



**From Territories to Europe:
Building Synergies for
Transnational Cooperation
Partnership Building Activity**

**6 to 10 of july
Luso - Portugal**



Welcome

Dear Participants,

We are looking forward to meeting you for partnership building activity that's happening from the 6th of July until the 10th of July.

In this document, you will find all the information you need.

Please, read it carefully!

If you have any questions please contact Ana Teles or Gabriela Barbosa.



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About the project

From Territories to Europe: Building Synergies for Transnational Cooperation is a Partnership Building Activity (PBA) focused on territorial development and European transnational cooperation, bringing together experienced professionals and organisations interested in developing structured cooperation projects across European regions.

The project takes place in Luso, Portugal, from 6 to 10 July 2026, and provides a collaborative space for participants working in territorial development, European cooperation, social innovation, regional development, sustainability, culture, education, innovation and related fields.

The core purpose of this PBA is to support participants in transforming territorial challenges and cooperation needs into concrete and fundable project concepts. Through facilitated processes, peer learning and practical working sessions, participants will explore how transnational cooperation can be developed through European funding frameworks, with special attention to Interreg and other relevant European programmes.



Goals of the project

- expand participants' understanding of European cooperation opportunities, with a special focus on Interreg and other transnational funding frameworks;
- build genuine, project-ready partnerships between organisations from different European regions and macro-regions;
- support participants in developing concrete transnational cooperation project ideas, structured around shared territorial challenges and priorities;
- strengthen participants' capacity to design integrated European funding strategies, connecting Erasmus+, Interreg and other relevant programmes;
- foster long-term international cooperation rooted in territorial identity, local realities and regional development needs.

Participants

- work in organisations involved in social innovation, community development, education (formal or non-formal), youth-related work, social entrepreneurship or related social sectors;
- have practical experience in project-based work at national and/or European level;
- be familiar with or directly involved in project design, management and/or application writing;
- be motivated to actively contribute to peer learning, partnership building and co-creation processes.



IMPORTANT!

Only **selected participants** are required to fill in this form:

<https://forms.gle/MhQadGBCb8uu4aH28>

Trip to Luso

Luso is a small town with limited access to major cities. This is the suggested itinerary from Porto's Airport to Mealhada train station, from there you'll need to get an Uber to Inatel Luso.

For this activity, you can travel to Portugal on the 8th or the morning of the 9th (the activities start in the afternoon, as you can check on the timetable), you can travel back on the afternoon of the 13th (the activities end in the morning) or on the 14th.

From the Airport, you take the **metro** to Trindade Station (about 2€ per person)

Schedules on page 22

https://www.metrodoporto.pt/metrodoporto/uploads/document/file/691/horarios_online_08_01_2024.pdf

From Trindade station to Porto – Campanhã railway station (Validate the same ticket, simply change the line).

Take the **train** from Porto – Campanhã railway station to Mealhada railway station
Schedules on

<https://www.cp.pt/passageiros/en>

About Luso

Luso is a small city in the north - center of Portugal - it has about 14000 habitants.

The most part of its territory consists of small mountains and large valleys. It's very close to Buçaco wicks is a beautiful forest and has amazing walking trails.

The gastronomical and economical region where it is inserted, known as the **Bairrada**, encompasses many of the local civil parishes and is well known for its vineyards and wine industry, as well as its suckling roasted pig (*Leitão Assado à Bairrada*).

The average annual temperature is 15.2°C and it tends to rain a bit in the winter.

[Check the weather here:](#)
[IPMA](#)



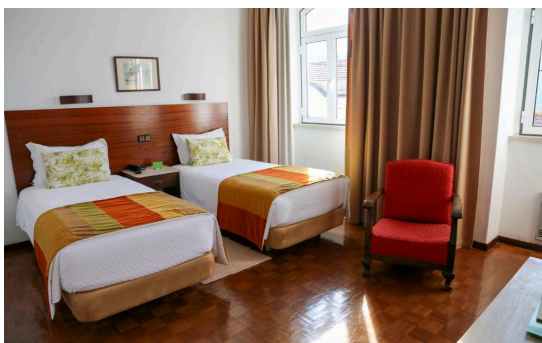
Food and accommodation

You will Stay at Inatel Luso

Address: Rua Dr. Costa Simões, 3050-226 Luso

The rooms will be assigned according to gender. Please let us know in advance if you have any preferences regarding the room's distribution. The rooms are only available for the participants of this mobility. You will be accommodated in rooms of 2 people.

The food will be served at the hotel as well. Please inform us in advance of any food allergies, intolerances or dietary restrictions.



Financial Conditions

Transportation costs of all participants will be covered by project's budget up to Erasmus + limits of transportation costs for a certain country, based on Erasmus+ distance calculator: <https://erasmus-plus.ec.europa.eu/pt-pt/node/2626>

The travel distance is calculated from the hometown of the sending organization to the town where the activities will happen.

All costs related to accommodation, and food (3 meals per day- breakfast, lunch, dinner and coffee breaks during the activity) will be covered by project's budget.

Buying the tickets is an obligation of participants (with partners' organization support).

Buy the tickets with Psientífica VAT number:

Name of the organization: Psientífica
Address: Escola Central de Sargentos,
n.º 16, , Águeda, Portugal 1ºJ

VAT: 507 462 823

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

All the tickets (before purchasing them) should be confirmed and approved by the hosting organization (Psientífica / Águeda Youth Center).

Reimbursements



Reimbursement process will be done once the Mobility is over via bank transfer. The participants are required to provide the hosting organization all travel documents and a dedicated reimbursement form.

- Don't forget to send via e-mail and bring invoices of your tickets, since we can not reimburse anything without documentation. **Boarding passes are obligatory as well.**
- The prices should be stated in the invoices, receipts and they must coincide with the price on the ticket.
- Train/bus tickets must show visible arrival and departure time as well as the price (+invoices if available).
- Missing or lost tickets are not reimbursed.
- **Any costs for renting a car or petrol are not reimbursed. (except in very exceptional cases)**

Following the guidelines of the Erasmus+ Youth/Sports and ESC Programme and internal regulations the travel must be released by the participants on the direct way within maximum 2 days. In case of long pauses or indirect routes (holiday travel), you'll have to sign a document explaining the different indirect route.

What to bring?

- ID/Passaport
- European Health Card
- **Boarding Tickets and travel expenses for the reimbursements**
- Phone Charger
- Small umbrella
- Comfortable clothes
- Motivation and a good mood!

Important contacts

Police: +351 234 622 417

Emergency: 112

Taxi: + 351 912 384 682

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