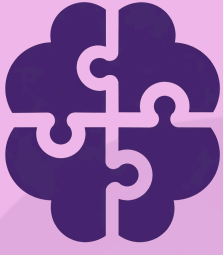




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**INNER
REVOLUTION**

**| PORTUGAL
| 18-27 MAY**

INFOPACK

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01. INNER REVOLUTION

Mental disorders involve changes in thinking, emotions, or behaviour, such as depression, and represent a significant health concern in Europe. According to the World Health Organization, more than a quarter of the adult population in Europe has experienced at least one mental disorder in the past year. At the same time, data from the European Youth Portal shows that several major risk factors for premature death among young people—such as high blood pressure, high cholesterol, high body mass index, low fruit consumption, obesity, and overweight—are increasing across the continent.

In response to these challenges, the project Inner Revolution was created to promote healthier lifestyles among young people. Building on the work of a previous project on mental health, it aims to raise awareness about the importance of healthy habits for well-being and happiness. Through practical and reflective activities, participants will explore key areas of health, including sport and physical activity, nutrition, sleep, and mental and emotional well-being, gaining knowledge and tools to improve their daily habits and encourage healthier lifestyles.



02.

DOURO YOUTH



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

Douro Youth is a non-profit youth association dedicated to fostering active citizenship, solidarity, social inclusion, and community development, particularly in the Douro region. Its mission is to engage adolescents, young people, and local communities in initiatives that encourage social responsibility, participation, and entrepreneurship.

By promoting a more conscious and committed society, the association seeks to empower young individuals, equipping them with the skills and opportunities needed to contribute meaningfully to their communities.

To achieve its goals, Douro Youth organizes conferences, seminars, thematic courses, and various activities that leverage the unique potential of the Douro region.

The association also supports young entrepreneurs by providing the necessary conditions for the successful development of their business ideas. Furthermore, it promotes both national and international mobility for young Europeans, fostering intercultural exchanges and global perspectives.

Through a diverse range of initiatives, Douro Youth ensures that its activities align with its core mission while complementing and expanding its impact on youth and society.

03

TRAVEL BUDGET

Portugal

0€

Spain

211€

Italy

309€

Turkey

580€

Germany

309€

Denmark

395€

04

HOW TO GET TO ALDEIA DE S. SEBASTIAO

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 09h15 (airport) and at 10h from **Madrid Sur Bus Station**.

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

All itineraries have to be approved following the instructions by **Douro Youth**. **Can not be bought without it.**

To help with your **travel arrangements**, you can search for solutions on the websites of [Comboios de Portugal](#), [Alsa](#) and [Redes Expresso](#).

05. EXTRA INFO

CULTURAL NIGHT

We will have a dedicated time where you can expose your customs, traditional dances and culture.

All the teams must prepare some presentations from their countries in a creative way.

We hope that your culture means something more than national food and drinks. Also bring the flag of your country. It would be nice if you also bring some small souvenirs with you (costs are not covered).

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

TASKS FOR THE YE

Presentation of your country and your sending organisation.
Information about the situation of your country on the main topic.

Traditional foods and drinks for the cultural night.

Flag of your country would be great.

WHAT TO BRING

Towels (bath and beach towels).

Warm clothes (The nights can be cold).

Sports clothes and comfortable shoes.

Personal Hygienic Products (Shower gel, shampoo,...).

06. REIMBURSEMENT

PARTICIPATION REQUIREMENT

Participation in all sessions and activities of the project is mandatory. Absence from scheduled activities without valid justification may result in partial or full cancellation of the travel reimbursement. Participants are expected to engage actively throughout the entire duration of the mobility.

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.

TRAVEL REIMBURSEMENT

Travel expenses will be reimbursed based on actual costs provided.

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.

INSURANCES OF THE PROJECT

Activity insurance is covered by the hosting entity.

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

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 organising team. This should match the documents uploaded in the shared folder on Google Drive.

DOCUMENT SUBMISSION

Keep all the digital travel documents (invoices, tickets, boarding passes) and 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.

CURRENCY AND EXCHANGE RATES

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

07. 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, food and other activity costs are covered by the hosting organization only during the project's dates (18th to 27th of May 2026). Staff provide meals such as breakfast, lunch, dinner and coffee breaks.



08. PROFILES

PARTICIPANTS' PROFILE

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

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.

09. PARTICIPANT AGREEMENT

As a participant in the project, you are expected to actively engage and contribute to the overall success of the activities.

Your behavior, attitude, and level of participation are essential in creating a positive and inclusive environment for everyone involved, and you commit to upholding these standards throughout the project.

RESPECT AND INCLUSION

Treat everyone with kindness, respect, and empathy. Embrace diversity and ensure all participants feel welcome, regardless of background.

ACTIVE PARTICIPATION

Engage fully in all activities with enthusiasm, sharing ideas and experiences, and be open to learning from others.

PUNCTUALITY AND COMMITMENT

Be on time for all activities and meetings. Stick to the schedule and inform organizers of any issues affecting your participation.

RESPONSIBILITY AND ACCOUNTABILITY

Take responsibility for your actions, follow all rules, and contribute meaningfully to the project.

COLLABORATION AND TEAM SPIRIT

Work well with others, respect group dynamics, and support your peers during team tasks and discussions.

HEALTH AND WELL-BEING

Take care of your physical and mental health. Inform organizers of any health concerns to ensure your comfort.

Please Note: Douro Youth does not charge any participation fee for the participants to take part in this project. If any participation fee is charged, it is not under the responsibility of Douro Youth.