



Youth Exchange

“Our Europe: Make Your Way”

25-31 October, 2013-Amendoeira da Serra - Mértola

Info Pack

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1. About the Organization

The Associação de Defesa do Património de Mértola is a private non-profit organization that develops its work since 1980. The main aims are to contribute to the harmonious development of the territory, based on the conservation and enhancement of local resources and emphasizing the involvement of the population in the process of improving the living conditions of the community.

The ADPM has about 1200 members who are represented by a president, vice president, treasurer and secretary and coordinating a staff of over 40 people. The main areas of intervention are: Intervention and Environmental Education, Training and Employment, Social Intervention, Transnational Cooperation, Local Development and Tourism and Entertainment Community.

Throughout its 30 years of work ADPM has spurred several initiatives aimed at young people, including summer camps, projects related to vocational guidance, support activities for study, sport activities and leisure, training, information, cultural events, risk prevention in the context of drug use and early pregnancy, psychosocial support, placements and curriculum, youth exchanges, among others.



2. Summary of the Project

Youth Exchange “Our Europe: Make Your Way”

This project consists of performing an exchange of young people from Portugal, Italy and Spain, aged between 18 and 25 years. This exchange will last for 7 days and its main objective is to discuss the issue of European year of Citizens and sensitize the young for the EU citizenship and the rights and duties that citizenship confers.

The exchange will take place in Amendoeira da Serra, a small village near to Mértola and the activities will be based on Non-Formal Education, as are examples of group games, the animation language, visits to youth associations working locally and internationally, Music, Video and Photoshop Workshops, Seminars about participatin and citizenship in Europe and cultural and thematic tours, where the young can contact with the Portuguese culture.

The theme of cultural diversity will also be addressed, since this will also be a space where young people can share ideas, identify similarities and differences between cultures, as well as carry out activities related to the topic of European Citizenship.

Participating countries: Portugal, Spain, Italy

Working languages: English, Portuguese, Spanish, Italian



3. About the venue

This project will take place in Amendoeira da Serra, a small village (50 inhabitants) that belongs to the Mértola municipality.

Mértola is located in the extreme southern region of the Alentejo, and is traversed from north to south by the River Guadiana. The county is bordered to the north by the municipalities of Beja and Serpa, the west by the municipalities of Castro Verde and Almodovar and the south by County Alcoutim, Algarve.

The village of Mértola lies 50 km from Beja and about 240 km from Lisbon and Faro is 117 km away





4. Accommodation

We will be staying in Amendoeira da Serra. Regarding where participants will be accommodated, it is a property belonging to ADPM, which has all the conditions essential to the well-being of participants.

This property is the Centro de Acolhimento da Amendoeira da Serra (CAAS), which is an accommodation space that provides its visitors 36 beds in four wards and two double bedrooms with en suite bathroom, a kitchen and a living multipurpose meals.

The CAAS is regularly used for various actions and activities, including meetings, seminars, training activities and meetings, being particularly suited to host holiday camps and exchanges.

The meals will be prepared by people deployed to this effect and it is expected to carry out intercultural nights where young people themselves, in conjunction with the monitors, will also cook a typical meal of your own country with order to contribute to the promotion of cultural diversity.





5. Working Methods

We will be working with different methods, mostly non- formal education methods, work in small or bigger groups, participate in simulation or role-play activities, directly contact with the local population, use different media resources.

The activities planned for the project during its implementation are varied:

- Awareness Campaign "Street of Citizenship";
- Information Session on the Youth in Action Workshops;
- Music, Video and Fotoshop Workshops;
- Session directed to the elderly population on issues related to the European Union 'Europe nearest "';
- Seminar on European Citizenship and Youth Participation;
- Visit the local radio and recording program with contributions awareness about the European Year of Citizens;
- Realization of a final event in a local school, which will be released the results of the same and where will be realise the exhibition "Give me Five".
- ...



6. Preparation

About your ONG and Country

There'll be a special moment in which participants can present their sending organization and their country, so you can do it orally or bring some materials such as PowerPoint presentations, leaflets, brochures, videos or any other promotional material.

The way for you to present it is mainly up to you, but the main idea is for all of us to get to know better your association so that we can keep in touch and possibly cooperate in future projects.

Participants can also prepare:

- Some traditional objects of their country or some food to cook in typical Intercultural Night;
- . Bring / Prepare some games that can play during their free time or between activities;
- Bring some musical instruments;
- Other things about their country who would like to present to the others groups.



Participants should take the Youth Exchange the following objects:

- Clothing and sports shoes

- Material Toiletries

- Towels for personal use

- Some pocket money



7. Reimbursement

As you know this project is co-funded by the European Commission, which means we can only partially cover your travel expenses. For this project we will be able to reimburse **70%** of your travel costs, provided that you do not exceed the travel budget for your country.

Participants must pay **30%** of the travel costs.

The meals (breakfast, lunch and dinner) and the accommodation are free.