

INFOPACK

MY DATA, MY RIGHT!

Youth Exchange
3/03/2022 - 11/03/2022



Location: Lisbon, Portugal

Organization: Spin Association

Topics: Right to privacy, Media literacy,
Critical thinking, intercultural learning



Erasmus+

spin

associação spin para o intercâmbio
formação e cooperação entre os povos



ABOUT SPIN

The **Spin Association** is a non-profit, non-governmental development organization whose aim is to promote intercultural understanding, intercultural dialogue, sustainability as well as active and participatory citizenship and lifelong learning. We do it by promoting international mobility programs and other international cooperation projects.

The Spin Association has been an applicant, partner, hosting, coordinating and/or sending organization in over 150 successful international events in the past 13 years (both EU and non-EU-funded). Our activities included international youth exchanges, voluntary service, internships, training courses, seminars and summer camps. Spin has also organized countless information sessions about European mobility opportunities.

Even though we are a small-sized NGO, we have over 300 associated members. The NGO is also an active member of the Local Youth Council and participates in the Community Meetings in the Carnide area of Lisbon. We are officially recognized by the Portuguese state as a Development NGO and a public utility organization.



PROJECT CONTEXT

We live in the middle of the “digital age” or “technological era”, with more and more people using information and communications technologies (ICT) in their daily lives at work and at home. Social media has a huge impact on people’s lives. Every second someone shares a piece of information, shares a photo, makes a post about something, enters their email and name to access a website... Are we aware of the use of our own data?

This growing use of ICT is creating fundamental rights challenges. These range from concerns about privacy and the potential abuse of personal data online to the threats posed by cybercrime or large-scale surveillance operations. As a result, every citizen may, at some point, face violations of their fundamental rights, such as their right to privacy, freedom of expression or freedom of association.

The current phase, at a global level, which we all pass due to the pandemic of the Covid-19, has further highlighted the importance of the involvement of civil society and especially of young people, in the discussion on the matter of the right to privacy. Mandatory confinement and the consequent implementation of work from home, virtual classes, and the massive use of video conferencing platforms (Zoom, Google Meets, etc...) revealed a greater vulnerability of users in the way their data is treated and the level of online exposure to which they are subject. It is therefore imperative that, even in situations of exception and crisis, respect for human rights, as well as the right to privacy, should happen carefully and without gaps.

Raising young people's awareness about this issue is an essential factor and part of the solution!

Included in article n. 8 of the Charter of Fundamental Rights of the European Union entitled “*Protection of Personal Data*” is written that everyone has the right to the protection of personal data concerning him or her. More than waiting for government action in this field, we need to be citizens informed, with a spirit of initiative and critical thinking to take action: it’s our data, personal information that we are talking about.

Within this context, “My data, my right!” is a Youth Exchange project which will engage 30 young people from 6 different countries. We will develop activities concerning data protection, the value of our data, focusing especially on the right to privacy as a fundamental human right to be protected.

MAIN OBJECTIVES

Promote awareness about our right to privacy as a fundamental human right.

Help young people to develop their critical and analytical thinking capabilities.

Promote awareness about the importance and value of our own data.

Promote critical thinking among European society.

Promote media literacy among young people.

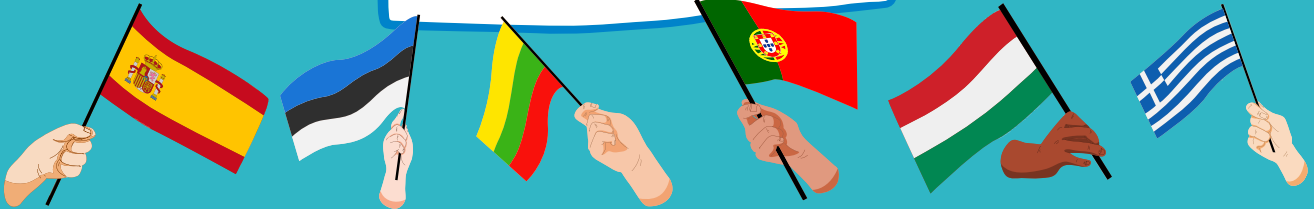
Promote the knowledge of local neighborhood Bairro Padre Cruz and Carnide areas.

Promote pluralism, freedom of press and freedom of expression.

Create intercultural learning moments among the participants from several European countries and between them and the community of Carnide.

LET'S TALK ABOUT THE PARTICIPANTS

Where do they come from?



Spain

Estonia

Lithuania

Portugal

Hungary

Greece

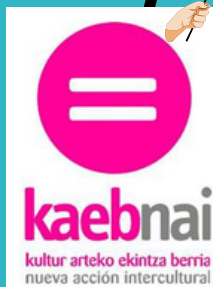
How many?

30

4 participants + 1 group leader
So 5 participants per country
30 participants in total

This project would not be possible without the involvement of the following AMAZING partners...

*click on the logos to visit their website



WHAT ABOUT THE PARTICIPANTS PROFILE

- Young people age 18 to 30 years old and residents of participant's countries;
- Group leader at least 21 years old and can be over 30 years old;
- Strongly interested in raising knowledge on Erasmus + Programme, youth project management and intercultural experience;
- Motivated to address the issue in their communities, issues concerning young people at the international level;
- Motivated to speak about human rights, solidarity, culture, to spread awareness about data privacy as a fundamental right;
- Ready to work in a mix-intercultural learning environment, to contribute to successful project implementation;
- Motivated to take part in Erasmus+ project, work in an international team and share their experiences during the follow-up period;
- Have a communicative level of English and be able to take part in preparatory meetings, youth exchange, and follow-up activities.
- Every group will include participants with fewer opportunities facing cultural differences and social-economic obstacles. It means young people who face unemployment and/or coming from socially and economically challenging environments and/or might face discrimination, stereotypes and prejudices in their communities.
- Required to be active, have some knowledge about music, dance, art and human rights.

Partners will be responsible to include **3 participants with fewer opportunities** in their groups.

AND THE GROUP LEADER?

Group leaders will be selected by each organization.

The Group leader is expected to be a person with:

- Previous experience in youth work and Erasmus+ Programme who is ready to take participation during the project;
- Facilitate the project activities and provide support to the participants during the whole project, especially during the implementation phase abroad but also during the preparation and follow-up period.

The group leader should be older than the rest of the participants or at least 21 years old. The group leader will be responsible to write a short article/post about each day of the youth exchange and send it to their sending organization to publish on their Facebook/Instagram or/and webpage (each day).

The group leader will also help to **motivate** all participants to **organize an event** for dissemination at home.

Respect gender
balance!



PARTICIPANTS TASKS



We are going to have a **lot of fun** during this exchange.

BUT! (There is always a "but"...)

We are also going to work, having in mind our objectives. Oh... and sure we are going to **have fun in the process!**

These are the things you are expected to bring/prepare. Each country (or organization) will be asked to prepare and facilitate with the help of the group leaders:

- **2 Energizers (your favorite ones).**

- Every evening we will have a **national evening**. It means that each country will have at least **1 hour** to present their traditions, attractions, culture... Be creative and surprise us (PowerPoint, Prezi, video, dance, game, quiz, singing, theatre...). Participants should prepare the presentation before arriving in Portugal.

- Prepare a **short presentation** about the situation related to data privacy in your context, your region or country. You will have a maximum of **15 minutes** per country (tell us what's going on in your country with this topic, a specific situation, something interesting to share with the group).

- **Intercultural dinner:** we have a big challenge for each country group... During the exchange, there will be **6 dinners** prepared by the participants themselves in their national groups for the entire group of around 30 people. Within your national team think of suggestions for the menu. **Please suggest 2 entry dishes (one vegetarian), 2 main courses (one vegetarian) and 2 desserts (one vegetarian).** It can be something traditional from your country or something that you simply like a lot. The most important thing is that it is healthy and rather quick and easy to make for such a large group. It's important that you give us your suggestions 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).

If you have any idea for any of the activities in the schedule, please talk to your group leader and/or to us at projects@a-spin.pt as soon as possible and we will see how we can make it happen!

TRAVEL COSTS AND REIMBURSEMENT

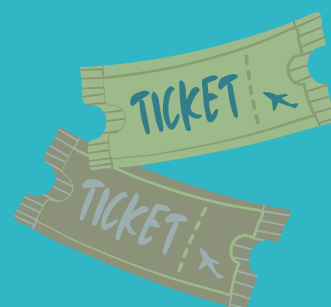
"My Data, My Right!" project is implemented with the financial support of the European Union through Erasmus+ Youth in Action program.

What does this mean?

This means that we will cover from the project budget, the following costs:

- **Food, accommodation and activities (100%);**
- **Transport costs will be reimbursed on a *lump sum* basis:**

COUNTRY	UP TO
Portugal	20€
Spain	275€
Greece	360€
Hungary	360€
Lithuania	530€
Estonia	530€



Travel Costs are based on unit cost and are calculated with the distance calculator provided by the EC.

Here: http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

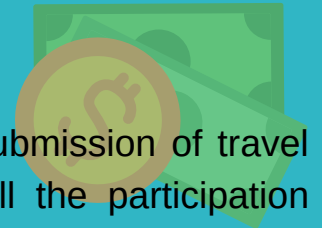
In order to know your travel plan and to reimburse the cost of the travel tickets, we will need you to save your travel tickets and original boarding passes and their corresponding receipts and send them to Spin (and also to your sending organization just in case).



NOTE: Please use only public transportation, economy class. Taxi costs or other transport methods different from public transportation are not eligible costs.

ARRIVAL DAY: 3rd of March of 2022
DEPARTURE DAY: 11th of March of 2022

REIMBURSEMENT RULES



The reimbursement of the travel expenses is subject to the submission of travel forms and original travel documents and the fulfillment of all the participation requirements. The maximum reimbursable amounts for each have been calculated according to the Distance Calculator of the European Commission.

The documents you will need to provide us include:

- **Original boarding passes**
- **Invoices**
- **ALL** return tickets (sent by postal mail upon return to your country or by email in case of online tickets)

The participation conditions you are expected to fulfill are:

Attendance:

- Mind that you cannot arrive after the project program starting time and departure earlier than the project departure time.
- Your travel expenses will be reimbursed only in case you participate in all activities of the program.

Travel arrangements:

- Make sure you have the **hosting organization's approval for your travel proposal before buying the tickets.**

Formal requirements:

- Fill in the travel form properly and contact organizers if there are any concerns.
- Complete the **evaluation form in the Mobility Tool upon return to your country.**

The reimbursement will be carried out by bank transfer (**in one transfer**), after the youth exchange finishes (up to 30 days after) with all the documents collected (invoices, tickets, etc) and the evaluation form filled by the participants.

Please be aware that **all reimbursements are paid out to your sending organization by bank transfer.**

ACCOMODATION

Where are you
going to stay?

welcome to Spin Hostel!

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 one of the first “social hostels” in Portugal and it is mostly used to host groups of young people coming to Lisbon for intercultural exchanges, training courses, study visits, and for some 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 35 mins from the city center. Here you will find one of the **biggest European urban art galleries** (don't worry we are going to show you)!

Address: Rua do Rio Tejo, nº7, 1600-746, Lisbon, Portugal

Phone: +351 914 519 264

Website: <http://hostel.a-spin.pt/>



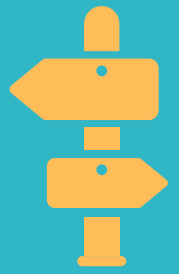
MORE DETAILS ABOUT SPIN HOSTEL

- Participants will be staying in **8 dorms-bed shared** with other participants of the same sex (this is only possible to manage according to the gender balance of the entire group). So that's why it's really important to **assure gender balance** during the selection process of the participants.
- We will provide bed sheets but it is necessary to **bring your own towel and bathroom supplies**.
- You may also want to bring a **little padlock** in case you wish to secure your belongings in a locker, you can also hire one for an extra fee of **2€**.
- In the hostel, there is a **free Wi-Fi internet connection**. 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.
- **Every participant is responsible for their own belongings**. The organizers of the project cannot be held responsible for any damage to or loss of personal items. We suggest you **do not bring any valuables to the project** (laptops, expensive cameras/equipment, jewelry, big amounts of money, etc.)
- 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 identification form**. Please note that if you do not let us know about your special needs in your identification form, we may not be able to provide you with suitable options.
- You should try to bring enough clothes for your entire stay.
- **There is no hairdryer** at the hostel.
- Curfew is at 10 p.m. (this means that the hostel gate is closed between 10 p.m. and 8 a.m.). There can be no loud noise made at the hostel during the curfew hours.
- All participants are responsible for keeping the hostel clean and preparing some of the meals. The schedule will be made on the first day.
- It is **strictly forbidden to leave any tableware (dishes, glasses, utensils) outside the hostel**.
- Spin Hostel recycles trash. The recycling bins are located in the kitchen. The room bins should only contain non-recyclable garbage.



How to get to Spin Hostel

Super easy!



We are going to help you!

After we know the arrival time of your flight at **Humberto Delgado Airport (Lisbon Airport)**, we will try to have a Spin member or a volunteer waiting for you... **if it's not possible having someone waiting for you**, don't worry... Here's the easiest way to get to our incredible Spin Hostel:

1) Lisbon Airport has direct access to the metro (Red Line), following the indications for the metro. The purchase of the ticket costs **€1.5** (plus **€0.50** for the rechargeable card that you must keep with you until the end of the program). Since the card it's also valid to use the bus, we advise you to buy 2 tickets (**so it will be in total 3,5€**).

Also, keep all receipts (the card it's not enough, we need the paper invoice from the machine from you for reimbursement).

2) Take the metro direction to São Sebastião.

3) On the metro you will have to change to the green line. So you should get off at Alameda station and change at that station to the green line towards **Telheiras. Note that to change lines, you don't need to buy another ticket, the purchased ticket allows you to change lines as you don't have to get off the metro station.**

4) On the green line metro towards **Telheiras (last station of the line).**

5) Leave the metro station at **Telheiras stop and go to the bus stop at **Rua Professor Vieira de Almeida**, and then catch bus **747** (direction to Bairro Padre Cruz). For more details click [here](#).**

Please be careful with the pickpockers!



Covid in Portugal

Since December 2021, the Portuguese government has once again implemented a set of measures to combat the Covid-19 pandemic. We highlight the following:

1) Arriving to Portugal by Plane

ALLOWED (Essential and non-essential travel)

Mandatory negative test for all flights arriving in Portugal, even for those who have a digital vaccination certificate, regardless of the point of origin of the flight or the passenger's nationality:

- RT-PCR Test (or similar NAAT test) - 72h before boarding, or
- Laboratorial Rapid Antigen Test - 48h before boarding, or
- A valid test or recovery EU Digital COVID Certificate, or
- A valid recovery certificate issued by a third country.

All passengers need to fill online a **Passenger Locator Form (individually)** at <https://portugalcleanandsafe.pt/en/passenger-locator-card>, after check-in and before departure time. The QR Code generated when filling out the PLF can be presented in paper or digital form.

2) While in Lisbon (Portugal)

From December 25th (2021) (00:00) till 10 of January 2022 (*to be updated*):

- Mandatory mask in closed spaces;
- General recommendation for regular testing and teleworking;
- Closing of bars and clubs.
- Reduction of capacity in commercial establishments (1 person /5m2)

Mandatory negative test when accessing:

- Tourist establishments and local accommodation;
- Weddings and christenings
- Business events
- Cultural shows
- Sport events

The measures are constantly being updated. More info in English [here](#).

We strongly recommend that each participant takes out travel insurance **with coverage for covid**.

The project also has some exceptional costs for covid tests (maximum of 2 antigen tests per participant in case it's needed and **upon presentation of an expense invoice**).



And we are done for now...

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: <https://fb.me/g/2R3usO1q0/vH6cHP31>

 [@associacaoSpin](https://www.instagram.com/@associacaoSpin)

 [@AssociacaoSpin](https://www.facebook.com/@AssociacaoSpin)

CONTACTS

NELSON TAVARES

+351 914 519 264
projects@a-spin.pt



Lisbon awaits
you, and so do
we!

ATÉ JÁ!

Practice your portuguese...

Hello, how are you?
Olá, tudo bem?

Good Morning!
Bom dia!

Where is the metro station?
Onde fica a estação do metro?

Thanks!
Obrigado!