

VOL. 1

GUARDIANS OF DEMOCRACY

16 - 23 SEPTEMBER
CASTELO NOVO, PORTUGAL

Participants Infopack



Co-funded by
the European Union



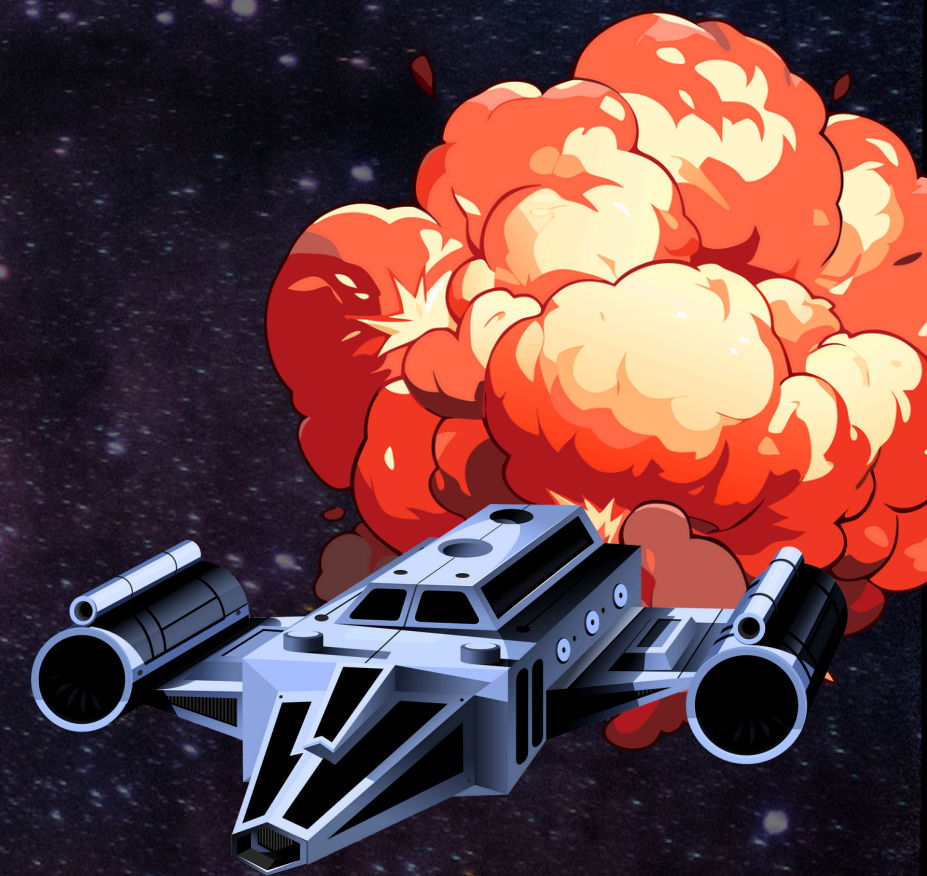
GUARDIANS OF WHAT?!



Guardians of Democracy responds to the urgent need to strengthen youth participation in democratic life, especially in countries facing high youth unemployment and low participation rates.

It aims to empower participants through non-formal education activities focused on:

- ✓ Democratic values, youth rights, and critical thinking
- ✓ Identifying barriers to participation in their local contexts
- ✓ Promoting intercultural dialogue, inclusion, and sustainability



OBJECTIVES



- Empower young people to increase their knowledge, confidence, and ability to participate meaningfully in civic and political life.
- Foster intercultural dialogue and solidarity through non-formal education activities, promoting empathy, respect for diversity, and a shared European identity grounded in democratic values.
- Equip participants with tools to identify fake news and misinformation, promoting critical thinking and information analysis
- Engage participants in analysing barriers to youth participation and inclusion in their home countries
- Raise awareness on understanding the link between environmental responsibility and active citizenship, and commit to eco-friendly practices in their communities.

WHO'S MAKING IT HAPPEN WITH US



Estrellas del Sur (Spain)



Romagna+ (Italy)



Pozitiva Samobor (Croatia)



PARTICIPANTS PROFILE



- Are 18-30 years old.
- Is curious about democracy, human rights, and active citizenship
- Wants to understand how democracy works and how to participate more actively in their communities
- Is interested in analyzing the barriers that keep young people away from politics
- Wants to improve critical thinking skills and fight misinformation
- Enjoys intercultural learning and meeting new people
- Wants to organize dissemination activities back home after the exchange
- Has a basic level of English to communicate and work with the group



DON'T FORGET TO BRING

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- Swimsuit in case of good weather
- Clothing for warm weather
- Comfortable Shoes
- Medication (If needed)
- Chargers for your devices
- Bring a souvenir from your country to exchange
- ID Card/Passport
- **Typical Food** From Your Country for the Intercultural Night
- Personal Hygiene Stuff (**Towel** and slippers too!)
- Tickets or travel documents related to reimbursement
- Bring your nacional flag

DON'T FORGET TO BRING



- European Health Insurance Card

The European Health Insurance Card is a free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries.

Link to get it: <https://ec.europa.eu/social/main.jsp?catId=563&langId=en>

DON'T FORGET TO BRING



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- Castelo Novo is a very small village and it does not have any supermarkets, banks or ATM's.

There are a few cafes and restaurants, we recommend participants withdraw money for their personal expenses in Lisbon before coming to the venue.

INTERCULTURAL NIGHTS

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Each national team showcases their country and culture by creating a series of activities that include the presentation of traditional food and drink, interactive games, dances etc.

Be creative, prepare some fun presentations about your country.

Oh, and don't forget to bring your National Flag!



ABOUT CASTELO NOVO



- The project will take place in Castelo Novo, one of the 12 historical Portuguese villages, in the heart of the Serra da Gardunha. There is something mystic and fascinating about its cobbled streets that hide more than 800 years of history. It stands out as a typical medieval village and has much to offer..
- There are a few local businesses where you can have coffee or traditional sweets, but not big supermarkets or stores, take that in mind.



CASTELO NOVO MEDIEVAL CASTLE

ACCOMMODATION



The venue will take place
in the accommodation of
“IPDJ” in Castelo Novo



We have indoor and outdoor space
Free Wifi all across the village

It's quiet, you can enjoy
nature and the village with
your new friends



Look at the rooms! Don't they
seem cozy?

**The venue is also equipped for
people with disabilities*

SCHEDULE



MORNING:

10h - First Activity

11h30 - Coffee Break

11h45 - Second Activity

13h15 - Lunch

14h00 - 15h00: Free Time

AFTERNOON:

15h30 - Third Activity

16h45 - Coffee Break

17h00 - Fourth Activity

18h30 - Reflexion Groups

20h00 - Dinner

22h00 - Intercultural Night

*The Schedule is flexible depending on the day's activities

THINGS TO KNOW ABOUT PORTUGAL

- The population of Portugal is 10.3 million
- Lisbon is older than Rome
- There are 250 million Portuguese speakers around the world.
- Portugal is one of the most peaceful countries in Europe
- We are famous for our typical Seafood Dishes and Pastry
- The biggest wave in the world was surfed in Nazaré



TRAVEL BUDGET

 **PER PARTICIPANT** 

6 + 1 TEAM LEADER



PORTUGAL

Travel Funds: **23€**

ITALY

Travel Funds: **309€**

SPAIN

Travel Funds: **211€**

CROATIA

Travel Funds: **309€**

DISSEMINATION ACTIVITIES



Local Dissemination Sessions:

- Each national team will organise at least one local event (in-person or online) to share key learning and inspire peers after the mobility phase.

Youth-Led Project Video:

- Participants will co-create a short video during the exchange to share experiences, reflections, and calls to action on social media.

DISSEMINATION ACTIVITIES



Online Follow-Up Meeting:

- All participants and team leaders will join an online reunion 2–3 months later to assess how the project had impacted their lives.

Participant Testimonies:

- 4–8 personal stories will be turned into social media posts to highlight the human impact and inspire others to get involved.

Youthpass Certificates:

- Formal recognition of learning outcomes for all participants, supporting employability and civic credibility.

FLIGHT PURCHASING



If you're worried about the flight...

Participants coming from backgrounds of fewer opportunities can have their tickets purchased by our team, they will only have to **pay a 100€ caution fee to Selfmade OR their Sending Organisation**, which will be **returned to them after participating in the project**. The fee is a precaution and will only be charged to ensure that in case of cancellation from a participant, we will use that caution fee to change the name of the purchased flight to the later replaced participant.

Note: If a participant cannot afford the caution fee, the participant can contact us directly, so we find a solution. Everyone should be able to participate.

TRAVEL RULES

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Participants can **purchase their travels themselves and go through the regular reimbursement process** with our mentoring and approval. All plane tickets purchased must be confirmed by us and your sending organization before the flights are purchased so they comply with the **travel rules**.

Participants should **arrive no later than 18:00 on the 16th of September in Fundão**, as we will have a Bus to drive us to Castelo Novo. **(keep in mind it's a 3h45-hour bus ride from Lisbon or Porto to Fundão)**. After arriving in the airport, you need to catch the metro from the Airport Station to the Bus station.

TRAVEL RULES



To return, we follow the same formula, you must keep in mind that their return flights have to depart after **15h00 on the 23th of September**. Given, participants will leave Castelo Novo, by bus, in the morning, catch a bus in Fundão, and arrive in the Big city at around lunchtime.

You can stay in Portugal for 2 extra days, at your own expense.

Private Transportation (Taxi, personal car, etc) will not be reimbursed. Large luggage can be reimbursed if the travel plan does not exceed the travel budget.

REIMBURSEMENTS



Reimbursement of travel expenses will be done after the project. As soon as we gather all travel documents (**invoices, receipts and boarding passes**) from a national team, the Selfmade team will proceed to reimburse the whole national team. **So make sure to save and not lose any documents related to your travel to Portugal and back.**

Note: Every participant will need to send their return boarding passes, and/or other documents related to their travel by post to Selfmade. (Check contact page for address)

**DO NOT FORGET
TO KEEP
ORIGINALS or PDF
OF ALL TICKETS,
BOARDING
PASSES, ETC.
IT WILL BE
NEEDED FOR
REIMBURSEMENT!**

HOW TO GET HERE

FROM LISBON



**STEP 1 - FLY TO LISBON
AIRPORT**



**STEP 2 - GO DOWN THE
METRO ACCESS FROM THE
AIRPORT**



**STEP 3 - BUY A TICKET IN
THE MACHINES (COST:
1,85€)**

HOW TO GET HERE

FROM LISBON



**STEP 4 - BUY A TRAIN
TICKET FROM REDE
EXPRESSO OU CP
WEBSITES**



**STEP 5 - GO TO YOUR
SELECTED BUS STATION IN
LISBON (SETE RIOS / ORIENTE)
OR TRAINS (SANTA APOLONIA /
ORIENTE)**



**STEP 6 - GET YOUR BUS
TO FUNDÃO AND WAIT
FOR THE STAFF TEAM TO
CATCH YOU UP.**

HOW TO GET HERE ™

FROM PORTO



**STEP 1 - FLY TO PORTO
AIRPORT**



**STEP 2 - GO DOWN THE
METRO ACCESS FROM THE
AIRPORT**



**STEP 3 - BUY A TICKET IN
THE MACHINES (COST:
TICKET Z4 2.80 €).**

HOW TO GET HERE ™

FROM PORTO



**STEP 4 - PROCEED TO
CAMPANHÃ METRO STATION**



**STEP 5 - GO TO THE BUS
STATION "TERMINAL
INTERMODAL DA
CAMPANHÃ"**



**STEP 6- GET YOUR BUS TO
FUNDÃO AND WAIT FOR THE
STAFF TEAM TO CATCH YOU
UP.**

THE TEAM



PEDRO TIBURCIO
FACILITATOR



ANDRÉ SILVA
FACILITATOR

THE TEAM



RODRIGO PEDRO
PROJECT LOGISTICS
AND COMUNICATION



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