

GRANDPA TELL ME MORE

TRAINING COURSE INFOPACK



WELCOME TO PORTUGAL!



We are looking forward to host you for the Training Course about Intergenerationality Learning and Dialogue that will take place in Águeda from 6th to 12th of July 2016 (includes travel days).

In this folder, we have tried to gather all the information that may help you during your arrival and stay.

Read it carefully and if you have any doubts, contact Sara Pereira (sara.pereira@psientifica.org).

WHAT ABOUT ÁGUEDA?

- ❖ **Águeda** is a Portuguese city in centre-north of Portugal. It has 11346 inhabitants.
- ❖ The city is crossed by a river called **Águeda**, as well. The most part of the territory consists of small mountains and large valleys. That said, it's a rural area known for the corn, fruit, wine and wood production. Most of its parishes are part of a region famous by its wines and roasted suckling pig. Despite this, it has a lot of industries outside the city.
- ❖ The distance between **Águeda** and Porto is 72km and 240km from Lisbon.



OTHER CITY GOALS

- ❖ One of the major objectives of Águeda is the implementation of serious youth policies in order to present solutions to the needs and interests of citizens.
- ❖ Sectors such as education, sport, culture, the environment and social action, but also the social economic development, security or health are areas where the impact on young people and their future prospects are notorious.
- ❖ Being young in Águeda implies being involved in the various activities promoted by the municipality, which support the life quality of young people, contributing to their physical and psychological well-being, considering the development of personal and social skills, important for their future.

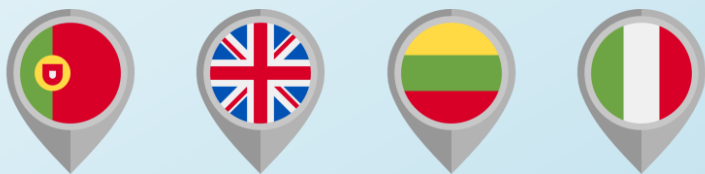


GOALS AND OBJECTIVES OF THE PROJECT

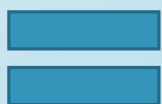
- ❖ Create a new communication channel among youth and elderly people.
- ❖ Equip youth workers, leaders and coaches with knowledge, methodology and skills to cope with intergenerational learning.
- ❖ Create an entrepreneurial spirit among the youth to become more active citizens.
- ❖ Create conditions and strengthen communication for youth and youth workers to become leaders who would focus on intergenerational issues within local communities.
- ❖ Build a network of European Youth, who will share best practices.



PARTICIPANTS



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TRAINERS



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TC TIMETABLE

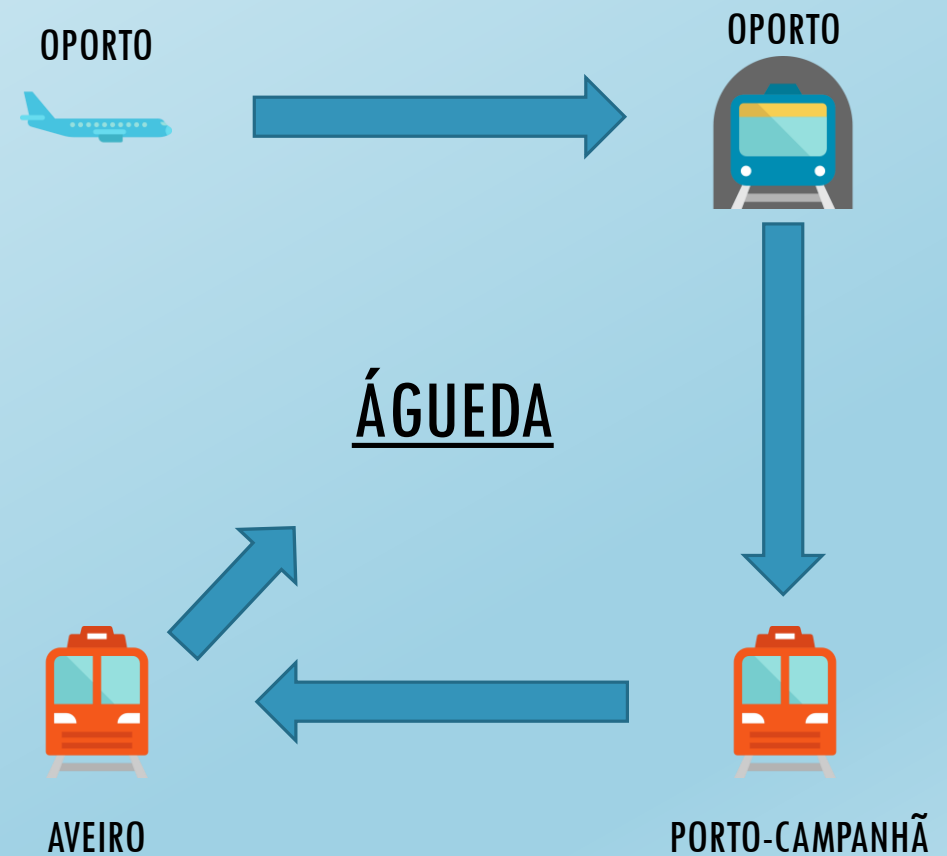
GRANDPA TELL ME MORE - TRAINING COURSE TIMETABLE					
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	BREAKFAST				
09:30	ICEBREAKERS/TEAM BUILDING	ENERGIZER OUTDOOR ACTIVITIES	OPEN SPACE TECHNOLOGY: WHICH TOPICS DO WE WANT TO ADDRESS?	PRESENTATION OF THE PLAN	ERASMUS+ PRESENTATION: KA1 AND KA2 FOLLOW UP
11:00	SNACKS				
11:30	TEAM BUILDING RULES RECAP: CODE OF CONDUCT	TOOLS DEVELOPED BY THE PARTNERS – DISCUSSION BRAINSTORMING ON PREVIOUS EXPERIENCES	METHODOLOGIES TO CONNECT YOUNGSTERS AND ELDERLY	LET'S CREATE (Y)OUR STORIES: THE STREETS OF ÀGUEDA	REFLECTION ABOUT THE TRAINING COURSE YOUTH PASS SESSION
13:00	LUNCH				
14:30	INDIVIDUAL AND ORGANIZATIONAL OBJECTIVES	TYI: THE ROLE OF THE YOUTH WORKER	LET'S CREATE (Y)OUR STORIES	PRESENTATION OF THE STORIES AND CREATIVE STORYBOARD	EVALUATION
16:30	SNACKS				
17:00	PRESENTATION OF COUNTRIES CULTURES AND SPECIFIC CONTEXTS	NON-FORMAL LEARNING	STEAM GROUPS: PREPARATION OF TWO SESSIONS	FREE TIME	FREE TIME AND PACKING
18:30	FREE TIME				
20:00	DINNER		PORTUGUESE CULTURAL DINNER	DINNER	
21:00		LEARNING SPOT		LEARNING SPOT	FAREWELL NIGHT

TO PREPARE

- ❖ A presentation about your culture and specific contexts in intergenerational dialogue and learning.
- ❖ Presentation of the tools developed for the project (only for Italy and United Kingdom).

ARRIVAL AND DEPARTURE

- ❖ We recommend you to travel to Aeroporto Sá Carneiro, in Oporto, because its the nearest airport. When you arrive at Oporto, you must catch the metro to the train station of *Porto-Campanhã*. There, you will catch the train that will bring you to Aveiro. From there, change to the train that will take you to our hometown, *Águeda*.
- ❖ We sent you before another document with specific information about your journey. Please, read it with maximum attention!



ACCOMODATION AND FOOD



- ❖ XPT Hotel
- ❖ <http://www.xpt.pt/>
- ❖ The rooms will be split by gender and if possible by nationality.
- ❖ Free Wi-Fi available.



- ❖ The meals will be served in the canteen of ESTGA.
- ❖ The menu includes soup, bread, drinks, salad, dessert, meat and fish meals (you can choose only one).
- ❖ The dinner on Sunday and Wednesday will be served in a restaurant.

USEFUL LINKS

- ❖ ÁGUEDA'S TOURISM : <https://www.cm-agueda.pt/pages/224#.V-VRqSErLIU>
- ❖ XPT Hotel : www.xpt.pt

WHAT TO BRING

- ❖ European Health Insurance Card.
- ❖ Dress proper to the weather. The chances of raining are very high. So take with you boots, jackets, umbrella and everything you think it is necessary. One week before, check the weather in Áueda at www.accuweather.com.
- ❖ Hygiene Products.

CONTACTS



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