

JOB TREK – THE NEXT GENERATION

Youth Exchanges



CONCERNS REGARDING

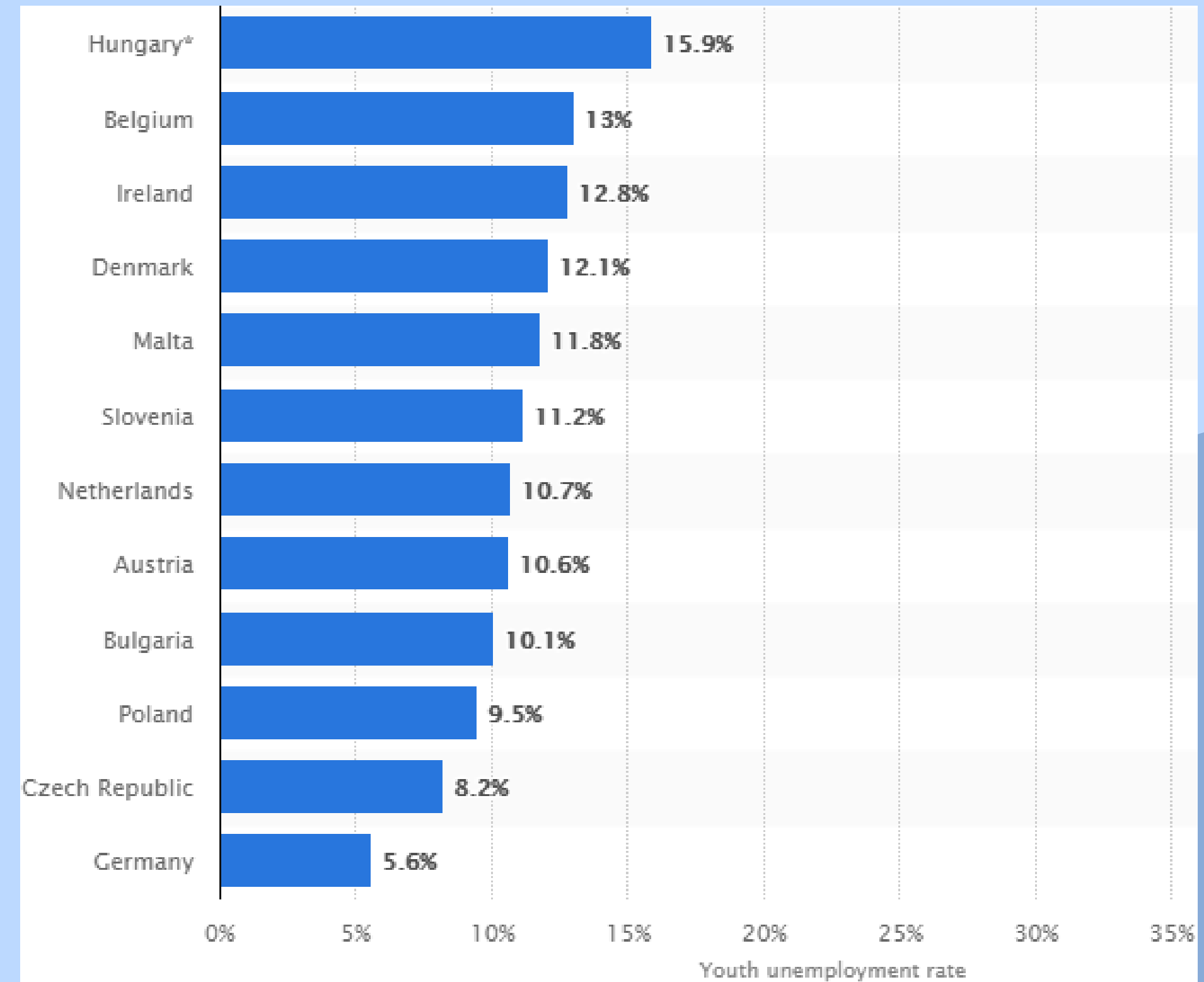
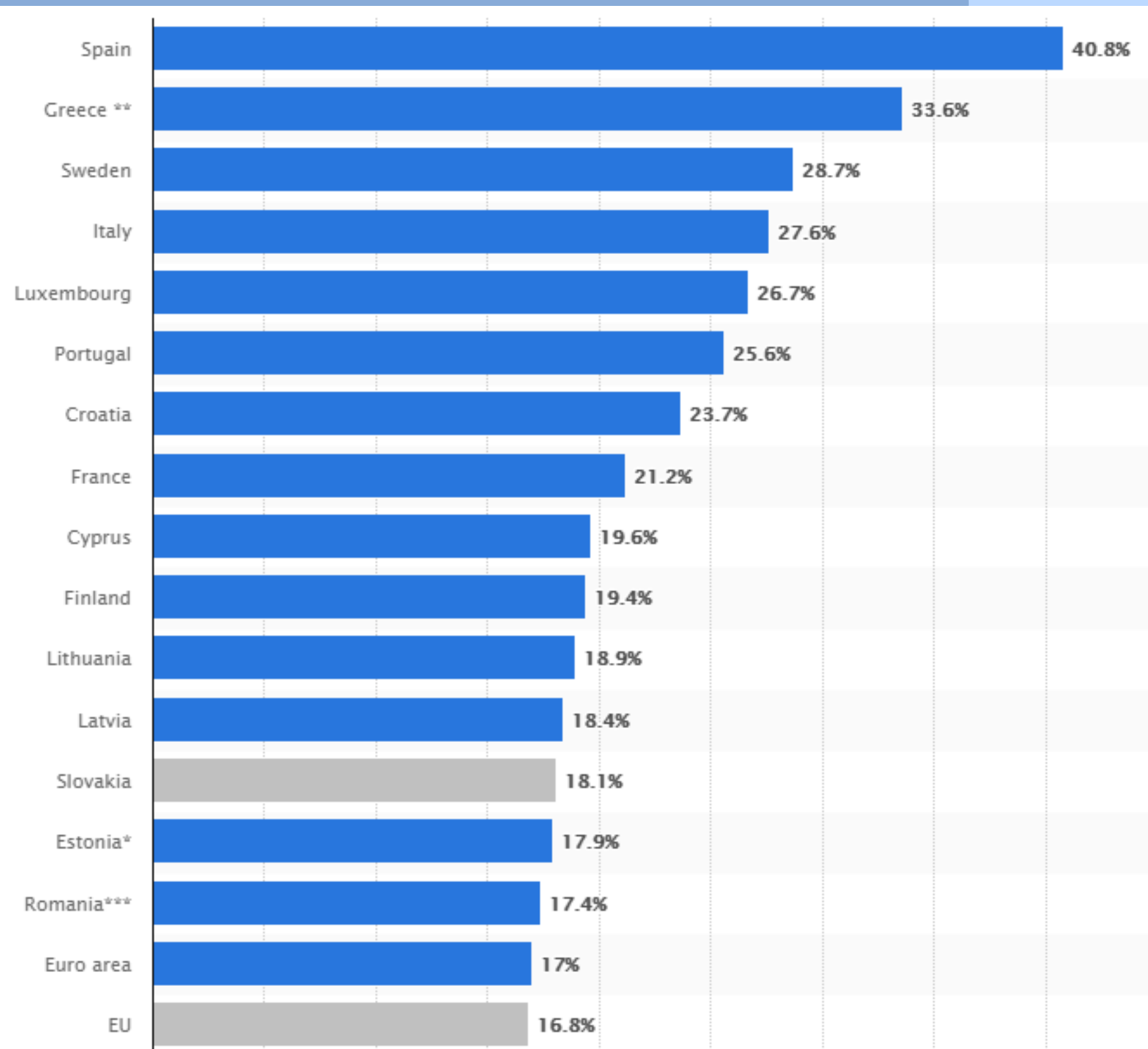
YOUTH UNEMPLOYMENT

increasing
disorientated
frustration
difficulties finding jobs
lack of preparation
anguish regarding future
higher among adults



IMPORTANCE OF THE PROJECT

Youth unemployment rate in EU member states as of June 2020



THIS PROJECT HAS THE FOLLOWING OBJECTIVES:

01

To improve and develop skills and abilities that are fundamental for young people to access employability in the labour market

02

To provide knowledge and learning of digital tools with a view to creating instruments that make the professional profile more attractive

03

To promote mutual help, self-esteem, responsibility, autonomy, initiative and critical thinking, contributing to the acquisition of personal, social and professional skills

THIS PROJECT HAS THE FOLLOWING OBJECTIVES:

04

To make young people aware of the importance of their participation in the development of communities, boosting creativity and entrepreneurship

05

To acquire and/or reinforce the language skills of the participants; -
To raise awareness of European citizenship and sustainable growth

06

To promote in youth and communities interculturality, interreligious dialogue, freedom, tolerance and respect for human rights. These objectives contribute

MAXIMUM FIXED AMOUNT BY COUNTRY

PLEASE, BUY THE TICKETS WITH INSURANCE!

Holand

€ 275 (per participant – round-trip)

Latvia

€ 360 (per participant - round-trip)

Italy

€ 360 (per participant - round-trip)

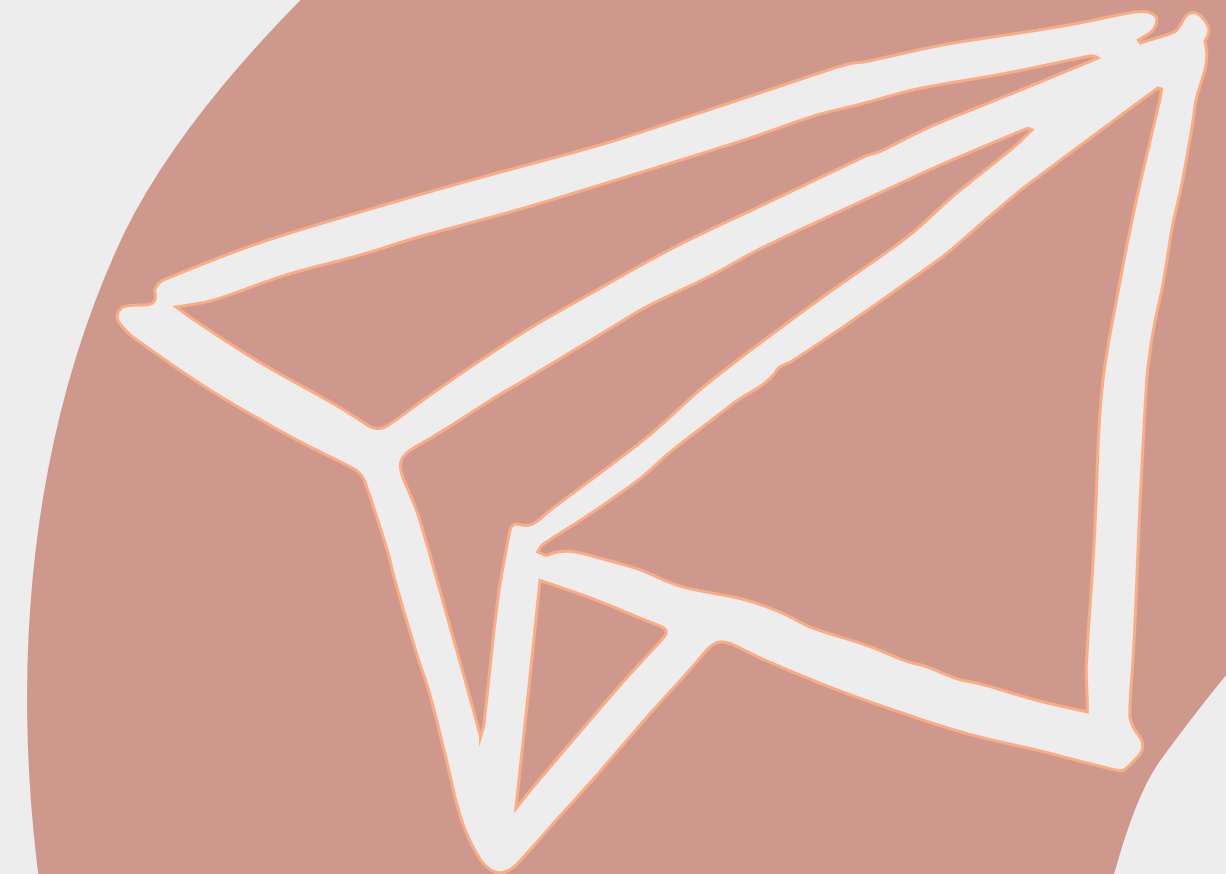
Luxembourg

€ 275 (per participant - round-trip)

Spain

€ 275 (per participant - round-trip)

-Keep all the boarding passes and invoices -



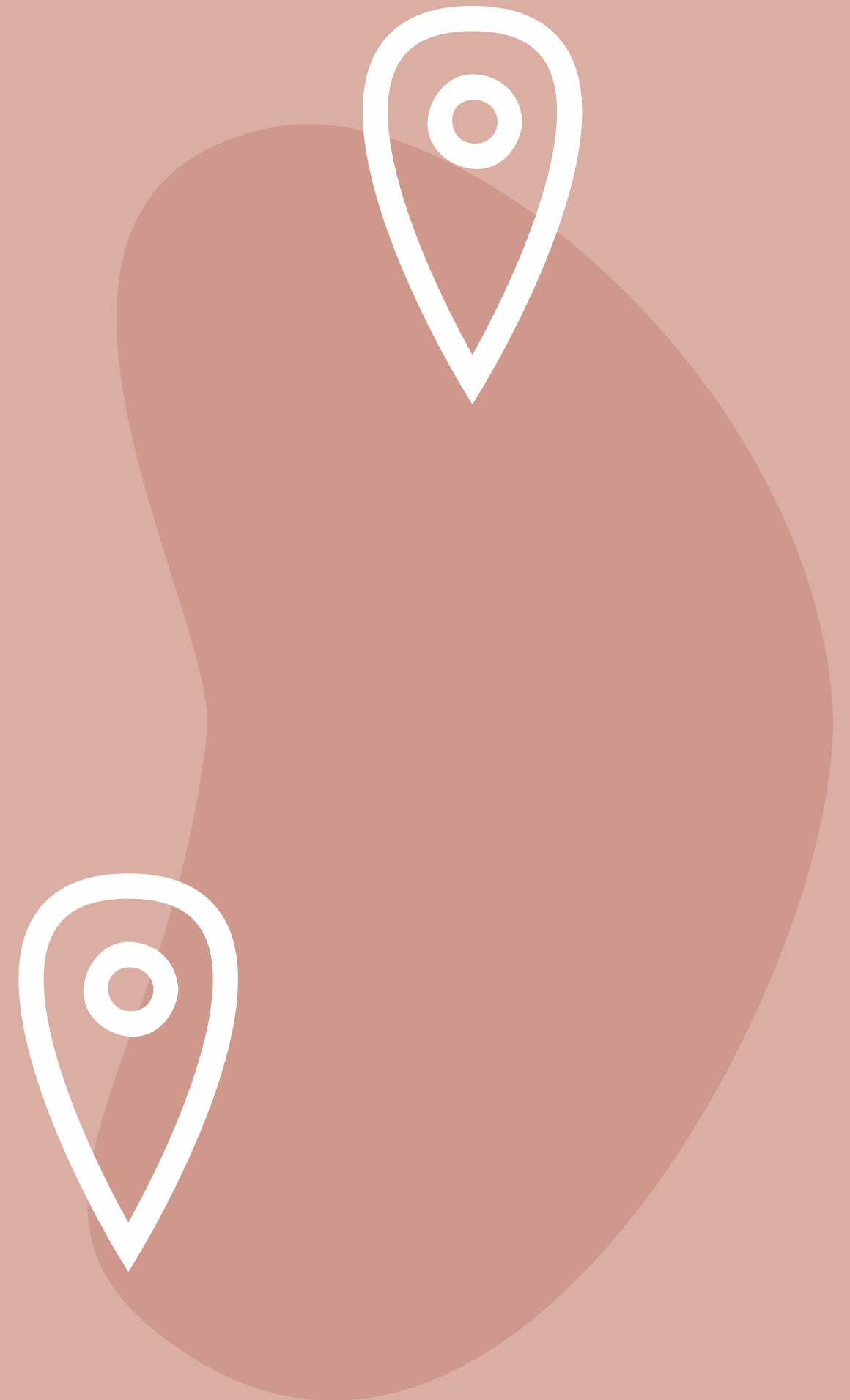
TRANSFERS BETWEEN AIRPORT TO VIANA DO CASTELO

After your arrival at the airport, you can take a direct bus (company: Barquense) to Viana do Castelo. The bus of Barquense (bus company Porto-Viana) is located at the taxi rank. Please keep your tickets (boarding pass and bus ticket), because we need them to give you the money back. Tell us when you arrive at Viana do Castelo station, so someone from AJD can pick you up.

See bus schedule here:

<https://barquense.viageos.com/porto-airport-shuttle/>

Other company: <https://www.ovnitur.pt/>



ACCOMMODATION CONDITIONS:

- SHARE ROOMS (PARTICIPANTS FROM DIFFERENT COUNTRIES SHARE ROOM, APPROX 4 PARTICIPANTS PER ROOM)
- SHARE BATHROOM
- PRIVATE ROOM FOR OUR "WORKSPACE"
- GARDEN (WHEN IS POSSIBLE WE DO THE ACTIVITIES OUTSIDE)
- DON'T HAVE ACCESS TO THE KITCHEN (CONSIDER THIS FOR THE INTERCULTURAL NIGHT)

<https://pousadasjuventude.pt/pt/pousadas/vianacastelo>



Day 1 – 09.08.2021

8:00 - 13:00 ARRIVALS

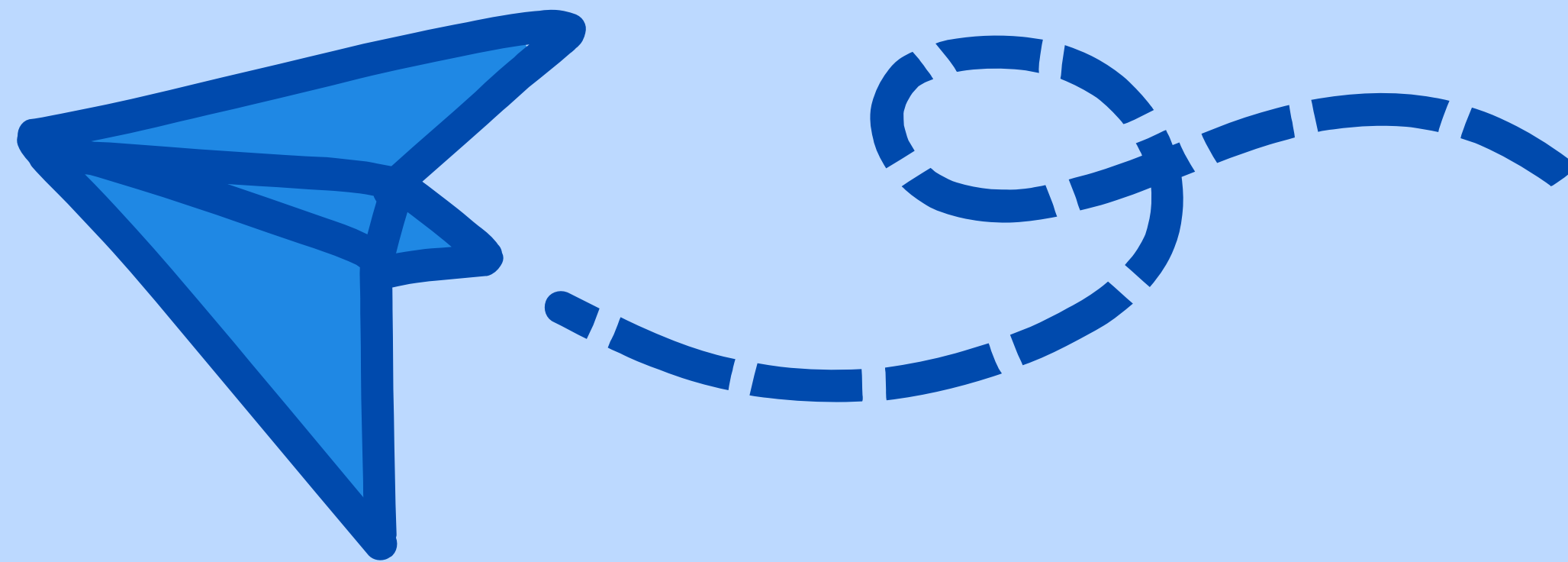
13:00 - 14:30 LUNCH

15.00 - 18:00 WHO ARE WE? GETTING TO KNOW
EACH OTHER BETTER (GROUP
DYNAMICS)+ SECRET FRIEND+
EXPECTATIONS & NEEDS

18.00 -18:30 BREAK

18.30 - 19.30 PRESENTATION OF THE PROGRAM
ACTIVITIES AND SAFETY AND
SECURITY MEASURES

20.00-21.00 DINNER



Day 2 – 10.08.2021

8:00 - 9:00	BREAKFAST
9:30 - 10:00	ENERGIZER - PORTUGAL
10:00 - 13:00	WORKSHOP: LET'S TALK ABOUT OUR REGIONS, COUNTRIES, AND ENTITIES.
13:00 - 14:30	LUNCH
14:30 - 15:00	ENERGIZER
15:00 - 18:00	VISIT VIANA DO CASTELO

18:00 - 19:00	TEAM BUILDING ACTIVITY
19:00 - 20:00	REFLECTION TIME
20:00 - 21:30	DINNER
21:30 - 22:30	INTERCULTURAL NIGHT 1

Day 3 – 11.08.2021

8:00 - 9:00 BREAKFAST

9:30 - 10:00 ENERGIZER - LATVIA

10:00 - 13:00 SPACE TO INVESTIGATE - I
ENTREPRENEURSHIP, WORK AND
EMPLOYABILITY: CONCEPTS, STATISTICS,
REALITIES OF EACH COUNTRY AND
PROBLEMS FELT FOR THE YOUTHS. (3
GROUPS)

13:00 - 14:30 LUNCH

14:30 - 15:00 ENERGIZER

15:00 - 18:00 SPACE TO INVESTIGATE - II (3 GROUPS)

18:00 - 19:00 FREE TIME

20:00-21:30 DINNER

21:30 - 22:30 INTERCULTURAL NIGHT 2

Day 4 – 12.08.2021

8:00 - 9:00 BREAKFAST

9:30 - 10:00 ENERGIZER - NETHERLANDS

10:00 - 13:00 SPORT ACTIVITY (SURF OR KAYAK)

13:00 - 14:30 LUNCH

14:30 - 18:00 FREE AFTERNOON

18:00 - 19:00 REFLECTION TIME

20:00-21.30 DINNER

21:30-22:30 INTERCULTURAL NIGHT 3

Day 5 – 13.08.2021

8:00 - 9:00 BREAKFAST

9:30 - 10:00 ENERGIZER - NETHERLANDS

10:00 - 13:00 WORKSHOP: JOB MARKET
MEET, DISCUSS AND REFLECT WITH
COMPANY DIRECTORS/RECRUITERS:
WHAT THEY VALUE IN THE RECRUITMENT
PROCESS. HOW THEY DO THE SELECTION
OF PROFILES.

13:00 - 14:30 LUNCH

14:30 - 15:00 ENERGIZER

15:00 - 18:00 WORKSHOP: ENTREPRENEURSHIP. MEET
PATHS AND PROJECTS OF YOUNG
ENTREPRENEURS.

18:00 - 19:00 FREE TIME

19:00 - 20:00 DINNER

20:00 - 21:30 INTERCULTURAL NIGHT 4

Day 6 – 14.08.2021

8:00 - 9:00 BREAKFAST

9:30 - 10:00 ENERGIZER - ITALY

10:00 - 13:00 VISIT PORTO

13.00 -14.00 LUNCH

14:00-18:00 VISIT PORTO

18.00-19.30 RETURN TO VIANA

20:00 -21:30 DINNER

21.30 -22-30 INTERCULTURAL NIGHT 5

Day 7 – 15.08.2021

8:00 - 9:00 BREAKFAST

9:30 - 10:00 ENERGIZER - LUXEMBURG

10:00 - 13:00 WORKSHOP: DIGITAL LITERACY AND
KNOWLEDGE OF DIGITAL RESOURCES FOR
THE CONSTRUCTION OF THE
PROFESSIONAL PROFILE + WEB
PLATFORMS THAT SUPPORT JOB SEARCH

13.00 -14.00 LUNCH

14:00-18:00 WORKSHOP: CREATIVE CV'S WORKSHOPS

20:00 -21:30 DINNER

21.30 -22-30 INTERCULTURAL NIGHT 6

Day 8 – 16.08.2021

8:00 – 9:00 BREAKFAST

9:30 – 10:00 ENERGIZER – SPAIN

10:00 – 13:00 TIME TO CREATE

13.00 – 14.00 LUNCH

14:00 – 18:00 TIME TO CREATE

18:00 – 19:00 YOUTHPASS

19:00 – 20:00 REFLECTION TIME

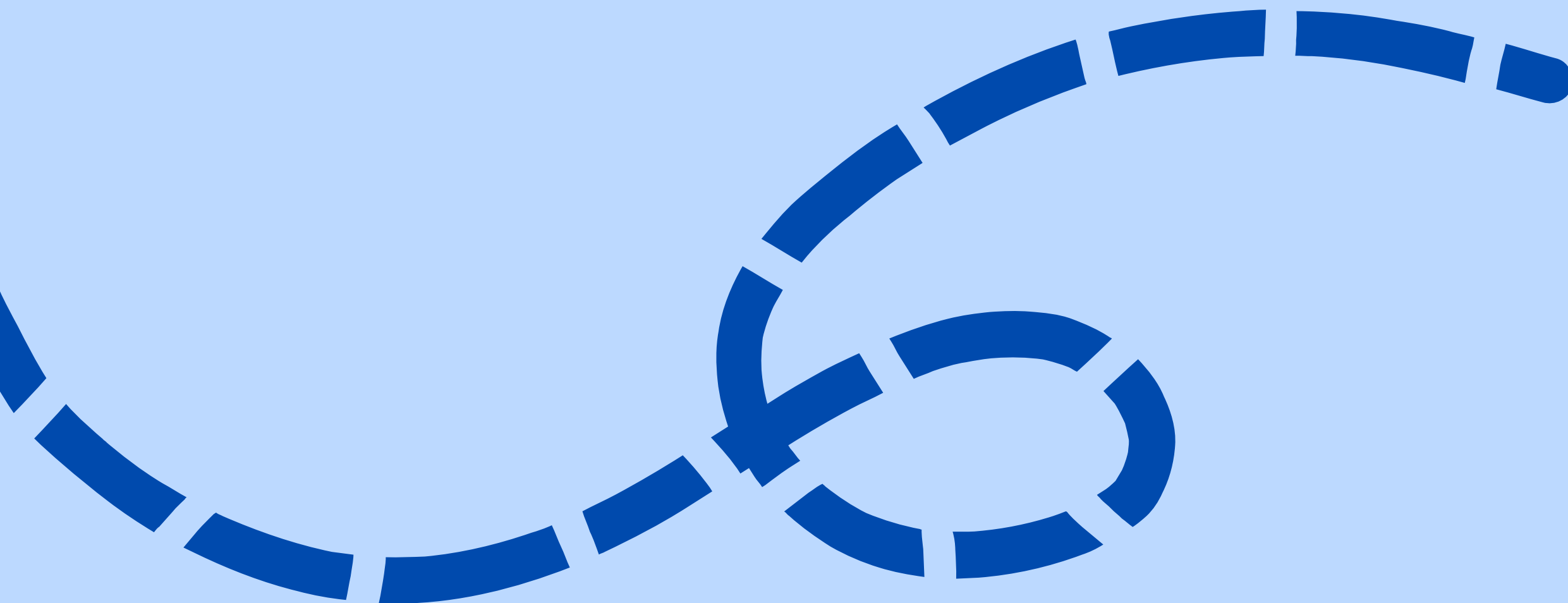
20:00 – 21:30 DINNER

21.30 – 23:00 SECRET FRIEND & GOODBYE
PARTY!

Day 9 – 17.08.2021

8:30 – 10:00 BREAKFAST

RETURN TIME



WHAT SHOULD NOT BE FORGOTTEN

- Toiletries, sunscreen, mosquito repellent
- Practical/comfortable shoes, and slippers
- Towel and beach towel
- Swimming suit
- Cap / Hat
- Mask and hand disinfectant for all days
- Personal Water Bottle
- Things for intercultural night
- Valid identity card or citizen card – An authorization in case participant is under 18 and parent/tutor authorization
- European Health Card



IMPORTANT TO PREPARE:

- 2 Energiser
- Free/open presentation about your country/region/association
- Cultural night: dance, story, poem, traditional costume, etc + something to eat & drink.
- Space to investigate – Entrepreneurship, work and employability: concepts, statistics, realities of each country and problems felt for the youths.
- Secret friend gift (something from your region)
- At least 1 computer/tablet is recommended per country

COVID MEASURES:

- Use the mask
- Wash and disinfect hands frequently
- Do a Test Covid-19 before and after your arrival
- Measure the temperature of the participants every morning
- Participants should inform if have any symptom related to Covid-19
- AJD will provide isolation space and food in case some participants get infected during the youth exchange.
- Free time -> group leaders are responsible to control where and with whom the participants go before and after the activities.

PLEASE PASS THIS INFORMATION TO YOUR PARTICIPANTS:

- Be respectful and patient, we are all from different cultures!
- Be on time for the activities and food time
- Food – respect your food orientation during all the youth exchange
- Respect the orientation given by the youth leaders and the organization (especially related to Covid-19 measures)
- Pay attention to the program if there are some activities where you can't participate, let us know the reason on the 1st day, please!
- If we can do something to help you feel more comfortable/integrated please let us know!
- Buy flexible trips
- KEEP ALL THE BOARDING PASS + INVOICE + BUS/TRAIN TICKET (we need the originals)

QUESTIONS:

[HTTPS://JAMBOARD.GOOGLE.COM/D/1IHOWYMSL_44RGCLUMAQSAR42ZTR0OP8E2MA03LWXWYW/VIEWER?F=0](https://jamboard.google.com/d/1IHOWYMSL_44RGCLUMAQSAR42ZTR0OP8E2MA03LWXWYW/viewer?f=0)