



Inside out

Youth Exchange

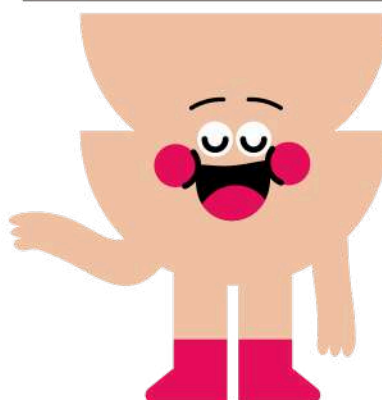
APV: 11 to 13 of June

YE: 19 to 25 of July

Inatel Luso - Portugal

Welcome To LUSO

Dear Participants, We are looking forward to meeting you for our youth exchange: Inside Out, in Luso, Portugal, from the 19th to the 25th of July 2025 (including travel days). In this document, you will find all the information you need. Please, read it carefully! If you have any questions please contact Ana Teles




About the project


Inside Out is a Youth Exchange (YE) program that brings together 24 young people from four partner organizations. The main goal of this project is to empower young people to better understand mental health, promote emotional well-being, and actively contribute to breaking down stigmas in their communities. To this end, the project explores the multiple factors that influence mental health, social, cultural, economic, and digital, in a safe and inclusive space that encourages the sharing of experiences and the development of emotional awareness.

Participants will have the opportunity to acquire practical tools for managing stress and anxiety, developing empathy and peer support, and challenging stereotypes through dialogue and experiential learning. The project will conclude with a street awareness campaign, where young people will put their communication, creativity, and teamwork skills into practice, becoming true ambassadors for mental health in their communities.



Goals of the project

 Explore mental health and the many factors that influence it (social, cultural, economic, and digital). Create a safe and inclusive space for participants to share experiences, reflect, and develop emotional awareness. Equip young people with practical tools and strategies to cope with stress, anxiety, and everyday challenges. Promote empathy, active listening, and peer support among participants from diverse backgrounds. Challenge stereotypes and stigmas related to mental health through dialogue and experiential learning. Develop participants' skills in communication, creativity, and teamwork through the design and implementation of a street-level awareness campaign.

 Raise awareness about mental health in the local community through interactive and engaging public activities. Encourage active citizenship and empower young people to become mental health ambassadors in their communities.



03



Participants



5 participants (from 18 to 25) + 1 team leader (maximum 30 years old) per organization Four organizations: Psientífica, Just do It, Irtea and Tavo Europa Open-minded, eager to engage in discussions, and willing to share their perspectives and experiences Passionate about making a difference in their communities and are open to exploring solutions for combating extremism and fostering unity Open to the Non Formal Education methodology and to cooperate, share ideas, and work in groups to create actionable outcomes.



IMPORTANT!!!

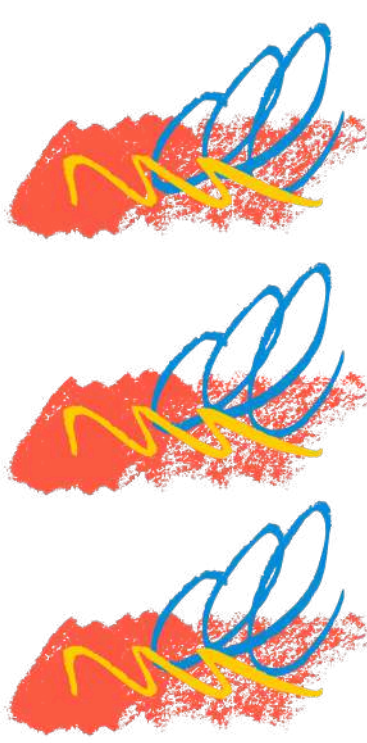
The participants joining should fill in the forms until the **15th of June** : <https://forms.gle/MThpdkmx4Qm3btWK9>

Timetable being created



Trip to Luso

Luso is a small town with limited access to major cities. This is the suggested itinerary from Porto's Airport to Mealhada train station, from there you'll need to get an Uber to Inatel Luso.



From the Airport, you take the **metro** to Trindade Station (about 2€ per person)
Schedules on page 22

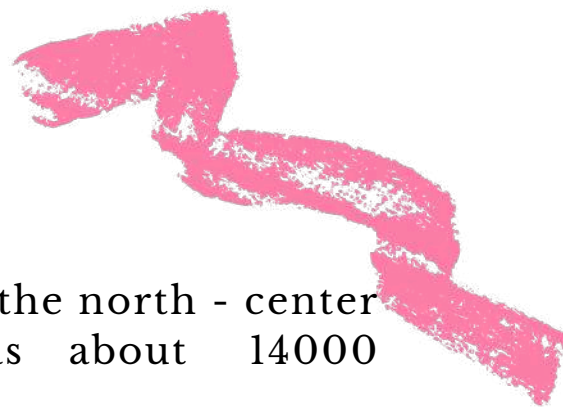
https://www.metrodoporto.pt/metrodoporto/uploads/document/file/691/horarios_online_08_01_2024.pdf

From Trindade station to Porto – Campanhã railway station (Validate the same ticket, simply change the line).

Take the **train** from Porto – Campanhã railway station to Mealhada railway station
Schedules on <https://www.cp.pt/passageiros/en>



About Luso



Luso is a small city in the north - center of Portugal - it has about 14000 habitants.

The most part of its territory consists of small mountains and large valleys. It's very close to Buçaco wicks is a beautiful forest and has amazing walking trails.

The gastronomical and economical region where it is inserted, known as the **Bairrada**, encompasses many of the local civil parishes and is well known for its vineyards and wine industry, as well as its suckling roasted pig (*Leitão Assado à Bairrada*).

The average annual temperature is 15.2°C and it tends to rain a bit in the winter.

Check the weather here: [IPMA](#)



Food and accommodation

You will Stay at Inatel Luso

Address: Rua Dr. Costa Simões, 3050-226 Luso The rooms will be assigned according to gender. Please let us know in advance if you have any preferences regarding the room's distribution. The rooms are only available for the participants of this mobility. You will be accommodated in rooms of 3 or 2 people. The food will be served there as well, except for Wednesday dinner, that will be in Águeda.



Financial Conditions

Transportation costs of all participants will be covered by project's budget up to Erasmus + limits of transportation costs for a certain country, based on Erasmus+ distance calculator: <https://erasmus-plus.ec.europa.eu/pt-calculator: pt/node/2626>

The travel distance is calculated from the hometown of the sending organization to the town where the activities will happen.

All costs related to accommodation, and food (3 meals per day- breakfast, lunch, dinner and coffee breaks during the activity) will be covered by project's budget.

Buying the tickets is an obligation of participants (with partners' organization support).

Buy the tickets with Psientífica VAT number:

Name of the organization: Psientífica
Address: Escola Central de Sargentos, n.º 16, Águeda, Portugal

VAT: 507462823





Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

All the tickets (before purchasing them) should be confirmed and approved by the hosting organization (Psientífica / Águeda Youth Center).

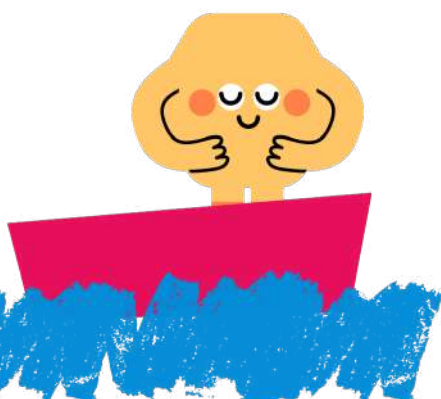
Reimbursements

Reimbursement process will be done once the Mobility is over via bank transfer and take maximum 1 month. The participants are required to provide the hosting organization all travel documents and a dedicated reimbursement form.








Don't forget to send via e-mail and bring invoices of your tickets, since we can not reimburse anything without documentation. Boarding passes are obligatory as well.

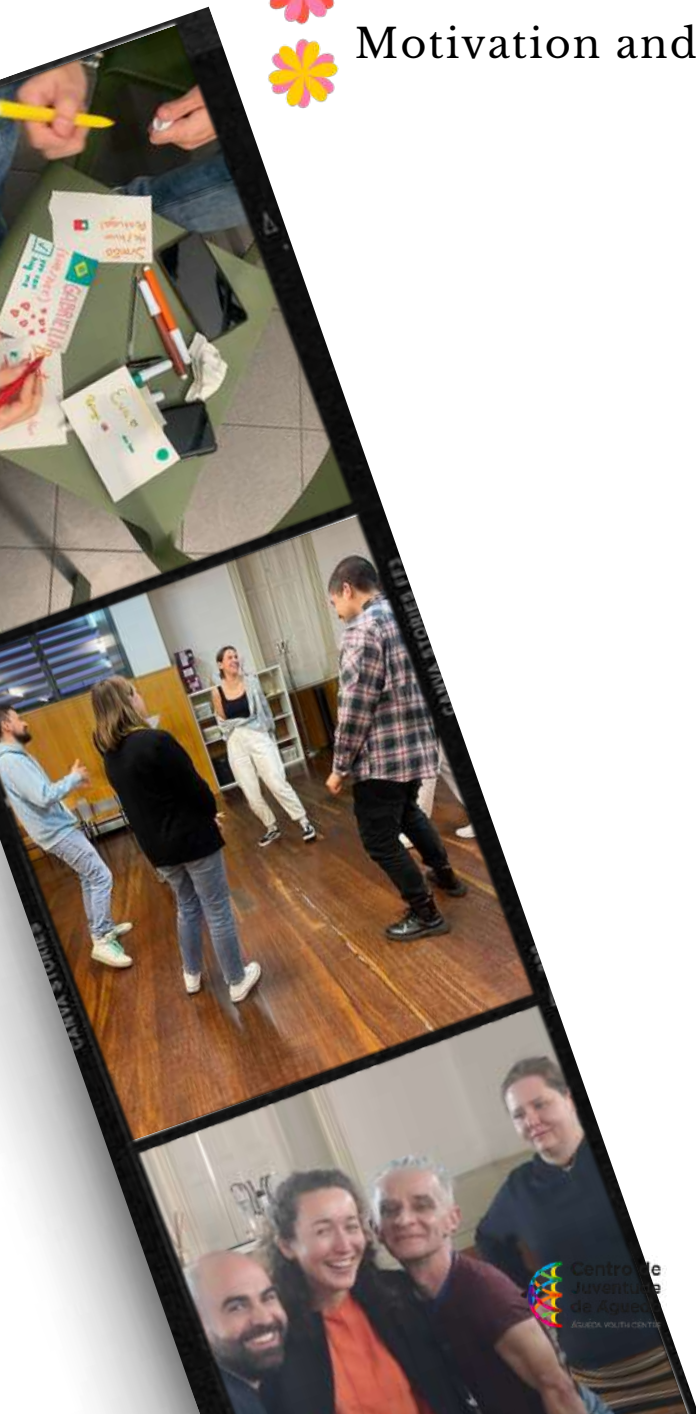
-  The prices should be stated in the invoices, receipts and they must coincide with the price on the ticket.
-  Train/bus tickets must show visible arrival and departure time as well as the price (+invoices if available).
-  Missing or lost tickets are not reimbursed.
-  Any costs for renting a car or petrol are not reimbursed.

Following the guidelines of the Erasmus+ Youth/Sports and ESC Programme and internal regulations the travel must be released by the participants on the direct way within maximum 2 days. In case of long pauses or indirect routes (holiday travel), you'll have to sign a document explaining the different indirect route.



What to bring?

-  ID/Passaport
-  European Health Card
-  Boarding Tickets and travel expenses for the reimbursements
-  Phone Charger
-  Small umbrella
-  Comfortable clothes
-  Motivation and a good mood!



Contact Us!



Project Coordinator in Lithuania

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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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