

**ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE**

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Activity n°	A2						
Participating organisations	Enzonas - Associação de Caminhadores de Bragança (Portugal); Mittetulundusühing Youth Senate Tallinn (Estónia); ASSOCIAZIONE DI PROMOZIONE SOCIALE YOUNG EFFECT (Italia); Zdruzenie MLADINSKI SENAT Strumica (Macedónia); ASSOCIACIO Globers (Espanha); CABILDO INSULAR DE GRAN CANARIA (Espanha); MSKU - Muğla Sıtkı Koçman Üniversitesi (Turquia); TEATRO METAPHORA - ASSOCIACAO DE AMIGOS DAS ARTES (Portugal)						
Venue			Duration				
City	Country	Start date	End date	Activity duration (excluding travel days)	Travel days		
Bragança	Portugal	13/04/2019	17/04/2019	5	2		
Timetable	Activities		Non-formal & Informal learning methods used				
<b>DAY 1</b>							
<i>Breakfast</i>							
AM	Opening and receiving session		Presentation dynamics and ice-breakers				
	Reception and welcome to the participants by the Mayor of Bragança and the President of the Union of Parishes of Sé, Santa Maria and Meixedo		Ice Breaker				
	Travel in Tourist Train by the main tourist attractions of Bragança		Ice Breaker				
<i>Lunch</i>							
PM	Presentation of the weekly plan and logistics of the week; Construction with the participation contract group, with the essential rules for building the good multicultural environment		Discussion and shared reflection; definition of personal participation commitments				
	Gradual knowledge of other participants through interview activities, name games		Group dynamics: peer interviews on personal data of interest; Name games; Reflection on points of contact between young people; Bingo people				
	Energizer; Identification of personal expectations of experience and learning		Energizer; Creation of a mural of expectations and group reflection				
	<i>Afternoon Snack</i>						
	Semi-guided visit to places in Bragança in multicultural teams		Intercultural Peddy Paper in Bragança				
	<i>European tasting dinner</i>						
	Daily reflection		Shared individual and group reflection about the activities developed and the learning with guidance of the youth animators and registration in the mural of the learning of the project				
Informal living		Group Leader's meeting					
		Informal youth and the community					
<b>DAY 2</b>							
<i>Breakfast</i>							
AM	<b>Trekking between Bragança and Mós (about 14 Kms)</b>		Immersion in nature; Informal conversation during the course and relationship with the community; Appreciation of the region's natural heritage; Reflection of experiences and learning				
	Sharing results and experiences with the local community		Sharing and reflection on experiences; Relation to space and the local community				
<i>Lunch</i>							
PM	Guided discussion and sharing of previous experiences and knowledge of safety measures for the Trekking activity; Clarification of the activity to be developed next days		Sharing and reflection on experiences and knowledge among young people, namely about trekking for the shared construction of knowledge; reflection on the plan of the trekking activity (preservation of the human being and nature)				
	<i>Afternoon Snack</i>						
	Daily reflection		Shared individual and group reflection about the activities developed and the learning with guidance of the youth animators and registration in the mural of the learning of the project				
	<i>Dinner</i>						
			Group Leader's meeting				
Informal living		Informal youth and the community					
<b>DAY 3</b>							
<i>Breakfast</i>							
AM	<b>Trekking in Rio de Onor (about 10 Kms)</b>		Immersion in nature; Informal conversation during the course and relationship with the community; Appreciation of the region's natural heritage; Reflection of experiences and learning				
<i>Lunch</i>							
PM	Reflection on the activity of Trekking		Reflections in teams and individuals with guidance from youth animators; Appreciation of nature as a space for relaxation and sharing of experiences and learning				
	<i>Afternoon Snack</i>						
	Exploration of part of the Park in order to take a photo that is emblematic of the theme: Man and Nature in cooperation and conflict; Each group selects the best photo to share with the total group of participants		Exploration of nature in small groups; Artistic approach to a theme; Reflection on a topic through photography and sharing				
	<i>Dinner</i>						
Daily reflection		Shared individual and group reflection about the activities developed and the learning with guidance of the youth animators and registration in the mural of the learning of the project					
Informal living		Informal youth and the community					
<b>DAY 4</b>							
<i>Breakfast</i>							
AM	<b>Trekking in Montesinho (About 4 Kms)</b>		Immersion in nature; Informal conversation during the course and relationship with the community; Appreciation of the region's natural heritage; Reflection of experiences and learning				
<i>Lunch</i>							
PM	<b>Trekking in Montesinho (About 4 Kms)</b>		Immersion in nature; Informal conversation during the course and relationship with the community; Appreciation of the region's natural heritage; Reflection of experiences and learning				
	Energizer; Listing added their opinions on the topic: interior and coastality: opportunities and threats		Reflection and discussion on matters of civic interest; share points of view and concrete experiences				
	<i>Afternoon Snack</i>						
	Guided discussion: reflection on the role of the young person in the preservation of the natural and cultural heritage of a region		Discussion and reflection among young people of different nationalities; Joint systematization of actions and behaviors to be adopted in their regions in order to promote their preservation				
	<i>Dinner</i>						
Daily reflection		Shared individual and group reflection about the activities developed and the learning with guidance of the youth animators and registration in the mural of the learning of the project					
Informal living		Informal youth and the community					
<b>DAY 5</b>							
<i>Breakfast</i>							
AM	Guided discussion: reflection on the role of the young person in the preservation of the natural and cultural heritage of a region		Discussion and reflection among young people of different nationalities; Joint systematization of actions and behaviors to be adopted in their regions in order to promote their preservation				
	<i>Morning Snack</i>						
	YouthPass Workshop		Reflect and know the importance of Youthpass				
<i>Lunch</i>							
PM	Evaluation of the exchange in different groups and completion of an anonymous pie chart in the activity room		Evaluation of YE through indicators, reflection and sharing of opinions, experiences and learning				
	<i>Afternoon Snack</i>						
	Activities in the aquatic environment		Formation of intercultural groups and cooperation for the realization of various challenges in the pool				
	<i>Dinner</i>						
Final reflection and youthpass delivery		Shared individual and group reflection about the activities developed and the learning with the guidance of the youth animators and registration in the mural of the learning of the project; Reflection in small groups and sharing of the evolution of individual learning; Youthpass certificate delivery					
Farewell party of the participants		Informal youth and the community					