



# Youth Exchange



Associação de Defesa do Património  
Cultural e Natural de Soure

2nd-10th/September/2014

[adpcns@sapo.pt](mailto:adpcns@sapo.pt)

## Objectives of the exchange

The “Youth Outdoor” project is a youth exchange with the main goal to develop sport outdoor activities, promote a bigger knowledge about environment protection activities and European citizenship.

The projects involves 24 young people, between 15 and 17 years old, from Portugal, United Kingdom (Wales), Romania and Italy. These main goals are promotion of healthy lifestyles through sports outdoor activities, promotion of a wider knowledge of environmental issues and its need to protection, raise youth awareness regarding other European realities and increase the knowledge about European citizenship.



## Organizations involved:

**Associação de Defesa do Património Cultural e Natural de Soure (ADPCNS) - Coordinator**

**ComeUnaMarea Onlus – Partner**

**Global Love Youth Trust – Partner**

**Asociatia Training Store/ 3ning Store – Partner**

## Soure, 2nd to 10th of September of 2014

Day	September 2 <sup>nd</sup>	September 3 <sup>rd</sup>	September 4 <sup>th</sup>	September 5 <sup>th</sup>	September 6 <sup>th</sup>	September 7 <sup>th</sup>	September 8 <sup>th</sup>	September 9 <sup>th</sup>	September 10 <sup>th</sup>
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
08.30 a.m	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Departures
09.30 a.m		Icebreakers and presentation games	Outdoor activities - Climbing	Outdoor activities - Walking	Outdoor activities - Canoeing	Cultural visit to Conimbriga	Free Morning	Challenge for the community - Preparation	
01.00 p.m		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
02.30 p.m		Team Building Erasmus+ Programme and YouthPass	Outdoor activities - Climbing	Bird Watching activities	Outdoor activities - Canoeing	Cultural visit to Coimbra	Youth Pass	Challenge for the community - Implementation Evaluation	
06.00 p.m		Reflection Group	Reflection Group	Reflection Group	Reflection Group	Reflection Group	Reflection Group	Reflection Group	
6.30 p.m		Welcome in Municipality	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
08.00 p.m		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
10.00 p.m		Icebreakers and presentation games	Portuguese night	Romanian night	Cultural night	Free night	Welsh night	Italian night	