



# INFOPACK

Youth Exchange

## LE POUVOIR DE LA JEUNESSE THE POWER OF YOU(TH)



EUROPE  
BERRY TOURAINE

Châtillon sur Indre - France  
26/02/2024 - 03/03/2024



propósito inadiável  
ASSOCIAÇÃO PARA COSTUMES FUTUROS

Castelo de Vide - Portugal  
21/04/2024 - 27/04/2024



Cofinancé par  
l'Union européenne

# YOUTH EXCHANGE

## LE POUVOIR DE LA JEUNESSE - THE POWER OF YOU(TH)

You are going to experiment an amazing experience!  
Youth exchanges where you have the power to demonstrate the living strength of youth, in favour of a more just, sustainable and peaceful world.

### It is based on 2 mobilities and one event:

**-1st exchange** in France: From Monday, February 26 to Sunday, March 3, 2024, in Châtillon-sur-Indre.

**-2nd exchange** in Portugal: From Sunday, April 21 to Saturday, April 27, 2024, in Castelo de Vide. (*On the occasion of the 50th anniversary of the Carnation Revolution*)

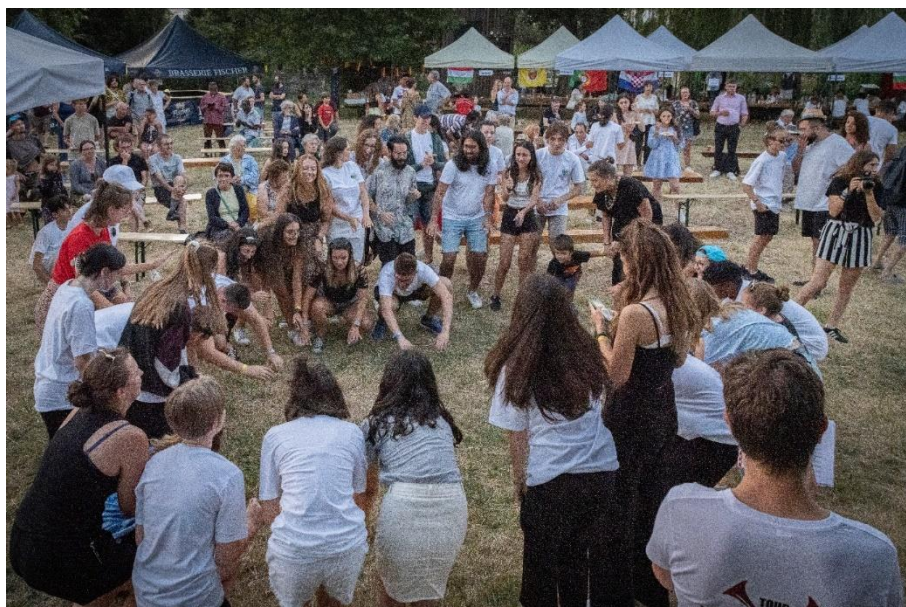
These exchanges will bring together a total of 41 young people from 6 countries of the European Union (France, Portugal, Greece, Spain, Northern Macedonia, and Bulgaria). Each one lasts 7 days including 2 days for travel.

The method is based on non-formal education, dialogue and intercultural exchange. Participants are invited to express themselves, to share their cultures and lifestyles, to exchange and confront their points of view while respecting the diversity of opinions, through a variety of activities (workshops, events, forums, etc.).

In its entirety, «The Power of Youth » project brings together 123 participants from 11 countries (France, Portugal, Greece, Spain, Northern Macedonia, Bulgaria, Lithuania, Germany, Latvia, Poland and Italy) over 5 mobilities.

You are all invited to validate your skills by putting them to the test together, in an

« **IMAGINE** » event, open to a wide public, from 8 to 15 July 2024 in the Centre-Val de Loire region of France. You'll be pooling your talents, imagination, enthusiasm, energy and creativity by leading a variety of activities (forums, film and video screenings, drawing, games, shows, etc.). Through this event, you will convey to a wide audience a magnificent message of hope for a better future by demonstrating the power of youth.



# GOALS

## THE FIRST MOBILITY aims to:

1) Mobilise, connect and empower participants, through a better understanding of:

- The European Union and other cultures;
- The challenges of the planet with the Sustainable Development Goals;
- Gender, equality, identity;
- Fundamental values and human rights.

2) Develop their communication skills, positive thinking, problem solving, critical thinking and participatory attitude.

## THE SECOND MOBILITY contributes to:

strengthening and validating their capacities and skills in the 7 themes that are involved in the 8 EU key competences, such as ; Critical thinking, creativity, initiative, Problem solving, Risk assessment, Decision-making and Constructive management of feelings.

## YOUTHPASS

During the « IMAGINE » event, you will officially receive your Youthpass certificate, which validates the skills you have acquired and confirms your participation in the project.

Youthpass promotes the recognition and validation of non-formal and informal learning in the field of European youth.

By attesting to experience that is highly valued by recruiters, it will be a valuable addition to your curriculum vitae and will be very useful in your search for an internship or a job.



« The future is not what will happen, but what we will do. »

## WHERE ?

1.



- Châtillon sur Indre - France

Châtillon-sur-Indre is a French commune located in the Indre department, in the Centre-Val de Loire region.



2.

- Castelo de Vide - Portugal.



Castelo de Vide is a municipality in Portugal, located in the district of Portalegre and the Alentejo region.



# WHAT TO BRING



## TICKETS

Please, bring all invoices and receipts of your tickets, where we will be able to find your first and last names, dates of the trip and price of the tickets. We also need your boarding passes. So please don't throw them away and be accurate and careful with your tickets.

We need all these documents.

Attention: any name change or cancellation by the participant will be the responsibility and paid by the participant.

## THE RIGHT CLOTHES, the weather

In France, in February, is cold (between 3°C and 7°C)

In Portugal, In April, is quite warm (between 9°C and 20°C)

In France, in July, is generally warm (20/21°C), it can also rain.

But evenings and mornings can be chilly.

We will walk a bit, so take some comfortable shoes.

Be prepared and check the weather forecast a couple of days before the YE.

For example, here: [www.weather.com](http://www.weather.com)

## INTERCULTURAL NIGHT

We will have the intercultural night open to guests !

For this purpose please bring your favourite national snacks, sweets, drinks, your traditional costumes and anything else you would like to present and share with the group like music, dances...

**HEALTH INSURANCE:** You must be in possession of your Valid European Health Insurance Card. We recommend that you take out travel insurance.

Take all personal medicines that you need. You are responsible for your own health.

**CASH :** France & Portugal use euro as currency.

Bring some Euro cash for your personal needs, as in Portugal, not all shops, cafes, transport means and other small services can accept credit cards.

## INFO OF YOUR NGO

For contact making activities bring prospects or any other promotional material of your organisation.

**TOWELS :** Please, bring your towels and cosmetic items.

## ELECTRICITY

Portugal has the 220-Volt AC with 2 pin electricity plug.

France has the 230-Volt AC with 2 pin electricity plug.

Make sure to bring your adaptors if necessary

**Bring your good mood, energy and motivation !**

# PREPARATION

We are looking forward to meeting you at “The Power of You(th)” in Châtillon sur Indre, France, and in Castello de Vide, Portugal, for the second part of our YE, very soon.

This project invites you to speak out, expressing your needs and ideas, and positioning yourself as agents of change for a fairer, more caring, sustainable and peaceful world.

You are invited to awaken your *raison d'être*: what gives your life its value and meaning, to open up the space of possibilities, with the conviction that nothing is immutable in this world, as long as we want to change it strongly enough and in sufficient numbers.

We ask all of you, to prepare some activities before to come in both YE. We will use them during our exchanges and take time to speak and develop about them.

## FOR THE FIRST MOBILITY IN CHÂTILLON SUR INDRE / FRANCE

You will be invited:

- 1) To present yourself in the form of your choice (family, studies, sports and hobbies, future plans
- 2) To reflect on the following questions by listing your answers
  - What would you like to achieve in your life?
  - What do you expect from your participation in this project?
  - What social issues are most important to you and those would you like to discuss with the other participants?

Each national team is invited to present its country and region in the form of a short game of its choice (quiz, Kahoot, riddles ...).

## FOR THE SECOND MOBILITY IN CASTELO DE VIDE / PORTUGAL

You will have to prepare a work that will be determined commonly during the first mobility.

Do not forget your national flag, and possibly some symbolic decorations of your country.

## FOR THE EVENT "IMAGINE" IN JULY

As soon as the trip to Portugal is over, each national group will work on its participation in the event. You will exchange all your ideas via the WhatsApp group to validate everyone's proposals together.

Two videoconferences will be organised in June to finalise the details, and from 8 to 11 July 2024 you will all meet in Loches to perfect the construction of your event which will take place from July 12 to 14, 2024.



## ACCOMMODATION

During the first YE in France, participants will be welcomed in the accommodation center located :

*29 rue de Bellevue  
36700 Châtillon sur Indre*



During the second YE in Portugal, participants will be welcomed in a youth hostel :



## RESPONSIBILITY

**Remember that you represent your sending organisation and your country.**

We expect you to act responsibly and respectfully towards:

- People, places and materials;
- The learning process;
- The laws and regulations of the host country.

## FOOD & ALLERGIES

If you have any dietary restrictions, please email us **20 days before the beginning** of the YE.

Let us know what your specific diet is. ( Vegan, vegetarian, without pork, ... )

It is not possible for us to manage allergies.

The participants concerned must be able to manage the problem themselves, and guard against the necessary drugs.

## WIFI

Please bear in mind that the WiFi is usually of a bad quality, especially when all connect together. As we now have free roaming in Europe, check with your mobile provider.

## A FEW WORDS FROM ...

Find useful words for the countries that will welcome you during these few days !



Hello / good morning

Thank you

Please

Good bye

Yes / No

Excuse me, Sorry

My name is

How are you ?

I don't feel well

I am fine

I am not well

See you soon

I am vegetarian

Water

Where are the bathrooms ?

I want to go ...

How much money is it ?

I understand

I don't understand

Bonjour

Merci

S'il vous plait

Au revoir

Oui/ Non

Excusez moi, pardon

Je m'appelle

Comment ça va ?

Je ne me sens pas bien

Ça va bien

Ça ne va pas

À bientôt

Je suis végétarien(ne)

Eau

Où sont les toilettes ?

Je voudrais aller ...

Combien ça coûte ?

Je comprends

Je ne comprends pas

Bom dia / Olá

Obrigada

Por favor

Tchau

Sim / não

Com licença, desculpe

Meu nome é...

Como você está ?

Eu não me sinto muito bem

estou bem

Eu não estou bem

Vejo você em breve

Eu sou vegetariano

Água

Onde estão os banheiros ?

Eu gostaria de sair ...

Quanto custa isso ?

Eu entendo

Eu não entendo





## CONTACT :

# EUROPE BERRY TOURAINE

EMAIL:

[europa\\_berry\\_touraine@gmail.com](mailto:europa_berry_touraine@gmail.com)

TELEPHONE :

+ 33 6 22 02 12 08

+ 33 6 50 61 00 07

+ 33 7 83 10 64 69

WEBSITE :

<https://www.europeberrytouraine.fr/>

FACEBOOK :

[https://www.facebook.com/europe\\_berry\\_touraine](https://www.facebook.com/europe_berry_touraine)

INSTAGRAM :

[https://www.instagram.com/europe\\_berry\\_touraine/](https://www.instagram.com/europe_berry_touraine/)

## COMMUNICATION :

**It is very important that all participants follow us now on our social networks:**

Site: <https://www.europeberrytouraine.fr/>

Facebook : [https://www.facebook.com/europe\\_berry\\_touraine](https://www.facebook.com/europe_berry_touraine)

Instagram : [https://www.instagram.com/europe\\_berry\\_touraine/](https://www.instagram.com/europe_berry_touraine/)

Youtube : [https://www.youtube.com/channel/UCn8XQFQ3\\_Y86Td1bczBd1omdA](https://www.youtube.com/channel/UCn8XQFQ3_Y86Td1bczBd1omdA)

**FOLLOW AND JOIN US !**

