

INFOPACK

Do you feel you need to encounter the discomfort and value of slowing down ?

Do you want to reconnect with simpler ways of living?

Join the
DISCONNECT TO RECONNECT YE

4 – 11 JUNE 2026

VIANA DO CASTELO, PORTUGAL

AGE 18 TO 30



Are you willing to experience a few days away from technological stimuli?



Are you looking for ways of living in cooperation and experience a simple life in nature?

Are you open to engage in this adventure during an intense week with people from different countries and backgrounds?



This is an invitation for you to take a step out from your comfort zone and take action, experiencing and reflecting upon active moments of sharing, learning and celebrating and spread your contribute in this world! Here we collect and present important information to live this experience.



ERASMUS+ and YOUTH EXCHANGES

This project is a Youth Exchange (an experience that allow groups of young people from different countries to meet, live together and work on specific topics) part of the european program Erasmus + that support education, training, youth and sport in Europe. For more info about YE [click here](#)

Co-funded by the
Erasmus+ Programme
of the European Union



WHO IS YUPI?

Youth Union of People with Initiative

YUPI is a NGO based in Famalicão (Porto - PT), YUPI organizes Youth Exchanges as well as many other kinds of activities to foster awareness and effective practices on topics such as gender equality, human rights, active citizenship, by use of non formal education methods.

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ABOUT THE PROJECT

A practical exploration of **slowness**, **simplicity**, and **mindfulness** as a response to the **acceleration** and **overstimulation** of contemporary society.

Participants test slower routines, inspired by intergenerational knowledge and pre-digital ways of life, observing their own habits, stress responses, and behavioral patterns.

The focus is on practice, not theory.

THE GOALS



Reconnect with simpler ways of living, inspired by past generations explore what we can adapt to the present.

Encounter the discomfort and value of slowing down. In a fast-paced world, learning to embrace simplicity.

Connect sustainability and intentional living. Socio-ecological perspectives such as **degrowth** and individual responsibility.

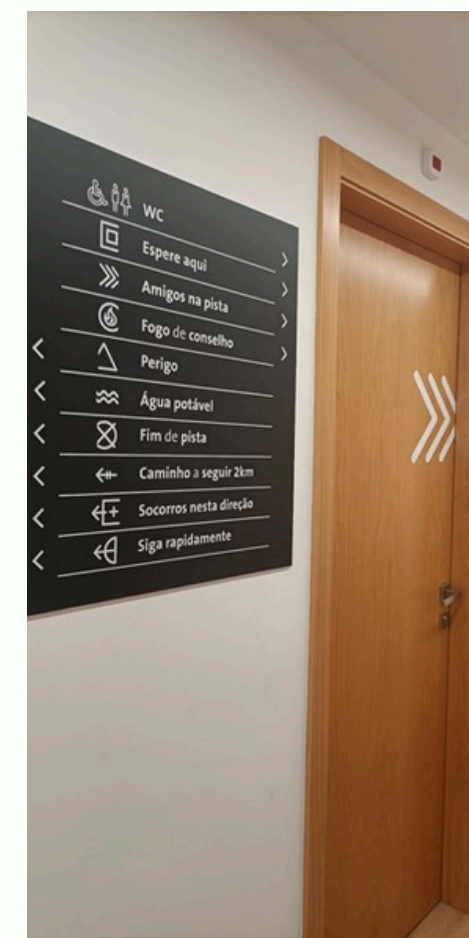
Practice stress reduction techniques, Increasing awareness and regulating the nervous system.



THE VENUE

CFRCV

The YE will take part in Portugal, from 4 to 11 June at CFRVC (Viana do Castelo, Portugal), a peaceful and inspiring place. You will be accommodated in shared rooms with 3/4 bunk beds each.



FOOD AND DIET

The daily activities will be generally divided in **two sessions with two 'coffee breaks'** (morning and afternoon) and **a longer lunch break**. Meals will take place most of the time on site. You will be asked to specify any allergies or specific diets. **Food will be mostly vegetarian based.**



How to Reach the Venue



1

AUTNA bus (directly from Aeroporto)

From Aeroporto Francisco Sá Carneiro, get AUTNA bus, direction to Vigo. Preço: **7,40€**.

Schedules: 8h45, 11h45, 14h45, 20h30 → Leave at Viana do Castelo (Papanata, Axis).

Viana (Axis) to Venue

Bus 120 to Darque (Ponte) + 500m walk (**~2€**) .

Walk through Ponte Eiffel to Av. do Cabedelo 222 (~30–35 min).

Táxi/Uber (~10 min)

2

Getbus.eu

From the Aeroporto to Viana do Castelo (**14€**)

Then Bus 120 (like Option 1)



HOW MUCH DOES IT COST?

The YE is funded through Erasmus+ Program. **The accommodation, food, planned workshops and pedagogical equipment are fully covered from June 4th (check-in from 16h00 gmt+0) to June 11th (check-out before 12h00 gmt+o).**

Any expense incurred before or after these dates or linked to extra activities / leisure will be yours.

Likewise, your travel costs to reach the venue and go back to your country, up to the maximum allowed amount and in a time-frame of maximum 2 days before and 2 days after the YE, will be fully reimbursed after attending the totality of the YE, IF AND ONLY IF you will provide all the invoices related to the expenses!

According to the Erasmus+ Program regulations, the financial contributions to your travel costs will have a total maximum amount (as checked here)

500-1999km	(309€ or 417€ if green travel)
2000-2999km	(395€ or 535 € if green travel)

We can reimburse only public transportation, 2nd class fares. Taxi /uber is not refundable.

IMPORTANT: Reimbursement will be managed by your sending organization in your home country. To receive it, you must provide an invoice or e-ticket showing your travel itinerary, passenger names, and the ticket price, along with all original travel tickets and receipts, such as boarding passes and tickets for trains, buses, or boats that clearly display the cost.



WHAT WILL YOU NEED TO BRING?

- Passport and/or ID card
- Health Insurance Card (EHC) or Insurance policy document and any medicine you might need
- Clothes/shoes in accordance with the weather forecast prior to. Personal Hygiene Products

You will be spending a whole week with people from different countries you hadn't met before. Only a part of this time will be structured, so, come prepared! We suggest you to think about and bring anything you may want to share with the people that will live this experience with you.

The activity plan will consist of various types of activities, carried out individually, in pairs, in small groups or with the whole group, through which we will collectively reflect and work embodiment techniques, creativity boosting, cooperative learning and co-building,



OK THEN... HOW TO APPLY?

This youth exchange is for young people resident in Portugal, Poland, Latvia, Italy, and Romania, aged from 18 to 30 years old.

If you are resident in Portugal and wish to participate, please fill in this form

If you live in one of the other participating countries, you can contact the partner association in your country (see slide 2)

FOR ANY
MORE
INFORMATION
AND
QUESTIONS,
PLEASE
CONTACT US!
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PT