



SEEDS offers an opportunity in **Portugal, Arcos de Valdevez**.

Are you interested in travelling, meeting new people, getting to know different cultures and having fun? On behalf of the volunteer organisation SEEDS, a group of 5 Icelanders aged between 15 and 25 will participate in the exciting Youth Exchange “**Equality has no gender**” – in Portugal, Arcos de Valdevez.

Would you like to join the group?

When: August 25 – September 01, 2014.

Deadline for application: July 30.

Theme/aim of the project:

We decided to create an exchange where we can raise awareness for young people to combat this type of discrimination, actions and participate in the adoption of measures to end the inequalities and contribute to a fairer and more balanced society.

The participants of our project are young people with economic difficulties and poor participation in the society where they live. It is intended that at the end of this exchange, they must have a more active participation in the society, which can reflect and create measures that meet the needs of the environment in which they live.

During this program, all participants will have the opportunity to meet and be in contact with the community (Arcos de Valdevez) having the opportunity to analyze the differences and similarities between their culture and ours. Throughout the exchange, activities will be carried out on the basis of non-formal education through workshops that will work initially to identify the concept of "gender equality" and later give them the opportunity to know if the social role they play may or may not influence their socio-economic progress. Afterwards, activities and group dynamics aimed at identify and combat gender discrimination will be created. These activities will be registered using photos and videos. In the end, all participants will have to make a compilation of all the material and hold an exhibition in our association, which will then be used as an evaluation record of our exchange.

The language of the Youth Exchange will be English.

Participating countries: Bulgaria, Iceland, Italy, Poland.

Number and age of participants: 4 young + 1 leader from each country, aged 15-25 years old.

Profile of the participants:

- Able to work in English.
- Willing to share the gained knowledge with the members of his/her organization once he/she gets back.
- Able to attend the entire duration of the course.

Costs/expenses: SEEDS has been awarded a grant for the project from the Erasmus Plus program. The travel costs for the Youth Exchange will be refunded to the participants up to an amount of **€270** (Euros) per participant.

The accommodation and food is provided by the hosting organisation during the project. (The accommodation will be done in Pousadinha a kind of Youth Hostel that belongs to the organization.)

Applicants selected to join the project need to pay an administrative and registration-fee of **20.000 kr.** to SEEDS. If you apply and are not selected, you do not need to pay anything!

This fee will not be refunded and cannot be reimbursed in case you have to cancel your trip.

You will find the application form under this link: [SEEDS Application Form.doc](#)

Please fill it out in English and submit it before the July 30, 2014.

For further information please contact Aniko at outgoing@seeds.is or at 7713312.