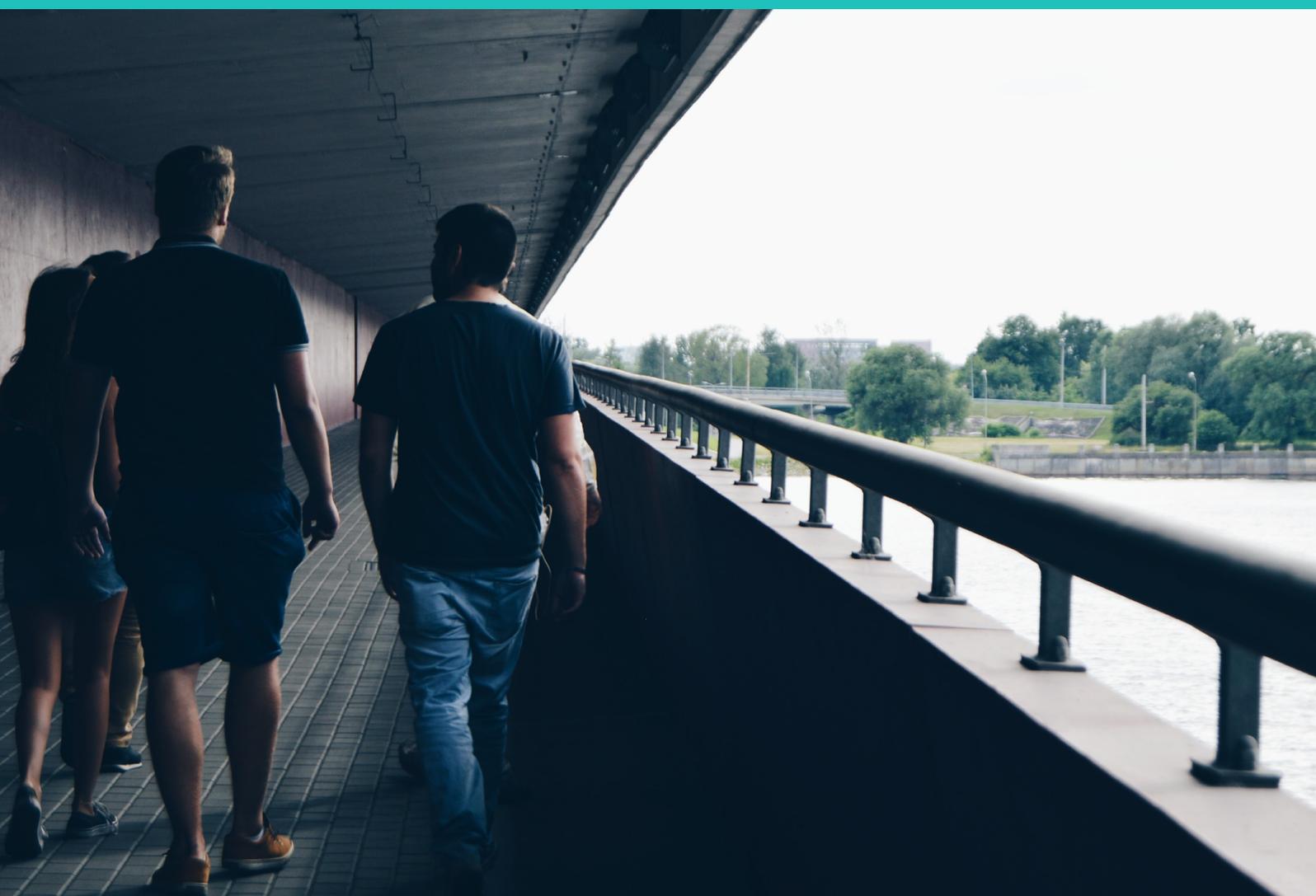


YOUTH EXCHANGE EXPANDING PROFESSIONAL ROUTES

13 - 20 July 2021

Constância, Portugal



iasis



Institute of
Youth Power



YOUTH
on
BOARD

SUMMARY

EXPANDING PROFESSIONAL ROUTES

Youth unemployment is an increasing tendency and most of us already went through dozens of articles and did hundreds of applications with the same negative results. We daily believe that we are not good enough, while in reality a lot of sectors are missing out on highly qualified people.

To solve these challenges the Youth Exchange "Expanding Professional Routes" will bring solutions to the table. The main aim is to raise young people's self-esteem, while guiding towards alternative paths, which include financed opportunities that are inclusive and vary from volunteering, entrepreneurship programs at national to international levels and internships with fair pay. These opportunities allow youngsters to improve soft and hard skills to later integrate the jobs market,

The project is designed and implemented by young people who faced the challenges of not finding a job after university and who felt the need to search alternative solutions that changed their professional life path. With the ethical obligation to share those alternatives with other young people, "Expanding Professional Routes" was born with the aim to empower young people to think outside the box while exploring strengths and goals, in order to design a personal professional roadmap.

When we debate labour market issues, we have to tackle the challenge of unpaid internships that represent a "violation" of the SDG 8.5 "equal pay for equal work" which maintains the elitism in certain sectors, while killing the diversity. The group will develop critical thinking to understand this tendency and the importance of joining forces to advocate against common problems, generating a pan-european solution and creating impact for our and future generations, based on European values.

ACTIVITIES

"Expanding Professional Routes" aims to have a real impact in each person taking part in the Youth Exchange where we will define, discover, dream, design and deliver the professional path we want to achieve, by using multiple methods based in non-formal education.

1. Define: In our home countries we will work together through online meetings to define goals, expectations, commitments and understand what we want to achieve during the Youth Exchange.

2. Discover: We will start with a journey of self-discovery to explore what is laying behind our fears, find our strengths and break stereotypes. This will be followed by discovering the multiple professional paths available and finally learn from others experiences during a "Living Library Lunch" with multiple guests who will share their stories and inspire the group to step outside their comfort zone.

3. Dream: A full day emerged in "What if...?" questions, where we will consider possible scenarios using the theater of the oppressed and everyone will be invited to attend the "Experimental Dinner".

4. Design: At this stage we will understand the path we have to follow to achieve our goals. Everyone will create their "Roadmap" and we will design employability tools to start the application process for the opportunities shared.

5. Deliver: This step will start during the Youth Exchange and be completed in multiple stages back home with the support of the sending organisations during the participants' journey.

PRELIMINARY SCHEDULE

	13 July	14 July	15 July	16 July	17 July	18 July	19 July	20 July
Energisers Team		Team Leaders	Portugal	N/A	Greece	Croatia	North Macedonia	
08:00 - 09:00	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 - 09:30		Energisers	Energisers	Living Library*	Energisers	Energisers	Energisers	Departures
9:30 - 11:00		Ice-Breaking Games	Career Steryotypes		What if...?	My Employabilty Tools	Employment in my home country	
11:00 - 11:30		Coffee break	Coffee break		Coffee break	Coffee break	Coffee break	
11:30 - 13:00		Erasmus+ and YouthPass	"My Experience Counts!"	Theatre of the Opressed	My Employabilty Tools	Becoming a Builder		
13:00 - 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00 - 17:00		Dialogue Hike	Which Opportunities Are There For Me?	Free Time	GROW Model: Designing my Roadmap	Free Work?! Advocacy Campaigns	Evaluation of the YE	
17:00 - 17:30		Coffee break	Coffee break		Coffee break	Coffee break	Coffee break	
17:30 - 18:30		Welcome Session	Working Groups	Working Groups	Working Groups	Working Groups	Rewind and Finishing the YouthPass	
18:30-19:00	Reflection Groups		Reflection Groups	Reflection Groups	Reflection Groups			
19:00 - 19:30	Self-Care Time		Self-Care Time	Self-Care Time	Self-Care Time	Self-Care Time		
19:30 - 20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Farwell Party	
Night Activities	Welcoming Games	The Deridians	Intercultural Night	Free Night	Exprimental Dinner	Intercultural Night		

"Each national team will be responsible to organise the energisers during one day, but also some workshops, which will be defined when the teams are fully selected, so in your application would be great if you could share some insights on how you could contribute the the programme!



THE HOST ORGANISATION

The Youth Cluster is a youth association created by a group of students, interns and volunteers who were facing the high youth unemployment rates. To solve these challenges, we have found alternatives that do not contribute to workers exploitation, such as unpaid internships and, after some research and multiple applications, we started taking part in financed programmes that allowed us to acquire professional experience, get to know other cultures and support local communities. Our founding group wanted to share these opportunities with other young people and, to reach this goal, we started by building the Youth Cluster platform in Portuguese, where we announce opportunities, such as youth exchanges, training courses, volunteer activities, internships, contests and much more.

Considering that most of these opportunities are available for other nationalities, we decided to translate the platform to English.

If you would like to get to know more about us and our platform, visit our channels in the following links:

 youthcluster.org

 [@youthcluster](https://www.instagram.com/youthcluster)

 [Youth Cluster](https://www.facebook.com/youthcluster)

PARTICIPANTS' PROFILE

The Youth Exchange will count with 24 youngsters coming from Portugal, Greece, North Macedonia and Croatia. Each national team will include 4 participants aged 18 to 30 years old and 1 team leader without age limit. Please confirm if you meet the requirements before applying:

- 18 to 30 years old
- Currently living in Portugal, Greece, North Macedonia or Croatia
- Searching for a new professional opportunity
- Willing to live for 7 days in a multicultural environment
- Priority will be given to young people with fewer opportunities and NEETs (young people with economical, social and geographic obstacles, educational difficulties, cultural differences: disability and health problems).

TEAM LEADERS' PROFILE

The team leaders will play a key role in the youth exchange, since they will support the group's journey and it is important to be compromised to the whole process. For these reasons we have some specific requirements for team leaders:

- Currently living in Portugal, Greece, North Macedonia or Croatia
- Experience from previous Youth Exchanges and Training Courses
- Some knowledge about professional guidance
- Knowledge about programmes, such as ESC, Erasmus for Young Entrepreneurs, Erasmus+, #DiscoverEU, etc and participation is a plus (not mandatory, but preferential)

TRAVELS

You are allowed to arrive or departure 2 days before or after the youth exchange, nevertheless during the extra days you will be responsible for your accommodation and meals and, after those dates, we will not be able to reimburse your travels.

We want to remind you the importance of reducing your carbon footprint, therefore we have some advice for you when checking for travels: direct flights pollute less than flights with stopovers and, when possible use the train or bus.

Your travels will be reimbursed after the YE and, for that you will need to save all your tickets, online or physically.

Below you can find the maximum amount that we can reimburse you! Note that we can only reimburse public transport and second class tickets!

Don't purchase tickets before Youth Cluster's approval!

COUNTRY	BUDGET PER PERSON
Portugal	20€
Croatia	275€
Greece	360€
Republic of North Macedonia	360€

VENUE

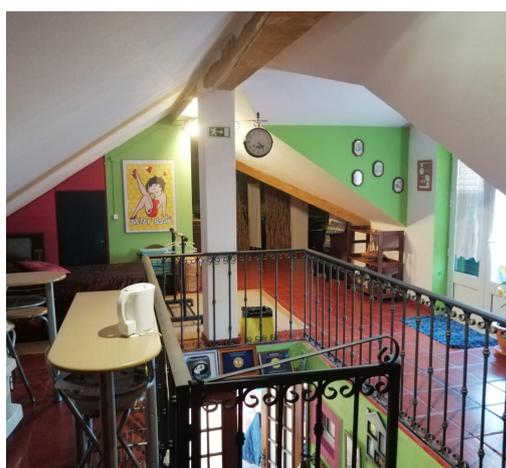
"Expanding Professional Routes" will take place in Constância and we will be in **Quinta do Outeiro Alto**, which is located in Constância. The place is not near the city, therefore if you would like to purchase anything you will need, please do it in Lisbon, for example, if you will catch the train in Oriente, there is a big shopping mall with various stores where you can buy everything you might need.

If you would like to get to know more about the venue, you can find it in booking [here](#).

We would like to highlight that, in order to have a nicer place with swimming pool and nature for activities, we had to choose a more modest sleeping area and with shared toilets.

For these reasons, we want to let you know ahead that some of the beds are double beds, which means we will have to share it and we will arrange it by gender. The weather will be warm, so we also have the option to camp near the swimming pool.

In the application form there is a question regarding this, so you can tell us if you would not mind sharing the bed or if you would prefer to sleep in tents. In the case you want to sleep in tents, we will arrange it and we will ask you to bring your own sleeping bag.



HOW TO REACH THE VENUE

We advise team to travel together, nevertheless we understand that, if someone in the group wants to travel earlier or later, that will not be possible and it is ok! You can choose any airport in Portugal to come to the youth exchange, nevertheless we will request you to be in Entroncamento at 18:00h on the 13th July, because we will pick you up from there to the venue.

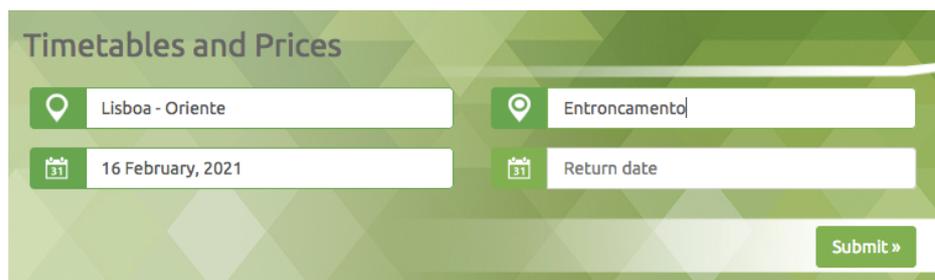
Bellow we will explain how to reach the meeting point from Lisbon airport, nevertheless you can take a different route depending on the airport. When we know your travel plans we will advise you.

FROM LISBON AIRPORT TO ENTRONCAMENTO

Once you arrive to Lisbon airport, just follow the indications that will lead you to the **metro**. In there you will have to purchase your ticket on the blue machines in the station. The machines operate in English and you can pay with card. Here you will have to purchase a bus card for 0.50€ and one travel for 1,50€ (we will refund the card too and if you will need the ticket for the return, you can purchase 2 tickets). Take the red line towards S. Sebastião and leave in the stop **Oriente**. Pay attention as it is only 3 stops (more or less 5 minutes).

Once you arrive to Oriente leave the metro station and follow the indications to the Train Station (in Portuguese **Estação de Comboios**). Both are in the same place, but you will have to go up from the subway.

We advise you to purchase the train tickets online in www.cp.pt/en, since sometimes there are long lines to purchase the ticket in the station, To purchase the tickets you will have to add the information as bellow and you will have multiple options at different prices.



The image shows a screenshot of the CP website's 'Timetables and Prices' search form. The form has a green header with the text 'Timetables and Prices'. Below the header, there are four input fields arranged in a 2x2 grid. The top-left field is labeled 'Lisboa - Oriente' and has a location pin icon. The top-right field is labeled 'Entroncamento' and also has a location pin icon. The bottom-left field is labeled '16 February, 2021' and has a calendar icon. The bottom-right field is labeled 'Return date' and has a calendar icon. At the bottom right of the form, there is a green button with the text 'Submit »'.

When you have the ticket, just confirm in the screens which is the line for your train and don't miss your stop in **Entroncamento**.

If you have some difficulties contact us, you can find our numbers in the last page of the infopack or you can also ask for help as most young people speak English! **We will meet at 18:00 pm in Entroncamento.**

WHAT TO BRING:

- Clothes, personal hygiene products and a towel
- Swimming clothes, flip-flops and a towel
- A mug to exchange between us
- If you have, please bring a personal notebook and a pen
- At least, one computer per national team

TASKS FOR EACH NATIONAL TEAM

- Organise some workshops for the youth exchange and dissemination (the sending organisation and team leader will guide you)
- Prepare some activities for the cultural night - dances, quizzes, games, etc and bring some typical food and drinks
- Prepare a draft of your employment "tools" (CV, Motivation Letter, etc)

CURRENCY

In Portugal currency is € and if you need to exchange, you can either do it in the airport or in the city center, but in order to avoid conversion fees we suggest you to have the Revolut card from which you can withdraw money at ATMs with no fees.

EUROPEAN HEALTH INSURANCE CARD

Please make sure you have an European Health Insurance Card before traveling as you will need it in case of emergency. If you don't have one please request it ahead or you will have to purchase an insurance.

WEATHER

The weather in Portugal can be very warm in Summer, so please remember to bring your swimming clothes as it might be refreshing to dive in the swimming pool, but also bring a jacket as the nights can be a bit chill. We will inform you before departures about the weather report for the days of the youth exchange!

DIETARY REQUIREMENTS

In case you have any dietary requirements or allergies, please add this information when you apply to the Youth Exchange, so we can adapt the meals ahead.

HOW TO APPLY?

To apply for the Youth Exchange "Expanding Professional Routes" you should fill in the application form provided by the sending organisation based on your country until 25th of May 2021.

Every participant will be informed about the selection results the latest on 1st of June 2021.

Do you have any questions? Contact us!

CONTACTS

If you have any questions, you can contact us on the following email and phone numbers:



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