

# READY.SET. VOLUNTEER +

Youth Guide to Volunteering in Europe

Youth Exchange - Viseu, Portugal

23th October to 1st November '24



Co-funded by  
the European Union



Agência Nacional  
Erasmus+ Juventude/Desporto  
Corpo Europeu de Solidariedade



READY TO HELP  
VISEU

# Objectives:

"Ready.Set.Volunteer + - Youth Guide to Volunteering in Europe" aims to bring together young people from five different countries to develop and encourage youth volunteering.

The main objective is to prepare young people to participate in and create new volunteering activities and new ways of volunteering, improving and increasing their skills.

Through interactive workshops, debates and practical volunteering activities, you will gain valuable insights into European opportunities, improving your personal development and encouraging a commitment to community service.

By connecting with young people from different backgrounds and countries, you'll have the opportunity to socialise with other cultures, sharing visions, experiences and traditions.



# Participants profile:

- Participants from: Portugal, Spain, Romania, Turkey or Bulgaria;
  - Aged 18 to 26 years old;
  - Each team will have a teamleader (18 to 30 years old);
  - Basic English Skills;
  - Willing to take part in volunteer activities;
  - Willing to make new friends and get to know other visions;
  - **Participants must engage in all activities.**
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# Travel Info – How to get here?

If you are flying either to Lisbon or Oporto airports, the easiest way to get to **Viseu** is by taking a bus. You can buy your bus tickets online or through the app of one of these companies:

- Rede expressos - <https://rede-expressos.pt/> ;
- Flixbus - <https://www.flixbus.pt/> .

## Moving around the city:

Viseu is not a big city and you can reach any place within the city center **by foot** in no longer than 20/30 minutes. It ends up being a convenient option to get to know the city better.

Despite that, Viseu has a reliable bus network that provides convenient cheap travel options across the city and its surroundings.

And a tourist train where you can pay and take a short tour of the city's most emblematic places.

Platforms like Bolt or Uber are also available.

# Do not forget to bring with you :



**ID Card/Passport;**

**European Health Insurance Card (EHIC);**



**Tickets or Travel Documents related to Reimbursement;**

**Comfortable Shoes;**



**Medication (If needed)**

**Personal Hygiene Stuff**



**Appropriate Clothing**

Expect temperatures between 10°C and 17°C

**Traditional food and your national flag (for the Intercultural Night)**



# What To Visit Here / Historical Locals :

- Cathedral;
- Republic Square | Rossio;
- Rua Formosa and Rua Direita streets;
- Park Aquilino Ribeiro;
- 2 de Maio Market;
- National Museum Grão Vasco;
- Quartz Museum;
- City History Museum;
- Fontelo woods...



# Accommodation

## Hotel Bela Vista



**R. Alexandre Herculano 510, 3510-035 Viseu**

# Travel Budget

**395€**

**Bulgaria**

**395€**

**Romania**

**395€**

**Turkey**

**210€**

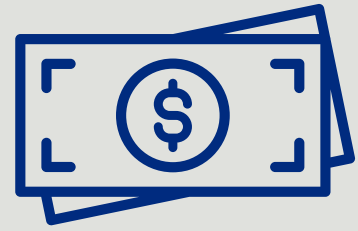
**Spain**

**56€**

**Portugal**



# Travel Rules and Reimbursements



- It is important that we check all the tickets before the purchase, to make sure they comply with travel rules. So, in order to ensure your reimbursement, make sure you send your travel plan to us and to your organization before you purchase them. Note that large luggages can be reimbursed if the travel plan does not exceed the travel budget;
- We do not refund 20kg suitcases;
- It is mandatory that you keep every original or PDF of tickets and boarding passes as they will be needed for the reimbursement;
- There is the possibility to stay in Portugal two further days, however, you will have to cover the extra expenses.

# Our Team



Francisca Almeida  
President



João Alves  
Project Manager



João Valor  
Logistics Coordinator



Rodrigo Carvalheira  
Travel Coordinator



Diogo Soares  
Logistics



André Silva  
Facilitator

# Our Partners



Estrellas del Sur – Spain



Kiyikoy Doga Sporlari Kulubu  
Derneği – Turkey



Asociația Institutul Pentru  
Creație și Dezvoltare –  
Romania



International Initiatives for  
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Bulgaria

# Contacts

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