

"YOUTH CHARGING THE WORLD"



INFOPACK

Lamego, Portugal

14th - 19th November 2023



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



Funded by
the European Union

About the Project

Youth Charging The World is a project that aims to promote social inclusion and active participation of young people, through an intercultural project that addresses the theme of climate change focused on renewable energies.

The participants come from 6 different NGOs in 6 different countries: Portugal, Romania, Spain, Greece, Slovenia and Italy.

MAIN GOAL: Promoting the active participation and empowerment of young people through an intercultural project on climate change and renewable energies.

Dates


The Youth Exchange is going to happen in Lamego (Portugal) from 14th of November to 19th of November 2023, with 6 participants + 1 Group Leader from each organization. In total, there will be 42 participants!

Profile of the participants

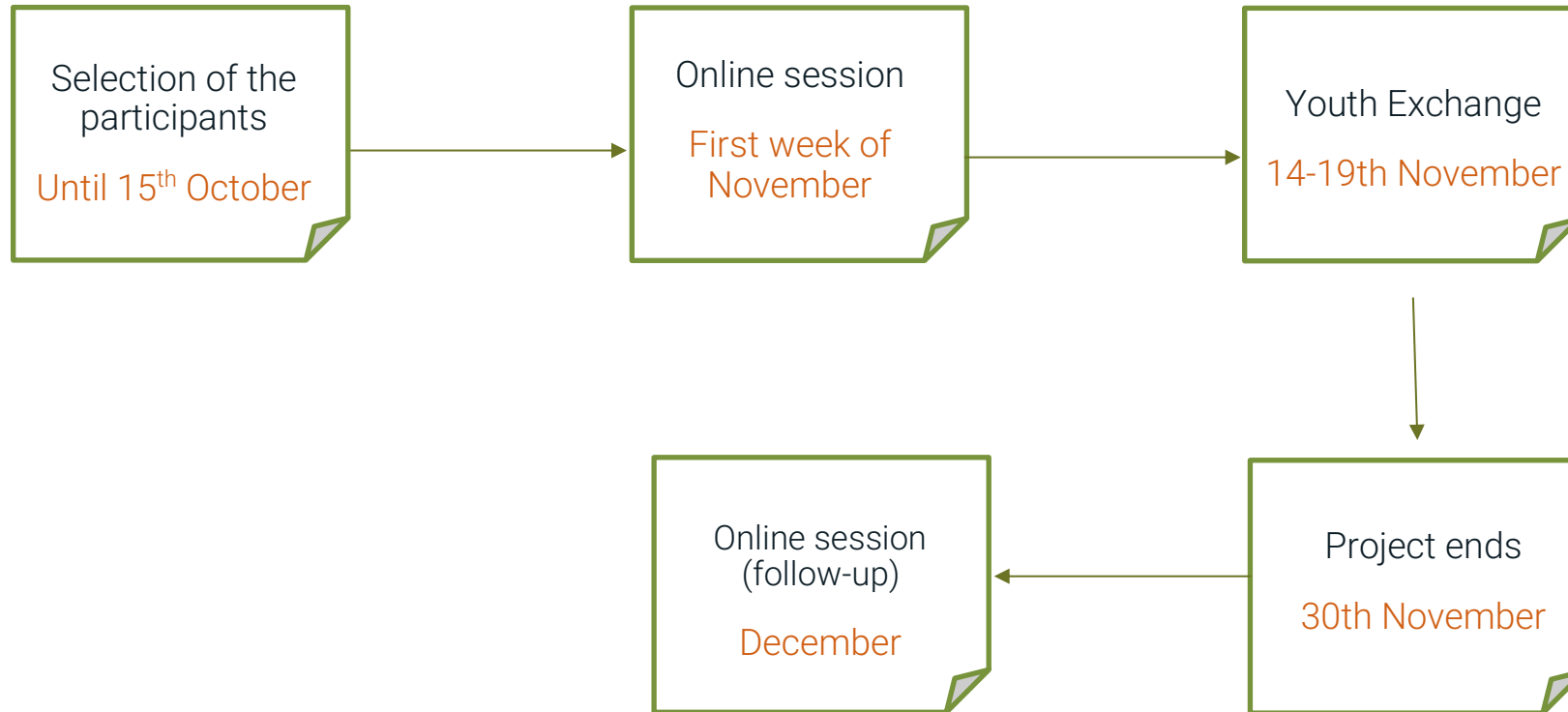
GROUP LEADER: Each country needs to have 1 Group Leader, and this person should be someone with 18 or more years. This person should also have:

- a high sense of responsibility, be used to deal with young people, social inclusion, diversity and culture;
- experience in working with non-formal education;
- knowledge of this Erasmus+ program and be sensitized about social exclusion, especially in young people.

PARTICIPANTS: Each country must choose 6 young people in total. They should:

- be from 16 to 30 years old;
 - be interested in this project's themes;
 - be a good communicator, have responsibility and proactivity and be interested in Erasmus+ programs and so recognize the value of being part of a project like this one.
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Planned Activities



NOTE: All of these activities are mandatory (even online) and we'll have attendance forms. Any absences will have to be justified in writing, signed by the person and the Group Leader.

Youth Exchange

November 13th	November 14th	November 15th	November 16th	November 17th	November 18th	November 19th	November 20th	
Arrival Day from 13th forward	<i>Breakfast</i>							Departure Day
	Presentation of participants and organizations, project and timetable	Renewable Energies Different types of energy generation	Phone Charger development	Water Energy and Cinema Session	Nuclear Energy	Youthpass and debriefing		
	<i>Morning Snack</i>							
	Reflection on the expected learning achievements 8 key competences	Energy efficiency Measures to make housing more environmentally friendly	Phone Charger development	Cinema Session	Dissemination plan	Group reflection		
	<i>Lunch</i>							
	Carbonic Footprint Discussion about its impact on the global warming	Energy efficiency exchanging ideas on what measures to take	Phone Charger development	Visit to the city	Cities and sustainable living	Evaluation		
	<i>Afternoon Snack</i>							
	Sustainability	Demonstration of the Energy + program	Phone Charger development	Free time	Cities and sustainable living	Free time		
	<i>Dinner</i>							

Accommodation and food

The participants will be staying in Hotel de S. Paulo, mostly in 3 bed rooms. More information here <http://www.hotelsaopaulo.pt/index.php>, the breakfast will be in this place. Coffee breaks, lunch and dinner will be in a different place probably next to the activities place, we will keep you updated regarding this. 😊

The activities place is a 10 minute walk from the hotel, so we recommend that you bring a raincoat and waterproof shoes in case of rain.

Traveling and time of arrival and departure

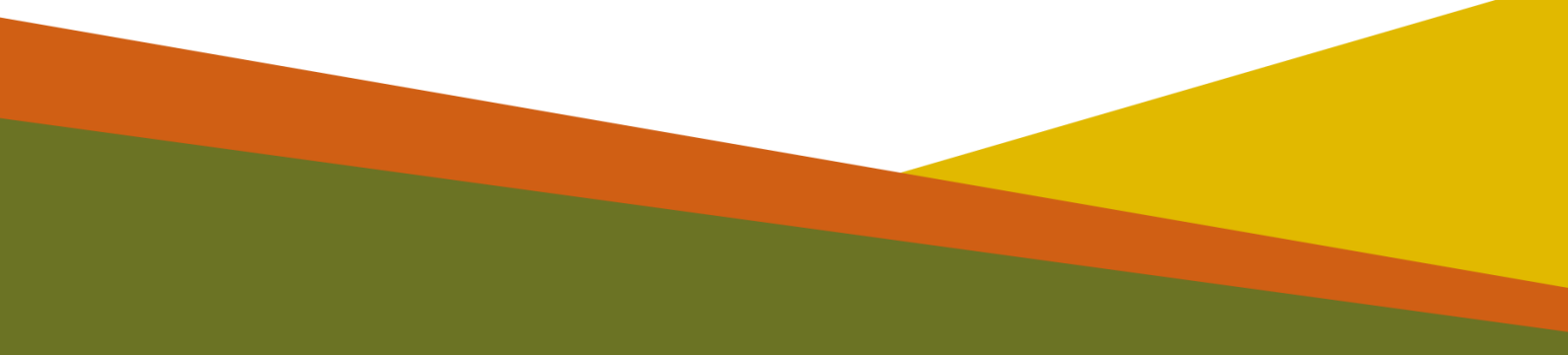
As you can see in the Planned Activities:

Exchange
Arriving: 13 th of November
Activities: from 14 th to 19 th of November
Departure: 20 th of November

The Porto (OPORTO) airport is the closest one to Lamego, so please land in this one. Please contact us (ordincea@gmail.com) with the whole planned itinerary, before buying any ticket. We have to approve the tickets, otherwise we might not reimburse the money you spent.

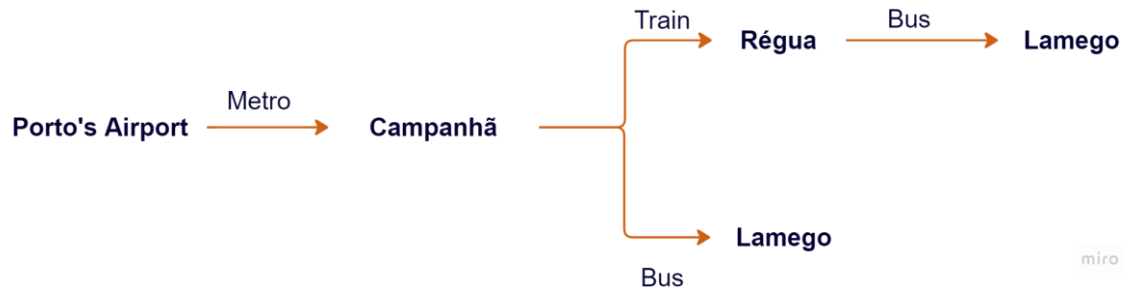
Green Travel

Traveling has a significant influence on the environment, which should make us think about more ecological solutions. Opting for Green Travel is a good opportunity to prioritize ecologically friendly means of transport, such as trains or buses, for the majority of your journey. If you want to embark on this way of traveling, reach out to us and/or your organization to help you in this. By embracing green travel practices, you can extend travel days reimbursements and even accommodations in cities where transport transitions are necessary.



Getting to Lamego


Here's a little diagram showing you two different ways to get to Lamego! in the sections below you can find the timetables and some more specific information about each means of transport.



METRO

1. Once you arrive at the airport, try to follow the directions to the subway station and search for this symbol:



2. Buy your ticket at the machines: choose the Z4 option (4 zones), for around 2,15€;
3. You'll take the  line towards TRINDADE. Get out at the SENHORA DA HORA stop (7 stops; +/- 14 min);

4. In SENHORA DA HORA you can take any of these lines to get off at CAMPANHÃ



towards CAMPANHÃ



towards FÂNZERES



towards ESTÁDIO DO DRAGÃO

(+/- 12 stops, 20 min)

5. You should get out in CAMPANHÃ, and follow the directions to the train station or to the bus station.

Official site of the Porto's metro: <https://en.metrodoporto.pt/>

Option 1: BUS

When in Campanhã go to the terminal intermodal of Campanhã, there you can go to the ticket offices and buy your ticket, or you can do it online. If you choose to buy online, don't forget to have your ID with you, you'll need to show it on the bus. Buy the tickets to Lamego, with the price 9,80€.
We highly recommend you buy the ticket in advance. The travel duration is between 2h to 3h.

Bus schedules for Lamego	Duration of the trip	Type of bus
10h00	2h55	Change bus in Viseu
10h30	2h05	Direct
11h30	3h00	Change bus in Viseu
13h	2h45	Change bus in Viseu
14h30	2h15	Change bus in Vila Real
15h00	3h25	Change bus in Viseu
17h15	3h45	Change bus in Viseu
17h30	2h40	Change bus in Vila Real
18h15	3h10	Change bus in Viseu
20h15	2h05	Direct
20h15	3h40	Change bus in Viseu

More information at: <https://rede-expressos.pt/en>

Option 2: TRAIN

When in CAMPANHÃ, go to the ticket offices or you can buy your ticket online. If you choose to buy online, don't forget to have your ID with you, you'll need to show it on the train. Buy the tickets to Régua, with the prices 8,95€ or 9,85€.
The travel duration is about 2h.

Train schedules for Régua	Duration of the trip	Type of train
07h25	1h51	IR
8h25	1h54	IR
09h25	1h46	IR
11h25	1H51	IR
13h25	1h49	IR
15h25	1h46	IR
17h25	1h46	IR
19h25	1h42	IR
22h25	2h	R

More information at: <https://www.cp.pt/passageiros/en>

When in RÉGUA go to the bus stop.

The bus stop is right in front of the train station, just keep going straight ahead and cross over to the other side of the road (don't forget to use the pedestrian crossing!). You'll see several buses stopped so just look for the one that says Lamego. You can buy your ticket on the bus, but it's important that you bring some money with you, the price of the ticket is €0.90.

Here's a little piece of advice: when you get on the bus, show the driver the stop you want to get off at in Lamego. Here you have two options: **Avenida 5 de Outubro** (the Hotel is right in front of the bus stop) ou **Central de Camionagem** (the Hotel is 10 min by feet)

The travel duration is about 30 min.

Bus schedules for Lamego	Arrive in Lamego at
7h16	7h55
8h01	8h35
8h31	9h05
9h31	10h05
11h16	11h50
12h06	12h40
13h31	14h05
15h31	16h05
17h26	18h00
18h21	18h43
19h41	20h15
21h31	22h05

More information at: <https://myinfo.4cloud.pt/IP/MotorBusca/rodonorte/Pesquisa.aspx?g=9>

BY CAR

If you want, you can take a taxi from the airport to Lamego, the trip will take around 1h30 and it will be approximately 140€. (Note: there are always some taxi drivers who don't do these kinds of longer journeys to other cities. We will only reimburse you for this trip if you are travelling in a group (minimum of 4 people) and if you don't have any other transport options, so please have this in mind)

WHEN IN Lamego...

To go to the Hotel S. Paulo, it will take you around 10 min by feet to get there.
The address is : Avenida 5 de Outubro 22-E, 5100-065 Lamego

<http://www.hotelsaopaulo.pt/>

Refunds

The travel reimburses will be based on real costs, considering the following limits (value per person):

	NORMAL TRAVEL	GREEN TRAVEL
SLOVENIA ITALY SPAIN	275€	320€
ROMANIA GREECE	360€	410€
PORTUGAL	23€	

NOTE: This value is the total value for the YE, so you should subtract the money you need for the other transports besides the airplane (if applicable). Subtract around 40-50€ to the total price in order to obtain the value for the flight.

Also, if you use the Green Travel, you can have +37€ per travel day (with a maximum of 4 days).

Contact us before buying any ticket, if you buy it without our approval, we might not reimburse the money you spent.

Important:

- The refunds will be made after the end of the YE. In order to do that, each person must keep every receipt (airplane, metro, bus and train) and send it to us (**ordincea@gmail.com**) or give them in hand. Without the receipts/tickets we won't be able to refund you.

Weather

In November, the weather is relatively cold. The average maximum is 13°C and the average minimum is 7°C. Sometimes the temperature can reach negative values, so bring warm clothes as well as waterproof jacket and footwear.

Contacts

Coordinator organization (ORDINCEA): ordincea@gmail.com

Emergency numbers in Portugal:

The 112 emergency number is an all-service number in Portugal like in other EU states, but if you have any non-urgent health issues you can also contact 808 24 24 24 (National Health Service).


About ORDINCEA

ORDINCEA, Duriense Organization for Inclusion, Culture and Artistic Education - Youth Association is a non-profit organization based in the Douro region of Lamego.

This organization was born in June 2021 and despite being young, has several teachers, educators and young artists who see themselves in this project as a platform for the development of artistic practice in communities, especially in inland areas and for young people with fewer opportunities, where this is scarcer.

ORDINCEA's general objectives are to promote the personal, interpersonal and social skills development and support social and community integration through interdisciplinary projects.

Promote education and cooperation for the sustainable development as well as equal opportunities regardless of gender, race or geographic location.



About Lamego

Lamego is a picturesque city located in the northern part of Portugal, in the Viseu District. It is known for its rich history, stunning landscapes, and cultural heritage.

Lamego has a history that dates to ancient times. It played a significant role during the Roman occupation of the Iberian Peninsula and was later conquered by various civilizations, including the Moors. Its historical importance is reflected in the architecture and monuments that can still be seen today.

Lamego is located near the renowned Douro wine region, which is famous for producing Port wine and other high-quality wines. The city serves as a gateway to the Douro Valley and its terraced vineyards, offering visitors a chance to explore this beautiful and historic wine-producing area.

Lamego is a city that offers a blend of history, culture, and natural beauty. Its religious sites, architecture, and connection to the Douro wine region make it a compelling destination for both history enthusiasts and wine lovers.



See You Soon!