



associação spin para o intercâmbio  
formação e cooperação entre os povos

# Youth Exchange

## TH!NK: youth & the post-truth era

9<sup>th</sup> – 17<sup>th</sup> October 2017  
Lisbon, Portugal

### Info-Pack



Erasmus+

#### About TH!NK:

Each year the editorial board of the Oxford Dictionary chooses the, so called, word of the year. In 2016 this title was given to the **neologism “post-truth,”** which is meant as **“relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief.”** The term itself appeared as early as in the 90s, however only now has it moved into the mainstream, being especially used within the context of the Brexit, the refugee crisis, the Trump candidacy and presidency or the Russian propaganda concerning the situation in Ukraine.

The reason behind this youth exchange is the concern with the post-truth politics being ever more present within the EU. It is easily noticeable we are now living in times when more and more **politicians are appealing to people’s emotions and fears, rather than to their reason.** The politics is being based upon constant information noise, in which the boundary between a fact and an opinion, a truth and a falsehood, information and misinformation, becomes blurry. In this environment, in which even long and repeatedly disclaimed falsehoods can carry on “living,” the politicians do not try to diagnose and solve existing problems based on evidence and facts. Instead, they strive to **provoke strong emotions and appeal to a prejudice** already existing within the society, oftentimes using slogans devoid of any connection to the reality.

This youth exchange has 3 main themes: current affairs (media&politics), critical thinking and youth participation. We think that the only way we can combat the post-truth politics is by working on developing the **critical and analytical thinking skills** within the society and by promoting the **freedom of press.** This particular project will be focused on **youth** and it will be the participants themselves, who will create the final product of the project: **an NFE module/activity on the YE topic.** In the follow-up phase the participants will implement the activity within their communities.

#### Main objectives (general and specific):

- to help young people to develop their critical and analytical thinking capabilities
- to promote pluralism, freedom of press and freedom of expression
- to combat populism, extremism, censorship and propaganda



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- to encourage youth to follow current national and EU affairs
- to create a new NFE module on critical thinking in the post-truth era
- to promote the use of the NFE methodology in formal education settings
- to promote critical thinking among the European society
- to promote the knowledge of Bairro Padre Cruz and Carnide areas
- to create intercultural learning moments among the participants from several European countries and between them and the community of Carnide

### Main activities:

- workshops (non-formal methodology)
- street interviews
- presentations on current situation in home countries
- documentary watching & debating
- study visits (museum & newspaper offices)
- preparation of an NFE module on critical thinking in the post-truth era
- implementation of the NFE module with support from the sending organization



### About Spin:

Spin Association for the Exchange, Training and Cooperation among Peoples (Spin Association in its abbreviated form) is a non-profit organization, of national scope, which has a fundamental objective: **the promotion of international mobility**. Born in 2008 from the common will of a group of people with experience in the management of international projects in the field of training, volunteering and cooperation, Spin Association, aims at promoting **interculturality** and an **active and participative citizenship**.

Here at Spin, the nature of the organization is travel oriented. We love to travel ourselves. Seeing different places, meeting people and experiencing new cultures is such a rewarding activity. At Spin, we feel **that combining social and community work with the travelling** adventure will only make it more beneficial. Throughout Spin's existence, our involvement in these types of projects has allowed us to meet people from all over the world. This project is the next action in continuing this process.

### Venue:

The Youth Exchange is going to take place in **Carnide**, a district located in the northernmost part of **Lisbon** (around **45 mins** away from the city center by public transportation), and more specifically in Bairro Padre Cruz, a public housing neighborhood which gathers people from different nationalities and backgrounds some of whom live in poor and disadvantaged conditions. There are many associations which take action in this neighborhood in order to improve its status and the majority of them cooperate in trying to reach this goal. We are part of this synergy and are committed to improving the neighborhood conditions and the social involvement of the local people.





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## Participants:

In total 30 participants from 6 countries: **Estonia, Italy, Macedonia, Poland, Scotland (UK) and Portugal** between the ages of 18 and 30.

## Arrival day arrangements:

You can check-in to the hostel on **October, 9<sup>th</sup> from 3:00 p.m.**. On that day Spin's team is going to be present at the hostel to help you with anything you might need. If you arrive earlier than the check-in time, you may be able to leave your luggage at our office and then go explore Lisbon, or maybe even check-in earlier, in case everything is ready!

The meeting time for the whole group on the arrival day is at **6:00 p.m.** First we are all going to get to know one another and then have dinner. After dinner we are going to continue getting to know each other and the venue a little more. Those of you who would like to stay up late may definitely do so, but if you are tired after your trip, you may also go to sleep.

Please keep in mind the time for our general arrival day meeting while buying your travel to Lisbon. Try to choose a flight that arrives in Lisbon **before 4-5 p.m.**

If you arrive at our hostel earlier than 6:00 p.m. and decide to go out to explore the city before the meeting, **please make sure you are back in time for the meeting at 6:00 p.m.**

## Accommodation:

### SPIN HOSTEL

Address: Rua do Rio Tejo, nº7, 1600-746, Lisbon, Portugal  
Phone: +351 217145520

Spin Hostel is a social project of the Spin Association and it is supported by the local council, Junta de Freguesia de Carnide. It is **the first "social hostel" in Portugal** specifically designed to host groups of young people coming to Lisbon for intercultural exchanges, training courses, study visits or for other social and educational international activities.



The hostel is situated right next to our office in Bairro Padre Cruz, a public housing neighborhood located in the northernmost part of Lisbon, **about 45 mins from the city center.**

Here you have **two videos about the hostel**: one is the video coverage made by a local TV channel on the day [Spin Hostel was inaugurated](#) and the other is about "[trial night](#)" with our friends and volunteers to test the hostel in order **to make it all ready to welcome our guests in best way possible!** You may also want to see the hostel's website at <http://hostel.a-spin.pt/>.



- ✓ Participants will be staying in 8-bed dorms shared with other participants of the same sex. However, as the hostel is quite small, it is possible that there will be one co-ed room.
- ✓ We will provide bed sheets but it is **necessary to bring your own towel** (if you forget it, it's possible to hire one at the hostel for 5€) **and bathroom supplies**.
- ✓ You may also want to bring a **little padlock** in case you wish to secure your belongings in the room's closet, you can also hire one for an extra fee of 5€.
- ✓ In the hostel there is a **free Wi-Fi** internet connection to use on your laptop and/or portable devices. The hostel doesn't have a computer, so if you want to use the internet make sure you bring your own device. Also please remember that one of the objectives of the project is for you to meet and get to know other people in your free time. Please try to **limit your internet use as much as possible**.
- ✓ All breakfasts & dinners and nearly all lunches will be served at the hostel. The meals will be adapted to your allergies/special dietary needs **according to what is specified in your application form**. Please note that if you do not let us know about your special needs in your application form, we may not be able to provide you with suitable options.
- ✓ There is a washing machine at the hostel. There is **no hair dryer**.
- ✓ **Curfew is at 4 a.m.** (this means that the hostel gate is closed between 4 a.m. and 8 a.m.).
- ✓ All participants are responsible for keeping the hostel clean.



## Preparation work:

We are going to have a lot of fun during this exchange. BUT! We are also going to work, having in mind our objectives. Oh... and sure we are going to have fun in the process! ☺

Let's make this a unique experience with a lot of contributions from all the participants! Our suggestions for the prep work are as follows:

1. Carefully go over the draft program of the exchange. Do you have any comments or suggestions? Would you like to run some activity? The open slots are:
  - a. **Pre-breakfast** (jogging? yoga? meditation?)
  - b. **Post-national dinners** (cinema nights? dancing? singing? board/card games?)

- c. **Siesta time** (the time between lunch and afternoon activity, roughly 2-3p.m.)
  - d. **Cooking time** (while one country group is preparing dinner for everybody, the other 25 participants can do something together, we usually have around 2-2,5h per day)
  - e. **What is a Youth Exchange?** (have you participated in a Youth Exchange before? do you have an idea how to explain what it is to those participants who have not had such an experience yet?)
  - f. **Fears & expectations** (do you have an idea how to make us all reflect on what we would like to get out of this experience?)
  - g. **Workshop 1: emotions vs. logic, critical thinking, political manipulation**  
(do you have any idea for a group activity within those topics?)
  - h. **Vox populi: what is post-truth?** (this will be a session dedicated do street interviews, do you know a thing or two on video-making? we could really use your guidance!)
  - i. **Workshop 2: freedom of expression and freedom of press** (do you have any idea for a group activity within those topics?)
  - j. **Short presentation about Erasmus+ / Future projects** (have you participated in other Erasmus+ mobility opportunities? would you like to share your experience with the group? would you like to lead the brainstorming about future project ideas?)
  - k. **Evaluation of the project** (would you like to lead the non-formal reflection on our international meeting in Lisbon?)
2. During the exchange each of the country groups will prepare **one dinner (entry dish, main course and dessert) for the entire group (around 30 people)**. Please think of a traditional dish that you and your national team could make for such a large group. It's important that you start thinking now and, through your group leader, let us know in advance. This way we can buy all the ingredients and let you know if there is anything that we are unable to buy in Portugal and therefore may have to be brought from your home country (this concerns only very specific ingredients and/or spices).
3. Within the schedule there is one time slot dedicated for **presentations on the post-truth politics in our countries**, as well as on any tools that can combat this phenomenon (fact checking groups/websites, satire, campaigns, etc.). Please communicate with the rest of your team and do a research on this topic. You will have 15 minutes to present the output of your research to everyone.



If you have any idea for any of the open time slots, please talk to your group leader and/or to us at [intercambios@a-spin.pt](mailto:intercambios@a-spin.pt) asap and we will see how we can make it happen! ☺

## Travel expenses reimbursement:

Your travel expenses are going to be reimbursed in 100% up to the established maximum. However, you must keep in mind that **we cannot reimburse**:



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- taxi fares (if you decide to take a cab from the Airport, it will be at your own expense);
- any missing tickets/invoices (so please make sure you do not lose anything);
- any tickets that do not bear their price or purchase date (if your ticket does not show its price/purchase date, you must provide us with a receipt/invoice for that ticket).

Please make sure you **keep all the invoices, receipts, tickets and boarding passes** (if you have a mobile boarding pass with Ryanair, please make sure to take a print screen as soon as you get it!).

We are going to reimburse your travel expenses by bank transfer **within 3 months** after the exchange, once we receive ALL original tickets, invoices and boarding passes. The transfer is going to be made preferably **into your sending organization's account**.

The maximum amounts for travel costs are as follows:

Estonia: 530€	Italy: 275€	Macedonia: 360€
Poland: 360€	Scotland: 275€	Portugal: 0€

If you go over the assigned budget, the difference will not be reimbursed. Also keep in mind that you may only purchase **economy/2<sup>nd</sup> class tickets**.

It is not advised to arrive **more than two days** before the beginning of the exchange and/or to stay more than two days after the end of the exchange, as your travel may not be eligible for reimbursement. Always check in with your sending organization before booking your flight. Any and all costs related to your extra stay must be covered by you.

## What to bring with you:

**All personal hygiene products (including some sun cream) as well as medicine you take on a regular basis (or could need while here).** There is a small store in the neighbourhood where you could buy your hygiene supplies, but they may not have your favourite shampoo or soap. There also is a pharmacy nearby, but keep in mind that meds and regulations differ greatly from country to country, so bring your own medicine to be on the safe side.



**Adequate clothing.** Lisbon in October may still be somewhat sunny during daytime, but nights will definitely be quite chilly, so make sure you have both types of clothing (shorts&t-shirts, as well as jeans/pants&long-sleeved shirts). Lisbon can also get quite windy, so jackets and light scarfs may be necessary. It is also quite probable we will have a rainy day or two.

**Your European Health Insurance Card** (if you come from an EU country) **or your travel insurance documents** (if you come from a non-EU country). We

also strongly advise all the EU participants to purchase additional travel insurance to complete your EHIC.

**Food/drinks and other materials for your country's intercultural evening.** You are kindly asked to prepare one evening activities concerning your country, as well as prepare a traditional dinner for all participants. On this occasion you can take from your country: traditional food, drinks, sweets, music, etc. You should also prepare some games or other activities which will help others to get to know your country better. PLEASE no videos or Power Point presentations. Let's keep it interactive! ☺

**Materials and/or visual aids** for your 15-minute presentation for the following session "Country presentations: post truth politics & measures taken / tools created to fight it."

#### **ID/Passport and some pocket money.**

Though you do not need to, you may want to bring some extra money for your additional expenses, not covered by the programme. For the countries in which currency is not EURO: we recommend you to exchange money to EURO in your own countries. You might also do it at the Lisbon airport, but it is quite expensive there.



If you are a light sleeper, you may consider bringing **earplugs and/or a sleeping mask** to help you sleep well, while sharing the hostel room. You may also want to bring **flip-flops** for taking showers. For our planet's sake we also advise you to bring **your reusable water bottle** ([examples](#))! ☺

#### **Weather:**

October isn't usually very cold in Lisbon (15-25° Celsius), however, at night the temperature falls considerably (10-15° Celsius) and it sometimes might get quite windy. It is also somewhat possible that it will be cloudy and/or rainy. And sometimes it is all that in a span of only 1 hour! ☺ You can always check the weather forecast [here](#).

#### **Facebook group:**

We have created a **Facebook group** for all participants and people involved in the project. Please join in and share your thoughts with us! You can access it through this link: [www.facebook.com/groups/thinkyouthexchange/](https://www.facebook.com/groups/thinkyouthexchange/). ☺

#### **Contact:**

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See you soon! ☺