



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



ECOFEMINISM

WORK TOWARDS AN EQUAL AND GREEN YOUTH

Capacity Building

INFO PACK

Ecofeminism: work towards an equal and green youth

Project 2023-1-PT02-KA210-YOU-000156172



ABOUT THE PROJECT | ECOFEMINISM

DESCRIPTION OF THE PROJECT

Gender inequality tends, for the most part, to put up barriers to the participation and inclusion of women/girls. We live in a society that tends to be traditionalist and rooted in the principles of male superiority of choice, decision, and action. This is no different in the ecological sphere - "As several UN world conferences and reports by numerous NGOs point out, women are the first victims of environmental deterioration but also play a key role in the defence of nature." (Puleo, 2017).

PROBLEM: Gender inequality.

NEEDS

- a) To learn about alternative and innovative methods of working with young people, so as to be able to reach and involve youth groups even more and promote effective processes of change;
- b) To have moments of knowledge sharing and learning building between European partners in order to maximize knowledge gathering and strengthen the capacity for action in youth.

OBJECTIVES

General: Promote the social inclusion of girls and women through alliance with sustainable practices (ecofeminism);

Specific:

- a) Promote the development of thematic, methodological, and lifelong learning skills among youth workers (YWs) so that they can energize innovative/inclusive action with young people;
- b) Strengthen the capacity of youth workers and organizations so that they can innovate in the youth sector;
- c) Strengthen the capacity of youth workers and organizations to work with young people with fewer opportunities (MO), especially with regard to gender inequality;
- d) Promote multidisciplinary and methodological quality in youth work.

DESCRIPTION OF ACTIVITIES

- Intercultural meeting 1, 2 and 3:
- Capacity Building | Ecofeminism: Training action for Youth Workers, through an intercultural action where they can interact, share perspectives, debate, and reflect with young people representing local groups from each organization.
- Local Sessions: Local activities with young people to explore the themes of eco-feminism, gender equality, and social inclusion. Sessions focused on sharing knowledge and passing on experience, as well as sessions on carrying out youth work and developing activist and inclusive actions (participation in marches, online campaigns, etc.) - Number of sessions: 8 for each partner/total of 40 sessions
- Social Diagnosis in Each Context: Each organization, locally, will carry out an up-to-date diagnosis on the issues of eco-feminism,

gender inequality, and social exclusion of women/girls, using sources and evidence, This will serve as a starting point for the project and for presentation to the consortium. - Number of sessions: 2 online sessions and 2 local sessions by partner/ total of 20 sessions

METHODOLOGY

- Personal and group reflection;
- Active construction of knowledge;
- Group dynamics;
- Sharing of learning, knowledge, and experience;
- Reflection on individual attitudes, behaviors, and paths.

EXPECTED RESULTS AND IMPACTS

INTANGIBLE RESULTS

- Development of learning and competencies:
 - a) Communication in the mother tongue;
 - b) Communication in foreign languages;
 - c) Maths skills and basic science and technology skills;
 - d) Digital competence;
 - e) Learning to learn;
 - f) Social and civic competencies;
 - g) Entrepreneurial skills;
 - h) Cultural sensitivity and creativity.
- Raising awareness of the problems associated with eco-feminism, gender inequality and social exclusion;
- Theoretical and practical knowledge of complementary learning methodologies.

TANGIBLE RESULTS

- **Toolkit for feminist** and environmental activism, as a useful tool for young people to use and disseminate in the community:
 - a) Brief description of the Erasmus+ programme and Key Action 2;
 - b) Description of the project - Framework, Problem, Needs, Objectives, Partners;
 - c) Activities developed - where, when, number of participants, profile of participants;
 - d) Skills developed;
 - e) Results and impacts of the project;
 - f) Testimonials, links to publications about the project, etc.;
 - g) Photos of the activities carried out and related to the project.
- **Online campaign;**
- Documents associated with these activities (physical or audio-visual).



ORGANIZATION	COUNTRY	CONTACT
XX Element Project – Associação Cultural	Portugal	xxelementproject@gmail.com
GTF - Inicijativa za Održivi Rast	Croatia	kristina@gtf.hr
Seiklejate Vennaskond	Estonia	Seiklejate.vennaskond@gmail.com
Asociación Juvenil “Jarrón Club”	Spain	jarronclub@hotmail.es
EUROSUD	Italy	eurosudngo@gmail.com



The project contemplates a partnership with 5 different organizations.

CAPACITY BUILDING | ECOFEMINISM - PORTO - 12TH - 18TH MAY

Training action for the YWs, through an intercultural action where the YWs will be able to interact, share perspectives, debate, and reflect with young representatives of the local groups of each organization. This activity, held in Porto, Portugal, for 5 days, aims to be a joint moment of reflection on the results achieved with the local activities and which aims to introduce improvements after sharing with young people.

PARTICIPANTS:

5 youth workers (25-27 years old) - 5 of each partner/ 25 in total

2 young people (1 with fewer opportunities) - 10 in total (of which 5 with F0)

1 Facilitator – XX Element Project

36 participants in total

PROFILE OF THE PARTICIPANTS IN THE PROJECT

Youngsters:

- a. Ages between 18 and 30
- b. With some obstacles (forecast: cultural, economic, disability, related to the education system, etc.)
- c. With little or no experience in European activities;
- d. Motivated by the project and the theme.

Gender balance should be respected.

Youth Workers

- a. Ages between 25 and 27 years old;
- b. Preferably with:
- c. Experience in the youth sector;
- d. Experience with non-formal, digital and/or artistic methods;
- e. Communication skills, including English;
- f. Motivated by the project and willing to participate.

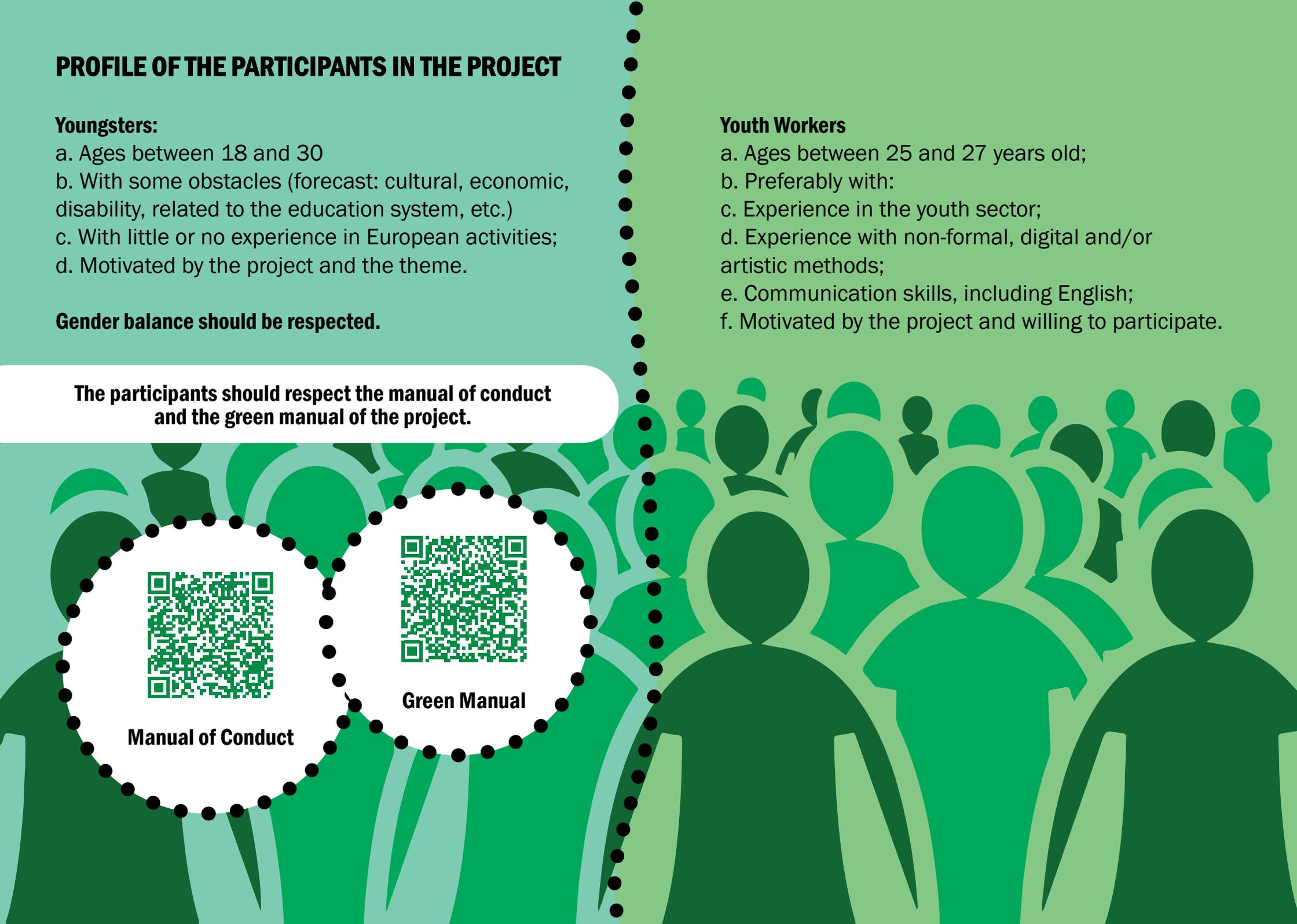
The participants should respect the manual of conduct and the green manual of the project.



Manual of Conduct



Green Manual



THE ACCOMMODATION & MEALS

Porto Lounge Hostel, Rua do Almada 317, Porto.

The hostel is located approximately 7 minutes walking from Metro station Trindade.

Participants will be divided into the following types of rooms in the accommodation:

- Dorm MIXED (10 people) - 8 or 10 beds and ensuite bathroom
- Dorm FEMALE (8 people) - 8 or 10 beds and ensuite bathroom
- Dorm MIXED (8 people) - 8 or 10 beds and ensuite bathroom
- Triple Room Superior (3 people) - three single beds and ensuite bathroom.
- Triple Room Deluxe (3 people) - two twin beds, a small room with one single bed, and ensuite bathroom
- Double Room (2 people) - a double bed, a bathroom, and a toilet shared by two rooms

THE MEALS

The meals will be at local restaurants of Porto.



HOW TO GET HERE

AIRPORT

The nearest airport is Porto's Francisco Sá Carneiro Airport, which is located approximately 16 km north of the venue. Lisbon's Portela Airport is located about 310 km south of Porto.

- **Best option: Francisco Sá Carneiro Airport**

The trip between the airport and the accommodation (Porto Lounge Hostel) can be done by Metro, which has a terminal at the airport. The trip between the airport and the Metro station Trindade takes about 30 minutes and the ticket costs 2,15 € (Z4 ticket). From station **Trindade**, you have about 7 minutes to walk to the Hostel (Rua do Almada 317).

- **2nd Option: Lisbon Airport**

If you are arriving by plane, the simplest transport to Porto is by train from Lisboa - Oriente railway station. The journey from Lisbon to Porto is 2-2.5 hours, depending on what type of train you take (Cost: €20-27 one-way). To get to the train station, you can go by Metro (Red Line); the ticket costs 1.65 €. After arriving to the railway station **Porto-Campanhã**, you can take the Metro line to reach station **Trindade**, you have about 7 minutes to walk to the Hostel (Rua do Almada 317)



Metro timetable:

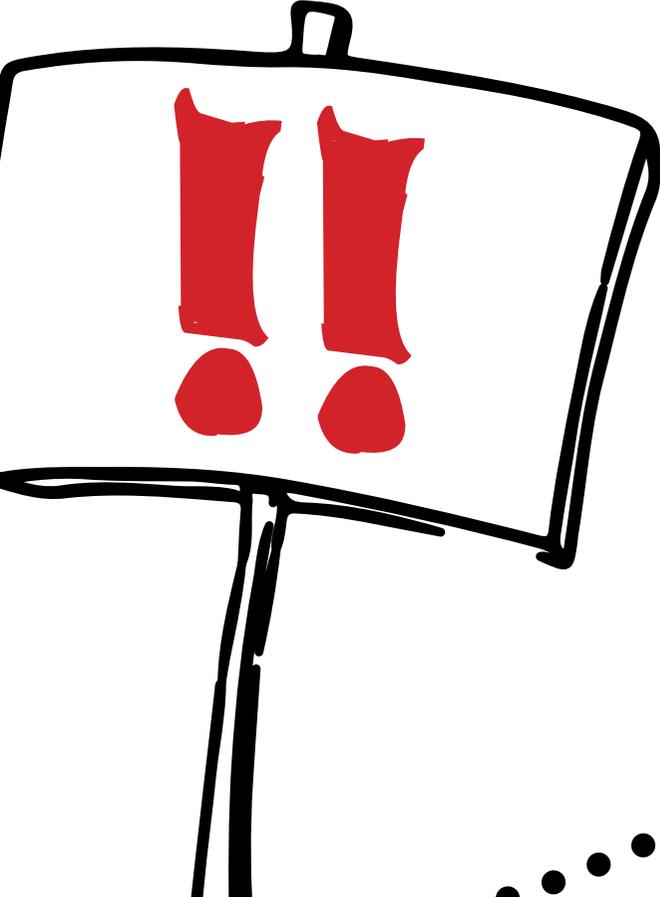


Train timetable:



INFORMATION

- Accommodation and meals are covered by the project funding and the arrangements will be managed by the organization responsible for hosting.
- Any amounts that are over the total budget will be paid by the participant at their own expense and won't be covered by the project.
- The travel budget includes public transportation and flight from the departure place to Porto.
- Each organization takes on the responsibility of managing the travel.
- Flights and other travel arrangements will be made by the participants/organizations.



IMPORTANT INFORMATION

Invoices related to the acquisition of travel.

For each participant, it is mandatory to send (outward voyage and return):

- Reservation;
- Boarding Pass;
- **Invoice with, XX Element taxpayer/VAT number- 513804749**

Note: If the invoice has to have the taxpayer/VAT number of the institution itself, to the organization of the accounting of each institution, it is possible. We just request advance notice to XX Element.

In the following table, we present a table with the funding for each partner country.

	COUNTRY OF ORIGIN	COUNTRY OF DESTINATION	CITY	N° PARTICIPANTS	DISTANCE	FINANCING P/ PARTICIPANT
	Portugal	Portugal	Porto	8	0-9 km	0,00 €
	Spain	Portugal	Porto	7	500-1999 km	275,00 €
	Croatia	Portugal	Porto	7	2000-2999 km	360,00 €
	Italy	Portugal	Porto	7	2000-2999 km	360,00 €
	Estonia	Portugal	Porto	7	3000- 3999 km	530,00 €

DATES:

13th-17th May 2024 (excluding the travel days).

TIPS

LOCAL CURRENCY

- Our national currency/money is EURO.
- If they need to, participants can change their money at the airport but depends on availability and usually it's more expensive.
- A lot of places in the city (like restaurants and some stores), only allow money payment.

BRING WITH YOU

- All your documents and the documents for the travel - ID or Passport
- Your health documents (European Health Insurance Card), medicines, etc. -
- Any material that you might need for the capacity building
- Bring comfortable clothes and shoes to know Porto by walk
- Bring your experience, open mind, and knowledge.



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ASOCIACIÓN JUVENIL
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SEE YOU IN PORTO!

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