

SOFT SKILLS

ACADEMY

DEVELOPING YOUTH
LEADERSHIP



Co-funded by the
Erasmus+ Programme
of the European Union



**ASSOCIAÇÃO
SELFMADE**
Mobilidade Internacional
e Empreendedorismo

**Castelo Novo,
Portugal**

APV: 26 -29 January 2025

YE: 18-25 March 2025

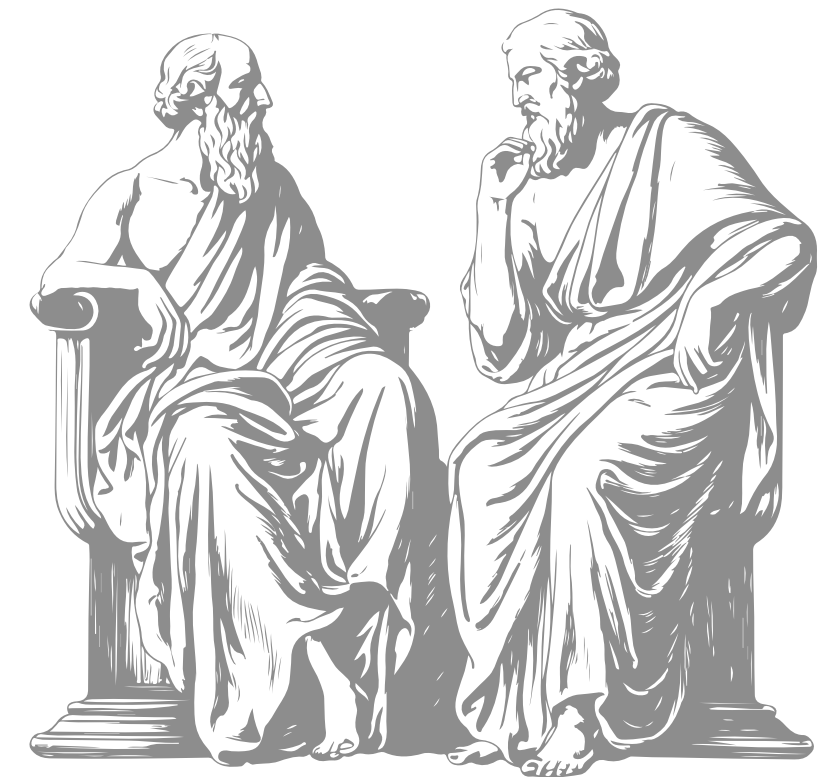


WHAT IS A SOFT SKILL?

Soft skills are personal qualities and social abilities that help people interact effectively with others. They include skills like communication, teamwork, problem-solving, adaptability, and critical thinking. Unlike hard/technical skills, which focus on specific tasks or knowledge, soft skills are more about how you work with and relate to others. They are essential for building strong relationships, handling challenges, and succeeding in both professional and personal life.

WHY DID WE CREATE THIS PROJECT

Soft skills help young people build confidence, manage relationships, and navigate diverse environments. As young people prepare to enter the workforce or take on leadership roles in their community, they often face challenges that can only be addressed and surpassed with a good set of soft skills.





PROJECT DETAILS

Title: Soft Skills Academy - Developing Youth Leadership

Duration: 8 days

Youth Exchange Dates: 18-25 March 2025

Venue: Castelo Novo, Fundão, Portugal

Participants: (6 per team)

Profile: Young people between the ages of 16 to 30 years old interested in improving themselves, their leadership skills and developing initiatives in their communities

Coordinator: Associação Selfmade (Portugal)



PROJECT OBJECTIVES

Empower 30 young people from 5 EU countries with soft skills and tools to become youth leaders in their communities through 6 days of non-formal education activities.

Develop sense of leadership, initiative, communication and collaboration skills to inspire the active participation of young people in their communities through activities in areas such as conflict resolution, public speaking, and emotional intelligence in interpersonal relationships.

Empower young people with critical thinking and information analysis tools to combat the propagation of fake news and to improve the quality of active citizenship and knowledge among young people.

Connect 30 young people with the importance of active citizenship and participation in public life (groups, associations, volunteering) making them able to contribute to the improvement of their own communities and the refinement of democracy.





PROJECT SUMMARY

The Soft Skill Academy is a youth exchange project designed to empower 30 young participants from Portugal, Spain, Bosnia and Herzegovina, Romania, and Ireland through the development of soft skills essential for youth leadership. The project seeks to foster individual empowerment, promote active citizenship and civic participation, with the goal of training young leaders who can create a positive impact in their communities.

Through non-formal education activities, participants will acquire practical tools and skills in areas such as leadership, critical thinking, communication, emotional intelligence, teamwork and conflict resolution.

Young leaders are needed to create change at the local level and that is the goal of this project, to create and empower young leaders capable of starting movements and initiatives to change the reality of their communities.



DO YOU WANT TO BE PART OF **SOFT SKILLS** ACADEMY

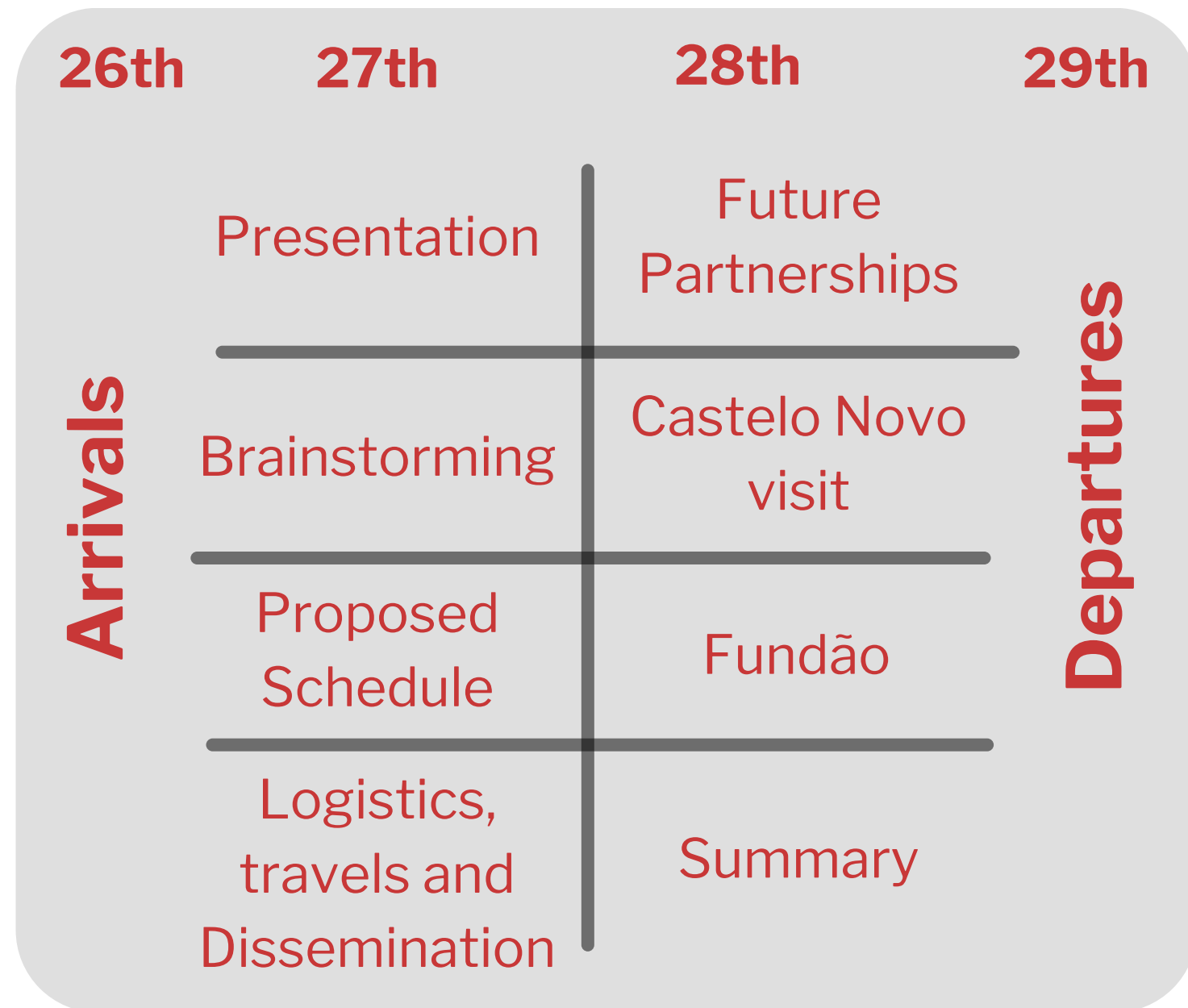


We are looking for participants:

- Between 16 and 30 (preferably between 16-25), except for the Team Leader who has no age limit and must be a Youth Leader with experience in Erasmus+ programs.
- Interested in being more active in their local community or association.
- Desired to be a youth leader, acquire leadership skills and develop a set of soft skills.
- Able to communicate in the English language.
- Ready and motivated to engage in all the phases of the project fully.
- Wants to learn about European opportunities and how to take advantage of them.
- Preference will be given to participants with fewer opportunities



ADVANCED PLANNING VISIT



This project includes an Advanced Planning Visit (APV) which will take place between January 26th and 29th, in which a Youth Worker from the partner organization and a participant that will be the Team Leader during the mobility will develop all together with us the program. The APV will aim to increase the quality of the project by planning the schedule, the activities, some extra activities dynamics and the logistics aspects. We want to take this opportunity to give the ownership of the project to the youth that will participate on it. We want them, together with the Youth Worker of their association, to develop, within the proposed objectives, which soft skills and in what way they want to develop, in order to increase the learning outcome.



Erasmus+

Intercultural Nights

- Each national team showcases their country and culture by creating a series of activities that include the presentation of traditional food and drink, interactive games, dances etc.
- Be creative, prepare some fun presentations about your country.

And don't forget to bring your National Flag!



Erasmus+



PRACTICALITIES



Each National Team will have the opportunity of developing and facilitate one NFE (Non Formal Education) activity about one of the 5 Soft Skills that we will work during the exchange. As you already know this project contains an APV, during this Preparatory Visit, the Team Leader will learn the basics on how to create a NFE activity, and with our and your sending organizations help we will create together one of the sessions.

As this is a Youth Exchange, the cultural exchange is a very important part of the experience, so to explore more about each others cultures, we will possibilitate that each National Team starts their intercultural night during the dinner. You will be able to cook a traditional meal of your country for all of us, making the perfect introduction for the intercultural night!



DON'T FORGET TO BRING

- Swimsuit in case of good weather
- Clothing for colder weather
- Comfortable Shoes
- Medication (If needed)
- Chargers for your devices
- Bring a souvenir from your country to exchange
- ID Card/Passport
- **Typical Food** From Your Country for the Intercultural Night
- Personal Hygiene Stuff (**Towel** and slippers too!)
- Tickets or travel documents related to reimbursement
- Bring your nacional flag



DON'T FORGET TO BRING

European Health Insurance Card

The European Health Insurance Card is a free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries.

Link to get it: **<https://ec.europa.eu/social/main.jsp?catId=563&langId=en>**



LOCATION

Both the APV and the YE will take place Castelo Novo

Castelo Novo, one of the 12 historical Portuguese villages, in the heart of the Serra da Gardunha. There is something mystic and fascinating about its cobbled streets that hide more than 800 years of history. It stands out as a typical medieval village and has much to offer.



Erasmus+

VENUE

The venue will take place in the accommodation of the program “Escolhas” of Castelo Novo



We have indoor and outdoor space

Free Wifi all across the village

It's quiet and you can enjoy nature and the village with your new friends

Look at the rooms! Don't they seem cozy?



Erasmus+

SCHEDULE



MORNING:

10h - First Activity

11h30 - Coffee Break

12h00 - Second Activity

13h30 - Lunch

14h00 - 15h00: Free Time

AFTERNOON:

15h00 - Third Activity

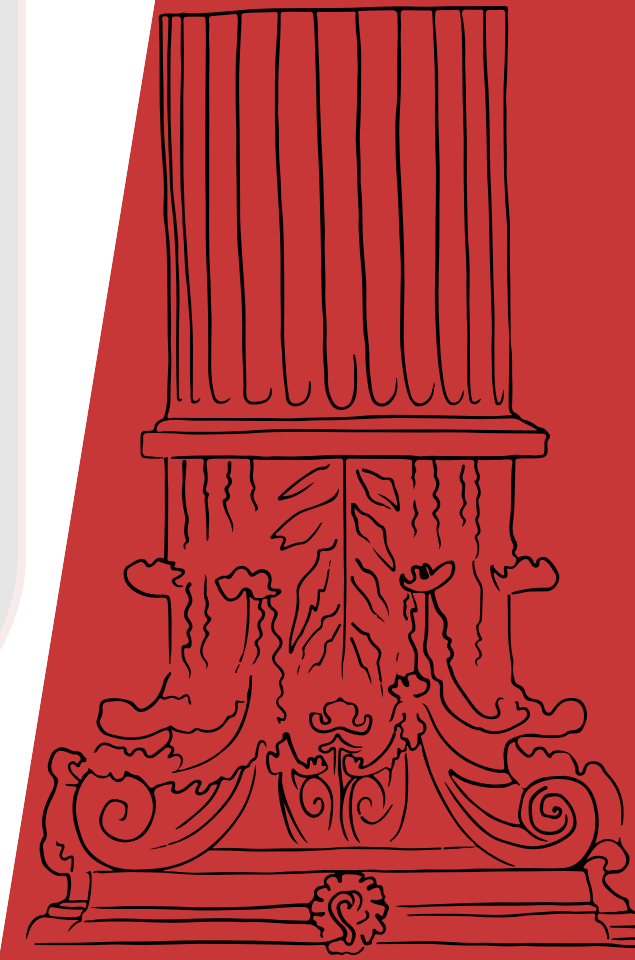
16h30 - Coffee Break

17h00 - Fourth Activity

18h30 - Reflexion Groups

20h00 - Dinner

22h00 - Intercultural Night



TRAVEL BUDGET

Ireland



309€

Bosnia and
Herzegovina



395€

Romania



395€

Spain



285€
(Green Travel)

Portugal



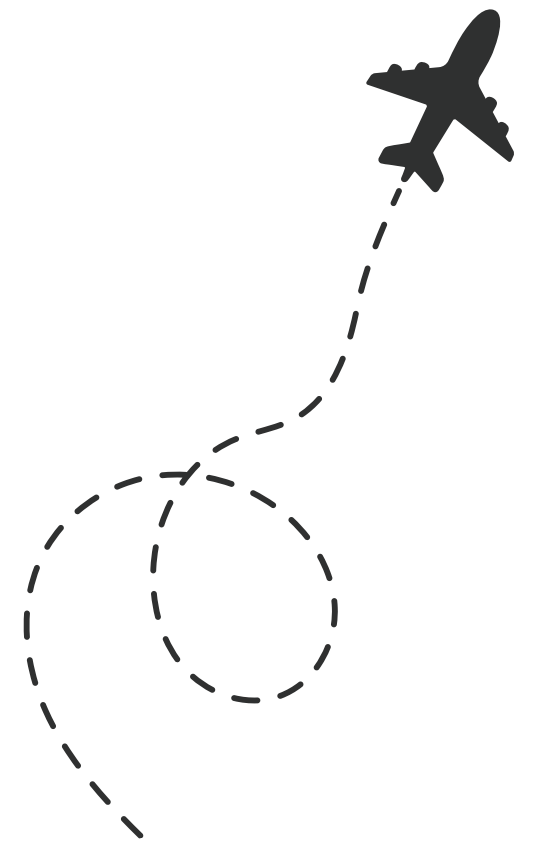
28€

**1 Team Leader +
5 participants per
National Team**

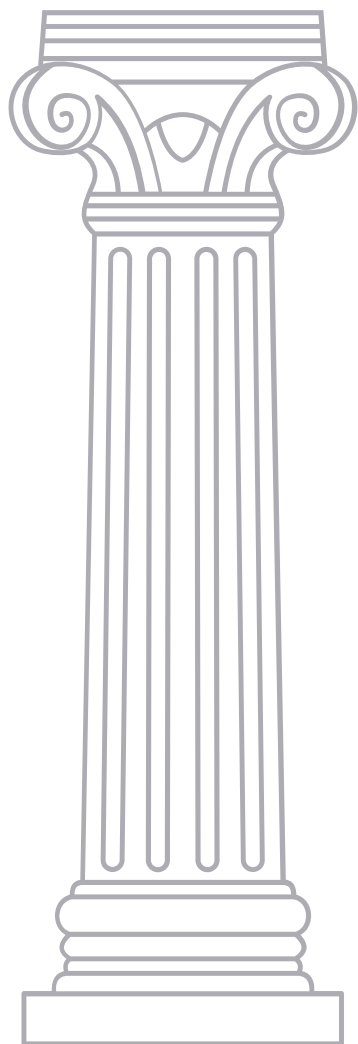


FLIGHT PURCHASING

- Participants must fly to Lisbon or Porto Airport and arrive no later than 15h on the 18th of March. Why? Because from Lisbon or Porto, participants must travel by bus or train to Fundão. In Fundão participants our staff will pick them up around 19:30h.
- To return, we follow the same formula, participants must keep in mind that their return flights have to depart after 15:00 on the 25th of March. Given, they will leave Castelo Novo, in the morning, catch a bus purchased by them in Fundão, and arrive in Lisbon at around lunchtime
- You can stay in Portugal for 2 extra days, at your own expense.
- Private Transportation (Taxi, personal car, etc), big luggage and flight add-ons will not be reimbursed.



TRAVEL RULES



Participants should purchase their travels themselves with our mentoring and approval. All plane tickets purchased must be confirmed by us before the flights are purchased so they comply with the travel rules.

The participants should keep their invoices and boarding passes of all expenses and deliver to the Selfmade Team during the mobility or send us by mail in PDF format to the mail: softskillsacademy2025@gmail.com

Fewer opportunities participants can have their tickets purchased by our team, they will only have to pay a 100€ caution fee to Selfmade OR their Sending Organisation, which will be returned to them after participating in the project

The fee is a precaution and will only be charged to ensure that in case of cancellation from a participant, we can use that caution fee to change the name of the purchased flight to the later replaced participant.



REIMBURSEMENT

Reimbursement of travel expenses will be done after the project. As soon as we gather all travel documents (invoices, receipts and boarding passes) from a national team, the Selfmade team will proceed to reimburse the whole national team. So make sure to save and not lose any documents related to your travel to Portugal and back.

Note: Every participant will need to send their return boarding passes, and/or other documents related to their travel by post to Selfmade. (Check contact page for address)

**DO NOT FORGET TO
KEEP ORIGINALS or
PDF OF ALL
TICKETS,
BOARDING
PASSES, ETC.
IT WILL BE
NEEDED FOR
REIMBURSEMENT!**

OUR TEAM



PEDRO TIBÚRCIO

- Facilitator
- Project Manager



RODRIGO PEDRO

- Project Logistics
- Communication Director



EDUARDO GRILO

- President



ANDRÉ SILVA

- Vice President
- Faciliator



MARIANA VIEIRA

- Travel Coordinator



Erasmus+



WHO MADE THIS POSSIBLE?

Our Partners:

Co-funded by the
Erasmus+ Programme
of the European Union



**ASSOCIAÇÃO
SELFMADE**
Mobilidade Internacional
e Empreendedorismo

+ULTRA



Love & Care for People
Empowering & Developing People

RCN:20204558



CONTACTS

Email:

softskillsacademy2025@gmail.com

Phone:

+351 919 875 589

+351 967 631 199

Instagram:

@selfmade_ngo

Mailing Address:

Rua de Santo Antonio nº2, Soalheira,
Fundão, Castelo Branco, Portugal



**DO YOU WANT TO BE PART OF
THIS UNIQUE EXPERIENCE ?**



<https://docs.google.com/forms/d/e/1FAIpQLSciu1Zkz6EAbBk8eldZBcw-el8WbTvQcTgcyq5ZJ-mblB3HVg/viewform>



Erasmus+