



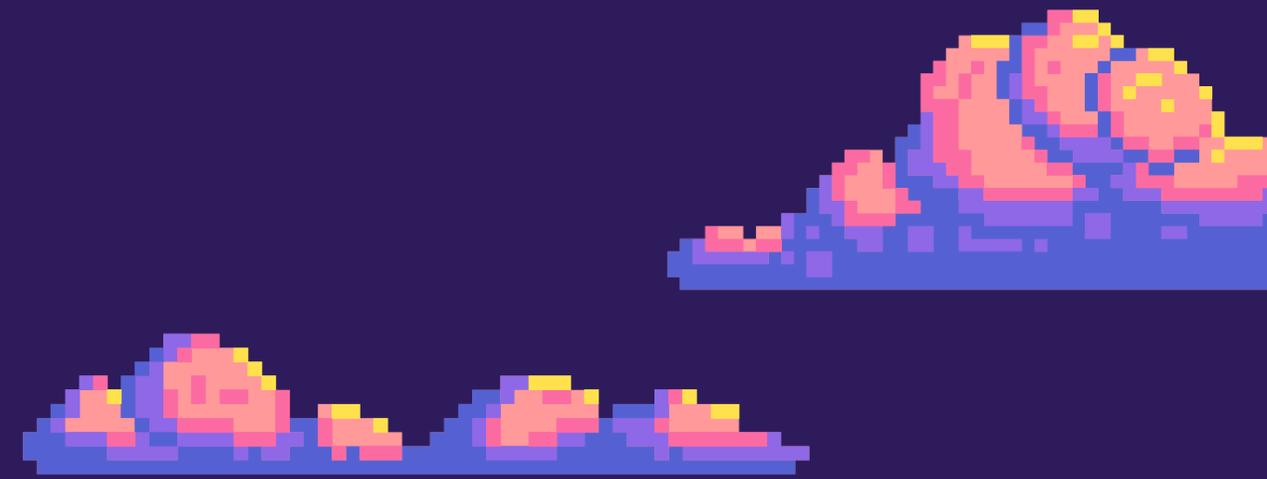
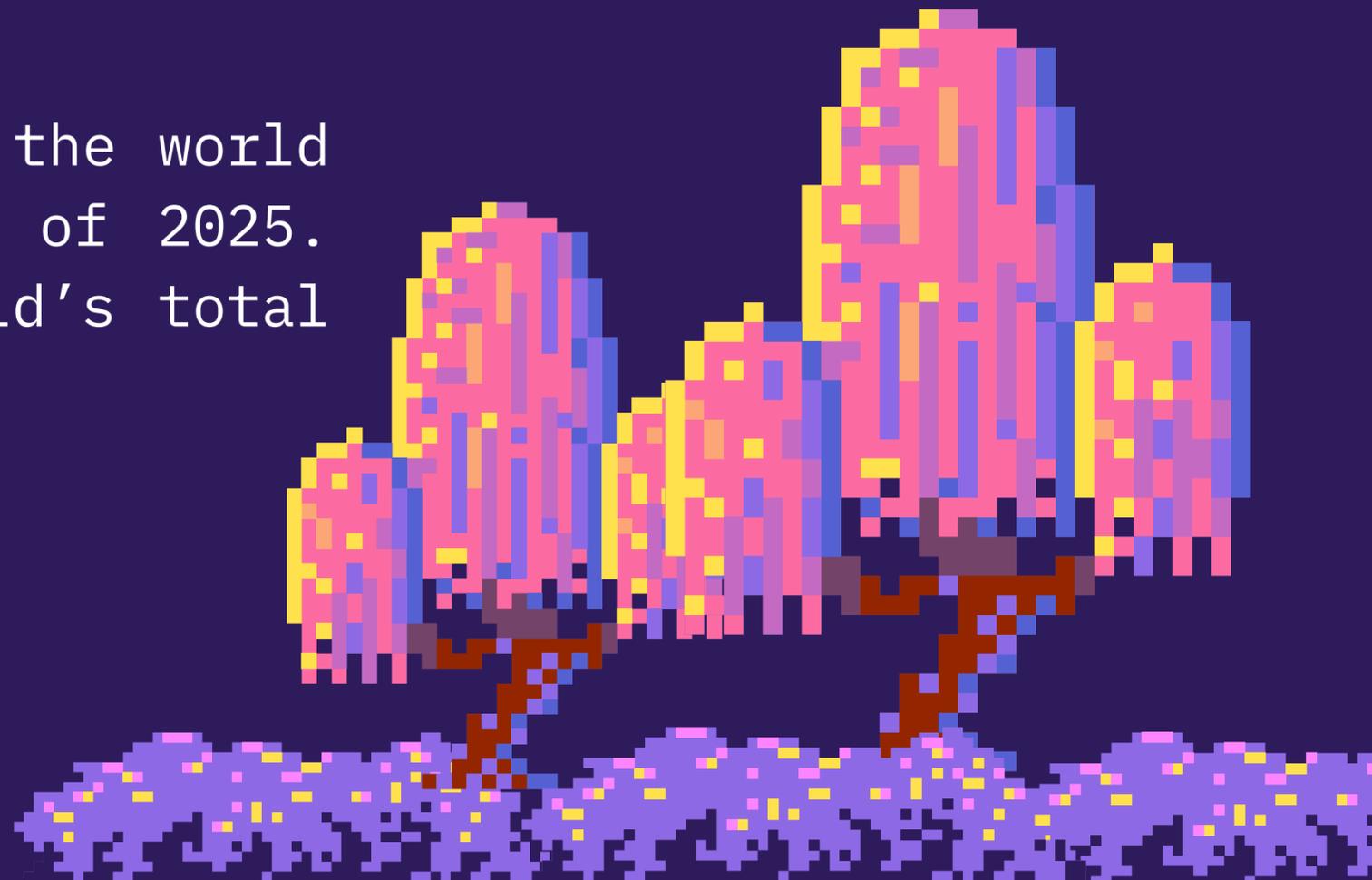
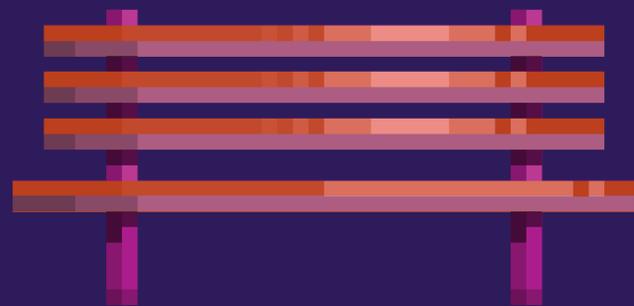
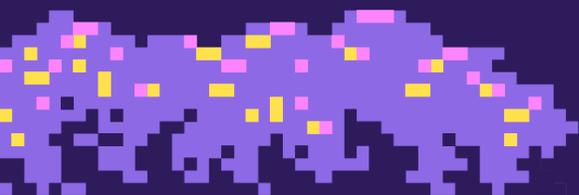
ERASMUS+ YOUTH EXCHANGE

HEADS UP, SCREENS DOWN

10 SEPTEMBER – 17 SEPTEMBER 2025
ALMADA, PORTUGAL

HAVE YOU WONDERED HOW MUCH TIME YOU SPEND ONLINE?

A total of 5.56 billion people around the world were using the internet at the start of 2025. That's equivalent to 67.9% of the world's total population.



A pixel art landscape with a dark blue sky, purple and blue mountains, and a field of purple, green, and orange flowers. In the foreground, there is a brown bus stop with a red sign on top and a blue bus stop sign on a pole to the right.

ABOUT THE PROJECT

In our digital era, endless scrolling and constant connectivity have become the norm. This project invites you to pause and reflect on your digital habits – and to discover what happens when you disconnect.

Heads Up, Screens Down is a dynamic youth exchange designed to challenge our everyday relationship with technology. In an age dominated by screens, this project empowers participants to critically rethink their online routines. Through immersive, non-formal educational activities, you will learn to balance your digital life with real-world interactions, creative expression, and outdoor experiences.

OBJECTIVES



01

Embrace boredom creatively without resorting to digital devices

02

Recognize nature's vital role in supporting physical and mental well-being

03

Introduce mindfulness practices to reduce anxiety and stress

04

Learn to manage FOMO by addressing the pressure of constant connectivity

05

Redefine productivity by valuing the benefits of "doing nothing"

06

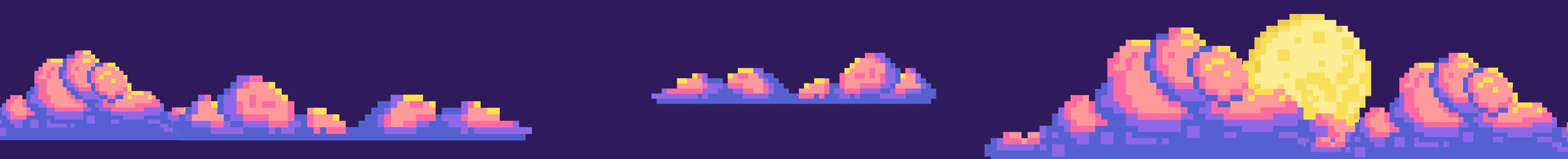
Appreciate and value your surroundings in both nature and urban environments

07

Utilize non-formal education as a key tool for personal and social development

08

Integrate sustainable practices and environmental awareness into all activities



PARTICIPANT PROFILE

If you fulfill the following criteria, we are more than happy to invite you to be a participant of this project - as either a participant or a group leader:

- ★ You live in one of these countries: **Portugal, Germany, Italy, Armenia, Cyprus** or **Spain**
- ★ You are aged 18–30 years (for participants) or 21–30 years (for group leaders)
- ★ You are be excited about the project's theme and prepared to disconnect completely from online tools

We are committed to create a diverse and inclusive environment that welcomes young people from all backgrounds.





NOTES TO TAKE INTO ACCOUNT

◆ Active participation is expected in every phase - during the mobility and the follow-up activities in your hometown.

◆ Respect for cultural diversity, open-mindedness, and willingness to experiment with new ideas are essential

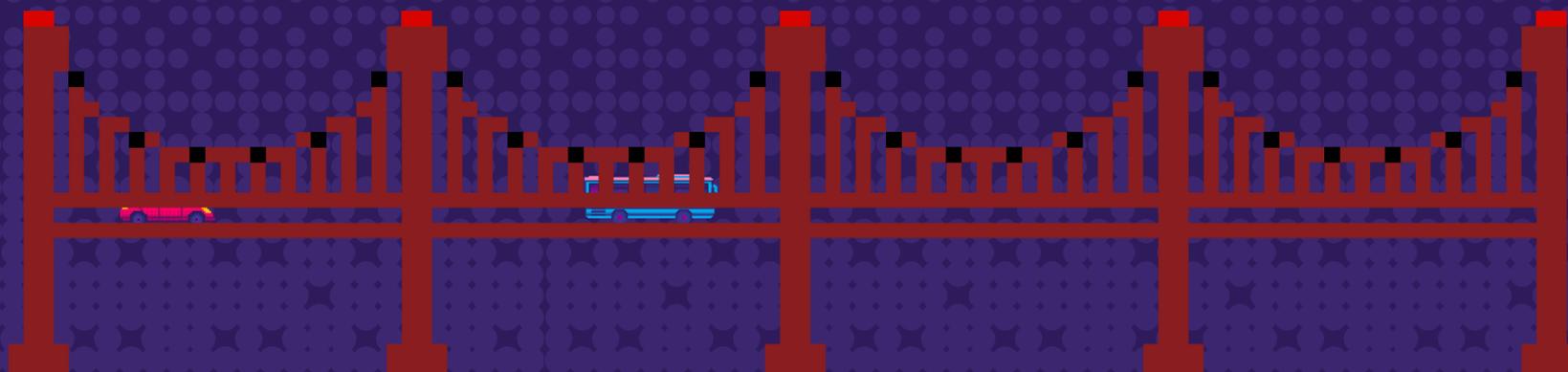
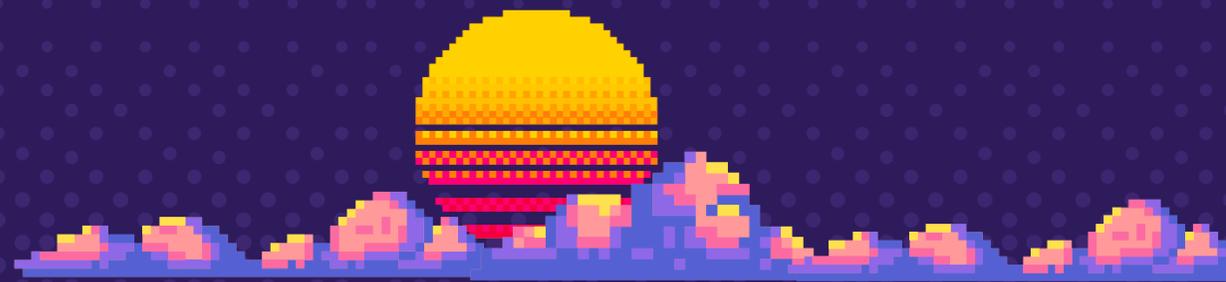
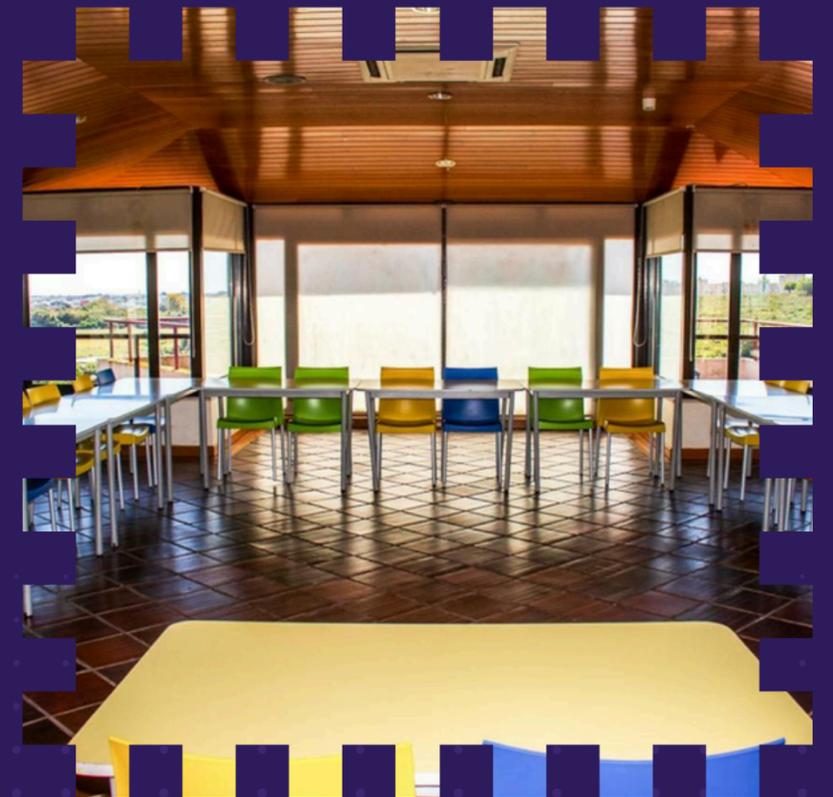


VENUE

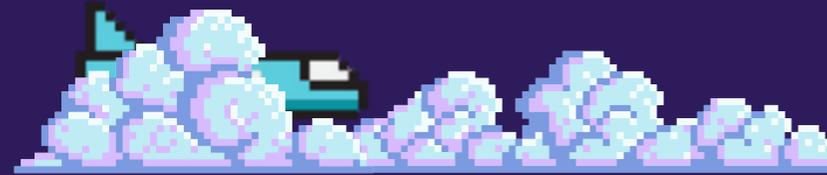
The project will be held at the “**HI Almada – Pousada de Juventude**”, located in Almada, Portugal. It is renowned for its breathtaking view of the iconic 25 de Abril Bridge.

Get ready for a vibrant & transformative experience in the heart of this historic urban landscape.

The venue is surrounded by all the essential services, including a supermarket, pharmacy, and hospital.



HOW TO REACH



- To travel to PORTUGAL and reach the venue, you need to travel to Lisbon, Porto or Faro Airports (both ~3 hours away from Lisbon).
- Participants are advised to look for the most economic means of transportation. **Do not book your flight/train/bus without the host organization's approval (Associação da Minha Rua).**
- Participants from Portugal and Spain must rely on Green travel (train/bus) to get to the venue.

Useful links for planning routes and booking flights:



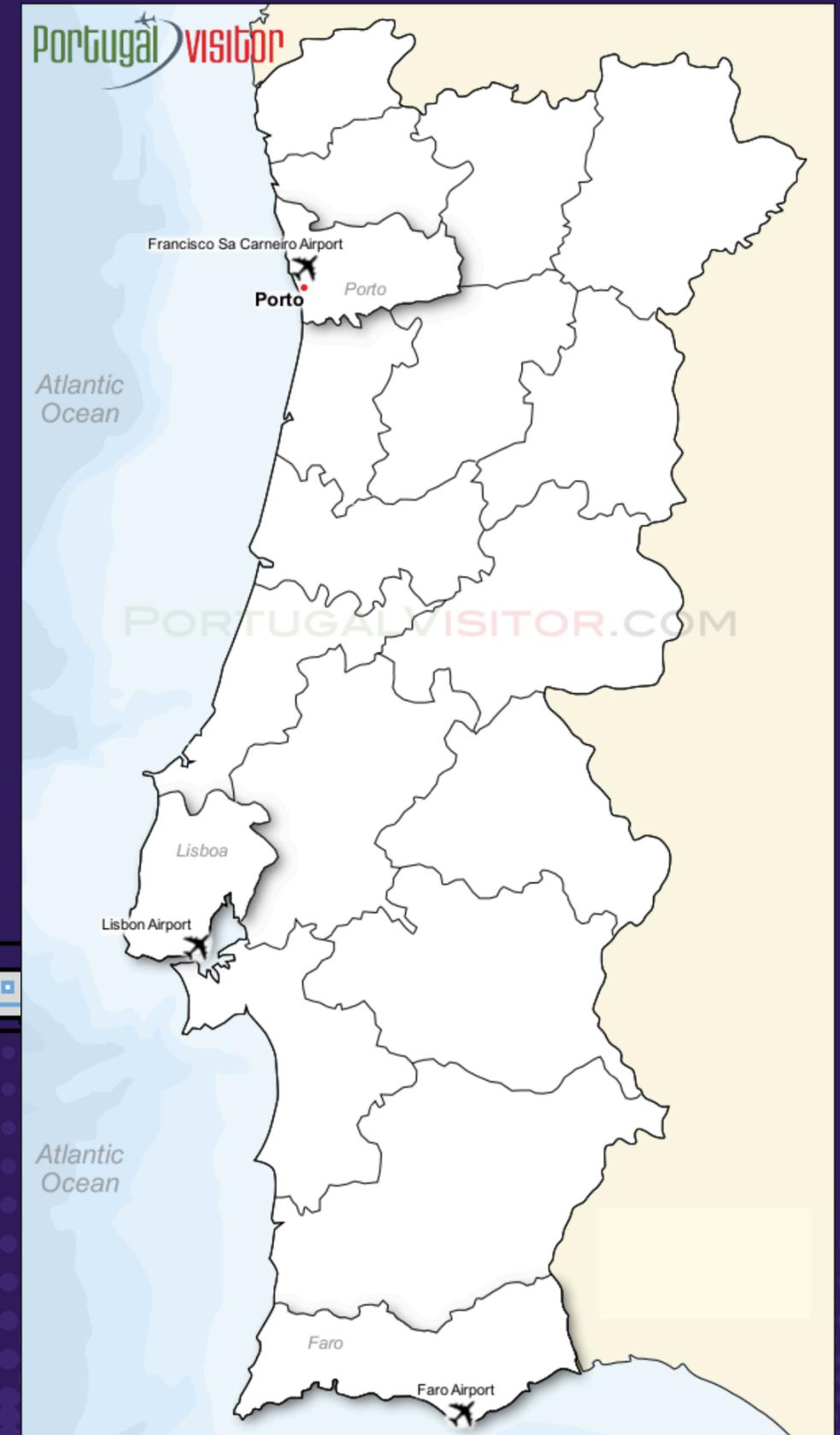
[Google Flights](#)



[Skyscanner](#)



[eDreams](#)



FROM LISBON



- Airport name: Aeroporto Internacional de Lisboa Humberto Delgado
- To reach the venue from Lisbon Airport, you have the option to take a FlixBus from the Airport directly to Pragal (Almada):

The screenshot shows the FlixBus search interface. At the top, it says 'FLIXBUS' and 'English'. Below that, there are options for 'One Way' (selected) and 'Round Trip'. The search criteria are: From 'Lisbon (Airport)', To 'Almada (Estação Pragal)', Departure 'Wed, 10 Sep', and Passengers '1 Adult'. The results are for 'Wed, 10 Sep' and show two options, both priced at €2.98. The first option departs at 12:45 from Lisbon (Airport) and arrives at 13:15 at Almada (Estação Pragal). The second option departs at 15:25 from Lisbon (Airport) and arrives at 15:55 at Almada (Estação Pragal). Both options are labeled 'LOWEST PRICE FASTEST TRIP' and include a 'Continue' button. Red arrows point to the departure times 12:45 and 15:25.

FLIXBUS



- This works well if your flight is set to arrive before 12:45 or 15:25 (WET), as these are the **two** schedules this bus operates on.
- From there, the venue is approximately at a **20-minute walk**.

FROM LISBON



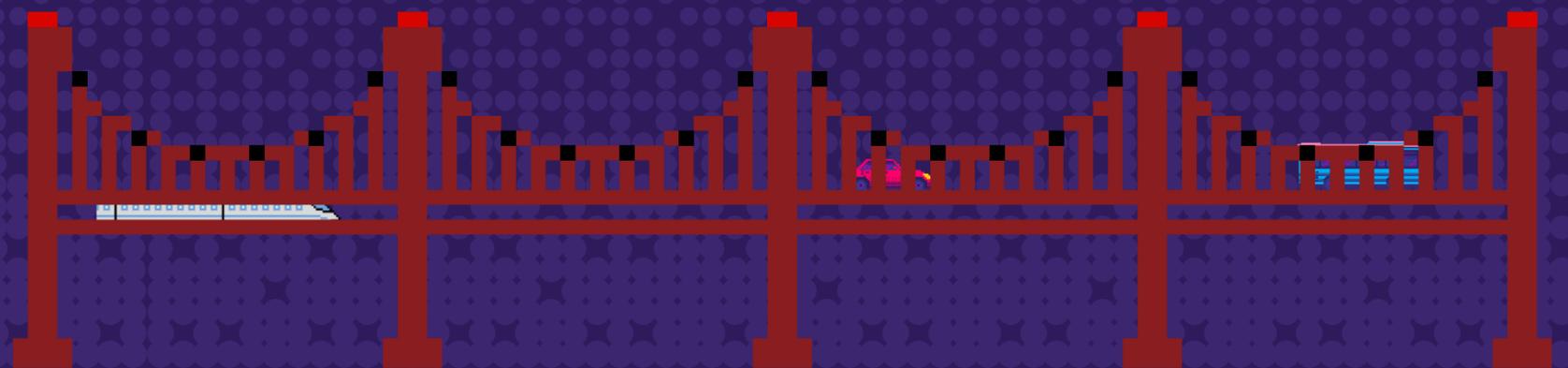
- You can also take the following route (**Metro + Train**):
 - Take the metro at **Lisbon Airport (Red line)** and change to **Yellow line** at the stop "**Saldanha**"
 - At **Saldanha**, take the Lisbon metro towards "**Odivelas**"; exit at "**Entrecampos**".
 - At **Entrecampos**, take the "**Fertagus**" train with direction to "**Setúbal**" or "**Coima**"; exit at "**Pragal**". From there, the venue **HI Almada** is approximately at a 20-minute walk.

- Here you can also check the schedule of the metro and the trains:

- **METRO:** <https://www.metrolisboa.pt>

- **TRAIN:** <https://www.fertagus.pt/pt/horarios/fertagus>

- *Note:* a **single metro journey costs 1.80€** (+0.50€ for a temporary pass card), even if you change lines. You can also pay directly with a contactless bank card.



FROM PORTO



- Airport name: Aeroporto Francisco Sá Carneiro
- To reach the venue from Porto Airport, you have the option to take a FlixBus or a Rede Expressos bus from the Airport directly to Pragal (Almada):



FLIXBUS English

One Way Round Trip

From: Porto (Airport) To: Almada (Estação Pragal) Departure: Wed, 10 Sep Passengers: 1 Adult

Tue, 9 Sept | **Wed, 10 Sept** | Thu, 11 Sept

EUR | CHF 1 result

Filters: 1

10:10 Porto (Airport) 5:45 hrs 15:55 Almada (Estação Pragal) €18.97

3 seats left at this price

1 transfer

Continue

FLIXBUS

- This works well if your flight is set to arrive before 10:10 (WET), as this is the **only** schedule this bus operates on.
- From there, the venue is approximately at a **20-minute walk**.

- Rede Expressos has a similar route, stopping at Centro Sul (Almada), at a **30-minute walk** from the venue. You may find there another schedule that suits you best.

rede expressos

FROM PORTO



- An extra tip: you can also take a FlixBus from Porto Airport to Lisbon Airport, and then take the same route to the venue as if you had landed in Lisbon Airport (see [slide 9](#) for this route):

- Please remember that there can be delays in flights, so book your bus tickets with hours to spare!

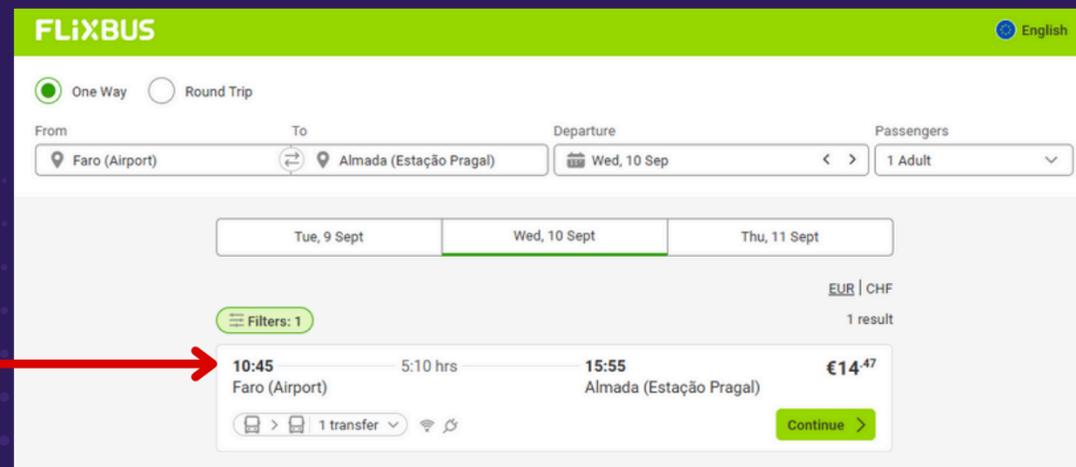
01:15 Porto (Airport)	4:40 hrs	05:55 Lisbon (Airport)	€14. ⁹⁸
Bus Direct			Continue >
04:00 Porto (Airport)	3:45 hrs	07:45 Lisbon (Airport)	€14. ⁹⁸
Bus Direct		FASTEST TRIP	Continue >
04:30 Porto (Airport)	3:45 hrs	08:15 Lisbon (Airport)	€14. ⁹⁸
Bus Direct		FASTEST TRIP	Continue >
09:10 Porto (Airport)	3:50 hrs	13:00 Lisbon (Airport)	€16. ⁹⁸
Bus Direct		2 seats left at this price	Continue >
10:10 Porto (Airport)	3:50 hrs	14:00 Lisbon (Airport)	€16. ⁹⁸
Bus Direct		3 seats left at this price	Continue >
14:40 Porto (Airport)	3:50 hrs	18:30 Lisbon (Airport)	€13. ⁹⁸
Bus Direct		3 seats left at this price	Continue >
15:10 Porto (Airport)	3:50 hrs	19:00 Lisbon (Airport)	€13. ⁹⁸
Bus Direct		3 seats left at this price	Continue >



FROM FARO



- Airport name: Aeroporto Internacional Gago Coutinho, Faro
- To reach the venue from Faro Airport, you have the option to take a FlixBus or a Rede Expressos bus from the Airport directly to Pragal (Almada):



FLIXBUS

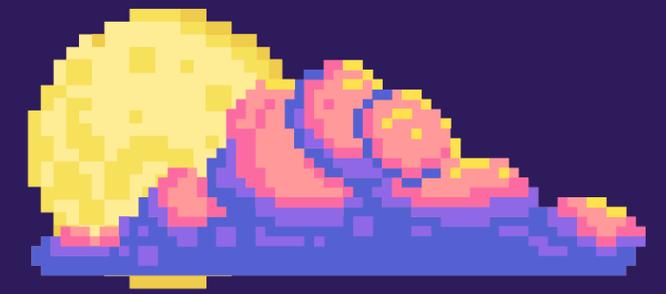
- This works well if your flight is set to arrive before 10:45 (WET), as this is the **only** schedule this bus operates on.
- From there, the venue is approximately at a **20-minute walk**.

- Rede Expressos has a similar route, stopping at Centro Sul (Almada), at a **30-minute walk** from the venue. You may find there another schedule that suits you best.

rede expressos



TRAVEL DETAILS, INSURANCE AND BUDGET



Here are the maximum travel costs for the projects in Erasmus+, according to the distance:

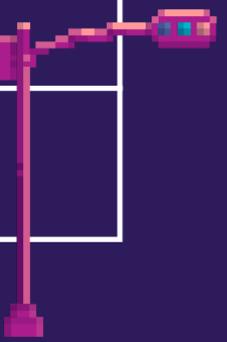
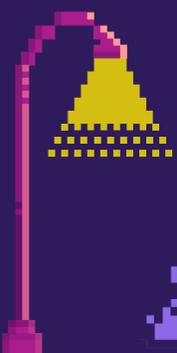
Travel distances	Amount
10 - 99 km	56 EUR
100 - 499 km	285 EUR
500 - 1999 km	309 EUR
2000 - 2999 km	395 EUR
3000 - 3999 km	580 EUR
4000 - 7999 km	1188 EUR
8000 km or more	1735 EUR



7 participants per country (6 + 1 Group Leader)



The reimbursement limit is the maximum amount available to cover your ticket expenses. Please choose the most economical travel option available.

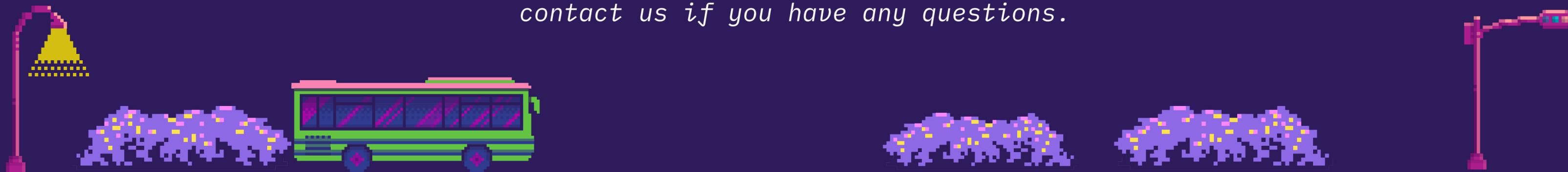


TRAVEL DETAILS, INSURANCE AND BUDGET



- Each participant will receive 100% of the total reimbursement, within the established limits, after submitting all official original documents (boarding passes and invoices) and completing the required follow-up activities, including the dissemination of results.
- Please note that the reimbursement will be calculated based on participants' travel costs from their place of origin to the project venue and back.
- The reimbursement will be processed via bank transfer to the bank account of the respective NGO partner in the project.

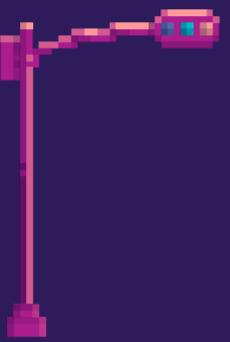
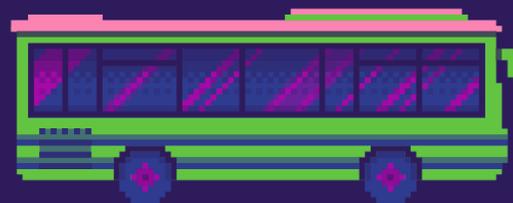
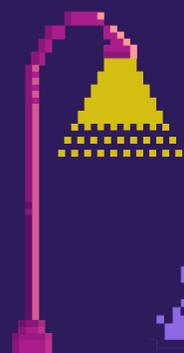
For more information on reimbursement rules, please refer to the official Erasmus+ guide or contact us if you have any questions.



TRAVEL DETAILS, INSURANCE AND BUDGET



- Remember to keep all your invoices, tickets, and boarding passes, as we cannot reimburse you without them!
- If you use digital boarding passes, be sure to **take a SCREENSHOT**, as they often disappear after use.
- Tickets that do not include essential information (such as date, price, or itinerary) **cannot be reimbursed**, so please keep all receipts. For example, rechargeable metro cards without proof of payment are not eligible for reimbursement.
- As part of the dissemination process, participants and sending organizations will be required to make a social media post sharing their experience in Portugal and organize a local workshop based on the project activities. Completion of the dissemination activities is mandatory for reimbursement.



TRAVEL DETAILS, INSURANCE AND BUDGET

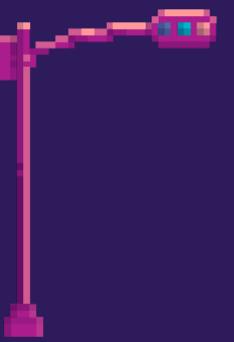
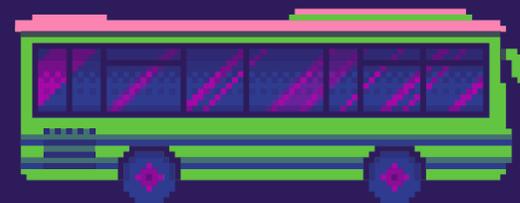


Do NOT buy any ticket without our confirmation or permission!

Before purchasing tickets, you must always contact us and submit your travel plan. You may proceed only after receiving our authorization.

Additionally, tickets should be purchased in Economy Class, and private transportation (e.g., Uber, Bolt) is not reimbursed. Participants are encouraged to choose the most economical options.

Reimbursement will be processed 2–3 months after the project's conclusion, provided that all dissemination tasks have been completed by each participant and all tickets have been submitted to the host organization.



TRAVEL DETAILS, INSURANCE AND BUDGET



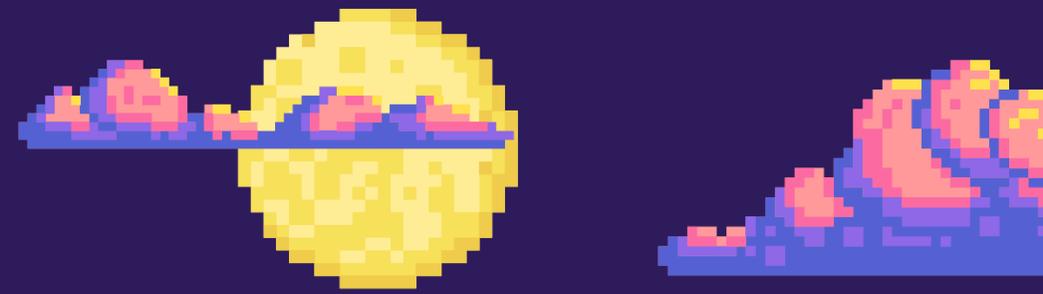
You may also travel up to **2 days before OR after the project**, or **1 day before and 1 day after**, if you wish to have some extra time to visit Portugal!

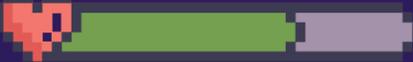
★ This means your trip can be from **September 8-17**, **September 9-18**, or **September 10-19**.

Please note that any expenses for these extra days, including accommodation, meals, and additional transportation, will **not be covered**.

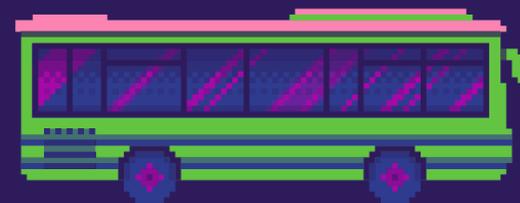


TRAVEL DETAILS, INSURANCE AND BUDGET



 Don't forget to bring your **European Health Insurance Card (EHIC)** if you are from an EU country, as it grants you access to medically necessary healthcare during your stay in Portugal under the same conditions as local residents.

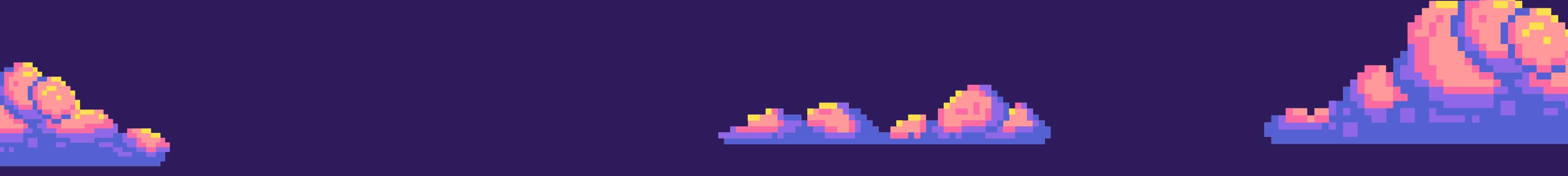
If you are **not from the EU**, you must arrange **private health insurance** that covers medical expenses, emergencies, and any unexpected health issues during your trip. Ensuring you have valid health coverage is essential for your safety and peace of mind throughout the project.



A pixel art landscape with a blue sky, green mountains, and trees. The title 'WHAT TO BRING' is centered in the sky. Below the title is a list of items to bring. At the bottom, there is a dog, a bench, and trees.

WHAT TO BRING

- Towel, slippers, and toiletries
- Swimsuit
- European Health Insurance Card – mandatory!
- Traditional food and drinks from your country
- Warm and comfortable clothing suited to the weather
- Good vibes!



COMMUNICATION & DISSEMINATION

Each participant and partner must contribute to the dissemination of results and adhere to the project's visual identity guidelines.

★ To share pictures, videos, and other materials, please follow our instructions on visibility and dissemination.

As the project date approaches, we will create a WhatsApp communication channel.





OUR PARTNERS



Germany
NATURKULTUR EV



Italy
Giosef Italy Giovani Senza Frontiere APS



Armenia
Elios Armenia NGO



Spain
ASOCIACION JUVENIL INTERCAMBIA



Cyprus
Filodasikos Syndesmos Agrou



ORGANISED BY

Associação da Minha Rua



<https://daminharua.pt/>



associacaodaminharua@gmail.com



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