

**ERASMUS+ PROJECT**  
**2025-1-PT02-KA151-YOU-000297404**  
**Activity Youth Transnational Mobility**  
**(YOUTH EXCHANGE)**  
**“Activate youth participation”**  
**(Between 21th and 25th August 2026; Alqueva, Portel, Portugal)**

**INFOPACK**



 Agência Nacional  
Erasmus+ Juventude/Desporto  
Corpo Europeu de Solidariedade



Co-funded by the  
European Union

Organized by:



Associação  
Sementes de Esperança



## WHO ARE WE?

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, 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.



## WHAT IS A YOUTH EXCHANGE?

Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods.

Take place outside the school environment and involve activities such as workshops, exercises, debates, dramatizations, outdoor activities and more, always based on the use of non-formal education methodologies.

Participants learning experiences are recognised through a Youthpass.



## ABOUT THE PROJET

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 Europeans' participation in democratic life reveal the need to invest in a project that promotes this, through non-formal actions and various forms of participation (including also other than conventional ones) and at the same time contribute to their inclusion.

Hence the implementation of this mobility activity, exchange of young Europeans, aiming to empower them with new key competences for lifelong learning (transversal to technical skills) and promote their active and conscious participation.

### Partner entities

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

### Participants in the training course

- 1 group leader (at least 18 years old) and 4 participants, these with ages between 18 and 30 years old (being able to observe few opportunities) by each entity, promoter and partners; all, at least with medium command of the English language and motivated by sharing practices, knowledge and experiences;
- 2 facilitators from the promoter, both aged 20 or over, with experience in non-formal education and good knowledge of the English language.

### Localisation

Location: Alqueva, Portel, Portugal (approximately 190km from Lisbon);

Town belonging to the municipality of Portel, about 20 km south of the county seat, Portel)

It has a declining and aging population.

The name Alqueva derives from "alqueive", meaning "fallow land" or "desert land", which in fact occurs in the very dry and rough soils of the parish.

This was indeed one of the biggest obstacles to the development of this region.

Then, a few decades ago, a proposal for the construction of a dam next to this locality emerged with the aim of irrigating the soil and bringing development to a region whose main activity was agriculture. It was built and completed in 2002.

The name of the dam, which is near Alqueva, comes from the name of this locality. [Find out more here:](https://pt.wikipedia.org/wiki/Alqueva)  
<https://pt.wikipedia.org/wiki/Alqueva>



**(River beach of Alqueva)**

## HOW CAN YOU PARTICIPATE?

**To participate in this youth exchange, you must be resident in one of the EU Member States where the promoter and partner entities are located. And meet the required requirements:** - 1 group leader (at least 18 years old) and 4 participants, these with ages between 18 and 30 years old (being able to observe few opportunities) by each entity, promoter and partners; all, at least with medium command of the English language and motivated by sharing practices, knowledge and experiences;

Do not purchase the airline tickets without first validating the respective flights, because the days and times of arrival and departure of these will have to be compatible with the schedules to be observed in the trip to Alqueva on 20th August 2026 and with the return on 26th August 2026 (attention to the details already indicated in this document, highlighting the place and time of meeting in Évora, on the 20th August 2026, at 6:45 pm, with participants who will come from Porto and Lisbon to Évora; we will only bring them to Alqueva from Évora).

## TRAVEL GRANTS

Maximum amount to be paid per participant, considering the eligible expenses presented and paid by him.

No private transport, fuel or expenses incurred for early arrival in Portugal before 19th August 2026 and return flight up to two days after the return from Alqueva (excluding costs for return flights and public transport to and from the respective airport).

Any amounts in excess of the total budget per participant, as indicated in the table below, will be paid by the participant itself and will not be covered by the project.

Country	Grant (maximum)
Croatia	395,00€
Greece	395,00€
Lithuania	580,00€
Portugal*	56,00€
Spain	309,00€
Romania	580,00€

\*Green travel

## PROVISIONAL PLAN OF THE YOUTH TRANSNATIONAL MOBILITY (YOUTH EXCHANGE)

Venue: 20th August 2026

Return: 26th August 2025

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Date Time	21TH AUGUST 2025	22TH AUGUST 2025	23TH AUGUST 2025	24H AUGUST	25TH AUGUST 2025
09:30 11:00 am	<p>Icebreakers to promote group recognition</p> <p>Rules to be observed in the Youth Exchange</p> <p>The Erasmus+ Program and the Youth Exchange</p>	<p>Energizer for activation of the group and its energy</p> <p>EU youth strategies and priorities in the field of youth – Youth Goals, European Agenda for Youth Work, European Charter of Youth Work at Local Level, etc. (include group works)</p>	<p>Energizer for activation of the group and its energy</p> <p>Completion of the last activity</p> <p>Ethical dilemmas that young people may face in the context of their social and civic participation (game)</p>	<p>09:00 am – Departure to Portel</p> <p>09:30 am – Energizer for activation of the group and its energy</p> <p>09:45 am – 1:00 pm – Guided tour in Portel (with photo shoot of the village's heritage, for inclusion in the booklet of the youth exchange (flying snack))</p>	<p>Energizer for activation of the group and its energy</p> <p>Continuation and conclusion of e-booklet production</p>
11:30 am 01:00 pm	<p>The methodology of non-formal education, to be used in YE</p> <p>Reflection in small groups on the objectives of each one regarding YE</p> <p>National groups work on data, curiosities and other information about the respective countries (geography, culture, gastronomy, etc.)</p>	<p>Principles that should guide youth participation</p> <p>The various forms and areas of youth civic participation</p>	<p>Ethical dilemmas that young people may face in the context of their social and civic participation (game)</p> <p>Preparation and presentation of mini proposals for social and civic participation of young people (in groups)</p>	<p>1:00 pm – Return in Alqueva</p>	<p>Reflection of the participants about the impact of mobility activity on them</p> <p>Collection of information on the practical and logistical arrangements of the mobility activity (evaluation of this)</p> <p>Delivery of the Youthpass</p>

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
<b><u>Date</u> <u>Time</u></b>	<b>21TH AUGUST 2025</b>	<b>22TH AUGUST 2025</b>	<b>23TH AUGUST 2025</b>	<b>24TH AUGUST 2025</b>	<b>25TH AUGUST 2025</b>
<b>2:30 4:30 pm</b>	Group reinforcement dynamics  The concept of democracy and work groups about it  Rights and duties of European citizens and work groups about it	Group reinforcement dynamics  The various forms and areas of youth civic participation (continuation)	Group reinforcement dynamics  Completion of the last activity	Group reinforcement dynamics  Continuation of e-booklet production	Free time at the river beach of Alqueva
<b>05:00 06:00 pm</b>	Completion of the last activity  The social and civic participation of young people in the countries of each participating entity (group work by country, including identification of barriers to this and some practical strategies for overcoming them)	The various forms and areas of youth civic participation (continuation)	Energizer for activation of the group and its energy  Start of production of the tangible result of the project – the e-booklet about the youth exchange (in groups)		
<b>06:00 08:00 pm</b>	06:00 – 07:00 pm – Completion of the last activity 07:00 – 08:00 pm – Guided tour in Alqueva	Cultural afternoon	Cultural afternoon	06:00 – 07:00 pm – Continuation of e-booklet production  07:00 – 08:00 pm – Free time	
<b>09:30 10:30 pm</b>	Refection time	Reflection time	Refection time	Free time	Informal farewell meeting

**The classroom activities will take place in a room provided by the Alqueva Parish Council, in Alqueva (the place has wireless internet).**

## ACCOMODATION

Participants will stay at Alqueva Hostel, in Alqueva.

Participants will be accommodated in shared rooms with multiple beds, with participants of the same sex, but mixed with participants of other nationalities, who are also YE participants.

Photos available here:

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

Phone: + 351 266 637 037

Mobile: + 351 969 698 817

E-mail: [alquevahostel@gmail.com](mailto:alquevahostel@gmail.com)

The hostel has WI-FI connection



**The Alqueva Hostel**

## FOOD

Dinner on the day of arrival and during the event meals will be served at the restaurant "O Artur", near the hostel and the place of activities (breakfasts, snacks, lunch and dinner). The food will be mostly Portuguese cuisine, always considering the dietary restrictions previously indicated by the participants.

Here's the link to the restaurant:

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

### **Time of meals during the training course:**

-08:15 – 09:15 am – Breakfast (attention: on the 26th August, day of the return, breakfast will be from 06:30 am and 7:15 am)

-11:00 – 1:30 am – Snack

-01:00 – 02:30 pm – Lunch

-04:30 – 05:00 pm – Snack

-08.00 – 09:30 pm – Dinner

## THE VENUE: HOW TO GET HERE (ALQUEVA)?

**Official day of arrival in Portugal: will be considered the 20th August 2026.** But participants may arrive up to two days before.

However, the project will not bear the expenses incurred due to the early arrival in Portugal, except for the costs of flights coming.

On the official day of arrival, only expenses will be incurred for travel by public transport, from the place of departure of the transport to Évora. From Évora and to Alqueva, transport will be free, by bus from the Town Hall of Portel.

**The arrival to Alqueva will have to be unique and mandatory on 20th August 2026, using the following transports:**

**For those who arrived in Portugal via the airport of Porto:**

-1rst - Metro airport of Porto - station of Campanhã; trip of 16kms, with duration approximately of 37 minutes; there is metro of half in half hour; the ticket is acquired at the station (ticket office or in an automatic machine); together follows the link with the route of the metro:

**<https://acrobat.adobe.com/id/urn:aaid:sc:EU:33c08fa7-0ba9-4e9d-b250-60ad4c0bf911>**

- 2nd Campanhã (Porto) intermodal terminal - bus from Rede Expressos or Flixbus, for travel to Lisbon (Oriente bus station), or the train (Campanhã railway station to Oriente railway station), choosing one of the transports and one of the indicated times:

**Rede Expresso Bus**

Terminal Intermodal da Campanhã (Porto) – Departure	Terminal Rodoviário do Oriente (Lisboa) - Arrival
09:30 am	00:45 pm
10:00 am	01:15 pm
10:15 am	01:35 pm
10:30 am	01:45 pm

Purchase the ticket online at: **<https://rede-expressos.pt/pt>**

The place of departure to search must be Porto (Campanhã); the place of arrival to search must be (Oriente); then select the day of travel and then the time of travel between those indicated here and purchase the ticket.

**Flixbus Bus**

Terminal Intermodal da Campanhã (Porto) - Departure	Terminal Rodoviário do Oriente (Lisboa) - Arrival
09:30 am	00:45 pm
09:45 am	01:10 pm
10:00 am	01:15 pm

Purchase the ticket online at: **<https://www.flixbus.pt/>**

The place of departure to search must be Porto; the place of arrival to search must be Lisbon; then select the day of the route and then appear the various times of transport from Porto (TIC- Campanhã) to Lisbon; finally select the time of the trip among those we indicate here and buy the ticket.

### CP Train

Campanhã (Porto) Railway Station – Departure	Oriente (Lisboa) Railway Station - Arrival	
09:40 am	00:20 pm	Alfa Pendular
10:45 am	01:52 pm	Intercidades
11:40 am	02:22 pm	Alfa Pendular

Purchase the ticket online at: <https://www.cp.pt/passageiros/pt/comprar-bilhetes>

The place of departure to search must be Porto Campanha and the place of arrival to search must be Lisbon Oriente; then select the day of the trip, indicate that it will be 2nd class (tourist), because it does not accept travel in 1st class and finally select the time of the trip among those we indicate here and buy the ticket.

Campanhã railway station is very close to the metro station of Campanhã and the intermodal terminal of Campanhã about 550m.

Here is the link with the respective locations:

<https://www.google.pt/maps/dir/Campanh%C3%A3,+4300->

[273+Porto/Terminal+Intermodal+de+Campanh%C3%A3,+R.+de+Bonj%C3%B3ia+691+4300,+4300-084+Porto/@41.1514877,-](https://www.google.pt/maps/dir/Campanh%C3%A3,+4300-273+Porto/Terminal+Intermodal+de+Campanh%C3%A3,+R.+de+Bonj%C3%B3ia+691+4300,+4300-084+Porto/@41.1514877,-)

[8.5867291,424m/data=!3m1!1e3!4m13!4m12!1m5!1m1!1s0xd246491d1913239:0x2ef70d2728969fe9!2m2!1d-](https://www.google.pt/maps/dir/Campanh%C3%A3,+4300-8.5867291,424m/data=!3m1!1e3!4m13!4m12!1m5!1m1!1s0xd246491d1913239:0x2ef70d2728969fe9!2m2!1d-)

[8.5861994!2d41.1505481!1m5!1m1!1s0xd246538a78db3bd:0xab8e27fefa691d65!2m2!1d-](https://www.google.pt/maps/dir/Campanh%C3%A3,+4300-8.5861994!2d41.1505481!1m5!1m1!1s0xd246538a78db3bd:0xab8e27fefa691d65!2m2!1d-)

[8.5828048!2d41.1527686?entry=ttu&g\\_ep=EgoyMDI1MDMwNC4wIKXMDSoASAFQAw%3D%3D](https://www.google.pt/maps/dir/Campanh%C3%A3,+4300-8.5828048!2d41.1527686?entry=ttu&g_ep=EgoyMDI1MDMwNC4wIKXMDSoASAFQAw%3D%3D)

Train travel is the most expensive of the three possibilities and buses to Flixbus is the cheapest.

For young people under 25 there is a 25 percent discount on the train ticket.

On train trips you must always choose to travel in second class. And the trips in Alfa Pendular are more expensive than in Intercidades.

At Rede Expressos there is also a discount for young people up to 29 years old.

**For those who arrived in Portugal via the airport of Lisbon:**

-Metro airport - Oriente(purchase of the ticket at the station, usually in electronic machine)

**Trip from Lisbon to Évora (participants who arrived in Portugal, both via the airport of Porto and Lisbon)**

Oriente Bus Terminal - choose the Rede Expressos or Flixbus bus to Évora (bus station) and its timetable or the CPtrain and its timetables (train from Oriente railway station to Évora railway station).

The Oriente metro station is next to the Oriente bus terminal, as well as next to the Oriente train station. Link with these locations:

**[https://www.google.pt/maps/search/terminal+rodiovi%C3%A1rio+do+oriente/@38.7684324,-9.1007251,439m/data=!3m1!1e3?entry=ttu&g\\_ep=EgoyMDI1MDMwMy4wIKXMDSoASAFQAw%3D%3D](https://www.google.pt/maps/search/terminal+rodiovi%C3%A1rio+do+oriente/@38.7684324,-9.1007251,439m/data=!3m1!1e3?entry=ttu&g_ep=EgoyMDI1MDMwMy4wIKXMDSoASAFQAw%3D%3D)**

Transport and respective schedules to choose:

**Rede Expressos Bus**

Terminal Rodoviário do Oriente (Lisboa)	Terminal Rodoviário de Évora
Departure	Arrival
03:10 pm	04:35 pm
04:00 pm	05:20 pm

Purchase the ticket online at: **<https://rede-expressos.pt/pt>**

The place of departure to search must be Lisbon (Oriente); the place of arrival to search must be Évora; then select the day of the trip and then the time of the trip among those indicated here and buy the ticket.

**Flixbus Bus**

Terminal Rodoviário do Oriente (Lisboa)	Terminal Rodoviário de Évora
Departure	Arrival
03:10 pm	05:25 pm

Purchase the ticket online at: **<https://www.flixbus.pt/>**

The place of departure to search must be Lisbon; the place of arrival to search must be Évora; then select the day of the trip and then appear the various

times of transport from Lisbon (Oriente) to Évora; finally select the time of the trip we indicate here and buy the ticket.

**Meeting point and time, on 20th August 2026, to bring to Alqueva the participants in the YE, who traveled by bus from Lisbon to Évora: next to the small roundabout at the side of the Évora bus terminal, (roundabout that connects the Liceu street with the avenue of S. Sebastião), by 6:45 pm**

Link to the location of Évora bus station:

[https://www.google.com/maps/search/,,%C3%89vora+Assesoria+Turistica/@38.568758,-7.9196804,441m/data=!3m1!1e3?entry=ttu&g\\_ep=EgoyMDI1MDMwNC4wIKXMDSOASAFQAw%3D%3D](https://www.google.com/maps/search/,,%C3%89vora+Assesoria+Turistica/@38.568758,-7.9196804,441m/data=!3m1!1e3?entry=ttu&g_ep=EgoyMDI1MDMwNC4wIKXMDSOASAFQAw%3D%3D)

**For those arriving in Portugal via Faro airport:**

- 1st - Bus from the airport to the Faro bus station (the stop is right next to and in front of the arrivals/departures building; the distance is about 6 km (20 m trip) and there is a 40-minute bus.

Link with the bus schedule from the airport to the bus terminal and vice versa:

<https://acrobat.adobe.com/id/urn:aaid:sc:EU:d614f06b-4aa3-4b75-ba56-3d915a7d62bd>

- 2nd - Faro bus terminal, Rede Expressos bus to Portel - departure at 04:10 pm and arrival in Portel (bus terminal) at 08:10 pm, where the free bus from the City Hall of Portel will be waiting for Alqueva.

Purchase the ticket online at: : <https://rede-expressos.pt/pt>

The place of departure to search must be Faro; the place of arrival to search must be Portel; then select the day of the trip and then appears the time of the trip, the only one that exists per day between the two places; select the trip and purchase the ticket.

**Welcome dinner on 20th August 2026, at the restaurant "O Artur", in Alqueva, at 08:30 pm.**

## THE RETURN

**It will be on 26th August 2026 (official day of return), at 07:15 am (next to the hostel of Alqueva, in free transport, from the City Hall of Portel), bound for Évora.**

But participants may have return flights up to two days later. However, the project will not bear the expenses incurred as a result of such, except for return flights

On the official departure day, only public transport costs will be borne, from Évora to Lisbon, from Lisbon to Porto, or from Portel to Faro.

Participants with return flights at the airport of Faro, will wait in the bus terminal of Portel, by the bus of the Rede Expressos, to Faro (bus terminal), which will leave at 9:35 am and arrive at 01:05 pm. Also purchase the ticket online, on the website of Rede Expressos; the transport indicated is the only one from Portel to Faro.

The remaining participants, with scheduled flights at the airports of Lisbon and Porto, will travel from Évora to Lisbon, having to choose one of the following transports and respective schedules, according to the day and time of their return flight. And the tickets for these trips will have to be purchased online.

### Rede Expressos Bus

Terminal Rodoviário de Évora Departure	Terminal Rodoviário do Oriente (Lisboa) Arrival
08:30 am	10:05 am
09:15 am	10:35 am
11:00 am	00:20 pm

Purchase the ticket online at: <https://rede-expressos.pt/pt>

The place of departure to search must be Évora; the place of arrival to search must be Lisboa (Oriente); then select the day of the trip and then the time of the trip among those indicated here and buy the ticket.

### Flixbus Bus

Terminal Rodoviário de Évora Departure	Terminal Rodoviário do Oriente (Lisboa) Arrival
08:45 am	10:05 am
09:00 am	11:10 am

Purchase the ticket online at: <https://www.flixbus.pt/>

The place of departure to search must be Évora; the place of arrival to search must be Lisboa; then select the day of the trip and then appear the various times of transport from Évora to Lisbon (Oriente); finally select the time of the trip among those we indicate here and buy the ticket.

**Participants with return flights scheduled at the airport of Porto, will also have to purchase their tickets for trips from Lisbon to Porto, online, considering the days and times of such flights.**

### WHAT TO BRING WITH YOU

- ID card or passport;
- Any necessary medicines;
- European Health Insurance Card (CESD), which is free of charge;
- Laptop computer for the performance of work during activities in the room; especially since the work performed will have to be recorded in digital format;
- Positive attitude and willingness to contribute to the experience;
- Toiletries, slippers for the shower, iron, iron and other personal care items are not provided by the accommodation, as well as some towel (since only a face towel and a bath towel are provided);
- Comfortable clothes and shoes for the season and to walk; it will be warm, namely 35 degrees in the afternoon; and as we will go twice to the river beach of Alqueva (about 1700 m), you must also bring a bathing suit, beach towel, sunscreen, hat, etc., and
- Cookies, cakes, drinks (no alcoholic beverages are allowed), flags (also required for an icebreaker), games, songs, dances, quizzes and traditions to present about your country; as there will be a cultural afternoon; as this activity will be in one day, after the afternoon snack dinner (maximum 2 hours and 30 minutes), each organization will have a limited time.

Accommodation and meals are covered by the project funding during YE, although dinner on 25th August and hostel accommodation from 25th August until the morning of 26th August are also supported by the project, as is breakfast on 26th August; but participants will have to bring their own money to cover any personal expenses.

It is not allowed to consume alcoholic beverages during meals and activities (including places and spaces for the performance of activities), such as in the hostel

## **REIMBURSEMENT**

Travel arrangements will be the responsibility of and paid for by the participants, who will then be reimbursed;

Not pay any flights before being sent the indication of what you want to do (days, hours and airports of departure and arrival and prices of each), to validate this and check if the proposed flights are compatible with the travel times in Portugal, coming to Alqueva and returning.

Invoices for the payment of flights and tickets or boarding passes (which must be in the name of the respective participant), such as public transport tickets) will have to be sent in the week following the end of the TC, in a single message exclusively to the email [smtsesperanca@gmail](mailto:smtsesperanca@gmail.com) and mandatory in pdf format; in the email must be indicated the IBAN of the bank account (which must be in the participant's name).

The refund will be made by bank transfer to each participant, within a maximum of 10 working days after receipt of the email with all documents of expenses and verification if everything is in accordance and nothing is missing;

No expenses will be refunded, in which the respective vouchers are not sent or are not as required.

# Contact Us!



## Project Coordinator in Lithuania

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[austeja@tavo-europa.eu](mailto:austeja@tavo-europa.eu)



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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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