



Advanced Planning Visit INFOPACK

THE PROJECT

Summary:

This project will take place in Portugal in Torre de Moncorvo to guide teenagers and young people.

This project is composed by 2 activities: Advanced Planning Visit (APV) from the 11th to the 13th of November 2016 for 12 participants and Youth Exchange (YE) from the 1st to the 8th of April 2017 for 36 participants. The project will be coordinated by Santa Casa da Misericórdia de Torre de Moncorvo, involving 5 sending partner organisations.

The main objectives are:

- improve informal and non-formal competences & skills of participants, teenagers & young people to improve personal development and employability in the European labour market;
- raise expectations towards future, open minds and broaden horizons of people with fewer opportunities;
- promote active citizenship in society, intercultural dialogue, social inclusion and solidarity;
- foster quality improvements in youth work;
- enhance the international dimension of youth activities and the role of youth work;
- develop basic and transversal skills such as entrepreneurship, digital and multilingualism (Portuguese, Romanian, Bulgarian, Lithuanian, Estonian and Greek).

The participants should be self motivated, proactive, creative, with handwork skills, self-initiative, willing to take on new challenges, flexible and ready to help in different tasks related with teenagers/young people. A high motivation to work with this group and special interest on music, dance, theatre, sports, cooking, computers, handicrafts, gardening, history can be an added value. So, is expected the participants to have a positive attitude, patience and good listening capacity.

Working methods used/Activities planned:

- group dynamics, conversations, cultural visits, internet research, presentations, drawing, singing, body expression, dancing, cooking, active participation, games, workshops, e-mails sending, gathering audiovisual material, meetings, presentations about Erasmus+ Programme.



Results expected:

- creation of promotional materials done by participants to be used by all partner organizations & other stakeholders to disseminate the project in events and social networks.

Impact envisaged:

- development of new skills, abilities and competences of participants & the community involved in personal, social and cultural field to raise employability chances;
- build new research, analysis and evaluation tools, in order to produce better practices in the future;
- create positive awareness on participants & the local community about different cultures;
- offer support and provide new ideas, points of view, methods and techniques and improve their capacity to provide quality activities to the participating organisations' beneficiaries;
- improve the work of the sending organisations in preparing future participants;
- motivate other young people to take part in Erasmus+ Programme.

The potential longer term benefits:

- increased chances of employability for participants;
- improved learning performance;
- increased sense of initiative and entrepreneurship as well as active participation in society;
- increased self-empowerment and self-esteem;
- enhanced intercultural awareness;
- better awareness of what's a European project and E.U. values;
- increased motivation for taking part in future (formal/non-formal) education or training opportunities abroad;
- improved foreign languages competences;
- increased number of people taking part in Erasmus+ Programme;
- better quality in youth work in partner organisations in favour of young people;
- increased motivation and satisfaction in the daily work.

Specific Objectives:

- Improve the level of key competences and skills, especially of teenagers and young people while promoting their participation in the European democratic life and in the labour market;
- Promote active citizenship, intercultural dialogue, social inclusion and solidarity between teenagers and young people;
- Foster quality improvements in youth work, in particular through enhanced cooperation between the partner organisations, through the exchange of knowledge about youth field with other local and international partners;
- Enhance the international dimension of youth activities and the role of youth leaders and all organisations involved in this project.

Dissemination and exploitation of results:

- Products/Events > Future activities (based on the results achieved such as national and international events like seminars, trainings, etc.), Audiovisual material, Social networks, Press releases, Testimonials, Promotional materials (posters, flyers, etc.), Erasmus + Dissemination Platform
- Evaluation > initial, continuous and final, formal and non-formal, quantitative and qualitative;
- Certificate > Youthpass certificate, Etc.

Learning Outcomes:

- 1. Communication in the mother tongue: the participants will speak in their mother tongue (ex.: participants can teach something in their native language, help to translate documents to their mother language, etc.);
- 2. Communication in foreign languages: the activities main working language (is English) and it will be used in several moments (in everyday activities and while dealing with the local community);
- 3. Mathematical and basic competences in science and technology: the participants will be challenged to solve problems in a logic way and they will also use technology tools;
- 4. Digital Competences: the participants might use ICT for different purposes (send emails, create and maintain online portals, update social networks, etc.);
- 5. Learning to Learn: learning competences demand that the participants take a conscious decision of leaving their comfort environment and look for a new challenge;
- 6. Social and civic competences: the participants need to understand social codes of conduct in the different environments by practicing active and constructive participation in the social and working life;
- 7. Sense of Initiative and Entrepreneurship: the participants will be challenged to turn ideas into action by using creativity and innovation;
- 8. Cultural Awareness and Expression: participants will learn to appreciate their own culture and other cultures based on a range of means, including music, performing arts, literature and visual arts to show different cultural traditions.

Venue:

The village of Torre de Moncorvo possessed an admirable historic centre, because of its political and economic importance in "transmontana" region since, at least, in the final period of Middle Ages. The borough of Torre de Moncorvo was created in the XIII century, the county has medieval origins in the ancient county of Santa Cruz da Vilarça. D. Dinis in 1285, which grants charter to Torre de Moncorvo, giving the village castle and walls.

The borough of Torre de Moncorvo lies south of the district of Bragança, is located in the sub-region of the Douro Superior and is crossed by the Sabor and Douro rivers. The territory is spread over mountain ranges, plateaux areas, valleys and wooded hillsides. The county, to a great extent, is covered by the Douro Region, and to a small extent, by area classified as World Heritage by UNESCO, has a living cultural landscape, combining the works of man and nature. The Sabor and Douro rivers are a mark on the landscape of this county. No less important is the Vilarça Valley, dubbed the Portuguese "Nile Valley", that the agricultural point of view is one of the most productive in the country. A large part of the county has a Mediterranean microclimate that gives it a natural aptitude for the cultivation of vineyards, olive and almond trees.

Integrates a region where it produce excellent generous wines, the best olive oil in the world, and it is also the largest producer of almonds in the country. The gastronomy of Torre de Moncorvo is very diverse. If the pastry is a towering figure, the queen is the covered almonds, but we should not underestimate the many traditional dishes. One of the largest deposits of iron in Europe, located in the Mountain of Reboredo, in the medium term may play an important role in the regional economy.



Weather:

Check it out on

<http://www.ipma.pt/en/otempo/prev.localidade/index.jsp?localID=3&cidadeID=85> .

Travel Budget:

| Country | Maximum per person (in Euros) |
|-----------|-------------------------------|
| Romania | 270 € |
| Bulgaria | 270 € |
| Lithuania | 270 € |
| Estonia | 400 € |
| Greece | 270 € |

Useful Contacts:

Hosting Organisation Telephone - (+351) 271701337

Logistics Coordinator Mobile Phone – (+351) 936587333

National Emergency Number – 112

Local Fire Department Telephone – (+351) 271700700

Local Republican National Guard (Police) Telephone – (+351) 271701188

Local Health Centre – (+351) 271700120

Portuguese National Agency for the Management of the Erasmus+ Programme: Youth in Action - (+351) 253204260

Romanian Embassy (in Lisbon) Telephone – (+351) 213968812

Bulgarian Embassy (in Lisbon) Telephone – (+351) 213976364

Lithuanian Embassy (in Lisbon) Telephone – (+351) 217990110

Estonian Embassy (in Lisbon) Telephone – (+351) 213194150

Greek Embassy (in Lisbon) Telephone – (+351) 213031260

Protection and Safety:

- Security > one of the group leaders should have first aid training, first aid kit will be available at all times, emergency contacts and procedures will be shared, Portuguese public law and order should be respected, norms and rules will also be established by the whole group, etc.;

- Insurance > all countries should request the EHIC - European Health Insurance Card for each participant;

- Mentoring and Support > the group leaders are responsible for assisting the participants of their group providing a safe and comfortable environment for learning.

THE PROMOTERS

Hosting Organisation:

Santa Casa da Misericórdia de Moncorvo from Portugal was founded on the 28th of August of 1865 is a private entity, non-profit, with direct intervention in the area of Torre de Moncorvo municipality and whose mission is to satisfy and meet the needs of citizens in the social and health area acting in complementarity and harmony with the policies and guidelines from the established power and principles of Christian doctrine and morals. The institution has a multitude of equipment and social/health valences as well as a young and dynamic multidisciplinary team.

Address: Rua do Hospital Velho, 24, 5160-272 Torre de Moncorvo, Portugal

Telephone: (+351) 279 254 199 / (+351) 279 254 254

Website: www.scm-moncorvo.pt

Email: santamoncorvo@gmail.com

Sending Organisations:

“ASOCIATIA SOLARIS SPORTING CLUB PLOIESTI” from Romania

“The Starry Start of Talents Foundation” from Bulgaria

“Jaunimo verslumo ir saviraiskos skatinimo labdaros ir paramos fondas” from Lithuania

“SEIKLEJATE VENNASKOND” from Estonia

“Green Spirit” from Greece



APV – ADVANCED PLANNING VISIT

Accommodation:

Holy House of Mercy of Moncorvo – Unit of Continuous Care

Address: Av. José Luís Borges, 5160-220 Torre de Moncorvo, Portugal



Maximum 2 people in each room, with gender division.

Meals:

All food restrictions/diets will be respected if there's prior information sent to the hosting organisation.

Travel details:

The itinerary includes flights to/from Oporto/Porto city airport (IATA - International Air Transport Association Code is OPO) and you should arrive to Portugal until 16:00(pm) and departure after 12:00(am).

Transportation from the airport to the APV location and from the APV location to the airport will be provided by the hosting organisation.

Important – You can arrive earlier and leave later but the Portuguese hosting organisation will only pay for accommodation and meals during the activity days (including arrival and departure days). On the arrival day we will pick up the whole group of participants from Oporto's airport as soon as the last national group arrives (to Portugal) and on the departure day we will leave the whole group of participants in Oporto's airport as soon as the first national group leaves (from Portugal).

Reimbursement:

It will be done by bank transfer after the APV after we receive by post mail all the necessary original travel documents (proofs of expenses, invoices, receipts, tickets, boarding passes, etc.) and the online participant report is submitted.

Important – We can reimburse above your budget if others spend less money with their travels.



Participants:

You should select young participants preferably between 18 and 30 years old (there’s no maximum age limit for the group leaders), proactive, with some sense of creativity, some handwork skills, self-initiative, willing to take on new challenges, flexible and ready to help in different tasks with other teenagers/young people, interest in music, dance, theatre, sports, cooking, computers, handicrafts, gardening, history, positive attitude, patience and active listening abilities, open minded and tolerant to work with people with fewer opportunities with different backgrounds and facing different challenges (ex.: education difficulties, young people with low economic resources, cultural differences, etc.), bearing in mind that half of each national group should be composed of young people with fewer opportunities facing cultural differences, economic, geographical and social obstacles as well as gender balance should be respected at all times.

The total number of participants per country for the APV is 2 (out of the total number of participants, 1 should always be a group leader).

Preparation – APV Infopack; EHIC; Special Needs (medical and/or food related).

What to Bring:

- Unblocked mobile phone (specially in case you want to have a Portuguese mobile card);
- Personal hygiene products;
- Flip-flops (for showers);
- Bath Towels;
- Hairdryer (optional);
- Personal Medicines/Pills;
- Flashlight (optional);
- Wind/Rain coat;
- Umbrella (optional);
- Warm/Comfortable clothes;
- Warm/Comfortable shoes (for walking/trekking);
- Pyjama;
- Typical food/drinks/music/clothes/etc. of each country (for the intercultural nights);
- Digital Camera (optional).

Daily Programme:

In attachment with this Infopack.



NECESSARY DOCUMENTS

- Participants Information
- Travel Information
- Travel tickets + Proofs of expenses
- Identification Document
- European Health Insurance Card