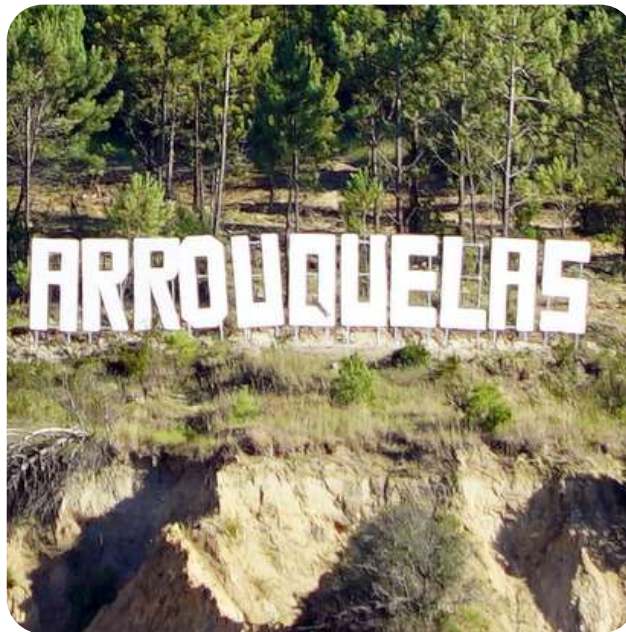


ERASMUS+ **GROWING TOMORROW** YOUTH EXCHANGE





1 SEPTEMBER - 10 SEPTEMBER 2025
ARROUQUELAS, RIO MAIOR, PORTUGAL



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INTRODUCTION

This Erasmus+ Youth Exchange aims to **cultivate an ecological mindset** among participants and partner organizations by **exploring permaculture principles** and **sustainable practices**. The primary goal of this exchange is to bring together 60 young people from across Europe, each with diverse cultural backgrounds but a shared **passion for the environment**.

Through various activities, appealing to **creativity and using a pedagogical and appropriate methodology**, we aim to **create synergies to raise the environmental awareness** of the participants and the community. The work to be developed with this project will have a **European perspective**, where all participants will be involved in an interactive way, promoting environmental protection, identifying common environmental problems and possible solutions and ways to act individually or as a group.



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THEMES OF THE PROJECT

This youth exchange offers the **opportunity to explore permaculture and biodistricts—sustainable communities** that integrate agriculture, the environment, and society. The main goal is to foster collaboration, learning, and leadership through hands-on activities aligned with biodistrict principles.

Participants will deepen their knowledge of **environmental protection, forest conservation, and ecological challenges**, exchanging best practices and developing action strategies. By immersing themselves in nature and applying permaculture principles in daily life, they will have the chance to grow personally and professionally, reconnect with themselves, and slow down from the fast pace of modern life.



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LEARNING OBJECTIVES

- Understanding Permaculture: Equip participants with the knowledge and skills to apply sustainable practices in daily life and long-term planning.
- Empowering Local Action: Provide young people with the confidence to engage with local communities and initiate sustainability projects like biodistricts.
- Promoting Environmental Awareness: Inspire eco-friendly habits through outdoor education, fostering a deeper connection with the environment.
- Encouraging Active Participation: Empower young people to engage in decision-making and understand the link between active citizenship and community development.
- Fostering Intercultural Exchange: Promote mutual respect and collaboration among young Europeans, sharing diverse cultural perspectives on sustainability.



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THE METHODOLOGY OF THE PROJECT

The Youth Exchange will use a **non-formal, experiential learning approach**, including team-building activities, discussions, debates, and role plays. Participants will engage in **hands-on agriculture and nature-based projects**, applying **sustainability and permaculture principles**. Cross-cultural collaboration will be encouraged through **multinational teams**, fostering cooperation and mutual respect. Informal debates on European identity and sustainability will promote **critical thinking and self-reflection**. This methodology ensures **active participation, intercultural exchange** and **personal development**, creating a meaningful and transformative experience.



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LOGISTICS

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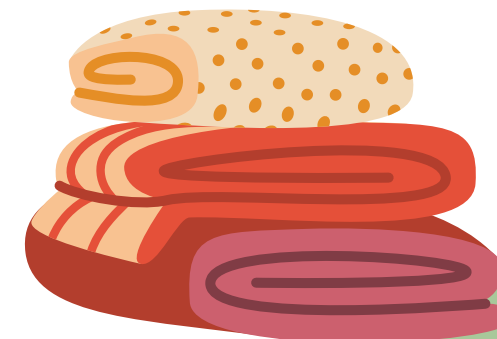
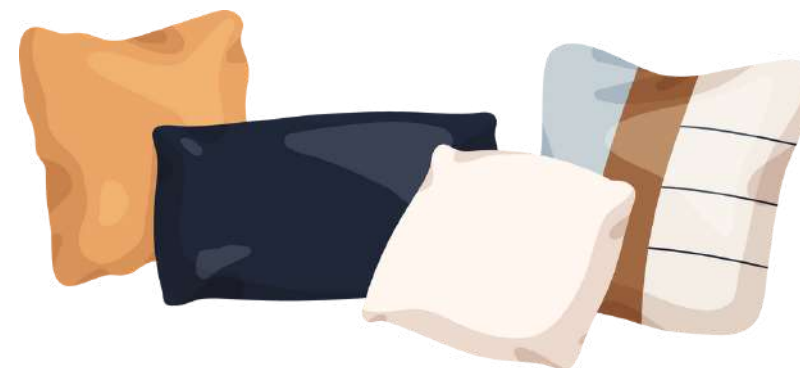
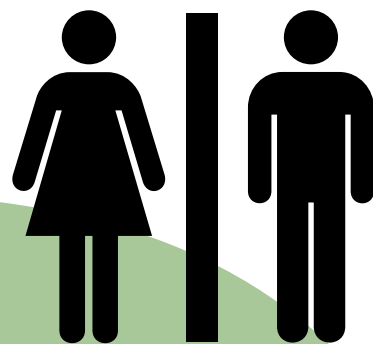


ACCOMMODATION

The participants will be sleeping in tents in a village facility. All safety issues are guaranteed, the tents have 2 bedrooms, each participant will share the rooms with another participant, by gender or by national team (this will be up to each leader to decide). There will be showers and toilets shared by gender.

The participants should bring their sleeping bag. Our organization will provide the mattresses and pillows, and, if necessary, extra blankets as well.

The place of accommodation is inside the village, in a community place. We will build the camp, it will be only for our participants, reason why everyone is expected to respect the space and take care of it and respect the inhabitants of the village, with a way of being responsible.





FOOD

Breakfast, lunch, and dinner will be provided to all participants during the project. For each meal (before, during, and after), a multinational team will assist the organizers. At the beginning of the project, we will provide a schedule, and every participant will be expected to help at least once.

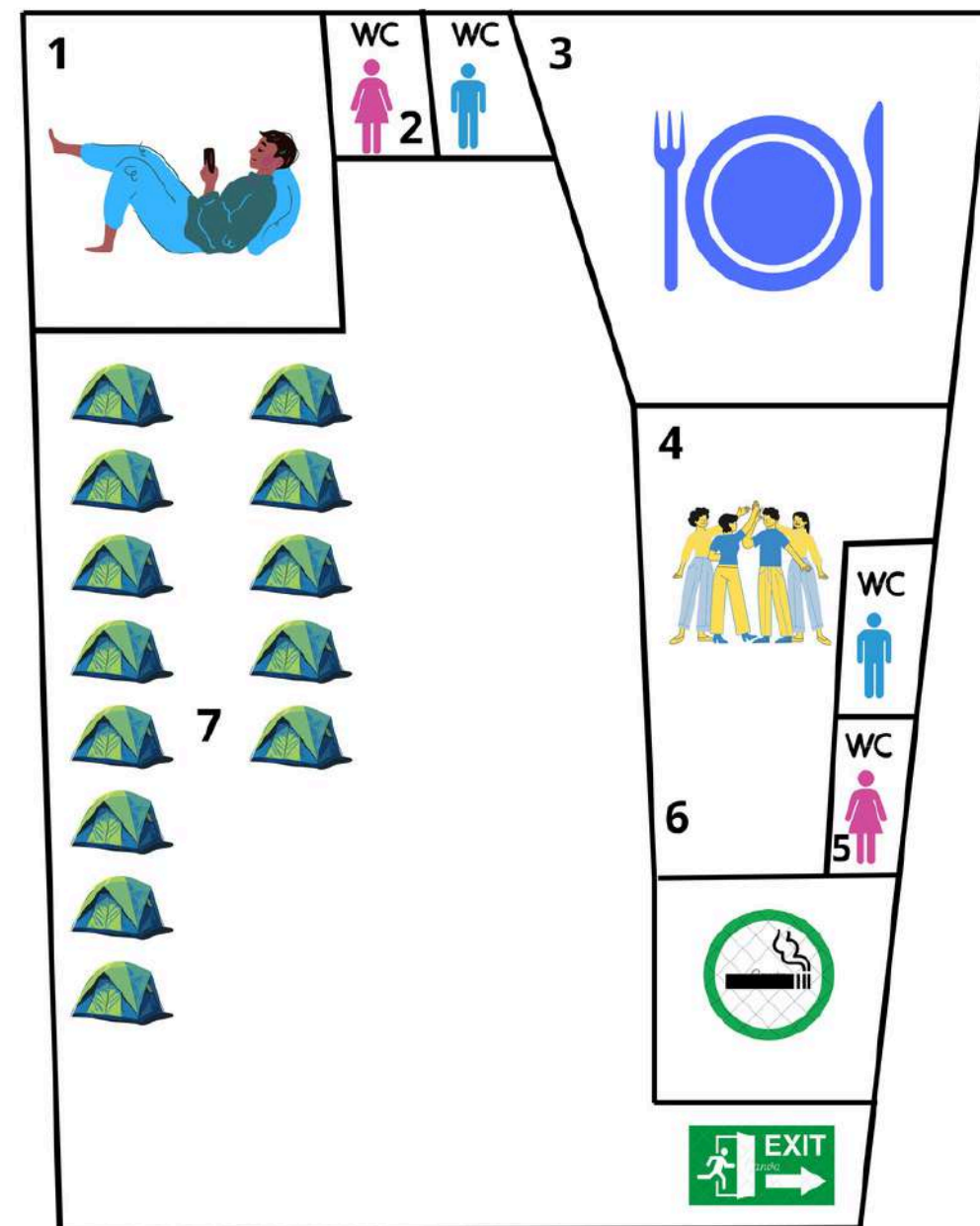


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MAP OF THE FACILITY

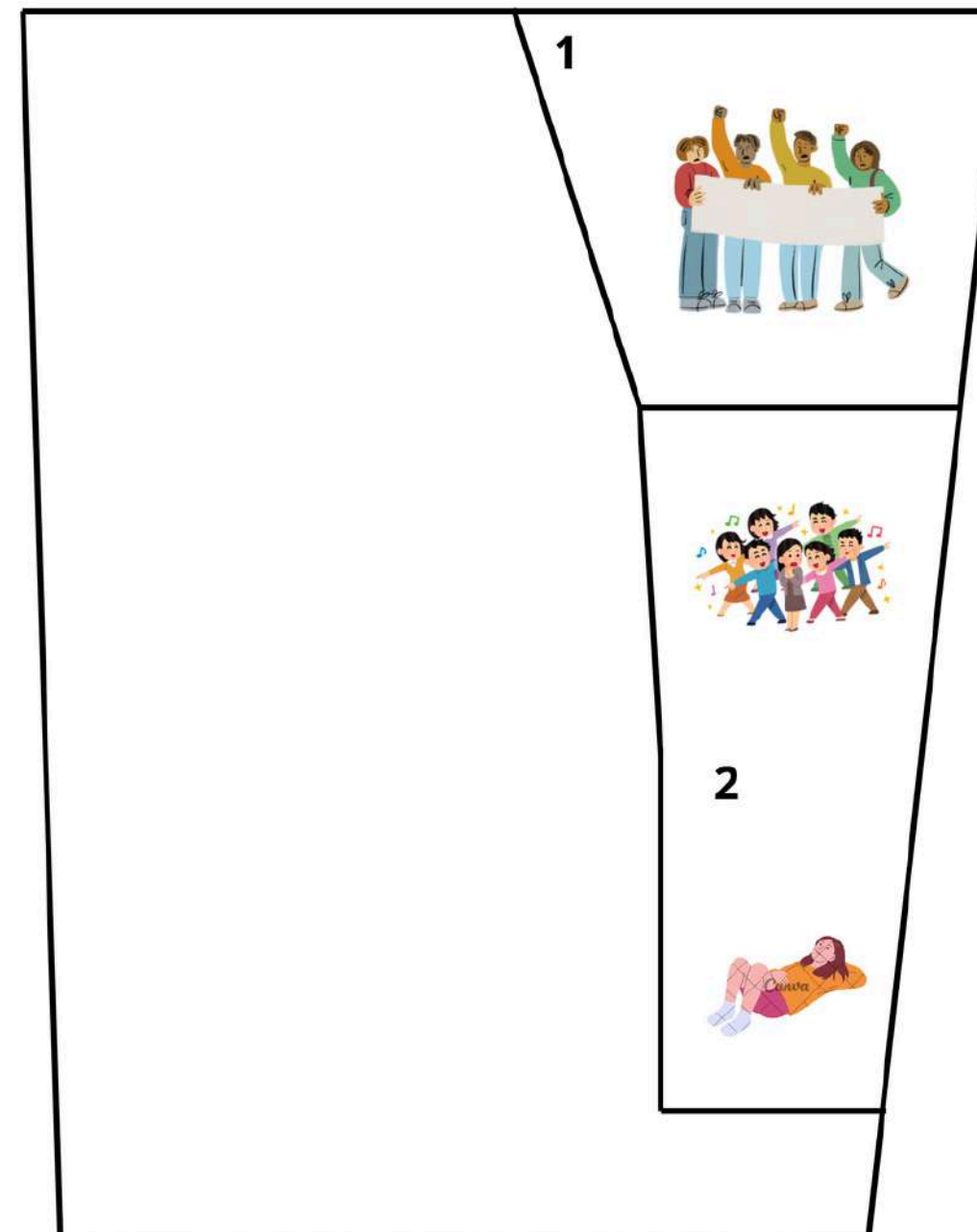
Ist floor



- 1- Chilling zone
- 2 - Showers and toilets
- 3 - Dining zone
- 4 - Common space for work

- 5 - Toilets
- 6 - Smoking zone
- 7 - Camping zone

2nd floor

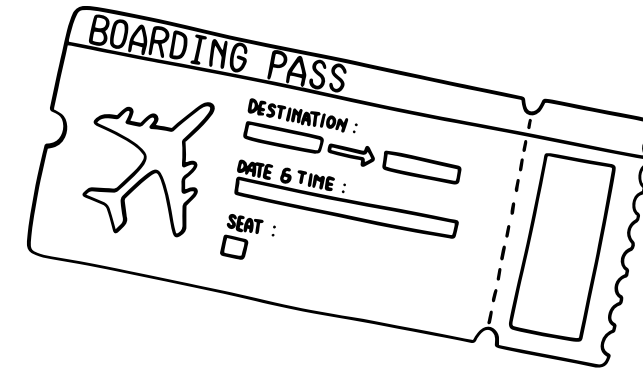
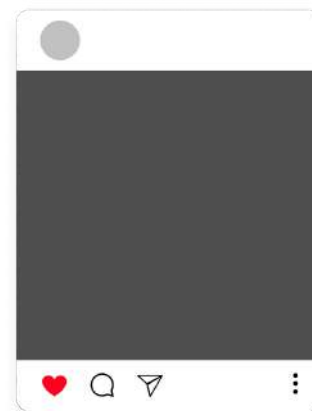
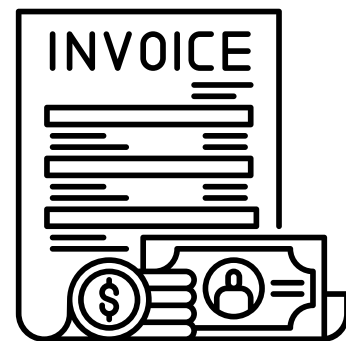
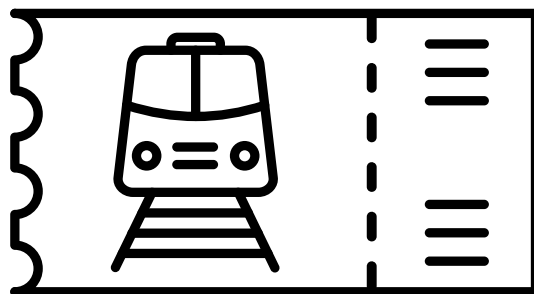


- 1- Activity room
- 2 - Flashmob training and chilling zone

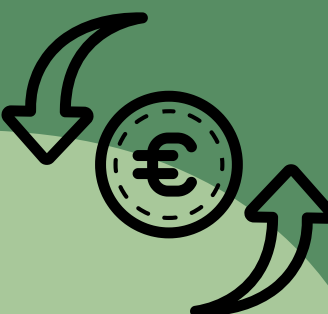


REIMBURSEMENT

All **accommodation** and **food costs will be covered** by the project. Travel costs will be reimbursed according to the **distance band** fixed by the European Commission. You will receive back your travel costs up to the amount stated by the European Commission according to the distance band (see the table in the next page). The reimbursement will be paid by **bank transfer** after receiving **all the tickets, boarding passes and invoices related to the travel and after the EU Survey and dissemination tasks are completed.**

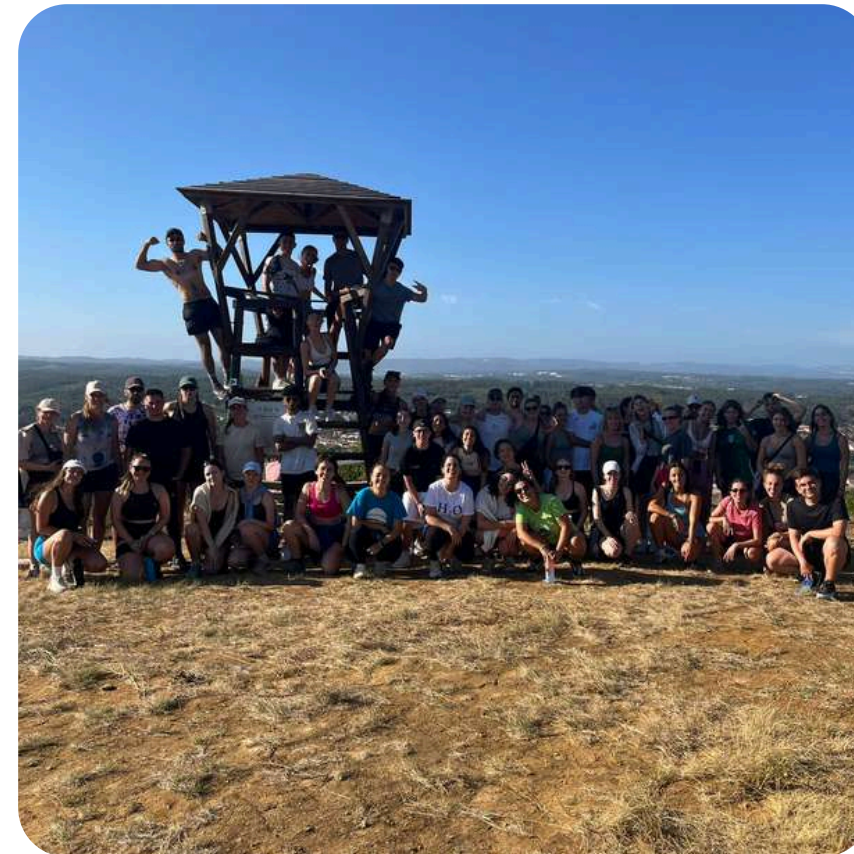


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JOINS US!



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