



*A gap in Europe*  
**PARTICIPANTS  
 HANDBOOK**  
**APV MEETING**  
**12-15 NOVEMBER 2021**

**THE ORGANIZERS :: MOJU**




The Association - Movimento Juvenil em Olhão uses the abbreviation MOJU. It was founded on the 16th October 2007 in Olhão, Portugal. MOJU is a youth association that works at a local level, is non-profit making, and independent of all political, syndicalism or religious affiliation.

**MOJU'S AIMS**

- To encourage active youth participation in society, directly or indirectly;
- To develop (inter) cultural, educational, social, sportive, recreational and environmental activities aimed at the overall development of young people in Olhão's municipality;
- To promote discussion and dissemination of information about the needs and aspirations of Olhão's municipality youth, to contribute to the development and implementation of appropriate local policies;
- To collaborate with public and private, national and international entities, aiming the development and implementation of the objectives described above.

MOJU is a Sending, Hosting and Coordinating Organization of EVS accredited by the Portuguese National Agency for Erasmus+. MOJU has developed several European voluntary projects, training courses, and youth exchanges. All of them helped to create bonds with the young people of our city, exchange of experiences, languages, and activities of mutual learning and cooperation.

**THE PARTNERS**

-  MANO EUROPA
-  INICIATIVA PERIFERIA
-  CENTAR ZA SOCIJALNE INOVACIJE CENTRIFUGA
-  NEOLEA GIA ANTALAGI KAI KATANOISI
-  BRNO FOR YOU
-  YOUTH ON BOARD
-  ASSOCIATION POUR L'ACCOMPAGNEMENT DES ACTIONS DE MOBILITÉ INTERNATIONALE

**THE PROJECT**

Nowadays, youth unemployment is a hot topic that everyone is talking and working on to lower the statistics, however, people forget that some of the reasons why young people are unemployed are because they haven't got the opportunity to learn and improve the soft skills that many employers are looking for in the applicants, in the past few years, and in addition to compare and take benefit of the 8 New Competences of the Youthpass. In our organization and in the general community, we recognize that this lack of opportunities is a big influence on youngsters' daily choices, which many times, bring them to a point where they feel depressed.

We want to connect the topic of Youth Unemployment with mental health, as we acknowledge that this is an important factor in the process of going through their adolescence with all the choices they have to make and changes they have to adapt.

Our society is not keeping up with the new generations and many times families and friends tend to put a lot of pressure on the teenagers who are finishing or finished highschool and aren't sure what they want to do next.

The aim of these Youth Exchange is to provide guidance to young people who are lost in this pressured period and don't know where to start by showing them all the opportunities that the European Union has for them and also capacitate them with tools in order for to understand how they can transform their interests into goals for the future and end it with a group of teenagers who are prepared to face their future decisions, from a psychological and practical perspective.

**THE PARTICIPANTS**

For this project, each sending organization should send one youth leader (aged 25-30) and one participant (aged 15-20).

We are looking for NEETs - young people not in Education, Employment, or Training, who wish to acquire the soft skills necessary for a successful job search and career-building path.

**ENROLMENT**

Enrolment is open until November 1st. Follow the link to the enrolment form.

<https://forms.gle/tR6JvBASRJ7qG7ka6>

## WHERE TO GO AND HOW?



### ARRIVING AT LISBON AIRPORT

Upon arrival, take the **RED** metro line just outside the airport, ride for three stops and exit at **ORIENTE** station. This is the biggest bus and train station in Lisbon from where you can easily catch your transportation to Olhão. Metro ticket can be bought via vending machines (2€).

In Oriente, you have two options: either go by train or by bus.

### BUS

In case you want to take the bus, you will have to buy the Rede Expressos ticket. You can either buy the direct trip to Olhão, or the trip to Faro. If you decide to buy Lisbon-Faro, please follow the instructions below "Arriving at Faro Airport".

### LISBON-OLHÃO TIMETABLES

### TRAIN

In case you take the train, you will have to swap in Faro. Get out of your train (either Intercidades or Alfa) and get on the Regional - Vila Real de Santo António. Ride for two stops, and get out in Olhão.

### LISBON-OLHÃO TIMETABLES



### ARRIVING AT FARO AIRPORT

Upon arrival at Faro airport, take a bus/shuttle (Próximo) from the airport to Faro bus station (Linha 14).

To get from Faro to Olhão, you can either get on a bus to Olhão (3,30€), or you can walk 2min to the train station, catch the train to Vila Real de Santo António (1,50€) and get out in Olhão (2 stops).

### PRÓXIMO BUS - LINHA 14 TIMETABLES



### ARRIVING AT OLHÃO

When you arrive at the train station in Olhão, head to the OceanOasis Hostel - it's 10 minutes by foot. We'll be waiting there for you!

#### NEED HELP?

DON'T PANIC. CALL OUR ORGANIZER

Daniela +351 931 305 377

## ACOMMODATION :: OCEANOASIS HOSTEL

- The participants will be accommodated in bedrooms divided by gender. The bedrooms have bunk beds (please don't fall).
- The facilities have shampoo, soap, shower gel, towels and bedding.

**ADDRESS** :: Rua Alexandre Braga n.º1, 8700-360 Olhão

**WEBSITE** :: <https://oceanoisishostel.com/>

**CONTACTS** :: +351 289 057 650

+351 932 687 405

+351 938 069 322



## TRAVELLING WITH MINORS

*In addition to their own valid passport or ID card, all children travelling with adults who are not their legal guardian may need an extra (official) document signed by their parents, second parent or legal guardian(s) authorising them to travel.*

*There are no EU rules on this matter, each EU country decides if it requires the child to have an official authorisation from their parent(s) or guardian. Check, before the child travels, the requirements of the country you are travelling both to and from.*

*- In europa.eu*

Each sending organization is responsible for their minor participants paperwork regarding travelling and participation authorization by their legal guardians.. Please, make sure you obtain the parents or legal guardians' full, indisputable consent for their travelling and participation on the project.

MOJU requires a copy of this authorization to be sent along with the participation documentation, as well as the signed Zero Tolerance Protocol sent attached, to [international@mojuolhao.com](mailto:international@mojuolhao.com)

## PRACTICALITIES AND FINANCES



### SPECIAL NEEDS

Organizing team will provide all of your special needs you mentioned in the enrollment form (vegetarian, halal food etc.), but if you have to take any medicine, please provide them before your arrival in order to avoid possible problems.



### WEATHER IN ALGARVE

Algarve is Portugal's hottest region. Our temperatures almost never reach the negatives, even in the Winter. In November, maximum temperatures are going to be around 19°C to 23°C, and minimum temperatures from 10°C to 13 degrees.



### INSURANCE

Please keep in mind that you are self-responsible for insurance (illness, personal liability, cancellation, theft, etc.). The organization will take no responsibility, but we will do all in our power to provide you safe and comfortable environment for learning.



### CURRENCY

Portugal is an EU member state since 1986 and adopted euro as its official national currency in 2002. If your country hasn't adopted the euro, don't forget to exchange your currency!



### LANGUAGE

The local language is Portuguese. With approximately 215 to 220 million native speakers and 260 million total speakers, Portuguese is usually listed as the sixth most natively spoken language in the world!

Approximately 32% of Portuguese people can speak and understand English, while 24% can speak and understand French, most of the Portuguese understand Spanish; so if you know any out of these three languages, you will not have any difficulties in communicating with locals.

#### TIP!

Even if you're talking with the locals in Spanish, thank them with the Portuguese "obrigado" or "obrigada" (depending on your gender), not the Spanish "gracias"! (They'll like you way more.)

## REIMBURSEMENTS

MOJU will cover all costs related to **accommodation, food and visa**.

Travel costs will be reimbursed up to the stipulated values, based on original tickets and receipts, from the resident country.

**Sending organizations are responsible for reimbursement procedures regarding their participants.** All reimbursements will be done only by bank transfer and to the sending organizations, which then will distribute the correct amounts to each participant.

The reimbursement will be done in EUR, regardless of the currency indicated on the receipts. Any ticket purchased in a local currency other than EUR will then be converted and calculated according to the exchange rate of the month the purchase was made, given by the European Commission.

Sending organizations have 1 month after the event to send us the receipts and the reimbursement form signed by each participant. The sending organization should scan all the documents, e-mail them to [international@mojuolhao.com](mailto:international@mojuolhao.com) and post all original versions of the documents to MOJU:

**MOJU - Associação Movimento Juvenil em Olhão**  
Apartado 400EC, 8701-913 Olhão, Portugal

### THE PARTICIPANTS ARE OBLIGED TO

- Attend ALL the sessions. You will not be reimbursed if you are not present in sessions unless you have some really good reasons, communicated beforehand with the organizers.
- Have receipts of the flight tickets, flight invoices, boarding passes, visa costs, bus/train tickets or any other tickets and invoices regarding your trips in the project.
- Fill in their final reimbursement form (adding ALL needed information; invoice numbers, costs, travel description etc).
- Give your sending organization all the documents immediately as you arrive home.

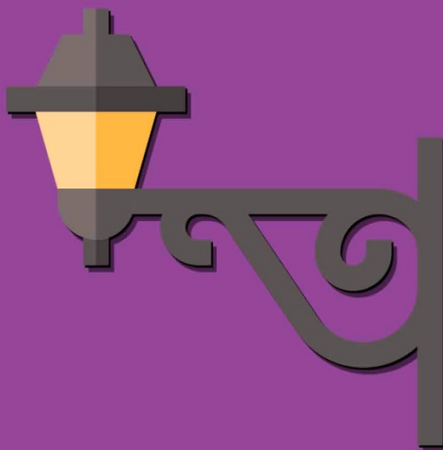


## TRAVEL COSTS LIMITS BY COUNTRY (BY PARTICIPANT)

<b>LITHUANIA</b>	530 euros
<b>FRANCE</b>	275 euros
<b>NORTH MACEDONIA</b>	360 euros
<b>CZECH REPUBLIC</b>	360 euros
<b>CYPRUS</b>	530 euros
<b>SERBIA</b>	360 euros
<b>SPAIN</b>	275 euros

## WHAT TO BRING WITH YOU

- All travel documents and invoices.
- Food from your culture if you wish to cook and share with other participants. **PLEASE** do not bring any alcoholic beverages, as we will have minors in our group. **Sharing alcoholic beverages with minors is punishable by the Portuguese law, and it will not be tolerated.**
- You can also bring some traditional games to spend free time.
- Any medicine that you might need during your stay in Portugal.
- Comfortable shoes and clothes.
- Inspiration, innovation, creativity and a lot of positive energy!



*Bem-vindos a  
Portugal!*

