



DARE. CREATE. TRANSFORM.



VISION

**VALUE INFORMATION, STRENGTHEN
INSIGHTS, OBSERVE NEWS**

**Aveiro, Portugal
APV 11 - 14 November
30 November - 6 December 2025**

**INFOPACK
ERASMUS +
YOUTH EXCHANGE**



CAIS 1515 ASSOCIAÇÃO CULTURAL



PARTNERS

We.



LOCAL PARTNERS



aeo

Agrupamento de Escolas de Esqueira

CO-FUNDED



Erasmus+

CAIS 1515 - ASSOCIAÇÃO CULTURAL

Cais 1515 - Associação Cultural is a cultural and social association based in Aveiro, Portugal.

We bring people together through art, non-formal education and creative participation, empowering communities to imagine new ways of living, learning and acting, locally and across Europe.

DARE.

To question the world, to explore new ideas, and to go beyond what's expected.

CREATE.

Meaningful experiences, connections, and artistic expressions that matter.

TRANSFORM.

Realities, perspectives, and possibilities starting from the local, reaching into Europe.

Our name carries our essence.

“Cais” means pier, a place where people arrive, depart, meet and dream. It’s a symbol of movement, exchange and possibility.

“1515” is the year when the Royal Charter was granted to Aveiro and Esgueira, the territories that shape our identity. It connects us to the long, rich history of the place we come from.

WE HONOUR THE PAST, LIVE IN THE PRESENT, AND BUILD BRIDGES TO THE FUTURE.

CAIS 1515 - ASSOCIAÇÃO CULTURAL

Founded in 2021, right in the middle of the COVID-19 pandemic, Cais 1515 was born to respond to a collective need to reconnect, to express and to belong.

We started locally, creating cultural events and small-scale projects to fight isolation and bring people back together, safely and creatively.

From day one, we believed in the power of culture as a lifeline, not a luxury, but a tool for healing, awareness and participation.

FROM AVEIRO TO EUROPE, WE KEEP CHOOSING COMMUNITY OVER ISOLATION, AGAIN AND AGAIN..

Cais 1515 creates inclusive spaces for belonging, expression, and action through in-person interaction, cultural engagement, non-formal learning, and digital creativity with sustainable impact.

Our Mission:

To foster intergenerational participation, artistic and social innovation, and youth-led transformation in the Aveiro Region, bridging local and European perspectives.

Our Values:

- Integrity – purpose over convenience
- Creativity – new ways of thinking and making
- Inclusion – everyone is welcome
- Empowerment – providing tools, not rules
- Sustainability – future-focused action
- Care – for people, places, and stories



DARE. CREATE. TRANSFORM.



OUR PROJECT



PARTNERS

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OUR PARTNERS



Spain
WeLeaderz



Italy
Cinegiovani



Croacia
Trećeprstor

NEEDS

- To make young people aware of the impact of disinformation on individuals, society and democratic institutions;
- To connect young people with the media, particularly community radio stations, to develop media literacy skills and lifelong learning skills;
- To promote civic engagement and democratic participation among participants in the fight against widespread disinformation.

GENERAL OBJECTIVES

- a) To raise young people's awareness over the impact of disinformation in individuals, society and democratic institutions;
- b) To connect young people with the media, namely community radios, so they develop media literacy skills and lifelong learning skills;
- c) To promote young people's civic engagement and democratic participation to combat disinformation.

SPECIFIC OBJECTIVES

This initiative empowers young people by:

- a) Promoting civic and democratic participation;
- b) Building resilience against disinformation and extremism;
- c) Developing media literacy, critical thinking, and lifelong learning skills;
- d) Raising awareness about the impact of fake news on society;
- f) Encouraging engagement with and support for independent media like community radio;
- e) Using real-world examples (e.g. Ukraine conflict) to highlight the importance of trustworthy information.

PROFILE OF PARTICIPANTS

YOUTH EXCHANGE

1 of each organization

GROUP LEADERS

- a) Aged 18 years or older;
- b) Youth Workers with a young and dynamic spirit;
- c) Knowledge and/or experience in working with young people (young people with fewer opportunities);
- d) Experienced/motivated to deepen their know-how in NFE and IE methodologies;
- e) Motivated to work with young people on the project's themes;
- f) Must be available to attend the Advance Planning Visit (APV) in Portugal from the 11th to the 14th of November 2025.

PROFILE OF PARTICIPANTS

YOUTH EXCHANGE

2 of each organization

YOUTH GENERAL

- a) Aged between 18[UC1] and 30 years;
 - b) Interested in personal development and acquiring new skills;
 - c) Motivated to join a diverse group and experience new cultural experiences;
 - d) Coming from diverse cultural, socioeconomic, and family backgrounds.
-
- a) Good access to digital tools;
 - b) Good levels of digital literacy;
 - c) May have experience in international/mobility projects.

***GENDER EQUALITY MUST BE RESPECTED**

PROFILE OF PARTICIPANTS

YOUTH EXCHANGE

4 of each organization

YOUTH
(SPECIALLY WITH LESS
OPPORTUNITIES)

- a) Facing obstacles (physical, mental, intellectual, or sensory disabilities; health problems; educational, social, economic, or geographical difficulties; cultural differences; discriminatory issues related to gender identity, ethnicity, religion, or others);
- b) Low levels of literacy and access to digital tools;
- c) Low levels of participation and opportunities to engage in them;
- d) Little or no experience in international/mobility projects;
- e) One participant must be available to attend the Advance Planning Visit (APV) in Portugal from the 11th to the 14th of November 2025.

***GENDER EQUALITY MUST BE RESPECTED**

ACTIVITIES

APV YOUTH EXCHANGE

Type of activity: Preparatory visit for a youth mobility about Media Literacy Competence Development

Location:
Aveiro, Portugal

Dates: 12-13 of November

Work Methods:
Non-Formal Education;

Countries involved: Portugal, Spain, Italy and Croatia

2 participants per country

Arrival at Aveiro: 11 November of 2025

Departure: 14 November of 2025

ACTIVITIES

YOUTH EXCHANGE

Type of activity: Mobility for Media Literacy Competence Development

Location:
Aveiro, Portugal

Dates: 1 - 5 of December

Work Methods:
Non-Formal Education;

Countries involved: Portugal, Spain, Italy and Croatia

7 participants per country

Arrival at Aveiro: 30 November of 2025

Departure: 6 December of 2025

SURVIVAL KIT

HOW TO ARRIVE TO AVEIRO



HOSTEL INFORMATION



1.3 Kms by foot



HOSTEL YELLOW INN AVEIRO

Address: R. Gustavo Ferreira Pinto Basto 18, 3810-009 Aveiro

Check-In: starting 15h00

Check-Out: until 12h00

GENERAL INFORMATION



PHARMACIES

Farmácia Central (day shift) or
Farmácia Aveirense (24hours)



SUPERMARKET

Mini-mercado Palmeira



Medical emergency number: (+351) 112
Health line (Saúde 24): (+351) 808 24 24 24
PSP (Police): (+351) 234 400 390

**PLEASE ALSO CONTACT US IF NECESSARY IN
ORDER TO HELP YOU WITH ANYTHING**

WHAT TO BRING?

If you'd like, feel free to bring some traditional food from your country to share with the group;

Please also check the weather forecast for Portugal, it's usually cold at this time of year, and there may be rain.

Make sure to bring warm clothes, comfortable shoes (as we will be walking), and an umbrella.

ACTIVITIES VENUES



**AGRUPAMENTO DE ESCOLAS DE
ESGUEIRA**
Adress: Rua Pedro Vaz de Eça, 3804-506
Aveiro



JUNTA DE FREGUESIA DE ESGUEIRA
Adress: Rua Bento Moura, 34, 3800-114
Aveiro

BUS SCHEDULE AND BUS STOPS

NOTE: we will buy you all the bus tickets. If you want to it's possible go by foot, it's a 20 minute walk (1.8kms).

AVEIRO > ESGUEIRA

**BUS STOP: AV. DR. LOURENÇO
PEIXINHO, CAPITANIA A**

- 1st option: Bus Line 6 > 08h36
- 2nd option: Bus Line 4 > 08h40
- 3rd option: Bus Line 7 > 08h55
- 4rd option: Bus Line 7 > 09h25

ESGUEIRA > AVEIRO

BUS STOP: NEXT TO SCHOOL

- 1st option: Bus Line 3 > 17h43
- 2nd option: Bus Line 4 > 17h47
- 3rd option: Bus Line 5 > 18h18
- 4rd option: Bus Line 7 > 18h28

WHERE DO WE EAT?

LUNCH



AGRUPAMENTO DE ESCOLAS DE ESGUEIRA CANTEEN

Lunch time: 12h00

DINNER



UNIVERSIDADE DE AVEIRO CANTEEN

Dinner time: 19h15

BASIC COMMUNICATION PHRASES IN PORTUGUESE

"Hello!"

"Olá!"

"Thank you."

"Obrigado."

"How are you? I am fine, thanks!"

"Como estás? Estou bem, obrigado!"

"My name is..."

"O meu nome é..."

BASIC COMMUNICATION PHRASES IN PORTUGUESE

"Goodbye!"

"Adeus!"

"Can you tell me where the
nearest pharmacy is?"

"Pode dizer-me onde é que fica a
farmácia mais próxima?"

"Where is the nearest
supermarket?"

"Onde é que fica o supermercado mais
próximo?"

TIME TABLE

APV YOUTH EXCHANGE

	Day 1 12/11/2025	Day 2 13/11/2025
8:00-9:20	Breakfast	
9:00-10:00	Welcome and Get to know	Problem solutions
10:30-11:00	Coffee-Break	
11:00-12:00	Welcome and Get to know	Problem solutions
12:00-13:30	Lunch	
13:30-15:00	Visiting Aveiro	Expectations
15:00-15:30	Coffee-Break	
15:30-17:00	Visiting Aveiro	Documents signature and last suggestion
19:15-21:30	Dinner	
	Free time	

YOUTH EXCHANGE

	Day 1 01/12/2025	Day 2 02/12/2025	Day 3 03/12/2025	Day 4 04/12/2025	Day 5 05/12/2025
8:00-9:20	Breakfast				
9:00-10:00	Welcome and Get to know	Media Detective	Fake News Café	Country Presentation: Media in Our Lives	Final Group Presentations
10:30-11:00	Coffee-Break				
11:00-12:00	Fears, Contributions, expectations and the Youthpass	Media Detective	Fake News Café	Country Presentation: Media in Our Lives	Final Group Presentations
12:00-13:30	Lunch				
13:30-15:00	What is media?	Break the system	Podcast About media literacy	How the media influence?	Course Evaluation
15:00-15:30	Coffee-Break				
15:30-17:00	Real or Fake?	Break the system	Podcast About media literacy	How the media influence?	Final Comments & Future Collaboration
17:00-18:00	Reflection of the day				Certificate Ceremony and Farewell
19:15-21:30	Dinner				Multicultural Dinner
20:30-21:30	Social activity		Social activity		

WHAT DO WE NEED?

WHAT DO WE NEED?

In order to start our Training Course project we need you to send us the following informations about each participant from your organization:

- a) Full Name, Citizen Identification Number and date of birth;
- b) Email and phone number (with your international access code.
For example for Portugal is +351)
- c) European Health Card Number;
- d) Food restrictions;
- e) How the participants want to be treated and cultural sensibilities that each of us must understand;
- f) Other informations that you find helpful.

HOW TO REACH US?

CONTACTS

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