

**PERSONAL POWER TO THE PEOPLE:
OWN YOUR POWER**



Info Pack

PERSONAL POWER TO THE PEOPLE: OWN YOUR POWER

K1 – Mobility of Young People

Youth Exchanges

21th April – 28th April 2022

Coimbra, Portugal

Project Code: 2021-2-PT02-KA152-YOU-000039552

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Financiado por:



PROJECT OVERVIEW

“Personal Power to the People: own your power” is a 6-day youth exchange (+2 travelling days) focused on empowering young people to identify and develop their strong attributes, as well as be aware of their “need to improve” features, encouraging them to be authentic and comfortable in their own skins. Throughout formal education, youngsters are rarely motivated to work on understanding their emotions and ways of functioning in the world. They are hardly encouraged to acknowledge their passion and reasons behind it, to cultivate their inner power, to connect with their vulnerabilities, and to fully embrace themselves. As a result, if they do not connect with themselves, they may strive to feel part of a group and to develop a sense of belonging and community. Thus, the specific objectives of this project are:

- identify strong and weak sides and how they affect personal and professional life
- enhance employability and improve career prospects through the development of self-conscious and creative youngsters
- learn and improve youngsters’ intrapersonal life skills, as self-awareness, self-control, self-esteem, self-respect, and self-reflection.
- inspire and empower participants to acknowledge and express emotions
- foster young people to create authentic connections with themselves and consequently with others
- encourage young people to actively engage and participate in their communities, by recognizing their potential impact on society

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METHODS

The project will involve 24 youngsters in a program designed to foster the development of a few fundamental skills to the labour market, regardless of the chosen profession: personal power; self-motivation and discipline; self-knowledge and self-esteem that reflect on individual's behaviour towards the community and society. Activities will be implemented using different methods of peer education and non-formal education: energizers, group dynamics, debates, simulation games, creativity workshop, presentation of creative works, intercultural activities and role-plays. The topics covered will include authenticity, vulnerability, shame, perfectionism, comfort zone, self-care and growth zone. Participants will develop a dissemination tool to share their feelings, thoughts and learning throughout the project: The Power Diary. They will also be encouraged to implement a local event: the You(th) Talk. This event will have a format of a TED Talk where participants will speak freely and individually about some experience related to their personal power. It will be a moment for them to connect with the local community and express themselves in the way they feel comfortable.

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PARTICIPANTS

- Youngsters residents in Portugal, Greece, Armenia, Italy, Lithuania and Cyprus
- 3 participants + 1 team leader (per organization);
- No age limit to team leader;
- Participants preferably between 18 and 25 years old;
- Ability and flexibility to participate at the youth mobility in Coimbra from 21th April – 28th April 2022 in a multi-cultural environment;
- Interested and highly motivated on the topic of the project.

VENUE

Participants will be accommodated in a local hostel. We are still checking their availability for our group. You will be informed as soon as we confirm with them.

GENERAL INFORMATION

- Intercultural nights: please bring something typical from your place: food, drinks, traditional clothes, music, any “strange stuff” to show, tell us some curiosity about your traditions or social behaviours, teach us some dance, play a traditional game, everything but PowerPoint and touristic videos from YouTube.
- Please watch the following TED Talk to get familiarized with the format of a TED Talk and start reflecting about the topic of the project:
https://www.ted.com/talks/brene_brown_the_power_of_vulnerability
- Dress code: comfortable clothes and shoes.

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FINANCIAL ISSUES

- **Accommodation and meals:** accommodation and meals are fully covered by the Erasmus + and will be paid by Akto – Human Rights and Democracy.
- **Insurance:** the project costs do not cover individual insurance for residents in Europe, therefore unfortunately we cannot reimburse them. We recommend you bring with you the European Health Card in order to be safe in case of emergency. For the Armenian group, there is 30€/per person for travel insurance.
- **Visa Grant:** for Armenian group - 100€/per person

REIMBURSEMENT RULES FOR TRAVEL COSTS

The following information is extremely IMPORTANT and must be followed carefully:

- 1) Most economical travel:** You will have to buy the most economical way to travel from your country to the venue, thus including train, bus, and airline flights.
- 2) Travel schedule/route:** you will have to provide us with your travel schedule beforehand for approval.
- 3) Purchase of tickets:** **DO NOT BUY ANY TICKET WITHOUT OUR CONFIRMATION OR PERMISSION AND UPON APPROVAL OF THE TRAVEL SCHEDULE/ROUTE.**
- 4) Travel documents:** Invoices, receipts, tickets, boarding passes must be provided to us on their original forms, concerning both arrival and departure.
- 5) Participation:** The travel will be reimbursed ONLY if the participant takes part to the whole duration of the project.
- 6) Max travel costs:** As foreseen by Erasmus + the amount of travel costs

allowed for reimbursement is calculated according to the distance of your country to Coimbra, Portugal. The following table shows the max. amount of reimbursement to participants from each country. We only pay this amount.

Partner organizations and max travel reimbursement:

| Organization | Country | Number of Participants | Travel per person (max. Euro) |
|--|----------------|-------------------------------|--------------------------------------|
| Akto – Human Rights and Democracy | Portugal | 4 | 0€ |
| You in Europe | Greece | 4 | 360€ |
| Youth Opportunities Club | Armenia | 4 | 820€ |
| YOUth Connect | Italy | 4 | 275€ |
| ASOCIACIJA AKTYVISTAI | Lithuania | 4 | 360€ |
| Active Cypriot Programs and European Learning Into Acceptance, ACPELIA | Cyprus | 4 | 530€ |

Travel (Arrival & Departure)

The project travel dates are the 21th of April 2022 (arrival) and the 28th of April 2022 (departure). These dates are flexible only 1 day before and 1 day after, thus, participants can arrive one day earlier (20th of April) and leave one day later (29th of April). In that case, the project does not cover the accommodation or meals for the added nights, which have to be organized individually by the participants.

Participants should arrive at Lisbon (LIS) or Porto (OPO). Some info about transportation:

From Lisbon to Coimbra:

After arriving at the airport you should take the subway to the main train station (Gare Oriente). There you should take the train to Coimbra-B where you will be picked up. You can also take the bus at Gare Oriente to get to Coimbra.

- **Subway:** <http://www.metrolisboa.pt/informacao/planear-a-viagem/diagrama/>
- **Train:** <https://www.cp.pt/passageiros/en/train-times>
- **Bus:** <https://rede-expressos.pt/en>
<https://global.flixbus.com/bus/lisbon>

From Porto to Coimbra:

After arriving at the airport you should take the subway to the main train station (Campanhã). There you should take the train to Coimbra-B where you will be picked up. You can also take the bus. In this case, you should follow the instructions below.

- **Subway:** <https://en.metroporto.pt/>

- **Train:** <https://www.cp.pt/passageiros/en/train-times>
- **Bus:**

1) Rede Expressos <https://rede-expressos.pt/en>

Take the subway at the airport to “Campo 24 de Agosto” Metro Station. Then walk to the “Campo 24 de Agosto Terminal Rodoviário” Bus Station (2-minute walk). There you can get the bus to Coimbra.

2) Flixbus

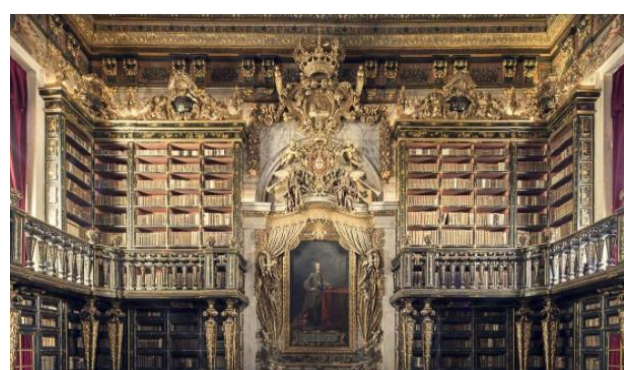
Take the subway at the airport to Bolhão Metro Station. Then walk to the “Parque das Camélias Terminal Rodoviário” Bus Station (9-minute walk). There you can get the bus to Coimbra.

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ABOUT COIMBRA

The Youth Exchange will take place in Coimbra, one of Portugal's most known cities, particularly famous because of the University, the oldest in Portugal and one of the oldest in Europe. Coimbra is a very beautiful and peaceful town situated on the Mondego River, approximately 185 km Northeast of Lisbon and 98 km Southeast of Porto. The city has its own very special mystique, the result of a past full of important events and of the memories of the many thousands of Portuguese who, dispersed around the country or abroad, remember the carefree, easy-going, hopeful years spent here in their youth as students at the University.



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ABOUT AKTO

Akto – Human Rights and Democracy is a Non-Profit Association and Non-Governmental Organization for Development (NGDO), founded and headquartered in Coimbra - Portugal which aims to enhance education, promotion and intervention in Human Rights and Democracy as structuring elements of a positive change in the world, promoting social and community integration of the most vulnerable and risk populations in Portugal and worldwide.

We are a young, multidisciplinary team and we share a strong set of values: Humanity; Collaboration; Transparency and Accountability; Ambition and Creativity.

EMERGENCY CONTACTS

Police/Ambulance/Fire – 112

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