

Change Places Change Lives



23rd to 30th July 2018, Oeiras, Portugal



WELCOME!

Date

23rd to 30th July 2018

About the project

"Change Places, Change Lives" is a training course designed to explain and develop deeper understanding about migration in nowadays world.

The last years has shown the world how big the phenomena actually is and that there's a big lack of knowledge among youth workers. Migration is a crucial interest to young people whether they come from countries affected by in-migration or those suffering the consequences of emigration. Knowledge of migration processes, the causes and consequences of migration and rights of young migrants are relevant to young people's needs particularly if they are likely to become migrants or participants of mobility schemes or if their home communities are affected by migration. Competences in addressing migration in youth work are essential for building community cohesion in those countries.

TC is designed to confront the challenges and opportunities related to migration in Europe. By using different non-formal methods, causes and effects of migration will be analyzed. All aspects will be supported by the latest findings and developments around migration, pointing to various facets of migration: the main roads, the highways of migration, both in geographical terms and concepts, causes and effects of brain drain, labor migration, study and experience, migration driven by poverty and infringement of fundamental and social rights.

Aim

Through a structured program of activities, this TC aims to develop methods and resources to work closely with international migration and its causes to local community. Training course is aimed for youth workers, youth leaders and those involved working with migrants in their daily work.

Objectives

To fulfill the main aim, several objectives were set:

- development of a more tolerant, inclusive and egalitarian society;
- support the reflection among participants on the different dimensions of migration and mobility;
- exchange of good practice in the field of youth related to international migration, mobility and its influence on young people in the EU and in the partner countries and the opportunities arising;
- training of youth workers to better address problems and opportunities arising from migration;
- transfer and development of knowledge of European mobility programs in youth worker;
- promotion of European cooperation between NGOs that are in contact with migration and youth mobility;
- the development of new initiatives in the field of youth and mobility within Erasmus +, to give migrants and local youth the same opportunities.

Partners

- ProAtlântico - Associação Juvenil – Portugal - 2 participant, 1 trainer, 1 staff
- NUH – Estonia -2 participants – 2 trainers
- Jugend, Bildung und Kultur – Germany – 2 participants
- Epeka – Slovenia - 2 participants
- FCASEC – Romania - 2 participants
- Stowarzyszenie na Rzecz Dzieci I Młodzieży Uskrzydłamy 2 participants -2 participants
- Associazione Cultural Strauss – Italy - 2 participants
- Jaunuoliu dienos centras – Lithuania - 2 participants
- En Kint Egyesület a Bekeert es Fejlodesert – Hungary - 2 participants
- Association Jeunesse et Reconstruction – France - 2 participants
- Ayuntamiento de Murcia – Spain - 2 participants
- Ataturk Univeristy – Turkey - 2 participants
- KANE – Greece - 2 participants

32 participants in total (including trainers / staff)

Participants

This training course is for:

- **youth workers**, who are actively working with young people as a professional or on the voluntary basis and should have an active attitude!
- Participants must be over 18 years old and there is no age limit

Program

Daily Routines:

08:00 – 09:30	Breakfast
09:45 – 10:00	Learning Check Up
10:00 – 11:30	Module 1
11:30 – 12:00	Tea & Coffee Break
12:00 – 13:30	Module 2
13:30 – 15:00	Lunch
15:00 – 16:30	Module 3
16:30 – 17:00	Tea & Coffee Break
17:00 – 18:00	Module 4
18:00 – 18:30	Reflection Groups
18:30 – 19:00	Team Reflection
19:00 – 20:00	Dinner
21:00 - ...	Evening Activities

The detailed program is in attach.

Training place / Accommodation



Casa Europa was an old primary School that belongs to Oeiras Municipality and during 2 years has been converted to an intergenerational center. The place is still not ready however it already hosted 5 youth exchanges of 50 youngsters during the summer and 2 training courses.

Most of the training will be held at Casa Europa, other will be outside in surrounding areas.

The participants will be accommodated in dorms; there will be dorms for women and for men.

ProAtlântico will provide bed clothes and towels to the participants.

Address:

Casa Europa

Rua Policarpo Anjos, 43

1495-743 Cruz Quebrada-Dafundo

Travels

Each group is responsible to choose their own transport and will have to pay for it in advance.

Participants must arrive to Portugal on 23/07/2017 before 17h00. For that day, the activities will start at 17h30, so only dinner will be provided.

The returning travel must be done at 30/07/2017. There will be activities during the morning, so participants must return just in the afternoon. Breakfast and lunch will be provided to the participants that day.

In case some participant want to arrive earlier or departure after he/she must ask for permission before because we need to ask for our NA agreement first.

In case arriving earlier or departure later is approved, the participants must be aware that they are responsible for the accommodation and meals during that period.

To avoid problems, we suggest that participants send us the itinerary of the flight before buying the tickets.

ProAtlântico will reimburse travel costs, after the training to the partner organizations according to the new **ERASMUS +** rules:

Estonia – 530,00 €

Greece – 360,00 €

Spain – 275,00 €

Slovenia – 360,00 €

Romania – 360,00 €

Bulgaria - 530,00 €

Turkey - 530,00 €

Lithuania – 530,00 €

Hungary – 360,00 €

France – 275,00 €

Poland – 360,00 €

The amounts are per participant and include all the travel expenses (including in Portugal to get in Casa Europa).

The calculation of the travel cost of each country has in consideration the place of the partner organization.

In case the departure place of the participant is different from the town of the partner organization, a justification must be given, and a new calculation must be done using the distance calculator from European Commission, available at http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm.

The amount of the travel costs that can be reimbursed can be different, according to the real distance. It can decrease, but it can't increase.

Participants must keep all transport tickets, invoices, receipts and boarding pass used to come from their residence to the place of the training and to return home.

The reimbursement of the travel costs will be made taking in consideration the documents given to ProAtlântico and will be made to the organization when all original documents for transports are received.

The transport documents used in the return must be sent by post to:

ProAtlântico – Associação Juvenil
Casa Europa
Rua Policarpo Anjos, 43
1495-743 Cruz Quebrada-Dafundo
Portugal

To arrive in Casa Europa

From Lisbon airport

To depart from the airport by metro, you need to leave in the green line final station Cais do Sodré. The price of the metro is 1,45€ + 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the tickets machine with 1 travel to Cruz Quebrada. It will cost you 1,55€. There are regular trains. You can check the timetable in the station. Please be aware that not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

Then leave the station to the right side and cross the bridge. Then you have a tunnel and you arrive to Rua Policarpo Anjos. Casa Europa is located in the number 43.

From Santa Apolónia or Oriente train stations

Go by metro (green line) to the station of Cais Sodré. The price of the metro is 1,45€+ 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the tickets machine with 1 travel to Cruz Quebrada. It will cost you 1,55€. There are regular trains. You can check the timetable in the station. Please be aware that not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

Then leave the station to the right side and cross the bridge. Then you have a tunnel and you arrive to Rua Policarpo Anjos. Casa Europa is located in the number 43.

From Sete Rios or Oriente bus stations

Go by metro (green line) to the station of Cais Sodré. The price of the metro is 1,45€+ 0,50€ of the rechargeable card Viva Viagem.

At Cais do Sodré, take the train to Cruz Quebrada station. You can use the rechargeable card Viva Viagem. You charge it in the tickets machine with 1 travel to Cruz Quebrada. It will cost you 1,55€. There are regular trains. You can check the timetable in the station. Please be aware that not all the trains stop in Cruz Quebrada. Please check the screen before the departure. This travel takes less than 15 minutes.

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Weather

The region of Lisbon has one of the most pleasant weather of Europe with a temperate continental climate. In autumn will pass between sunny and cloudy days and rain (12 °C to 27 °C).

The sea temperature varies from 15°C to 21° C according to the season of the year.

Due to the proximity to the sea the region of Lisbon is also windy.

Although, due to the climate changes of the past years, the weather is becoming unpredictable and the duration of the seasons can vary as well as lower and higher temperatures can occur.

What to bring

Probably in in July it might be sunny and hot too, so please bring fresh clothes and swimming suit, in case we have the chance to go to the beach.

In the nights, it can be fresher, so also bring something more warm.

ProAtlântico will provide bed clothes and towels to the participants, so you don't need to bring them.

Intercultural Evening

During the training we will have an International Evening, in that night it would be great if each participant could bring some food to share with the group, doesn't have to be a big amount, just something to taste.

NGO Fair

It's planned to organize one NGO fair, so each group must prepare something to share about their sending organization (ex, posters, flyers, etc).

Host organization

ProAtlântico – Associação Juvenil

Address

Casa Europa

Rua Policarpo Anjos, 43

1495-743 Cruz Quebrada-Dafundo

URL

<http://www.proatlantico.com>

TEL

+351 21 421 84 17

ProAtlântico - Associação Juvenil

ProAtlântico - Associação Juvenil was founded in 2001 is based in Porto Salvo, Oeiras, and carries out activities with children, young people, elderly people, and handicapped people, mainly in Oeiras Municipality.

Most of the activities with children and young people take place during the school breaks, such as sport tournaments, National and International exchanges, and entertaining and cultural activities; and after school, as educational support. We try to help these young people to develop life skills, to be more independent.

Along the year we have several projects with elder people, as summer camps, Cultural Trips, New Year party, and balls.

In 2003, we started to work with Youth Program, and we took part in youth exchanges and in several training courses and seminars around Europe.

Today ProAtlântico – Associação Juvenil has more than 10.000 members, and gives special attention to needy people, and those with less opportunities. And aims to give people the chance to establish contact with other cultures, in order to help them to find ways to deal with their own problems and to break the existing prejudices.

ProAtlântico has a long history in the organization and participation in Youth exchanges, trainings and seminar, more than 200 since 2003.

We are also Coordinator/Hosting and sending organization in EVS and we already hosted/sent more than 1000 volunteers.

Location

Oeiras is an important Village (45,8/km²) that offers the dynamism of large number of habitants (162.124) mainly young, near Lisbon the capital of Portugal (15 minutes), and 20 minutes from Sintra - World Patrimony, and 10 minutes from Cascais bay.

Oeiras has got many infrastructures of economic development such as TagusPark, LagoasPark and Quinta da Fonte (business centres). The Cultural opportunities are guaranteed not just because of the village environment and heritage (such as the Palace of Marquês, the gunpowder factory, the Poets Park and the recreation harbour) as for the preservation and good use of the space by the local authorities. The Shopping Center Oeiras Parque is a good example of an infrastructure that provides entertaining activities (shopping, cinemas) and rapid access.