



SEEDS - Sjálfbærliðar umhverfis landið

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SEEDS announces an exciting youth exchange in **Almada, Portugal!**

Are you interested in living a healthy and active lifestyle? Would you like to explore this interest with others in a vibrant intercultural environment?

SEEDS will send 5 Icelanders between the ages of 18 and 30 to participate in the youth exchange **“Living la Vida Healthy”** which will be held in Almada and Seixal, two cities just outside the capital city of Lisbon in Portugal.

When: June 27 - July 4 2015.

Deadline for applications: Monday, May 11, 2015.

Theme and aims of the youth exchange: The aim of this youth exchange is to promote healthy and active lifestyles and encourage community engagement. Participants will learn about health, nutrition, and sustainable development and will take part a variety of activities including zumba, yoga, surfing, and more. Participants will also visit some environmentally sustainable organizations in the area, assist with activities on a small local farm, and contribute to beach cleanup efforts around Almada.

Participating countries: Iceland, Portugal, Spain, Hungary, Slovenia and Italy.

Number of participants: There will be 30 participants in total from the 6 participating countries.

Requirements for participants:

- Interest in healthy lifestyles and environmentally sustainable initiatives.
- A good command of spoken English.
- A positive attitude, tolerance, flexibility, and enthusiasm.
- An interest in sharing their experience through SEEDS upon returning home.
- Active participation will be required throughout the entire project.

Costs and expenses: SEEDS has received funding for this project through Erasmus+, the youth education program of the European Union, in collaboration with Novo Mundo in Portugal. Participants will be provided with food and housing during the youth exchange, in addition to some excursions during the program.

Participants will receive up to 400€ of their travel costs reimbursed after the program, when all travel documents and receipts have been returned to SEEDS and payment has been received by the Erasmus+ program office in Portugal.



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Those who are chosen to participate in this project will need to pay a 20.000 kr. administrative and registration fee to SEEDS before departure. This fee is non-refundable, even if the applicant has to cancel their participation in the trip for any reason. Applicants who are not selected to participate in the project do not have to pay any fee.

The application form for this project can be found here:
<http://www.seeds.is/files/2015/SEEDS-Application-Form.doc>

Please fill out the application and send it to outgoing@seeds.is by Monday, May 11, 2015.

If you have questions or would like more information about this project, please contact Linda Valsdóttir at outgoing@seeds.is.

