



# Your voice, your learning

## *Info Pack*

Youth Exchange - 16 to 22 of November 2025

Arcos de Valdevez - **Portugal**



Funded by  
the European Union





# Summary

**“Your Voice, Your Learning”** is a Youth Exchange that will bring together **young people aged 18 to 30** from Portugal, France, Italy and Greece, in Arcos de Valdevez (Portugal), from the **16th to the 22nd of November 2025**.

The project focuses on the transformative power of education — not just as a tool for acquiring knowledge, but as a space for expression, participation, and personal growth. In a constantly changing world, it is more important than ever to rethink how we learn, who decides what matters in education, and how young people can actively contribute to shaping these experiences.

By using creative, non-formal and participatory learning methods, participants will reflect on their own learning paths, discover new perspectives through intercultural dialogue, and co-create inclusive and meaningful educational moments. This exchange is a space where young people's voices are not only heard — they are at the centre of the learning journey.







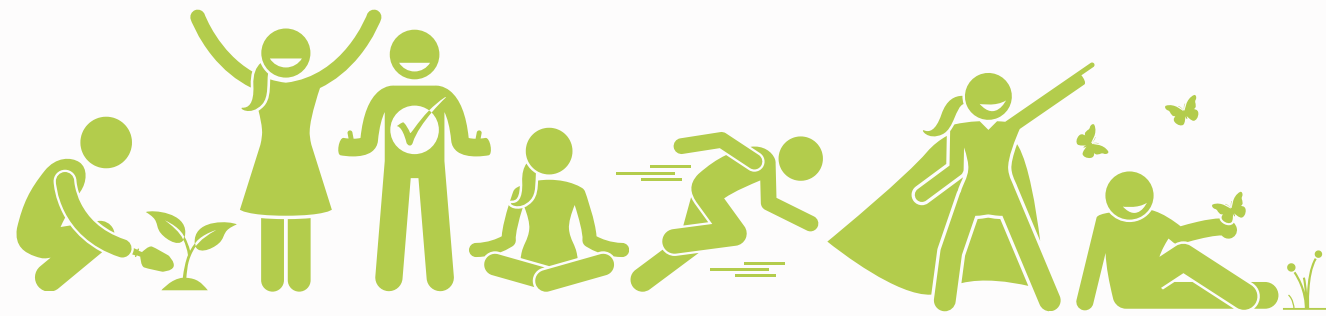
# Main Goals

- To value the voices of young people as central to their learning journeys.
- To explore how non-formal education supports the development of transversal competences such as communication, critical thinking and collaboration.
- To promote inclusive, youth-led learning environments where everyone feels seen, heard and respected.
- To encourage participants to reflect on their personal and collective learning processes.
- To foster intercultural exchange, mutual understanding and active European citizenship.
- To raise awareness about Erasmus+ as a space for empowerment, mobility and transformation.



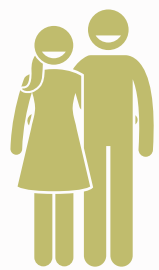
	16/11/25	17/11/25	18/11/25	19/11/25	20/11/25	21/11/25	22/11/25
08h00 – 9h00	Arrivals	Breakfast					Departures
09h00 – 09h30		Self-care moment					
09h30 – 11h00		Name Game & Getting to Know Each Other Activities	Warm up/Energizer Education in Movement: Formal, Non-Formal and Informal Education	Warm up/Energizer Visiting "Oficinas Padre Himalaya"	Warm up/Energizer Creative Workshop – “Your Voice, Your Learning”	Warm up/Energizer Action Plan	
11h00 – 11h30		Comfort Break					
11h30 – 13h00		Program Presentation Fears, Expectations and Contributions Coexistence standards	My learning journey	Workshop at Oficinas Padre Himalaya	Open Space Preparation	Action Plan Presentation	
13h00 – 14h00		Lunch					
14h00 – 15h00		Personal time and space					
15h00 – 16h30		Warm up/Energizer Team building activity	Warm up/Energizer What If School Was Different?	Warm up/Energizer Discovering Arcos de Valdevez	Warm up/Energizer Open space	Warm up/Energizer Evaluation	
16h30 – 17h00		Comfort Break					
17h00 – 18h30		Erasmus + Programme and Youthpass	Gallery Walk & Group Dialogue	Free	Open Space	Farewell party preparation & Packaging	
18h30 – 19h00		National Reflection Group					
19h00 – 20h00		Leaders Meeting					
20h00–21h00	Dinner						
21h00 – 22h00	Welcome Session	Free	Passion Game	Free	Intercultural night	Farewell Party Youthpass Ceremony	





# Participants

- **5 participants**
- Age: 18 to 30 years old
- Gender balance required
- Interest in the topics



# Leaders

- **1 group leader**
- > 18 years old
- good English level
- committed to the process and to the group | able to work in a team





# Accommodation

Participants will be **lodged in POUSADINHA**, lodging center belonging to the **association** with capacity for 30 people.

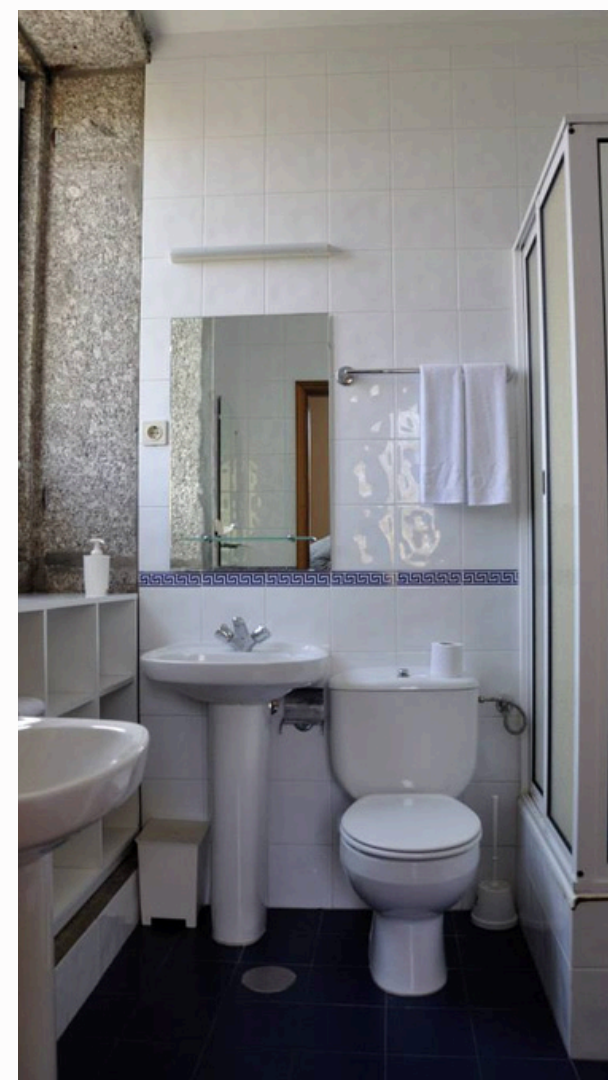
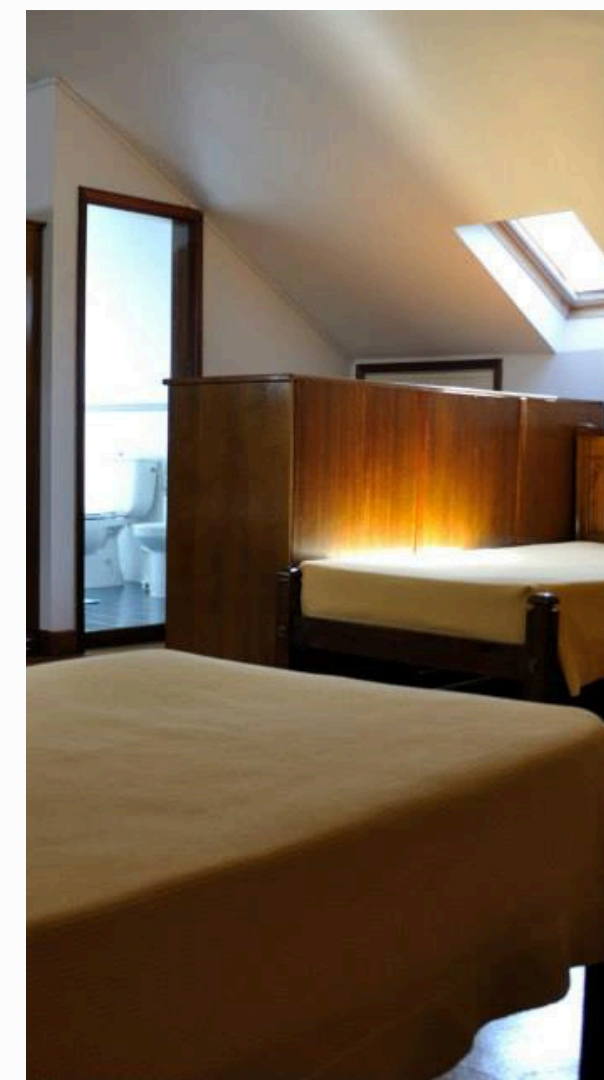
The participants **will share bedrooms and bathrooms by gender**.

The building has **free Wi-Fi** in the common areas and an exterior space that will allow the interaction of the participants during free times.

It's easy to get to the center of the village, making it easier to improve the participant's interaction with the local community.

Pousadinha will also be used to the training as well as some public spaces in Arcos de Valdevez that allow a better interaction with local villagers and its culture.

**Bed linen will be provided.** All bathrooms are equipped with shower gel and shampoo for participants' use.





# Travel Advice

## Important advice for planning your trip to Arcos de Valdevez:

- Before booking, **send us (heldercosta.juventude@gmail.com) your travel options** and we will give you feedback and suggestions if you have doubts
- **The closest airport from Arcos de Valdevez is in Porto - Porto Airport (OPO).** There are direct buses from Porto airport to Arcos de Valdevez. You can check the bus schedule in: <https://www.getbus.eu/pt/> OR <https://rede-expressos.pt/pt>





# How to get to Centro Jovem



As you can see in the map it's really easy to get to Centro Jovem from the bus station on foot.

It takes around 9 minutes.

The link to the directions:

<https://goo.gl/maps/XBtZYmizaSdVceBu8>





# Any Question...

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