

From Protection To Promotion

10 – 18 January 2018

Loures, Portugal

Information Pack



AESS – Associação para o Desenvolvimento de uma Economia Solidária e Sustentável

<https://economia-sustentavel.com/>



Windmill Project

<http://www.estufa.pt/windmill>

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Dear participant of the TC "From Protection to Promotion",

With this info pack we would like to provide you with some information that will help you to be prepared for the TC as well as for your arrival and stay in Portugal.

Training Course Description

AESS (Associação para o Desenvolvimento de uma Economia Solidária e Sustentável), the youth organization from Portugal, invites you to join us in the 7-day training course “From Protection to Promotion” (10th is arrival day and 18th is departure day). The project will be hosted in Loures, near Lisbon.

We will bring together youth workers from 8 countries:

- **Portugal** (AESS, Associação para o Desenvolvimento de uma Economia Solidária e Sustentável)
- **Czech Republic** (EYCB, EUROPEAN YOUTH CENTRE BRECLAV)
- **Croatia** (NEZAVISNA UDRUGA MLADIH)
- **Estonia** (MTÜ Shokkin group)
- **Italy** (Shokkin Group Italia)
- **Poland** (Stowarzyszenie "Młodzi dla Ciebie")
- **Spain** (Xuventude Verde Polo Cambio)
- **Bulgaria** (Zavod za Idei)
- **Lithuania** (ASOCIACIJA AKTYVISTAI)

Objectives

The main objective of mobility of youth workers is to develop media literacy amongst young workers, give them tools to spread the idea of critical thinking to prevent unwanted results of media illiteracy.

Specific objectives of mobility of youth workers are:

- to give youngsters tools to help their peers face the risk of social exclusion, as a result of radicalization;
- to help youth workers prevent xenophobia created by media amongst youngsters;
- to give understanding how social pressure created by social media works;
- give skills to host workshop for young people in their organizations on this topic and include media literacy as a part of their youth exchanges or training courses.

Participant Profile

From Protection to Promotion is targeting 18+ people satisfying the following requirements:

- at least Intermediate level of English Language;
- have great interest in media literacy and critical thinking;
- motivation in attending the training course and participate actively;

- are eager to use knowledge gained during this TC in their communities and organizations;
- one of the participants should be the leader/project manager of the organization or a youth worker, who will have power to implement changes in partner organization in order to disseminate results of this project;
- another participant should be responsible for social media/PR/marketing of the organization;
- the 3rd participant should be a person with fewer opportunities, facing either social, economic or geographical obstacles. It's better focus on people facing social exclusion.

Erasmus+ Programme

Erasmus+ (2014 -2020) aims to boost skills and employability, as well as modernizing Education, Training, and Youth work. The seven year programme will have a budget of €14.7 billion; a 40% increase compared to current spending levels, reflecting the EU's commitment to investing in these areas. Erasmus+ will provide opportunities for over 4 million Europeans to study, train, gain work experience and volunteer abroad. Erasmus+ will support transnational partnerships among Education, Training, and Youth institutions and organizations to foster cooperation and bridge the worlds of Education and work in order to tackle the skills gaps we are facing in Europe. For further information, please visit:

- http://ec.europa.eu/programmes/erasmus-plus/index_en.htm.

Reimbursement Information

Participation Conditions

- Food and accommodation is fully covered by the organizers with the support of the European Commission's Erasmus+ Programme;
- We don't cover insurance, please make it as your commitment to the training;
- Travel costs will be reimbursed, up to travel cost limit (listed below) according to Erasmus + programme rules listed below. Before purchasing tickets, you have to get a confirmation from organizers (send the tickets you want to buy on e-mail written in contacts);
- Travel costs are based on the automatic calculation of the costs based on the distance calculator from the European Commission. For each country, this is the budget granted for travel expenses:

Country (number of participants)	Max amount per participant
Croatia (3)	360 Euro
Bulgaria (3)	360 Euro
Italy (3)	275 Euro
Poland (3)	360 Euro
Lithuania (3)	530 Euro
Czech Republic (3)	360 Euro
Spain (3)	180 Euro
Estonia (3)	530 Euro

The nearest airport to Loures is Lisbon Airport. The tickets should be bought with a maximum of 4 extra days (plus or minus), although those days will be subject to your own costs.

In order to get your reimbursement, please pay attention to the following procedure:

1. First of all, **KEEP ALL** the tickets you get to prove your expenses (bus tickets, train tickets, electronic flight ticket, travel agency reservations, electronic receipts etc.). For train and bus tickets make sure the date, the itinerary and the price are visible on the ticket. We can't reimburse money if you take taxi.
2. Second: **KEEP ALL** your flight boarding passes (outward and return).

Remember!

We cannot reimburse you if we do not receive the details and proofs of your expenses!

During the TC we will ask you to bring directly with you the printed copies of:

- All original tickets and receipts with the price (electronic receipts without the price cannot be considered);
- Outward boarding pass;
- Photocopy of your ID card or Passport.

After your return we will ask you to send us by postcard the originals of the returning boarding pass or other receipts and once we have all originals, we will proceed with the reimbursement by **bank transfer through the organization or team leader**.

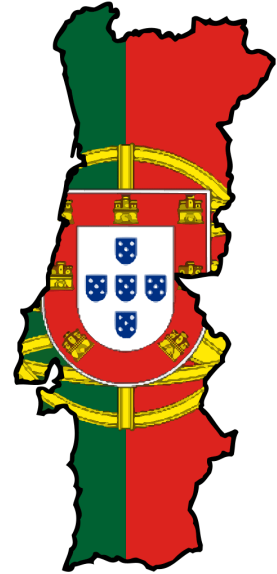
Accommodation and Training Location

The TC will take place in a young host home, a private institution of social solidarity founded by Father Américo (an important Portuguese benefactor who dedicated his life to the neediest), and whose objective is to welcome, educate and integrate into society children and young people who, for whatever reason, have been deprived of a healthy family environment. Accommodation will be done in the dormitories of Quinta da Mitra, in Santo Antão do Tojal, at the outskirts of Loures. From here you can enjoy a full experience of the Portuguese cultural spirit of a local town. **Information about towel, slippers, and personal care products will be clear and provided later.**



Useful Portuguese Sentences

My name is...	Chamo-me...
Good Morning	Bom Dia!
Good Afternoon	Boa Tarde!
Good Evening	Boa Tarde!
Good Night	Boa Noite!
How are you?	Como estás?
I'm fine!	Estou bem!
I feel bad!	Sinto-me mal!
I come from...	Venho de...
I would like to buy a bottle of water.	Gostaria de comprar uma garrafa de água.
I would like to buy a sandwich.	Gostaria de comprar uma sandes.
I would like to buy an ice-cream.	Gostaria de comprar um gelado.
How much is it?	Quanto é?
Thank you!	Obrigado!
Excuse me!	Perdão!
I'm Sorry!	Desculpa!
I don't understand.	Não compreendo.
Do you speak English?	Fala Inglês?
I don't speak Portuguese.	Eu não falo Português.
The bill, please.	A conta, por favor.



Contacts and Other Useful Info

In Lisbon, as in any other big European cities, you need to be cautious and take the necessary measures so that you don't make yourself an easy target for pickpockets. Don't carry around expensive cameras or wear expensive jewelries and avoid walking around dark narrow streets during the night if you are alone.

We strongly advise you to take out a full travel insurance policy for the duration of your stay in Portugal! **Please note insurance costs of any kind will not be covered.** The organization will not be able to reimburse you for any losses.

We remain at your disposal for any further information you may need!



Looking forward welcoming you in Portugal, we are waiting for you!