

PATRIMONIUM

2026, Sept. 2. - 10.

CINFÃES, PORTUGAL

PRESERVING LOCAL HERITAGE

Training Course



COORDINATING ORGANISATION

Casa 
d'Abóbora



Co-funded by
the European Union

ABOUT THE PROJECT



The objectives for the training course under the "Patrimonium - Preserving Local Heritage" project focus on empowering youth workers and fostering active youth participation in cultural preservation

- Youth Engagement: To promote the active participation of young people in cultural preservation projects, ensuring they feel like an integral and essential part of these initiatives.
- Youth Worker Capacity Building: To provide youth workers with the essential skills needed to integrate local and European cultural heritage into their daily activities, thereby enhancing youth engagement.
- Adaptation of Digital Tools: To innovate in the field of heritage preservation by exploring and adapting existing digital tools, creating a more dynamic, modern, and accessible approach for younger generations.
- To promote transnational cooperation and the exchange of experiences, best practices, and knowledge among youth workers from different countries to build a mutual support and learning network.
- Use of Non-Formal Education: To facilitate youth participation in cultural preservation initiatives through non-formal education methods, aiming to increase social inclusion and active involvement in cultural communities.



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WHO CAN PARTICIPATE

To take part in this project, you need to be:



Over 18+ years old



Residency in one of the partner countries



Able to speak and understand English at a conversational level



Interested in the project topics



Motivated to participate actively during the whole project!



1 PREPARATION
MEETING ONLINE,
(PLANNING
CONTRIBUTIONS)

PROJECT WEEK
2 - 10 SEPT.
PORTUGAL

EVALUATION AND
DISSEMINATION OF
RESULTS + ONLINE
MEETING AFTER TC

TOPICS OF THE WEEK



DAY 1 - 2.09	Arrivals, welcome dinner
DAY 2 - 3.09	General Introduction
DAY 3 - 4.09	Knowing my Heritage and our Heritage
DAY 4 - 5.09	How to Innovate - Digital Tools for participation
DAY 5 - 6.09	Getting to know Cinfães' Heritage
DAY 6 - 7.09	Put in in practice - Preservation Heritage Techniques (1)
DAY 7 - 8.09	Put in in practice - Preservation Heritage Techniques (2)
DAY 8 - 9.09	Audiovisual Creation Content + Celebration of Local Heritage
DAY 9 - 10.09	Departure day

The timetable is provisional and subject to any adjustments, that may be necessary at short notice!

DAILY STRUCTURE



8:30 - 9:30	Wake Up & Breakfast
10:00 - 11:30	Session
11:30 - 11:45	Coffee -Break
11:45 -13:00	Session
13:00 - 15:00	Lunch & Break
15:00 - 16:30	Session
16:30 - 16:45	Coffee -Break
16:45 - 18:00	Session
20:00	Dinner



CINFÃES/ PORTUGAL

SOME FACTS



Cinfaes (Portuguese pronunciation: [sɨ̃fɐjɐ̃]) is a village and a municipality in the northern district of Viseu, Portugal. The village proper has about 3,300 inhabitants. The population of the municipality in 2021 was 17,747, in an area of 239.29 km². You will be visiting several parts of the municipality!



We are lucky to be near the Bestança river that was already considered one of the most cleaned rivers in Europe! Cold water and beautiful landscapes surrounded by rocks and nature.



Casa d'Abóbora was born in a village called village (in pt, Aldeia) with 30 inhabitants. Don't worry, you will visit it!



You will be staying in this village, Oliveira do Douro. Quite rural (around 1200 inhabitants) but also the most advanced village around us as it has several services important for the community!



The landscape is surrounded by rock houses, vineyards and very nice people! Like us



HOST ORGANIZATION



- Casa d'Abóbora is a youth association that born in Aldeia (Cinfães, Viseu), a village with only 30 population but since there we have opened our target group to all the area of Cinfães (around 17.000 inhabitants).
- Our 2 main objectives are: The preservation and promotion of the local cultural heritage, and the Cultural dinamization of Cinfães. All of this with focus in the sustainability.
- The main activities of the association are: Workshops on local heritage, educational activities, walks, concerts, intergenerational community development, among others.



ACCOMMODATION & VENUE

The place where they will stay is a small town called Oliveira do Douro, and it is a deeply rural area. It has grocery stores, coffee shops, a gas station, etc.

The accommodation will be provided in **CASA DA CALÇADA**.

You will stay in rooms of 3 or 4 people with participants of the same sex as you or, if agreed, in mixed-gender rooms.

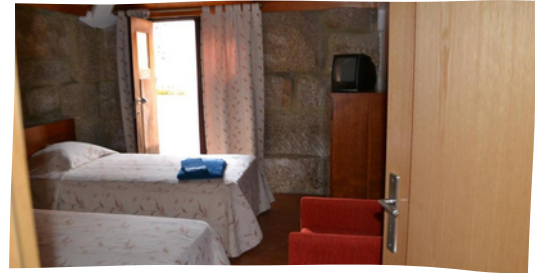
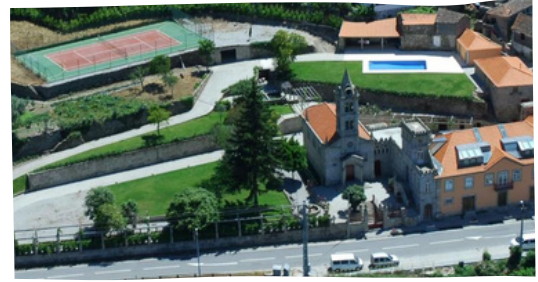
The sessions will be carried out on site in a seminar room or outside in the municipality of Cinfães.

Address: Oliveira do Douro, 4690 - Cinfães

Location: <https://maps.app.goo.gl/pWvkSERWSYKw3Jwr9>

<https://www.casacalcada.com/>

<https://www.booking.com/Share-Q7FKuP>



CATERING



During the week you will be fully catered for by our amazing chef Olga.

The menu will be mostly vegetarian/vegan with some days with fish and meat dishes.

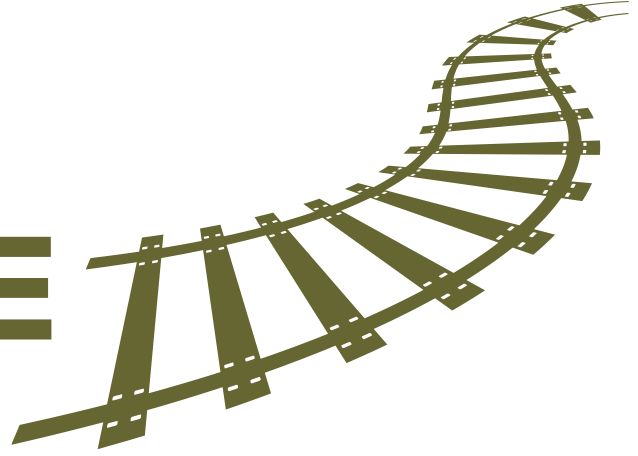
We have rented the kitchen for our purposes and have a personal chef with expertise from our association.

On excursions, we will also have lunch in other places.

You will use the kitchen to prepare national dishes for the cultural evenings.



ARRIVAL & DEPARTURE



& HOW TO GET THERE



The project will take place in Oliveira do Douro (CINFÃES) from September 2 -10. 2026

Arrival time: Sept, 2. between 4 - 8 PM

Departure time: Sept, .10 until 10 AM

Please organise your travel to fit in these times! It is stressful for our team to organise early and latecomers!

HOW TO ARRIVE



From the airport to Porto

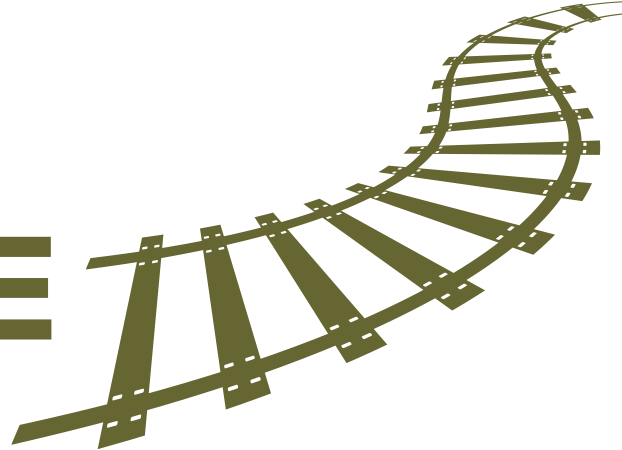
The Porto metro operates in zones and a single ticket for the journey from the airport (Z4) to downtown (Z2) costs €1.95. The journey takes exactly 35 minutes by the purple line E (Airport – Estádio do Dragão). For those leaving the airport, there is no mistaking it, as it is the only line that arrives at the location. Tickets can be bought at the machines with bills, coins or a card, and you also need to buy a reusable travel card (€0.60). During most of the day, the interval between trains on this line is every 20 minutes. Title validation must be done on one of the control machines. Your final destination must be Campanhã. We recommend always to use google maps to give you more information regarding the schedules.

If you prefer you can search on the website of the metro:

<https://www.metrodoporto.pt/pages/285>



ARRIVAL & DEPARTURE



& HOW TO GET THERE

HOW TO ARRIVE



From Porto to Cinfães (you will travel to Mosteiro train station)

ORIGIN: You can choose Porto São Bento
(city centre) or Porto Campanhã

DESTINATION: **MOSTEIRO**

Tickets price vary from 5/8€.

You can buy them in the box office or online.

🕒 Check timetables 📄 Buy tickets 🛍 Buy leisure 🌐 How to travel ⚙ Discounts and Advantages

⚠️ ⏪ ⏩ Cascais Line - Road transfer + Warnings

Schedules and Prices

📍 Origin	📍 Destiny
📅 19 Janeiro, 2024	📅 Return date

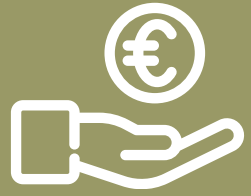
To look for "

Link for the train schedules -

<https://www.cp.pt/passageiros/pt/consultar-horarios>



FUNDING CONDITIONS



The project is **funded through the ERASMUS+ Programm**.
100% of the accommodation, food & material are covered.
You have to pay in advance for traveling.

Please note the following:



Please choose the most economical/cheap way of transportation (2nd class trains, planes).
Only public transportation can be reimbursed (no taxis).



Reimbursements of travel costs can only be done upon full attendance of the training course and if you do not travel earlier or later than two days before or after the project.



When travelling green, more than 50% of your trip has to be in alternative ways of transportation!



Please plan your travel from your place of origin to the venue of the activity in Cinfães and return according to the travel limit shown in the table below.
Your travel costs will be reimbursed up to the limit, if you spend less you will get what you spent.



Before buying your trip, the sending organisation has to approve it!



Please notice also our hints for travel insurance!



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of the European Union



TRAVEL BUDGET €

The travel budget is calculated **based on the distance from your home to the venue**. You can use <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator> for this.

COUNTRY	ORGANISATION	TRAVEL LIMIT PER PARTICIPANT	GREEN TRAVEL
Portugal	Casa d'Abóbora	*28 € - (10-99 km)	n/a
Spain	ARAM	309€ (500 - 1999 km)	417 €- (500 - 1999 km)
Poland	LSK	395 €- 2000 - 2999 km	n/a
Italy	Gramigna APS	309 €- (500 – 1999 km)	n/a
Greece	Koukouva kinsep	395 €- 2000 - 2999 km	n/a

- Reimbursements will be made by the portuguese organisation Casa d'Abóbora, the coordinating organisation of the project.
- Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and invoice in maximum 2 months after the project.
- You have one month after the project to submit your reimbursement form together with all travel tickets, boarding passes and invoices for your travel.
- We always reimburse to the account of sending organizations, so not directly to participants.

PREPARATION

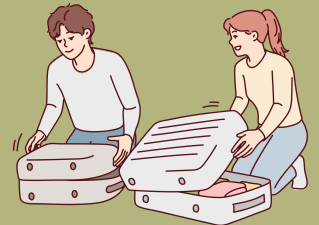
Please prepare before your travel:

Some traditional food/games/stories to share in the international evening presentations. The way the evening will look is totally up to your national team, you can be as creative as you like!

We always have one international dinner per country, so have in mind you will be cooking for the team some national dishes! always with the help of our chef Olga of course.

WHAT YOU NEED

- Inside slippers
- Notebook/ Diary
- Outdoor clothing and shoes
- Water bottle to refill
- Games, Instruments



Late summer/early autumn is relatively warm and the average temperature is still between 20° - 30°, the evenings are a bit cooler, the average low temperatures are around ~14°C°.

The rainy days are normal so we will have to be prepared so, be prepared for everything ;)

CURRENCY



You pay with Euro here or use debit/credit cards.
There is only one ATM in the village, so come with some money from the city.

TRAVEL & HEALTH INSURANCE



Every participant must bring their European Insurance Card or must have an substitute. It is a mandatory requirement for all participants to provide their own health and travel insurance.



Please arrange to have travel insurance - if you have to cancel your trip for a covered reason or there are some other circumstances for booking a new flight a trip insurance can save your investment, it can also protect you against lost luggage, flight cancelations.



Insurance is not applicable for reimbursement!

VISA REQUIREMENTS



Participants from the partner countries are not required to obtain a visa to enter Portugal.

CONTACTS

Contact Information of the Coordinating Organisation

You can contact the project coordinator of the whole project Joana Faria of Casa d'Abóbora for all questions and concerns regarding the organisation and management of the project. But remember first to talk with your sending organisation in case you have doubts.

E-mail: geral@casadabobora.pt
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IG: @casadabobora

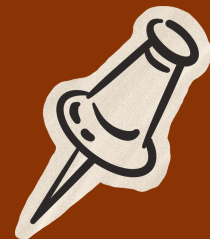


www.casadabobora.pt



ARE YOU INTERESTED?

You can apply here:



<https://forms.gle/7QZuUTA3wwExmrTEA>