



Training Course

**15th to 19th April 2024
Águeda - Portugal**

Welcome To Águeda

Dear Participants,

We are looking forward to meeting you for our training course: **Let's Get Visual**, in Águeda, Portugal, from the 14th to the 20th of April 2024 (including one travel day before and another after).

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

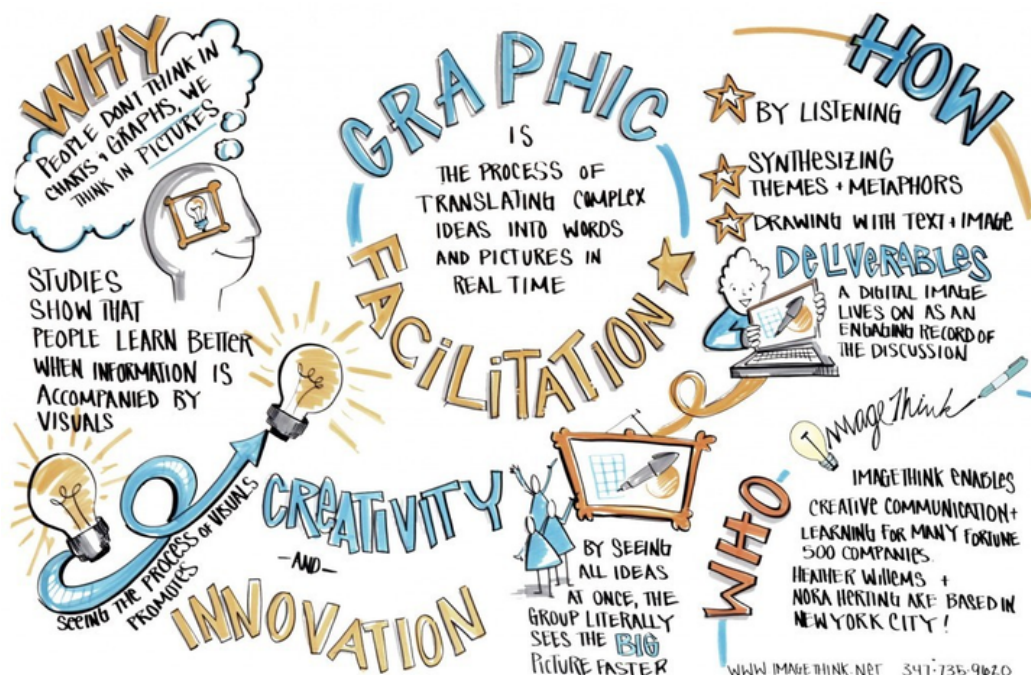
Psientífica Association received the 7 years accreditation by the Erasmus + Youth in Action Portuguese National Agency. With this accreditation, each year Psientífica gets to do 4 different activities. This is the third year of the accreditation and this infopack is about our **second activity**, inside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



is a **Training Course** taking place in Águeda, Portugal, from the 15th to 19th of April 2024, that aims to train youth workers in their work with young people, with knowledge and skills valuable on their day-to-day, particularly on graphic facilitation and Lego Serious Play.

The Goals

- ✓ Promote training opportunities and improve the work of Youth Workers through specialization and transfer of know-how and experiences in the area of non-formal education;
- ✓ Develop skills in the area of NFE and facilitation;
- ✓ Discover various ENF techniques and tools, such as graphic facilitation and Lego Serious Play.
- ✓ Promote the creation of specialized collaborative networks, by supporting and encouraging the development of youth actions;
- ✓ Transfer of knowledge and practices, strategies and methodologies for intervention with young people, which promote more effective and efficient operationalization with an impact at local, regional, national and European level in NFE.
- ✓ Sharing good practices in the field of youth work and developing new ideas for implementing activities with young people;



Participants

3 Youth workers from each organization - in total 7 organizations

1 facilitator from Psientifica

1 trainer



Participant's Profile:



Age = or > 18 years



Youth workers, trainers/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.



Interested in learning more about storytelling, graphic facilitation and Lego Serious Play.



Please fulfill this form until **15th of March**

2024 with the details of the person who will be attending the activity:

<https://forms.gle/2L1ktSTYuZPF2aCk7>

Trainer

Vera Goriunova



Vera Goriunova (Poland) - trainer and non-formal educator in youth and educational field. She has been working as an international trainer and facilitator since 2016. She has a degree in education and pedagogy. Certified Lego Serious Play facilitator.

She implemented more than 50 national and international trainings and educational events for local, intercultural and international groups. She worked in different international teams, with co-trainers coming from different cultural and social background.

Main topics: non-formal education, facilitation, ICL, creative tools in education, visual thinking tools, Lego Serious Play, outdoor education, educational game design, personal development.

Toy profile: <https://www.salto-youth.net/tools/toy/vera-goriunova.4991/>

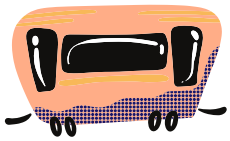
She is a member of International Youth Work Trainers GUILD: <https://iywt.org/our-team/>

Timetable

	Day 0 14/04 Sunday	Day 1 15/04 Monday	Day 2 16/04 Tuesday	Day 3 17/04 Wednesday	Day 4 18/04 Thursday	Day 5 19/04 Friday	Day 6 20/04 Saturday
Session 1 09:30-11:00	Arrival day	Getting to know each other	Lego Serious Play: introduction to the approach	Intro to visuals	Practice - developing efficient visual tools for youth work and education	Putting results of practice in digital form	Departure day
Session 2 11:15-12:30		Programme presentation expectations	Lego Serious Play Warm Ups	Basic Shapes Frames Connectors Fonts		Open space	
Session 3 14:00-15:30	Team Building	Lego Serious Play	Graphic Facilitation	Practice - developing efficient visual tools for youth work and education	Follow Up & Dissemination		
Session 4 16:00-17:30	Team work Learning Contract	Lego Serious Play Shared Model	Graphic Facilitation	Sharing the Results from practice	Evaluation		
Session 5 17:30-18:00	Reflection time						

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)

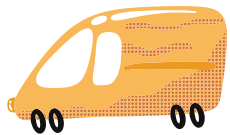
Schedules on page 22

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>



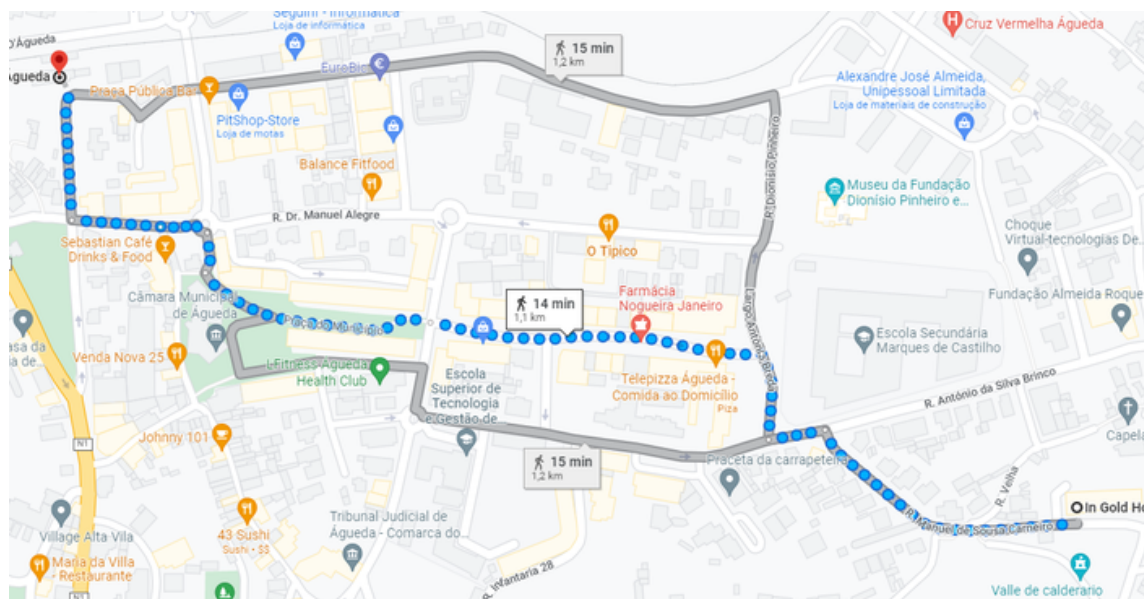
From Aveiro railway station to Águeda railway station (about 2.20€ per person, you can ask for a discount for youth if you're younger than 25)

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.



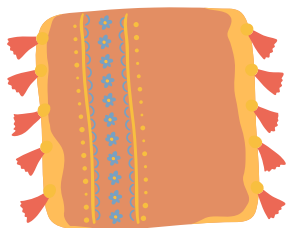
Águeda is an important commercial and industrial center, located in an extremely fertile area. The gastronomical and economical region where it is inserted, known as the **Bairrada**, encompasses many of the local civil parishes and is well known for its vineyards and wine industry, as well as its suckling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