



e.p.a. Serra da Estrela | Lisboa, Youth Exchange - july | august 2023

Let's Open Windows
para novas esperanças

free to move

How International Youth Exchanges offer a different format for young people to experience inclusion and solidarity





welcome

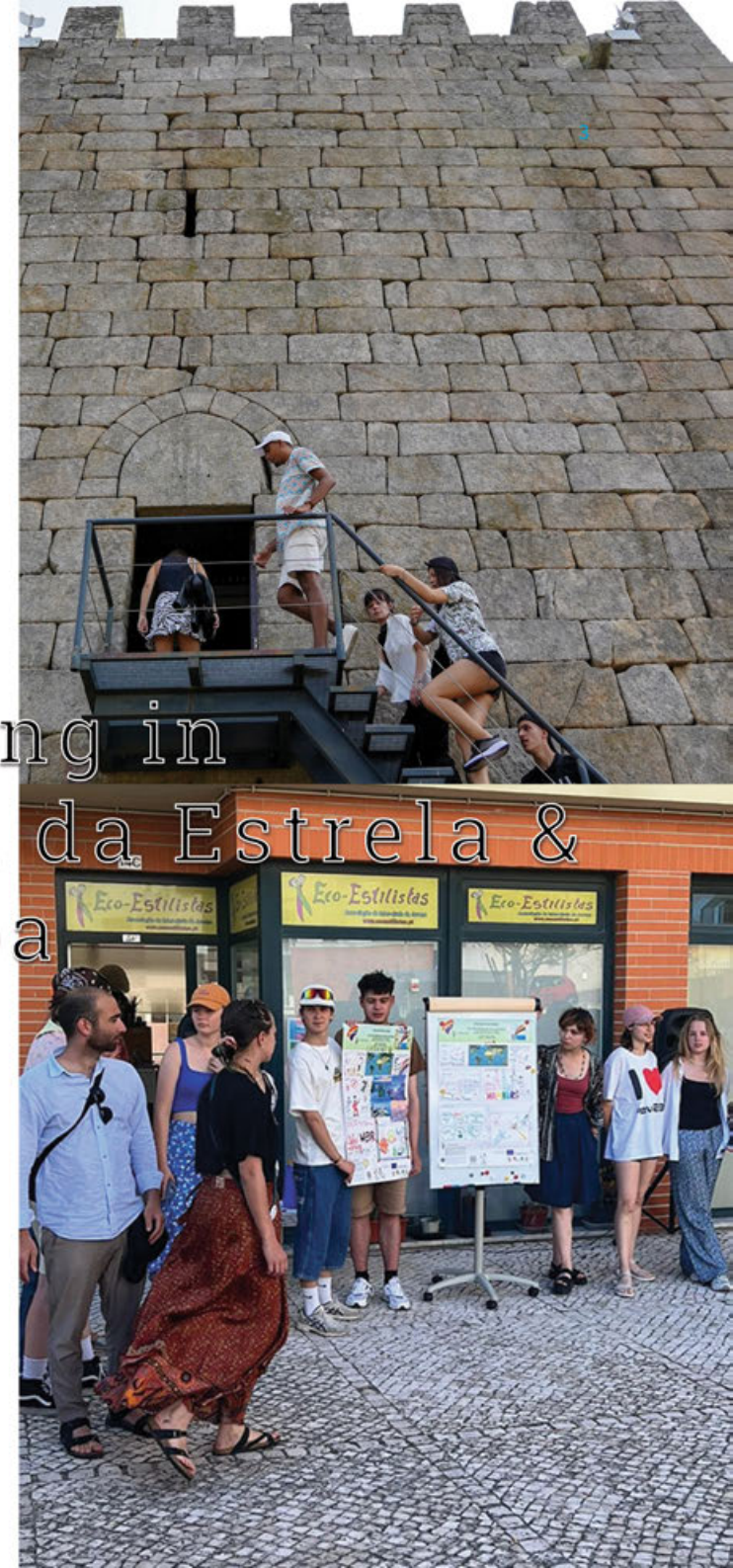
Serra da Estrela, located in the north of Portugal, is the highest mountain in the country, offering stunning landscapes and rich biodiversity. In addition to its natural beauty, the region is famous for Serra da Estrela cheese, a delicacy appreciated for its unique texture and striking flavor. At this meeting we will explore our experiences and learn more about this fascinating mountainous setting, with a privileged view of the stars and lots of contact with plant and animal nature, with the support of the Town-Hall of Celorico da Beira and Seia.

Lisbon, the charming capital of Portugal, is a city that mixes history, culture and modernity in a unique way. On the banks of the Tagus River, Lisbon is known for its picturesque hills, historic neighborhoods like Alfama and the vibrant atmosphere of its markets and squares. In this city we will enjoy the scenic views from São Jorge Castle, or savoring the flavors of Portuguese cuisine, your time in Lisbon is sure to be filled with unforgettable moments.

Lisbon welcomes you with open arms, inviting you to discover its rich history, vibrant culture, and the warm embrace of its people. Whether you are strolling through the narrow streets of Alfama, enjoying the scenic views from São Jorge Castle, or savoring the flavors of Portuguese cuisine, plus a charming coastline along the Atlantic Ocean with wonderful beaches, where Oeiras offers charm and views unforgettable views of the sea.

Eco-estilistas

Staying in Serra da Estrela & Lisboa





Facing the latest developments in the world – wars, pandemic, climate change, economic crisis, the rise of populism and neo-fascist movements – a growing number of young people, especially young refugees, feel pushed to live in doubts, anxiety, insecurity and even desperation. Intercultural youth work can offer some time for experiences to discover cracks in this environment, – where the light comes in.

This International Youth Exchange under the theme "Let's open windows para novas esperanças – young people from 7+ countries climb the star mountains to explore ways out of fears for our future" brought together 57 young people from disadvantaged communities in Portugal, Bulgaria, Finland, Slovakia and from Germany, together with young refugees from Ukraine for two weeks in a safe environment in Serra de Estrela and Oeiras-Lisbon, Portugal.

In a welcoming climate and a spirit of "all different – all equal", this exchange offered the participants opportunities to work and play with and learn from each other. Raising awareness about their inalienable universal Human Rights, they were encouraged to share their thoughts and feelings, ways to cope with angst and fears and discover new hopes. Fostering a sense of empowerment, this experience supported their potential for actively taking steps towards future's hopes.

The programme proposed by the young people and the host group, created the conditions for the active involvement of all participants during all stages of projects, especially the workshops, which they have prepared with their groups, sharing their perception of the theme, unpacking some of the contents of their heavy personal rucksacks.

During an array of joint activities: for environmental protection in the mountains and social intercultural celebrations in the hosts' community in Marvila in Lisbon, the participants also shared good practice as European active citizens, disseminating their insights and outlooks during receptions with politicians via their own Radio Zip and social media.

Two visits at the mayor of Celorico de Bera and the mayor of Marvila were organised. The first week we have the historical village of Seia and Celorico de Beira and the second week we visited our hosting organisation Eco-Estilizas at Marvila neighbourhood in Lisbon and we got a reception of the mayors. Our young people presented their ideas, thoughts, experiences, fears, challenges and the situation of the young people in their communities.

19	20	21	22	23	24	25	26	27	28	29	30	31	01	02
Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Arrivals	Name Games	Celorico da Beira	Workshop Portugal	Exploring Nature	Workshop Ucraina	MUSEUM	Mirror Game	Preparation Playday	Visita a Lisboa		Benfica Stadium	e.p.a. workshop	Banana game	Departures
Arrivals	Introduction Workshop	Tradicional Village	Swimming pool	Workshop Germany	Nature Games	Beach	Playday		Workshop ?	Intercultural lunch	Radio workshop	Evaluation	Departures	
Serra Estrela	Posters	Linhares da Serra		Workshop Slovakia	Hugs Game	Night walk	Lisboa	Introduction Lisboa week	Workshop ?	Arraial Dinner	Multicultural Games	Gala Multicultural	Youth Pass	More info
	Video presentation	Invisible Friend												

The Programme

Let's open windows para novas esperanças
young people climb the star mountains to explore ways out of fears for our future

19. July – 02. August



Contact with Nature

Serra da Estrela Sheep and traditional cheese





Local Authorities's Reception

Celorico da Beira



Recycling with Waste Materials

Workshops





Cultural Visits



Playday



Find the Words

H T E O V E R C O M E Y G G O A C D H F A E
 N L U E H P E X P E R I E N C E S O W R C B
 E B R A V E H S R A A T E T M R P B S I O N
 V E P A R T Y I N G R W F F E E M R U E N L
 E A T O L O O N F A F N O A M D O I N N F F
 R A D B I O E C L T A I W W O I E G N D I U
 Y F C E E O V R K C S N Y C R I T A Y S D T
 T A O L E X E E M O T I O N A L A D A L E U
 H M M I E U C D L U E T T C B A E A I F N R
 I I P E W K C I E Y E E A H L E U A E O T I
 N L L V A T Y B T D N M M A E E N D S E Y S
 G Y E E B R I L L I A N T N M D I T M S T T
 I B T E M O E E O Z N I R G E R Q L I E O I
 G I E I H H A Y I R E G G E E E U I L I B C
 I N P S E O I N M T D I V E R S E W E T E T
 A T I R T R G T N T N M S U R P R I S E N E

Last Word

- | | | | | |
|-----------|------------|------------|------------|----------|
| AMAZING | COMPLETE | EXPERIENCE | INCREDIBLE | SMILES |
| BELIEVE | CONFIDENT | FAMILY | LOVELY | SUNNY |
| BEST | DIVERSE | FAST | MEMORABLE | SURPRISE |
| BRAVE | EMOTIONAL | FRIENDS | OBRIGADA | UNIQUE |
| BRILLIANT | EVERYTHING | FUTURISTIC | OVERCOME | |
| CHANGE | EXCITING | HOPE | PARTYING | |

How concept and practice of e.p.a.

International Youth Exchanges offer a fine format and creative conditions for young people with challenged backgrounds and heavy backpacks: with 'special needs', as refugees, from minorities...
To experience social inclusion, solidarity and embrace Human Rings:

★ Share smiles and express words of love and hope (community play actions, banana game, rainbow envelopes)

★ Evaluate and receive recognition for being committed (evaluation rounds, youth pass)

★ Live and enjoy "all different all equal" (incl. pocket money)

★ Reflect attitudes, behavior, encourage changes ("mirror game")

★ Discover and celebrate intercultural adventures, distance - closeness (hug game) differences and common goods with sights, foods, languages, dances (city rallies, intercultural evening)

★ Learning from and with each other with playful, non-formal methods without competing



"... and overcome the fear, not to be loved..."

★ Feel invited and welcome in all their childhood tongues

★ Being called by their name and learning all names (various name games)

★ Belonging to both: their city group and to a big circle of 60 participants

★ Experience basic child and youth rights (protection, provision and participation): being safe in good company, a bed of their own, reliable meals, interactive meetings

★ Present, explore "us and them" (posters), discussing themes in workshops

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