

INFOPACK

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

Do you want to reconnect with simpler ways of living?

Welcome to Youth Exchange
BE THE CHANGE YOU WANT TO SEE

22 – 30 Oct 2026

FAFE / GUIMARÃES, PORTUGAL

AGE 18 TO 25



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



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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OUR PARTNERS

We are reaching out to invite you to
be a partner in our upcoming
Erasmus + youth exchange
“Be the change you want to see”.

The exchange is a part of our
Erasmus+ accreditation,
under the 2025 budget.

5 participants + 1 team leader
per partner



ABOUT THE PROJECT

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

Participants will experience slower routines, digital detox practices, simpler ways of living, and reconnecting with the natural rhythms of life. They will also discover agroforestry and learn how to create a diverse, living green garden in harmony with nature.

The focus is on practice, not theory.



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PARTICIPANT PROFILE

Between 18 and 25 years old.
exceptions until 30 yo

Basic level of language of English (but other languages can also help with communication)

Willing to live with people from different nationalities and **be offline** from the rest of the world :)



Willing to eat almost exclusively vegetarian respecting your diet restrictions

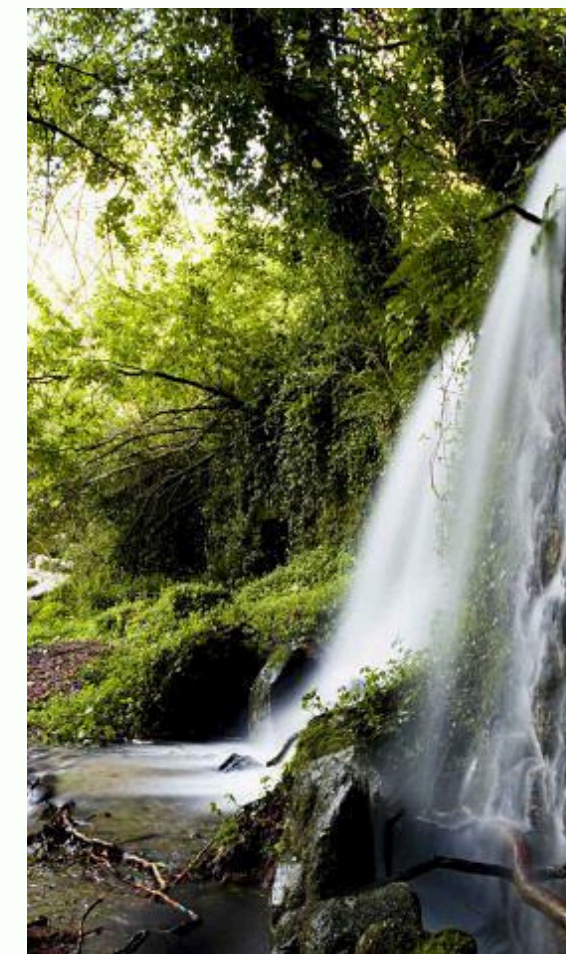
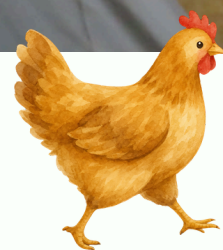
Who likes the spirit of co-operation and community life. Curious, enthusiast and life-hungry!



THE VENUES

ATÃES, GUIMARÃES

The YE will take part in Guimarães, Portugal, from 22 to 26th October in a farm. Participants will share tents and have very basic conditions (showers, dry toilets)



QUINTA DO MINHOTO, FAFE

zzzzzz



The YE will move to Quinta do Minhoto (Fafe) a peaceful and inspiring location from 26 to 30th October. You will be accommodated in shared rooms.



HOW MUCH DOES IT COST?

The YE is funded through Erasmus+ Program. **The accommodation, food, planned workshops and pedagogical equipment are fully covered from October 22nd (check-in from 16h00 gmt+0) to October 30th (check-out before 12h00 gmt+o).**

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

It is possible to travel maximum 2 days before **or 1 day after the YE (not after 31.10.26 because of the end of the project)**

According to the Erasmus+ Program regulations, for 2025 projects, 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 ARE YOU GOING TO DO?

October 22nd Arrival day & get to know each other. Participants reach the venue from 16h (local)

October 23rd Disconnecting for connecting; Group building; Breaking the ice

October 24th to 26th Collective gardening and resilience in action; visit to Guimarães (European Green capital 2026)

October 26th to 27th Moving to Quinta do Minhoto; get familiar with the new location; Temazcal

October 27th to 29th Embodiment techniques; Recovering own and group Creativity

October 30th - Departure day, all the participants leave the venue before 12h00(local time)

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.**

The daily activities will be generally divided in two sessions with two 'coffee breaks' (morning and afternoon) and a longer lunch break.



Some things worth paying attention...

TRANSPORTATION

From Porto airport (Aeroporto Francisco Sá Carneiro): bus or train to Guimarães.
From Guimarães someone from YUPI staff will pick you up and take you to Atões.

or

You can also fly to Lisbon and take a bus or train to Guimarães if it fits you well.

HEALTH /SECUTIRY

Providing us information on your special needs does not remove your personal responsibility for ensuring your own health and safety.

WEATHER

These days, the North of Portugal can be rainy and cold. Check the weather forecast for Fornelos (Fafe) and Guimarães before you leave



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
- Swimsuit, flipflops, beach towel
- 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.

As a participant, you commit yourself to actively participate in the whole process, including to read all the information carefully (especially this infopack and all the emails we will send you before your coming) and communicate timely with the organizers.



OK THEN... HOW TO APPLY?

This youth exchange is for young people resident in Portugal, Italy, Germany and Latvia, aged from 18 to 25 years old (exceptions from 26 to 30 can be approved)

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 (ITALY, LATVIA, GERMANY), you can contact the partner association in your country

FOR ANY
MORE
INFORMATION
AND
QUESTIONS,
PLEASE
CONTACT US!
GERAL@YUPI.
PT