



Erasmus+



Agência Nacional
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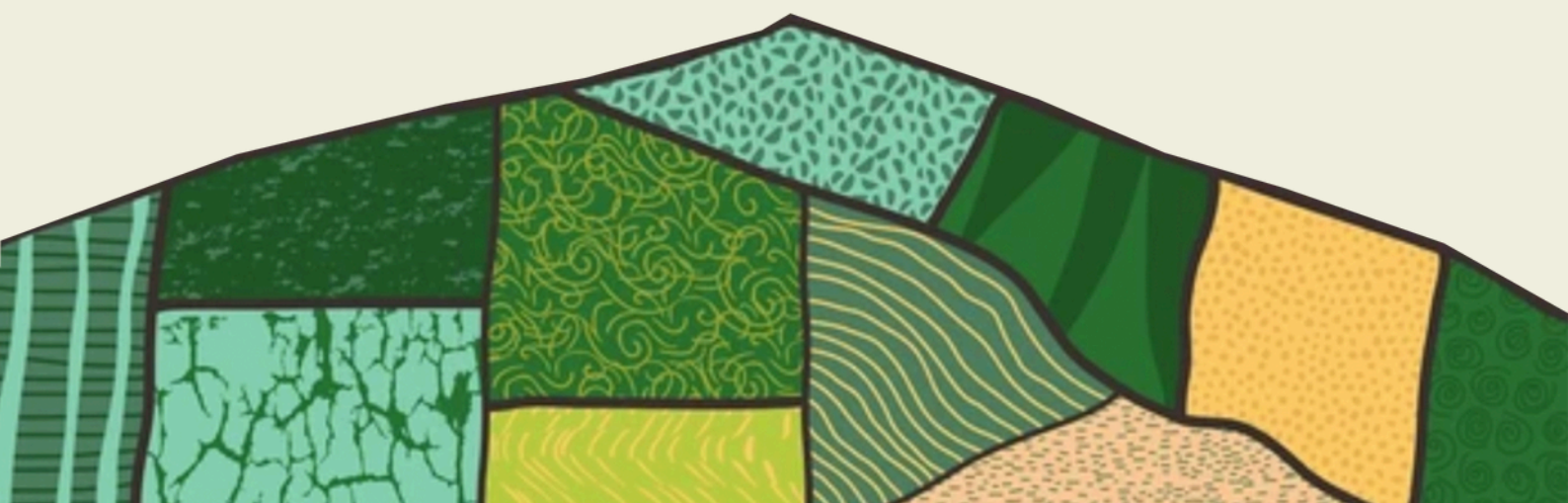
Aldeia de S. Sebastião
Guarda, Portugal



RURAL WORLD

YOUTH EXCHANGE

22ND TO 30TH OCTOBER 2024





RURAL WORLD

YOUTH EXCHANGE

Rural World Youth Exchange is a European project organized by Associação Desportiva, Cultural e Social da Aldeia de São Sebastião.

The main objective of our project is to address the issue of depopulation in **rural areas**, offering young people tools and opportunities through **digitalization** to revitalize these areas.

YOUTH EXCHANGE

- **36 participants** -

6 participants per country

PORTUGAL | 0€

SPAIN | 285€ (GREEN TRAVEL)

ITALY | 309€

LITHUANIA | 395€


TURKEY | 580€

ROMANIA | 395€

The intention is to promote **sustainable rural entrepreneurship**, using **digital technologies** to create **innovative solutions** to improve the quality of life in the countryside and encourage young people to stay and thrive in these areas.

The project aims to equip young people with **digital** and **entrepreneurial skills**, focusing on how these competencies can be applied to boost **sustainable** businesses and **projects** in the **rural** environment. It seeks to inspire and support young people to develop ideas and projects that use digital solutions tailored to the needs and characteristics of rural areas, from tech startups to mobile applications that provide essential services for these communities.

*Green Travel: To be considered Green Travel, the itinerary needs to be more than 50% of the kms done by Green Transportation



ASSOCIAÇÃO DESPORTIVA, CULTURAL E SOCIAL DE ALDEIA DE SÃO SEBASTIÃO

Associação Desportiva, Cultural e Social de Aldeia de São Sebastião (ADCS), founded in 1991 in a small border village of 80 inhabitants, was created to promote youth involvement and provide social support to the community. Initially, its primary goal was to establish a multi-purpose facility for local use. Over time, however, ADCS expanded its mission to attract more young people to the village and bring entertainment and joy to nearby communities. The association also began offering elderly care services, including a day center.

ADCS now organizes a wide range of activities such as rock climbing, zip-lining, paintball, mini-golf, canoeing, and mountain biking.

Its facilities include a senior home, bungalows, and dormitories available for local tourism and youth groups, a public swimming pool, a multi-sports arena, an extreme sports park, farmland for raising donkeys and sheep, a canteen with seating for 100 people, an activity hall, and a fully completed auditorium.



@ADCSALDEIA



HOW TO GET TO ALDEIA?

ARRIVAL

Oporto/Lisbon Airport
22nd October
(before 11:00,
confirm your flight details)

DEPARTURES

Oporto/Lisbon Airport
30th October
(after 18:00 please
confirm your flight details)

There are **train connections** from Porto and Lisbon to Aldeia, check the shedule of them to match with your flights.

There are **direct bus connections** to Vilar Formoso (a village close to Aldeia) from Madrid at 09:15 (airport) and at 10:00 am from Madrid Sur Bus Station.

Then there is a 15 min train from Vilar de Formoso to Aldeia at 16h15.

All itineraries have to be approved following the instructions by Aldeia de S. Sebastiao Association. **Can not be bought without it.**



TASKS FOR THE YOUTH EXCHANGE

Presentation of your country
Information about the situation of your country on the main topic of the project.
Traditional foods and drinks for the cultural night.
Flag of your country.

CULTURAL NIGHT

There will be an activity in which you will be able to present your customs, traditional dances, and culture.

Each national team is encouraged to prepare a dynamic presentation using videos, presentations (not exceeding 5 minutes videos or presentations), or an interactive presentation digital or physical.

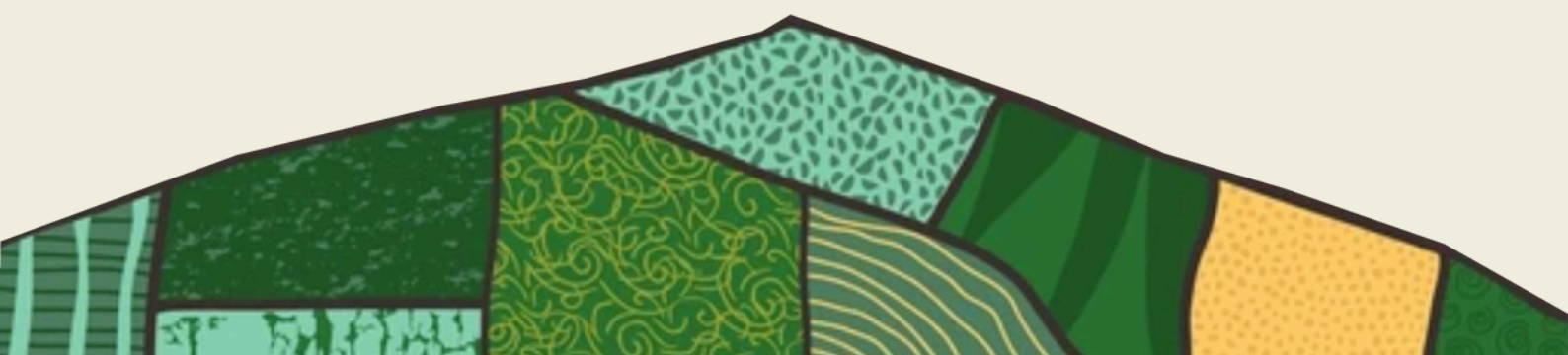
We hope that your culture means something more than national food and drinks. Also, bring the flag of your country.

Bring any special ingredients or culinary items from your home country, as it may be challenging to find them locally.

And don't forget to prepare some traditional music for the intercultural nights.

WHAT TO BRING?

Towels
Warm clothes (The nights can be cold during the night)
Sports clothes and comfortable shoes.
Personal Hygienic Products (Shower gel, shampoo,...)





COSTS and reimbursement

Accommodation and Food:

These costs, along with activity expenses, are fully covered by the project budget.

Insurances:

Activity insurance is covered by the hosting entity.

Travel insurance is recommended but will not be covered by the project.

Travel Reimbursement:

Travel expenses will be reimbursed based on the actual costs provided.

Participants need to submit original invoices, tickets, and boarding passes. The cheapest route of transportation should be preferred using plane, train, bus, metro, local transportation, etc.

Private cars, taxis, uber/bolt/cabify, and first-class tickets will not be reimbursed.

Itinerary Approval:

Participants must get approval from the hosting entity before purchasing tickets, or else they will not be reimbursed.

Currency and Exchange Rates:

Reimbursements will be made in euros, with exchange rates calculated based on the European Commission's official rates on the purchase month.

https://commission.europa.eu/funding-tenders/procedures-guidelines-tenders/information-contractors-and-beneficiaries/exchange-rate-infoeuro_en

Document Submission:

Keep all the digital travel documents (invoices, tickets, boarding passes), bring all physical travel documents to the mobility and upload them to a shared folder during the mobility period. (the project team will provide to each participant a shared folder on Google Drive.)

Submit physical tickets either in person or by post office after returning home if needed.

Travel Expenses Registration:


During the project, participants will need to fill out an Excel Sheet with their travel expenses, which will be reviewed by the organizing team. This should match the documents uploaded in the shared folder on Google Drive.

Online Check-in:

It's encouraged to book flights allowing online check-in so that return boarding passes can be uploaded before leaving the project.

Travel days:

Participants can extend their stay by 1-2 days considered as travel days, before or after the mobility at their own expense.



Accommodation

Aldeia de S. Sebastião is a small village in the center of Portugal, in the interior part of the country.

Participants will stay in Aldeia de S. Sebastião, you can see more about it in the following pictures.

Participants will be divided in rooms divided by gender.
Accommodation, local transportation, and other activity costs are covered by the hosting organization only during the project's dates (22nd to 30th of October 2025).



Participants' Profile

- Each organisation will have to ensure the gender balance of the project
- To be open to learn more about the topic
- Aged between 18-30 years old
- To have fluent level of English



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Leaders' Profile

- To be highly interested in the topic and to participate actively
- No age limit
- Have experience in Erasmus+ projects
- To have fluent level of English