

**WE STAND FOR  
GENDER EQUALITY**



## ***Info Pack***

# ***We Stand For Gender Equality***

K1 – Learning Mobility of Individuals

Youth Mobility

3rd – 10th October 2017

Coimbra, Portugal

Project Code: 2017-2-PT02-KA105-004506

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## **About Akto – Human Rights and Democracy:**

Akto – Human Rights and Democracy is a NGDO, recently founded and headquartered in Coimbra - Portugal which aims to enhance education, promotion and intervention in Human Rights and Democracy as structuring elements of a positive change in the world, promoting social and community integration of the most vulnerable and risk populations in Portugal and worldwide.

Akto promotes regular training / education in areas of Human Rights and Democracy, using non-formal learning methodologies, both in schools and universities and at its headquarters, targeting different audiences and promote the acquisition of new skills, often not included in academic curricula.

Akto's action has at this point a particular focus in young people, seeking to empower them for active citizenship and to secure employment.

Also we increased the area of youth volunteering, especially in their preparation to enter the labor market in non-profit organizations, through their participation in project management, design and development, promoting a spirit of initiative and independence at work. This participation of volunteers from the work core and on the daily work routine of Akto provides a multidisciplinary environment, which is more dynamic and open to new ideas.

Akto also focuses its intervention in most vulnerable and at risk populations to develop intervention projects and awareness in social areas. At national level, we integrate networks and platforms such as the Portuguese Platform for Women's

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Rights, the Regional Network of Support and Protection of Human Trafficking Victims, Welcome Refugees Portugal, among others. We value local and international partnerships as an essential way to promote our work.

We aim to be an organization with a strong national and international credibility in the protection, promotion and intervention in Human Rights, Democracy and Peace, respected for its independent and transparent conduct.

We are a young, multidisciplinary team and we share a strong set of values: Humanity; Collaboration; Transparency and Accountability; Ambition and Creativity;

### **Coatl – Development Consultancy:**

Coatl is a consulting firm specialized in issues related to development, as a lasting structural change process of organisations, communities and societies. Since its creation, Coatl has been working to support the development, reinforcement and capacity building of different third sector organizations.

Some of Coatl's services are Organisational Diagnosis and Planning, Project Design and Applications Development, Project Management, Fundraising, Evaluation, Training, among other. In its work, Coatl uses participative methodologies as much as possible.

Akto and Coatl have been working together almost since the beginning of both organizations, collaborating in projects such as:

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- “H and M Program – Promotion of Citizenship and Gender Equality among Young People”, funded by the POISE – Operational Program Social Inclusion (Portugal 2020) and Employment and CIG – Committee on Gender Equality.
- “You(th) against trafficking”, Youth Exchange funded by the Erasmus + Program (European Commission) that gathered 30 young people from Belgium, Greece, Poland, Sweden, Romania and Portugal to debate the problem of Trafficking of Human Beings in Europe.

Both organisations were also involved in the development of the **“We stand for Gender Equality”** in order to create an amazing experience for **YOU!**

### **Project Summary:**

Equality between women and men is one of the European Union’s founding values. Since the 1957’ Treaty of Rome, this fundamental stating has not been fully respected. Women are still underrepresented, in terms of political and economic actions, in our communities in general. We can actually prove that fact looking at the main boards of several organisations: less than 25% of members of parliaments in Europe and 3% of CEOs are women and the current European Parliament consists of 63% men. Facing this reality and advert to this question it’s necessary foundations for a peaceful, prosperous and sustainable world. Youngsters and their flexibility to be a key in causes of social change are essential in this Youth Exchange, once it’s given them later an opportunity to act at the local, national and international levels.

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## **Objectives:**

More specifically the objectives of the mobility are 1) Encourage a reflection between different European countries, particular among young people, about the questions, challenges, mechanisms and potential solutions to fight for Gender Equality, 2) Identify and Exchange good practices on raising awareness of public opinion to the issue of Gender Equality at the European level, 3) Promote non-formal education as a privileged methodology to work with youngsters in questions related to Human Rights, European and Global citizenship, 4) Promote and disseminate the outcomes of the Project as a means to communicate the practices and experiences taking place at the European level to promote Gender Equality and all its dimensions, whilst engaging young people in active and informed citizenship.

## **Advance Planning Visit:**

- From 11th of September (arrival) to 14th September (departure).

**APV:** 12th and 13th September 2017.

- Aims to foster the relationship between partners, looking for the best educational and pedagogic methods to engage the specific project objectives.

- Total 6 participants (1 per country + 2 from Akto - Portugal).

Organization	Country	Number of Participants	Travel per person (max. Euro)
Akto – Human Rights and Democracy	Portugal	2	0€
Federación Mujeres Jóvenes	Spain	1	180€
YOUTH INCLUSION ASSOCIATION	Turkey	1	530€
CET PLATFORM	Former Yugoslav Republic of Macedonia	1	360€
You in Europe	Greece	1	360€

## Youth Exchange:

### Participants Profile:

- 5 participants + 1 team leader (per organization);
- No age limit to team leader;
- Participants between 18 and 25 years old;
- English Level (at least medium level speaking and writing);

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- Ability and flexibility to participate at the youth mobility in Coimbra from 3rd-10th October 2017 in a multi-cultural environment;

**Notes:**

- Gender balance has to be followed as much as possible (3 Male and 3 Female participant per organization);
- priority will be given to participants belonging to groups with fewer opportunities or unemployed youngsters.

**FINANCIAL ISSUES:**

- **Accommodation and meals:** Accommodation and meals are fully covered by the Erasmus + and will be paid by Akto – Human Rights and Democracy.
- **Insurance:** The project costs do not cover for insurance, therefore unfortunately we cannot reimburse them. we suggest you to bring with you the European Health Card in order to be safe in case of emergency.
- **Extra Luggage:** We WILL NOT REIMBURSE ANY EXTRA LUGGAGE for any participant.

**VISA GRANT:**

- From Turkey – 80€ /per person

**Important reimbursement rules regarding travel costs:**

The following are extremely IMPORTANT and must be followed carefully:

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## **Reimbursement rules for travel costs:**

- 1) **MOST ECONOMY TRAVEL:** You will have to buy the most economy way to travel from your country to the venue, thus including train, bus, and airline flights.
- 2) **TRAVEL SCHEDULE/ROUTE:** you will have to provide us with your travel Schedule before hand for approval.
- 3) **PURCHASE OF TICKETS:** **DO NOT BUY ANY TICKET WITHOUT OUR CONFIRMATION OR PERMISSION AND UPON APPROVAL OF THE TRAVEL SCHEDULE/ROUTE.**
- 4) **TRAVEL DOCUMENTS:** Invoices, receipts, tickets, boarding passes must be provided to us on their original forms, concerning both arrival and departure.
- 5) **MAX TRAVEL COSTS:** As foreseen by Erasmus + the amount of travel costs allowed for reimbursement are calculated according to the distance of your country to Coimbra, Portugal. The following table shows the max. amount of reimbursement to participants from each country. We only pay this amount.

## **A2. Partner organizations and max travel reimbursement:**

<b>Organisation</b>	<b>Country</b>	<b>Number of Participants</b>	<b>Travel per person (max. Euro)</b>
Akto – Human Rights and Democracy	Portugal	6	0€
Federación Mujeres Jóvenes	Spain	6	180€



YOUTH INCLUSION ASSOCIATION	Turkey	6	530€
CET PLATFORM	Former Yugoslav Republic of Macedonia	6	360€
You in Europe	Greece	6	360€

## Travel (Arrival & Departure)

The participants should arrive to Lisbon or Oporto on 3<sup>rd</sup> of October and depart on 10<sup>th</sup> of October 2017. Some info about transportation:

### From Lisbon to Coimbra:

- Itinerary: <https://www.aeroportoisboa.pt/en/lis/access-parking/airport-directions/location-and-directions?mode=driving&direction=arrive&address=>
- Subway: <http://www.metrolisboa.pt/informacao/planejar-a-viagem/diagrama/>
- Main train station: <https://www.cp.pt/passageiros/en/train-times>
- Main bus station: <http://www.rede-expressos.pt/default.aspx>

After arriving at the airport you should take the subway to the main train station (Gare Oriente); There you should take the train to Coimbra-B where you will be picked up. You can also take the bus. The airport provides a connection bus to the bus station

## **From Oporto to Coimbra:**

- Itinerary: <https://www.aeroportoporto.pt/en/opo/access-parking/airport-directions/location>
- Subway: <http://www.metrodoporto.pt/pages/285?Start=69&End=22&Type=1&Day=2017-02-22&Time=16%3A28>
- Main train station: <https://www.cp.pt/passageiros/en/>
- Main bus station: <http://www.rede-expressos.pt/default.aspx>

After arriving at the airport you should take the subway to the main train station (Campanhã); There you should take the train to Coimbra-B where you will be picked up. You can also take the bus. The airport provides a connection bus to the bus station.

## **Venue and Accommodation**

- The youth Exchange will take place in Coimbra, one of Portugal's most known cities, particularly famous because of the University.
- Participants will be accommodated in the "NS Hostel". You can check it out here:

<http://www.ns-hostel.com/index.zul>

## **What to bring, what to prepare**

## **Material about your organization:**

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## Intercultural Evening

## Other Important information

## About Coimbra

As the country's first capital for 200 years during the reigns of the earliest monarchs, Coimbra's profile was raised by the founding of the University which led to the formation of an urban nucleus full of noteworthy buildings. After

1537 there appeared numerous University colleges, and two areas – next to the Royal Palace in the upper town and in the Rua da Sofia (lower town) – were set aside for learning.

**Emergency contacts:**

**Police/Ambulance/Fire – 112**

**Ana Rita Brito – 00351 918 184 293**

**Sofia Figueiredo – 00351 918 178 094**

**Akto's number – 00351 913 247 74**

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