details of where you are and which building.

Call AMC project's manager/coordinator to report what you have witnessed.

Only attempt to extinguish the fire if it is safe to do so and if you are trained to do it.

# Contact Us!

## Project Coordinator in Lithuania



Julija Staniulyte:

julija@tavo-europa.eu



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the European Union



# Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the 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>



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