

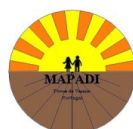
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PÓVOA DE VARZIM (PORTUGAL)

10 – 14 SEPTEMBER, 2018

MAPADI



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CONTEXT

The present society, in the developed countries that assume themselves as being at the forefront of respect for human rights and diversity, aspires not to cope with behaviors of exclusion or indifference in the face of intellectual difficulties. However, we have a large number of young people with disabilities in situations of social exclusion. As a strategy to combat social exclusion, it is common to see limited interventions for the social inclusion of people with special needs, who are unable to respond to the real needs or provide the opportunities that would bring change to their lives.

In this context, social responses are intended to be innovative, differentiating and generating impact for the disabled, for communities and for society. However, society lacks initiatives to train the disabled, structured with a view to autonomy and equality, breaking with the traditional concepts of welfare without value added and with no potential for full integration into society and the labor market.

PROBLEM AND OBJECTIVES

The key word of this project is the inclusion of young people with intellectual disabilities. At present, societies are faced with a large number of young people who, despite their intellectual limitations, are fit for the job market but are unemployed and without social responses. The resistance to entry into the labor market of people with intellectual disabilities is caused by the stigma of skills and intellectual ability that are perceived as limited and unproductive. Thus, through the training of young people with intellectual disabilities for employability and the development of skills in the context of work, we aim to provide a healthy learning environment and preparation for the world of work.

It is essential for all those involved in the project to provide the young people with disabilities and accompanying persons with the necessary skills to effectively manage and support diversity, thus contributing to a positive interaction with different inclusion groups, regardless of the ethnicity, abilities and disabilities, sexual orientation, color, socioeconomic status, education and linguistics. For the benefit of young people with

disabilities and their inclusion in society, it is fundamental to promote a positive response to diversity and to ensure that everyone can participate by betting on the recognition of the value of differences in behavior and life experiences.

In this context, the aim is to provide a safe and secure environment for learning and preparation for the world of work for young people with disabilities, promoting inclusion and diversity, employability, intercultural dialogue, respect for human rights and values of freedom.

The overall objective is to **enable young people with intellectual disabilities and the technicians accompanying these young people to employability and to develop skills in the work context.**

The specific objectives are:

- a) Promote access to employment opportunities for young people with disabilities;
- b) Access and experience employability and social inclusion practices through the insertion in the labor market of young people with intellectual disabilities;
- c) To acquire competences that makes young people more active in society and in the labor market;
- d) Increase the quality of training and youth work of the population with disabilities;
- e) To develop the knowledge of strategies oriented to the resolution of conflicts in a work context;
- f) To develop the sense of citizenship and European identity, offering the opportunity to create international contact networks.

ACTIVITES

We wil have 2 activites: **Advance Planning Visit (APV) and Youth Exchange (YE).**

- **ADVANCE PLANNING VISIT (APV)** - 24 to 25 of July of 2018 (plus 2 travel days).
- **YOUTH EXCHANGE (YE)** – 10 to 14 of September of 2018 (plus 2 travel days).

PARTICIPANTS

The participants of the project have to be young people with intellectual disabilities, with fewer opportunities and employability difficulties, aged between 16 and 30. The gender balance must be respected

The group leader and the staff members have to be, at least, 18 years old; be in tune with the problem, needs and objectives; capacity to carry out practices among young people with disabilities and to have knowledge in the NFE methodology so that the training of young people with intellectual disabilities and accompanying persons is effective and of quality, giving rise to the consolidation of new learning and skills. Fewer opportunities must be cultural, economic or social obstacles.

For de APV each organizations needs **1 group leader** plus **1 participant with intellectual disabilities** (with fewer opportunities and employability difficulties).

For the YE each organizations needs **1 group leader** plus **4 participant with intellectual disabilities** (with fewer opportunities and employability difficulties) plus **2 staff members** – total of 7.

PARTNERS OF THE PROJECT

The project **DIS'ABILITY'ES – YE** involve a partnership with 5 different countries organizations.

Organization	Country	Official Contact email
MAPADI	Portugal	dimas.pinto@gmail.com
Brno for you, z.s.	Czech Republic	andy@brnoforyou.cz
The Change is in You	Bulgaria	stanimir.chukov@gmail.com
Udruga Gluhih i Nagluhah Gradiska	Croatia	dianagrgat@yahoo.com
Jump In	Italy	selezionejumpin@hotmail.it





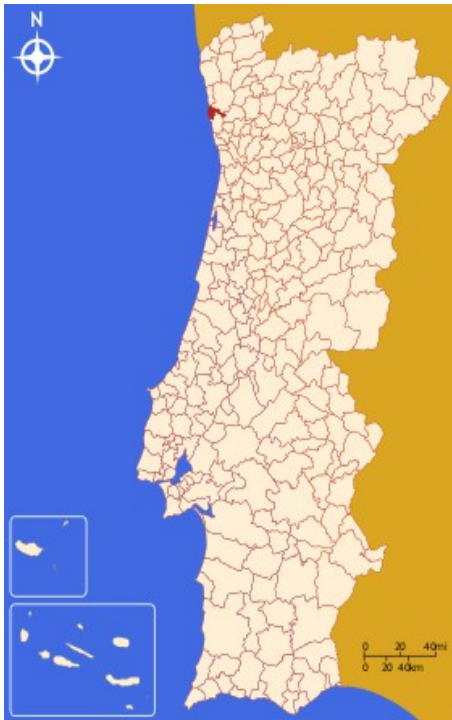
WHERE?

The project will take place in the beautiful city of Póvoa de Varzim.

Póvoa de Varzim is a Portuguese city in the North Region (sub-region of Greater Porto) situated on a sandy coastal plain, halfway between the Minho and Douro rivers. It is soothed by a municipality with 82,21 Km² of area and with 63 408 inhabitants (2011). It is the seventh largest urban agglomeration in Portugal and the third in the North.

Known by its great fishing community, it was around the eleventh century that the fishing industry and the fertile fields began to have a high significance in the local economy, driven later by the competence and wealth of its shipbuilders and sailors. By the seventeenth century, the fish processing industry had taken a new lease of life, and some time later, Póvoa became the dominant fishing port in northern Portugal. The city of Póvoa de Varzim is a recognized beach for three centuries, most popular in the North of Portugal, which established an influential littoral culture and sponsorship in music and theater. It is one of the few legal gaming areas in Portugal and has significant textile and food industries. The city maintains its own cultural identity, rich fishing cuisine and ancient traditions, such as poveiras acronyms, the agricultural technique of masseiras and fiestas.





TRANSPORTS

MAPADI assume the responsibility to secure the transports from Porto Airport (Oporto) to Póvoa de Varzim, and the opposite itinerary. According to the flight schedule, we will define a hour to pickup everybody in the airport. Near the arrival day we will send you the time and place to meet in the airport. In the departure day our association will provide the transport to the airport to all the partners.

All the moves in Póvoa de Varzim will be ensured as the transport from MAPADI, including to the meals location or the accomodation.

THE BUDGET

The partners will have to buy the trips to come to Portugal. The Erasmus + Program finances the project, but each trip will be paid up to the maximum amount, as described in the table below, which describes the cost per trip for the APV and EY.

BUDGET FOR THE TRIP TO APV

Type of Activity	Country of origin	Distance	Number of participant	Funding by Participant	Total Assignment
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			s		
APV	Portugal	0 – 99 Km	2	- €	- €
APV	Czech Republic	2000 – 2999 Km	2	360,00€ (round trip)	720,00€
APV	Bulgaria	2000 – 2999 Km	2	360,00€ (round trip)	720,00€
APV	Croatia	2000 – 2999 Km	2	360,00€ (round trip)	720,00€
APV	Italy	2000 – 2999 Km	2	360,00€ (round trip)	720,00€

For APV activity, 1 group leader and 1 young person with a disability from each partner.

BUDGET FOR THE TRIP TO YE

Type of Activity	Country of origin	Distance	Number of participant s	Funding by Participant	Total Assignment
YE	Portugal	0 – 99 Km	2	- €	- €
YE	Czech Republic	2000 – 2999 Km	7	360,00€ (round trip)	2 520,00€
YE	Bulgaria	2000 – 2999 Km	7	360,00€ (round trip)	2 520,00€
YE	Croatia	2000 – 2999 Km	7	360,00€ (round trip)	2 520,00€
YE	Italy	2000 – 2999 Km	7	360,00€ (round trip)	2 520,00€

For YE activity 1 group leader, 4 young people with a disability, and 2 monitoring people from each partner.

It is possible to purchase extra luggage for the participant with intellectual disabilities: **40,00€** per bag for each flight. Any exceptional expenses, outside the established budget are entirely borne by the partner

THE ACCOMMODATION AND FOOD

MAPADI is responsible for the place of accommodation. The participants of the project will be housed at the MAPADI pole in Terroso, and the transport there will be assured by our vans. Meals will also be provided by our institution, with a varied menu, with simple and delicious Portuguese food, respecting specific requirements of the participants. In the place of the activities, you will have snacks during the morning and the afternoon.

NOTE: If your participants have any specific need concerning to food please let us know instantly.

WHAT YOU WILL NEED?

For this exchange where is some advises:

- Bring clothes appropriated for this time of the year. Here we are in summer, but in this time of the the year can be wind;
- Some sports and swimming apparel, we will have some physical activities in this exchange;
- ID or passport;
- European health insurance card;

ACTIVITIES LOCATION

All the activities will take place in MAPADI headquarters or at the polo de Terroso and in the city of Póvoa de Varzim. MAPADI is a Private Institution of Social Solidarity, founded on November 6, 1976 with the purpose of providing support to children and young people with intellectual disabilities in the municipality of Póvoa de Varzim.

The mission of MAPADI is to promote the provision of quality services to people with intellectual disabilities in the municipality of Póvoa de Varzim, aiming at meeting their needs and expectations and promoting their quality of life. Mapadi's vision is to be an institution recognized and referenced in the scope of providing services of excellence to the person with intellectual disability.

ACTIVITIES TABLE

The activities table was formulated with the help of every partners. Until the day of the arrival if any partner as a new suggestion, can send us, and if everyone agree that activity can be added to schedule.

TIMETABLE OF THE ACTIVITIES FOR THE APV

ACTIVITY PROGRAMME FOR A YOUTH WORKER MOBILITY					
Venue		Duration			
City	Country	Start Date	End Date	Activity Duration (excluding travel days)	Travel days
Póvoa de varzim	Portugal	24/07/2018	25/07/2018	2	2
ACTIVITY PROGRAMME					
Timetable	Activities	Non – formal & informal learning methods used			
Day 1					
9:00 – 9:30	Breakfast				
9:30 – 10:00	Welcome: Reception and reception of participants	Group recognition			
10:00 – 10:30	APV Plan : Presentation of the plan of activities	Presentation, reflection and discussion of the PAV's plan of activities and joint decision-making			
10:30 – 11:00					
11:00 – 11:30	Coffee Break				
11:30 – 12:00	Preparation - Application Review	Analysis, reflection and group discussion of the candidate's activities. Activity to promote the review and awareness of the commitments made in the application for the detailed definition of the project activities.			
12:00 -12:30					
12:30 – 13:00					
13:00 – 13:30	Lunch				
13:30 – 14:00					
14:00 – 14:30					
14:30 – 15:00	Let's Work I: Detailed definition of the project	Activity to analyze, reflect and discuss the plan of activities in detail. Shared decision-making and exchange of experiences and knowledge. Sharing of expectations, contributions and fears inherent to the activity			
15:00 – 15:30					
15:30 – 16:00					
16:00 – 16:30	Let's Work II: Detailed definition of the logistic plan	Activity to analyze, reflect and discuss the logistic plan in detail. Shared decision-making and exchange of experiences and knowledge.			
16:30 – 17:00					

17:00 – 17:30	Coffee Break	
17:30 – 18:00	Let's Work III: Continuation of the detailed definition of the logistic plan. Definition of the security and protection plan.	Continuation of the activity to analyze, reflect and discuss the logistic plan. Shared decision-making and exchange of experiences and knowledge. Activity to analyze, reflect and discuss the security plan and protection to the detail. Reflection and discussion on the conduct of good practices and the creation of a safe and cohesive environment.
18:00 – 18:30		
18:30 – 19:00		
19:00 – 19:30	Free Time	
19:30 – 20:00	Free Time	
20:00 – 20:30	Dinner	
20:30 – 21:00	Dinner	
21:00 – 21:30	Get to Know – Póvoa de Varzim	Free time for participants to interact with the local community, learn about the culture and secrets of the city. Debate about curiosities of the city and customs.
21:30 – 22:00		
22:00 – 22:30		
22:30 -23:00	Self - Assessment	Individual reflection and conceptualization of the day.
Day 2		
9:00 – 9:30	Breakfast	
9:30 – 10:00	Let's Work IV: Detailed definition of communication and performance plan.	Activity to analyze, reflect and discuss the plan of communication and dissemination in detail. Joint decision-making and exchange of experiences and knowledge.
10:00 – 10:30		
10:30 – 11:00		
11:00 – 11:30	Coffee Break	
11:30 – 12:00	Let's Work V: Detailed definition of the financial plan	Activity to analyze, reflect and discuss the financial plan in detail. Shared decision-making and exchange of experiences and knowledge.
12:00 -12:30		
12:30 – 13:00	Lunch	
13:00 – 13:30		
13:30 – 14:00		
14:00 – 14:30		
14:30 – 15:00		
15:00 – 15:30	Youth Exchange Spaces: Visit to the spaces provided for the exchange	Visiting the spaces that will be used during the exchange of young people, namely the accommodation, places of activity and materials available, the place of feeding and the necessary internal transport. Space analysis at the level of flexibility, comfort, mobility and natural light.
15:30 – 16:00		
16:00 – 16:30		
16:30 – 17:00	Coffee Break	
17:00 – 17:30	Youth Exchange Spaces: Visit to the spaces provided	Visiting the spaces that will be used during the exchange of young people, namely the
17:30 – 18:00		

18:00 – 18:30		
18:30 – 19:00	for the exchange	accommodation, places of activity and materials available, the place of feeding and the necessary
19:00 – 19:30	Evaluation	Assessment and reflection on individual and collective learning through the analysis of learning goals. Completion of an activity evaluation checklist. Group and individual reflection on the potential of the activity in the development of skills and in the creation of new forms of learning.
19:30 – 20:00		
20:00 – 20:30	Dinner	
20:30 – 21:00		
21:00 – 21:30		
21:30 – 22:00	Get to Know – Póvoa de Varzim	Free time for interaction with the local community, get to know the culture and secrets of the city. Sharing experiences and cultural curiosities about participating countries.
22:00 – 22:30		
22:30 -23:00	Self - Assessment	Individual reflection and concetualization of the day.

TIMETABLE OF THE ACTIVITIES FOR THE YOUTH EXCHANGE (YE)

ACTIVITY PROGRAMME FOR A YOUTH WORKER MOBILITY					
Venue		Duration			
City	Country	Start Date	End Date	Activity Duration (excluding travel days)	Travel days
Póvoa de varzim	Portugal	10/09/2018	14/09/2018	5	2
ACTIVITY PROGRAMME					
Timetable	Activities	Non – formal & informal learning methods used			
Day 1					
9:00 – 9:30	Breakfast				
9:30 – 10:00	Welcome: Reception of participants to Mapadi				
10:00 – 10:30	Ice breakers & Get to Know: development of group spirit	Activities to promote participants' proactive behaviors by creating a safe and comfortable environment of proximity among participants, knowledge of themselves and other participants.			
10:30 – 11:00					
11:00 – 11:30	Coffee Break				

11:30 – 12:00	Project Briefing - Presentation of the project, scope and objectives, expected results, plan of activities, of dematerialization, logistics and conduct and security	Dynamic exposure of the program, focusing on KA1 and project actions. Introduction to Youthpass and the eight key competencies. Reflection and debate on the code of conduct, social values and diversity
12:00 -12:30		
12:30 – 13:00		
13:00 – 13:30	Lunch	
13:30 – 14:00		
14:00 – 14:30		
14:30 – 15:00	Group Discussion	Reflection and discussion, in group, on the presentation of the project. Recognition of the potentialities of the same, of the benefits, of the participation and the development of competences that will consult
15:00 – 15:30		
15:30 – 16:00	Group Spirit	Get to know activity to promote proximity among participants and create a safe and familiar environment for learning
16:00 – 16:30		
16:30 – 17:00	Coffee Break	
17:00 – 17:30	Multicultural Dynamic	Dinamica to promote discovery and reflection on new cultures, habits and lifestyles. Discussion and debate on cultural differences and how to promote strategies for social inclusion and cultural diversity
17:30 – 18:00		
18:00 – 18:30		
18:30 – 19:00	Individual Reflection	Individual reflection on learning through guiding topics
19:00 – 19:30	Group Reflection	Collective reflection on learning, through guiding topics, sharing of opinions and feelings
19:30 – 20:00	Dinner	
20:00 – 20:30		
20:30 – 21:00		
21:00 – 21:30	Get to Know – Póvoa de Varzim	Free time for participants to interact with the local community, learn about the culture and secrets of the city.
21:30 – 22:00		
22:00 – 22:30		
22:30 -23:00	Self - Assessment	Individual reflection and concetualization of the day.
Day 2		
9:00 – 9:30	Breakfast	
9:30 – 10:00	Ice breakers & Group Spirit	Team building activity to promote closeness among participants, proactive behavior and create a safe and family environment for individual and group learning
10:00 – 10:30		
10:30 – 11:00		
11:00 – 11:30	Coffee Break	

11:30 – 12:00	Inclusion & Diversity	Dynamics to promote the analysis, reflection and discussion on the topics of inclusion and diversity. Sharing experiences and knowledge among peers. Discussion and reflection, in a group, about the social inclusion needs of the disabled population.
12:00 -12:30		
12:30 – 13:00		
13:00 – 13:30	Lunch	
13:30 – 14:00		
14:00 – 14:30		
14:30 – 15:00	Learn in Group	Awareness of one's own learning, development of catalytic learning methods, definition of the best personal and group learning strategies. Introduction of NFE methodology.
15:00 – 15:30		
15:30 – 16:00		
16:00 – 16:30	Coffee Break	
16:30 – 17:00	Energizer	Activities to promote proactive behavior of participants
17:00 – 17:30	Disabilities	Dynamics to promote analysis, reflection and discussion on the topics inherent to deficiency. Topics such as equal opportunities, self-esteem, skills and competencies, differentiation and human rights. Sharing experiences and knowledge among peers.
17:30 – 18:00		
18:00 – 18:30		
18:30 – 19:00	Individual Reflection	Individual reflection on learning through guiding topics
19:00 – 19:30	Group Reflection	Collective reflection on learning, through guiding topics, sharing of opinions and feelings
19:30 – 20:00	Dinner	
20:00 – 20:30		
20:30 – 21:00		
21:00 – 21:30	Get to Know – Póvoa de Varzim	Free time for interaction with the local community.
21:30 – 22:00		
22:00 – 22:30	Self - Assessment	Individual reflection and concetualization of the day.
22:30 -23:00		
Day 3		
9:00 – 9:30	Breakfast	
9:30 – 10:00	What do you Think?	Interaction with the community and organizations of the city. Preparation of activities and what is intended to work in close proximity to the community. Sharing expectations about the results to be achieved.
10:00 – 10:30		
10:30 – 11:00		
11:00 – 11:30	Coffee Break	
11:30 – 12:00	What do you Think?	Interaction with the community and organizations in

12:00 -12:30		the city. Confronted with ideas and opinions of the local community about youth employability with disabilities.
12:30 – 13:00		
13:00 – 13:30	Lunch	
13:30 – 14:00		
14:00 – 14:30		
14:30 – 15:00		
15:00 – 15:30	I Think	Presentation, reflection and discussion about the activity of interaction with the community and organizations of the city. Confronting ideas and opinions of the local community about the employability of young people with disabilities. Sharing expectations about the results to be achieved.
15:30 – 16:00		
16:00 – 16:30		
16:00 – 16:30	Coffee Break	
16:30 – 17:00	Learn in Group	Reflection and discussion of methods used in NFE learning. Reflection on problems with the community and how the methodology of NFE can create effective intervention mechanisms for young people with disabilities.
17:00 – 17:30		
17:30 – 18:00		
18:00 – 18:30	Individual Reflection	Individual reflection on learning through guiding topics
18:30 – 19:00	Group Reflection	Collective reflection on learning, through guiding topics, sharing of opinions and feelings
19:00 – 19:30	Free-time	
19:30 – 20:00	Dinner	
20:00 – 20:30		
20:30 – 21:00		
21:00 – 21:30		
21:30 – 22:00		
22:00 – 22:30	Self - Assessment	Individual reflection and concetualization of the day. Individual reflection on participation in the activity.
Day 4		
9:00 – 9:30	Breakfast	
9:30 – 10:00	Ice breakers & Group Spirit	Group dynamics to promote closeness among participants, proactive behaviors and create a safe and family environment for individual and group learning.
10:00 – 10:30		
10:30 – 11:00		
11:00 – 11:30	Coffee Break	
11:30 – 12:00	Employability	Dynamics to promote analysis, reflection and discussion on the topics of employability, barriers to
12:00 -12:30		

12:30 – 13:00		entry into the job market, opportunities and fears
13:00 – 13:30	Lunch	
13:30 – 14:00		
14:00 – 14:30		
14:30 – 15:00	We Work	Visit and confrontation with the reality of the labor market. Promotion of existing good practices, contact with entrepreneurs, young people with disabilities employed and active and sharing of experiences and knowledge. Development of strategies aimed at promoting the social inclusion of young people with disabilities, both in society and in the labor market.
15:00 – 15:30		
15:30 – 16:00		
16:00 – 16:30		
16:30 – 17:00	Coffee Break	
17:00 – 17:30	We Work	Analysis, reflection and discussion of lived practices and experiences, with the aim of developing competences in the context of work, conflict resolution and attitudes / behaviors that should be adopted.
17:30 – 18:00		
18:00 – 18:30		
18:30 – 19:00	Individual Reflection	Individual reflection on learning through guiding topics
19:00 – 19:30	Group Reflection	Collective reflection on learning, through guiding topics, sharing of opinions and feelings
19:30 – 20:00	Intercultural Dinner	
20:00 – 20:30		
20:30 – 21:00		
21:00 – 21:30	Get to Know – Póvoa de Varzim	Free time for interaction with the local community.
21:30 – 22:00		
22:00 – 22:30	Self - Assessment	Individual reflection and concetualization of the day.
22:30 -23:00		
Day 5		
9:00 – 9:30	Breakfast	
9:30 – 10:00	Group Spirit	Group reflection on the activity of the previous day and on personal learning and learning goals.
10:00 – 10:30		
10:30 – 11:00		
11:00 – 11:30	Coffee Break	
11:30 – 12:00	Values	Dynamics to promote analysis, reflection and discussion about social values (freedom, tolerance, solidarity, democracy, friendship, companionship and radicalization of violence). Sharing experiences and
12:00 -12:30		
12:30 – 13:00		

13:00 – 13:30		knowledge.
13:30 – 14:00	Lunch	
14:00 – 14:30		
14:30 – 15:00	Youthpass	Reflection, discussion and fulfillment of the competences developed throughout the project in the platform Youthpass.
15:00 – 15:30		
15:30 – 16:00		
16:00 – 16:30	Coffe Break	
16:30 – 17:00	Assessment & Debriefing	Individual and collective reflection on learning and awareness of competencies and knowledge acquired through guiding topics. Sharing opinions and feelings
17:00 – 17:30		
17:30 – 18:00	Evaluation	Assessment and reflection on individual and collective learning through the analysis of learning goals. Sharing feelings and ambitions, contributing with suggestions for improvement in the future. Completion of evaluation questionnaire.
18:00 – 18:30		
18:30 – 19:00		
19:00 – 19:30	Youthpass Event	Delivery of certificates of Youthpass competences and contribution of personal testimonies.
19:30 – 20:00	Farewell Dinner	
20:00 – 20:30		
20:30 – 21:00		
21:00 – 21:30	Goodbye Ceremony	
21:30 – 22:00	Get Together	Farewell and interaction with participants.
22:00 – 22:30	Free-Time	

CONTACTS

If you need clarification of any doubt, you have at your disposal the following contacts:

- dimas.pinto@gmail.com - Member of the Mapadi leadership;
- helenacastro@mapadi.pt - Psychologist / Mapadi Professional Training Coordinator;
- rutsil22@gmail.com – Group leader of the project



