



UP THE MOUNTAIN

SPORTS FOR LIFE

PT-KA-105-3279CBA5

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With the conjunction of creativity, social spirit and obviously sports, the Youth Exchange “Up The Mountain – Sports for life” has as main objective the creation of solution-makers, promote initiative and a more active role in society of our European youth generation.

In this way, the project is developed to promote the skills and methods to overcome inequalities and at the same time to gain new competences through different fields. We intend to make an impact at a personal level, giving them the tools to increase their soft skills and disseminate it on their own cities and turn them active and alive, being actively cooperative to their community.

The activities are always arranged in a non-formal learning perspective, participatory methodologies that enable participants to learn in a practical and reflective way.

This Youth Exchange also proposes the development of civic, social, creativity and teamwork skills among young Europeans of different nationalities and different cultures.

With extensive experience in sports by this associations, it considers that this youth exchange is the possibility to share these experiences and methods.

The importance of sharing information and education among participants of different realities and scenarios, as well as the exchange of experiences among the partner associations should be mentioned.

Youth Exchange

4 participants + 1 team leader (per national team)

1st to 10th August 2019

*(Travel days included)

Travel Costs

Centro Cultural e Desportivo Estrela do Zêzere de Boidobra (Portugal)	0€
Bulsport (Bulgary)	360€
ADEL Slovakia (Slovakia)	360€
Associazione Studenti per la Città (Italy)	275€
Stowarzyszenie Inicjatyw Regionalnych (Poland)	360€

*(Travel costs will be reimbursed according to the distance calculator and the Erasmus+ Rules)



The Estrela do Zêzere cultural and sports center is an association founded on 17th 1968. The first appointment was the Popular Center for Labor Stars of Zêzere CPT nº 179 enrolled in the FNAT since January 17, 1968 and as a Public Utility Institution since 18 February 2005.

Estrela do Zêzere is a sports community based in the village of Boidobra, not far from the city of Covilhã. Its name comes from the natural landscape that surrounds it, near the Serra da Estrela and of the Zêzere River. is one of the most important institutions of its land.

The activities are not sports, but also cultural and social. is composed of seven modalities.

Senior Football Player, Table Football, Arrow Set, Jiu Jitsu, Mini Table Tennis Basket (M / F) and Gymnastics of Maintenance.

At the moment, it has about 60 years and activities from 6 to 30 years. CCD Estrela do Zêzere has participated in several project initiatives.

Find us on:



<https://www.facebook.com/CCD-Estrela-do-zezere-boidobra>

How to get to Portugal & Covilhã?



MEETING POINT:

COVILHÃ - 17H00 1ST AUGUST 2019

We will have a private bus between Covilhã and the Accomodation.

Suggestion:

To get to Covilhã we have the cheap suggestion that will make you meet the meeting point at right time.

Train: Lisboa Oriente - Covilhã - At 13h23 | 1st August '19

TICKETS: <https://www.cp.pt/passageiros/pt/comprar-bilhetes>

Train: Covilhã - Lisboa Oriente - At 7h53 - arriving Lisbon 11h13 | 10th August '19

TICKETS: <https://www.cp.pt/passageiros/pt/comprar-bilhetes>

P.S. Search for flights after 14h00 | 10th August

Each Organization should prepare a presentation about their country and city/village (traditions, habits, curiosities...) as well as a presentation about their organization. This presentation should be dynamic and creative, and trying to involve the whole group.

For this activity there is no limit for imagination and creativity.

- For the Intercultural Night you should bring some traditional snacks and drinks, and prepare an explanation about them.

You should bring with you all the tickets and boardings concerning your travel costs, these documents are **VERY IMPORTANT FOR THE REIMBURSEMENT** (explained in the next page).

- Since one of our activities will be a workshop called (Discover other Worlds, and this activity will be run by all the organizations) you should prepare a presentation about this topic in your countries or community.

Your task during the exchange:

- o Presentation of your country and your organization.
- o Information about the situation of your country on the main topic.
- o Traditional foods and drinks for the cultural night.
- o Flag of your country would be great.

Reimbursement of the Travel Expenses: According to Erasmus + rules.

Cultural Night

Don't forget to bring some traditional music for the intercultural evenings. We will have one cultural night per country where you can expose your customs, traditional dances and culture.

Please !!! All the teams must prepare some presentation of your country in a creative way (try to avoid PowerPoint and movies from tourist agencies). We hope, that your culture means you something more than national food and drinks. Also bring the flag of your country. It would be nice if you bring also some small souvenirs with you (costs are not covered).

Important Regardings:

Bathing Clothes because we are predicting aquatic activities;
Sports Clothes, is a sports project!!
Happiness and team spirit.

“Up the Mountain - Sports for Life” Youth Exchange Project is implemented with financial support from the European Commission and the ERASMUS + Programme. Accommodation, food, as well as activities costs will be covered from the project budget. It is recommendable to get travel insurance but it will not be covered by the project budget.

Travel expenses will be covered after collecting travel documents on good condition that the participants use the cheapest ways of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets. Private cars, Taxi and first class tickets will not be reimbursed.

Please keep the boarding passes from your airport check-in as well. Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase:

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Note!!! Please make the copies (better scan or take photographs) of your tickets and invoices before coming to Portugal and send us all your travel documents to this email address: upthemountainproject@gmail.com, as soon as you buy them. If you have tickets and invoice, make sure that you e-mailed copies of both.

You can't buy any air ticket or any travel cost without authorization from the organization. If this happens, it will not be refund no amount of money to these participants. Deadline day 30th May.

All participants must consult with the organizers on prices & routes (please contact upthemountainproject@gmail.com), before buying any tickets.

For the reimbursement of the money, you have to bring us all these original documents:

- invoices,
- e-tickets,
- proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)
- original boarding passes

We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes before coming to Portugal, without having to send it to us by post mail when you will return home. Of course, if for your airline company is not possible to perform it, you still need to send us the boarding passes by post mail after the project.

Of course, if you want you can stay 1-2 days before/after the project in order to visit us, our Capital city, but you have to pay by yourself for those extra days.

Accommodation



Covilhã is a city in the center of Portugal, in the interior part of the country near to Serra da Estrela where is the accommodation.

Participants will stay in Pousada da Serra da Estrela, you can see more about it, in the following link and in the following pictures.

Participants will be divided in dormitories for 8 people, divided by gender.

Accommodation, local transportation and other activity costs are covered by the hosting organization only during the project's dates (the 1st to 10th AUGUST of 2019).



Find us on:

<https://pousadasjuventude.pt/en/youth-hostels/serradaestrela/>

Project Team



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Emergency Contacts

Police | Fire Department | Ambulance 112
Covilhã Hospital 275 330 000