



Partnership Building Activity

**29 Jan - 2 Fev 2024
Águeda - Portugal**

Welcome To Águeda

Dear Participants,

We are looking forward to meeting you for our Partnership Building **Activity (PBA): Connected4Youth in Águeda**, Portugal, from the 28th to the 3rd of January 2024 (including travel days).

In this document, you will find all the information you need.

Please, read it carefully!

Any questions you may have please contact Ana Teles or Ana Mendes:



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About the project

Psientífica Association received the 7 years accreditation by the Erasmus + Youth in Action Portuguese National Agency. With this accreditation, each year Psientífica gets to do 4 different activities. This is the third year of the accreditation and this infopack is about our **first activity**, inside the accreditation, of 2024:



is a **Partnership Building Activity** taking place in Águeda, Portugal, from the 29th of January to the 2nd of February 2024, that aims to provide new tools and competencies to youth workers to promote more efficiency and quality to their work and reinforce the network of organizations, as well as to provide training and networking opportunities for youth technicians, youth leaders and other people interested in organizing activities for young people, as well as the submission of new projects within the Erasmus+ priorities and youngsters needs.

The Goals

- ✓ To develop key skills in Youth Workers for the development and application of KA2 projects;
- ✓ To capacitate Youth Workers for the strategies and priorities on youth defined by European Union.
- ✓ To capacitate Youth Workers through the development of key skills that translate on the improvement of their work responding to youth real needs;
- ✓ To Recognize and value the NFE and creativity in working with young people
- ✓ To share relevant practices, skills and know-how to plan and innovate the intervention (including based on the analysis of the state of the art and local diagnoses carried out) and, with this, build the methodology/program to be implemented
- ✓ To create of collaborative networks through the identification of common needs, establishment of smart goals and local participation.
- ✓ To promote synergies and transnational cooperation, strengthening the potential of YWs and organizations in solving common issues

Participants



- 1 Youth workers/representative from each organization
- 1 facilitator from Psientifica

Participant's Profile:



Age = or > 18 years



Youth workers, trainers, coaches and educators who actively work at local / regional/national or international levels.



Experience:

- Working with young people
- In transnational/Erasmus+ projects



Openness for and appreciation of non-formal learning process in diverse contexts.



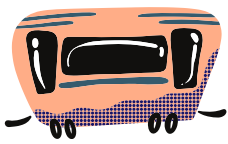
Please fulfill this form until **18th of December** with the details of the person who will be attending the activity:
<https://forms.gle/Hdq7ZPsPjzaGozBM7>

Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 11:00	- Introductory presentation - Get to know each other	- NGO'S market Preparation and consortium creation	- Project design: Presenting the design forms and tips on how to fill it	- Finishing the project design	-What is next?
11:00 – 11:30			Morning break		
11:30 – 12:30	- Team Building activities	- NGO'S market presentation and consortium creation	- Project design	- Prepare the presentation of the projects	- Self-assessment
12:30 – 14:00			Lunch Time		
14:00 – 15:30	- Social Contract -Mission impossible	- KA2 for beginners, what to know?	- Project design	- Round Table: What they don't tell you about submitting KA2 projects - Project Presentations	- Youthpass - Evaluation
15:30 – 16:00			Afternoon break		
16:00 – 18:00	- World café: European priorities -Reflection	- An example of growth: Psientifica - Q&A moment - Reflection	- Project Design - Reflection	- Integration of the feedback - Reflection	- Free time to explore the city
18:00-19:30			Free Time		
19:30-21:00	Dinner time	Dinner time	Dinner time	Special Dinner	Dinner

Arrival and departure

Águeda is a small town with limited access to major cities. This is the suggested itinerary from Porto's Airport to Águeda.



From the Airport, you take the **metro** to Trindade Station (about 2€ per person)

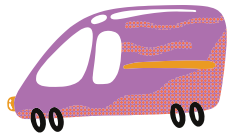
Schedules on page 22

https://www.metrodoporto.pt/metrodoporto/uploads/document/file/530/horarios_abr_2021_lw.pdf

From Trindade station to Porto – Campanhã railway station (Validate the same ticket, simply change the line).

Take the **train from Porto – Campanhã railway station to Aveiro railway station** (about 3.55€ per person)

Schedules on <https://www.cp.pt/passageiros/en>



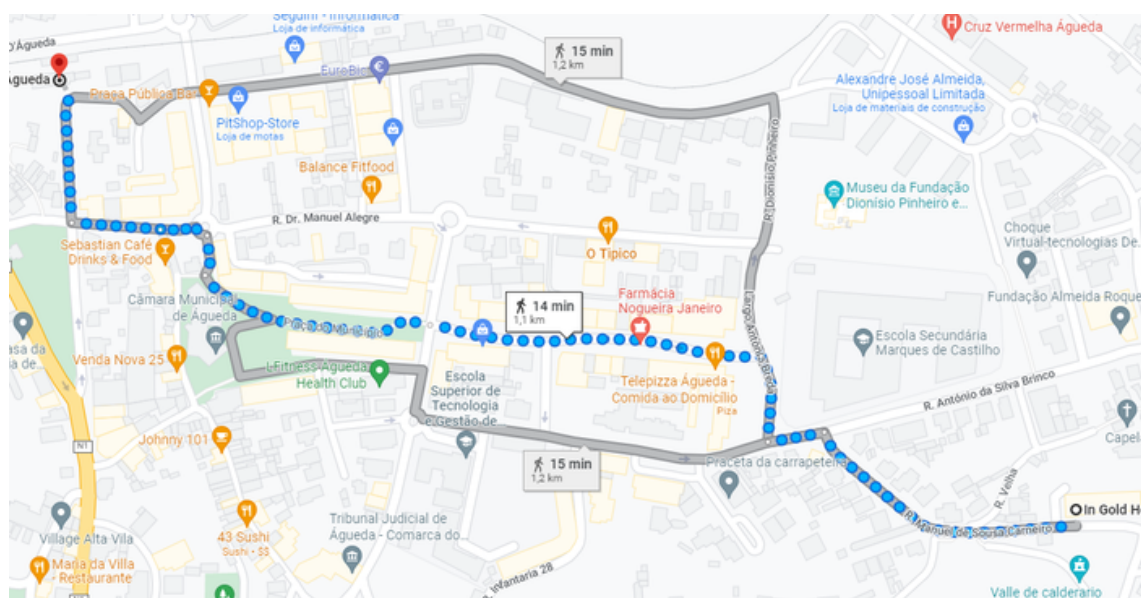
From Aveiro railway station to Águeda railway station (about 2.20€ per person, you can ask for a discount for youth if you're younger than 25)

Schedules on the same link above.



When in Águeda

From Águeda railway station to the Hotel you are staying, it is only a 14-minute walk!



Be aware that after 21h00 you won't be able to reach Águeda by public transportation. Have this in mind when you book the tickets! If justifiable we will book a bus to get the participants from Porto to Águeda and to take them in the departure day.

About Águeda



Águeda is a small city in the north - center of Portugal - it has about 14000 habitants.

The city is crossed by a river called Águeda, as well. The most part of its territory consists of small mountains and large valleys.

The distance between Águeda and Porto is 72km and 240km from Lisbon.



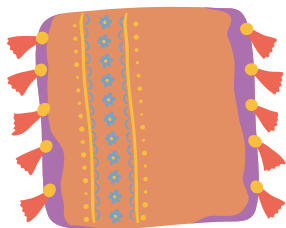
Águeda is an important commercial and industrial center, located in an extremely fertile area. The gastronomical and economical region where it is inserted, known as the **Bairrada**, encompasses many of the local civil parishes and is well known for its vineyards and wine industry, as well as its suckling roasted pig (*Leitão Assado à Bairrada*).



The average annual temperature is 15.2°C and it tends to rain a bit in the winter. Check the weather here:

<https://www.ipma.pt/pt/otempo/prev.localidade.hora/#Aveiro&%C3%81gueda>

Food and accomodation



You will stay at **In Gold Hotel** where you will have a double bedroom and private bathroom. It is located eight minutes by foot to Águeda's Youth Center.

Address: R. Manuel de Sousa Carneiro 25, 3750-160 Águeda

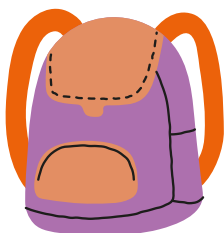
The rooms will be assigned according to gender. Please let us know in advance if you have any preferences regarding the room's distribution. The rooms are only available for the participants of this mobility



The food will be served at the **ESTGA** university canteen. You can choose to have a meat dish, a fish dish, a diet dish, a vegetarian dish, or a salad dish. These will also be a special diner.

Address: R. Cmte. Pinho e Freitas 5, 3750-127 Águeda

Please let us know if you have any specific dietary needs/allergies.



The activities will be held in a room in Águeda Youth Center.

Address: Praça Conde de Águeda, 3750-101

Financial Conditions

Transportation costs of all participants will be covered by project's budget up to Erasmus + limits of transportation costs for a certain country, based on Erasmus+ distance calculator.

Check the distance band here: <https://erasmus-plus.ec.europa.eu/pt-pt/node/2626>

The travel distance is calculated from the hometown of the sending organization till the town where the activities will happen.

Budget for travel distance:

Travel distance	Standard travel	Green travel
0 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR
3000 – 3999 km	530 EUR	610 EUR
4000 – 7999 km	820 EUR	
8000 km or more	1500 EUR	

All costs related to accommodation, and food (3 meals per day- breakfast, lunch, dinner and coffee breaks during the activity) will be covered by project's budget.

Buying the tickets is an obligation of participants (with partners' organization support).

Buy the tickets with Psientífica VAT number:

Name of the organization: Psientífica

Address: Praceta das Chãs, Loja G Águeda, Aveiro, Portugal 3750-113

VAT: 507462823



All the tickets (before purchasing them) should be confirmed and approved by the hosting organization (Psientífica / Águeda Youth Center).

Reimbursement

Reimbursement process will be done once the Mobility is over via bank transfer. The participants are required to provide the hosting organization all travel documents and a dedicated reimbursement form (that will be posted via our WhatsApp group before the project itself) maximum until the second day of the main activities.

Important Notes:

- Don't forget to send via e-mail and bring invoices of your tickets, since we can not reimburse anything without documentation.
- Boarding passes are obligatory as well.
- The prices should be stated in the invoices, receipts and they must coincide with the price on the ticket.
- Train/bus tickets must show visible arrival and departure time as well as the price (+invoices if available).
- Booking paper alone is not enough (we need the invoices).
- Missing or lost tickets are not reimbursed.
- Any costs for taxi or petrol are not reimbursed.
- Return tickets must be bought in advance before the journey.
- Following the guidelines of the Erasmus+/YIA Programme and internal regulations the travel must be released by the participants on the direct way within maximum 2 days. In case of long pauses or indirect routes (holiday travel), you'll have to sign a document explaining the different indirect route.

What to bring



ID/Passaport



European Health Card



Boarding Tickets and travel expenses for the reimbursements



Phone Charger



Small umbrella



Comfortable clothes



Motivation and a good mood!

Important contacts



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