

Participants Info Pack

GONEET

training course

FROM October 2

TO October 8

Santa Cruz – PORTUGAL

A. IMPORTANT INFORMATION

Deadline for sending the participation forms: 20-08-2017

Deadline for booking tickets: 03-09-2017

Please note that **MADAN** needs to confirm prior the flights, before participants proceed with the booking

B. DATES AND VENUE

The training course **GONEET** (**G**enerating **O**pportunities for **N**ot in **E**ducation, **E**mployment or **T**raining) is going to be hosted by **MADAN** from **02-10-2017** to **08-10-2017** at **Praia Azul Hotel**, which is located nearby the village of **SANTA CRUZ**. The course implementation is going to be supported also by 10 partner organisations heading from 10 European countries. Each of the partner organisations shall be represented by 2 participants, except the host which is responsible for selecting 3 participants.

E. THE TRAINING COURSE

GONEET training course is dealing with the European-wide problem of NEETs (NEET stands for Not in Education, Employment or Training). This course aims at to develop social capital for NEETs and to empower the former with essential skills for a competitive entrance to the labour market or further education. In such a way the NEETs shall be able to acquire vital competences, which are in line with the basic EU guidelines, strategies and policies outlined for the youth field.

The **GONEET** training course is following by close the objectives of EU 2020 strategy, namely in what concerns the topics of employment, dropout reduction and poverty reduction. The core objectives of this training course (namely between the youth organisations involved with its implementation) are as follows: **A)** to strengthen the cooperation in the field of education and training and **B)** to address the strategy outlined within the Education and Training 2020 document. This course supports also the fulfillment of the principles of lifelong learning and of strengthening youth mobility across the European territory.

It is our conviction that by means of equipping youth workers with a comprehensive set of educational tools, the youth workers will be capable to offer voluntary activities targeted to help NEETs undertake a first step, either for employment or education/training. Putting all these goals together, this training course aims at providing youth workers with useful, non-formal educational tools which are essential for analysing the reality of youth, whilst

empowering simultaneously young people in their communities and to transform their talents/potentials into opportunities.

Madan shareholders and its core partners have recognised the urgent need and therefore the importance of developing suitable strategies to address the NEETs problem across the EU. This commitment has led to the development of the **GONEET** training course which is going to be held at Portugal. As it was said before, its main objective is to develop a new approach for youth workers dealing with NEETs with the sole purpose to provide these youngsters critical skills needed for a successful entrance to the labour market or education. Our main target group consists of the youth workers dealing with NEET-related programs, but the beneficiaries of our project will be specific groups of young people who are not in education, employment nor training.

Accordingly, the main educational objectives for youth workers are:

- To equip those involved with 'NEET youth work ' with skills and competencies in order to be capable to support this vulnerable group in a more effective way;
- To experience motivational techniques and NFE workshops aiming at to help young people to express themselves by various means, in order to pave the way to employability or further education.

The main objectives for the youth worker's training are:

- To develop a sustainable network among youth organisations which are being associated with NEETs within EU, thus creating stronger partnerships for future cooperative projects;
- To co-develop or share innovative models of intervention methods (tools) and programs which are suitable to support this vulnerable target group. That's is the case of "video CV" presentations and the "e-guide for EU NEET".

In the project we will include youth organisations from different EU backgrounds, with the aim to develop new potentials for young people. The transnationality of the project follows the objectives of the renewed framework for European cooperation in the youth field (2010-18) for the implementation of the principles for lifelong learning and mobility, while exploiting different experiences in different EU countries.

F. WORKING METHODS AND LANGUAGE

WORKING METHODS

- ☐ The training will be based on non-formal education methods, encouraging active participation of young people involved;
- ☐ Ice-breakers, energizers, group-building games;
- ☐ Simulations;
- ☐ Role playing exercises;
- ☐ Intercultural and experiential learning;
- ☐ Brainstorming and discussions both in working groups and in plenary;
- ☐ Inputs from experts.

WORKING LANGUAGE

English

G. ELIGIBLE PARTICIPANTS

- ☐ Youth workers;
- ☐ Young people interested in the objectives of this project and eager to share their learning outcomes within their respective organisations.

H. ACCOMMODATION

SHORT INFO ABOUT SANTA CRUZ

Santa Cruz belongs to the parish of Silveira and of A-dos-Cunhados, located within the municipality of Torres Vedras. It is one of several dozens of beaches managed by the Western Region Tourism Office.

With an easy and fast access, Santa Cruz is situated 60 km to the North of Lisbon (District capital), 14 km from Torres Vedras (municipality) and 200 km from Oporto (second largest city of the country).

The rare natural beauty of its beaches makes Santa Cruz one of the most sought after resorts of Western Region. Santa Cruz and its outskirts are favoured with a group of beaches with extensive miles of golden sands, surrounded by majestic cliffs.

These slopes formed by clay rocks in red and grey tones are covered by green vegetation, thus involving the swimmers into a frame of natural beauty. The wind as well as the sea can sometimes whip away the sands, but these are quite often protected by the cliffs. Santa Cruz is thus a paradise for surfers, having all the conditions required for the practice of this sport.

SOME PICTURES OF SANTA CRUZ





ABOUT THE VENUE

The venue for this training course is the **Praia Azul Hotel**, located in the village of Silveira which is next to **Santa Cruz**. More information about the hostel can be found in here:

<http://praiaazul.com>

PRAIA AZUL HOTEL



Hotel / Apartment Praia Azul, is a tourist complex that enjoys a privileged location on the cliff of Praia Azul, in the heart of the West of Portugal (village of Santa Cruz).

Located next to the Atlantic Ocean and surrounded by green landscapes, this 3-star hotel is located only 14 km away from the historic town of Torres Vedras; 40 km from Mafra and Óbidos (a Medieval Village which is a National Heritage site) and 20 km from Ericeira, which is a fishing village with a lot of traditions linked to the market and recognised as one of the world's surfing reserves. On the other hand, in the village of Lourinhã (20 km away) the one can find a collection of the Jurassic period (with a larger collection of Dinosaur eggs from the World). Besides the tranquility and comfort for the use of direct access to the beach in privileged conditions for the practice of Surf, Windsurf, Bodyboard, Paragliding and Fishing.

YOUR ROOM

We have booked apartments for all participants, which are fully equipped with everything you might need including a kitchen and a refrigerator. Each apartment welcomes **4 participants**. The rooms are cleaned everyday. We might combine into the same room participants heading from different countries, so everyone will have the opportunity to know each other. Please let us know if you want different arrangements, etc.

LAPTOP

You are strongly advised to bring your laptop (if you have one) once we will work on freeware and programs that you can use for dissemination of your activities, project management, etc. Please try to bring one laptop per country to use it in some of the sessions.

INTERNET ACCESS

The Hotel offers free WI-FI in all areas.

PLEASE CONTACT US IN ADVANCE IF YOU WANT TO MAKE A BOOKING FOR YOUR EXTRA STAY IN PORTUGAL: WE CAN HELP YOU OUT WITH THESE ARRANGEMENTS

SOME PICTURES OF THE VENUE



I. SAFETY AND INSURANCE

The participants have the responsibility of arranging an insurance to cover travel and accident risks. You are advised to buy a regular travel and/or accident insurance during your travel and the whole stay in Portugal.

Please do not forget to arrange your travel insurance including the responsibility insurance (in case of causing third party damage). Health insurance is not provided by the organisers, the citizens of the European Union are entitled to the European Health Card. All participants are strongly advised to bring with them the European Health Card, in order to be exempted of covering the healthcare costs while in Portugal in case of a medical emergency.

J. PARTICIPATION FEE / COST

Food and accommodation is FREE. There is a participation fee of **EUR 35 (thirty five Euros)** which the participants are required to pay IN CASH, during the training course. Please pay special attention to this point, as we will not be able to keep this amount from the money you will get back for your travel expenses.

The participation fee among other organisational expenses covers the cost of dining in a restaurant near the beach. It covers also a trip to another city: most probably it will be Lisbon (or nearby).

K. FOOD

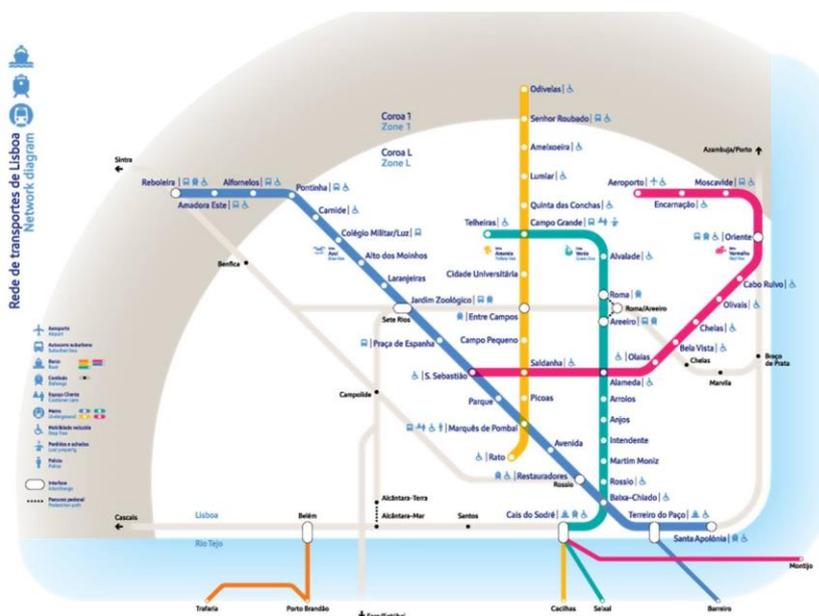
The meals will be prepared by the Hotel staff.

If you are a vegetarian or you have any other food restriction, please inform us as soon as possible.

L. HOW TO GET TO SANTA CRUZ FROM LISBON AIRPORT

1st PART: SUBWAY/METRO

- Red Line, from Aeroporto until the end (S. Sebastião)
 - Blue Line, from S. Sebastião to Jardim Zoológico/Sete Rios (BUS Station)
- ❓ Fare: EUR 1,95 (EUR 1,45 for the trip + EUR 0,50 for the card)



2nd PART: BUS (Rede Nacional de Expressos) *Rede expressos*

- from Jardim Zoológico/Sete Rios to Torres Vedras
- ? Fare: EUR 6,00
- ? Duration: about 45 minutes

Viagem de Ida:
LISBOA → TORRES VEDRAS (52 Kms)

Partida	Chegada	Preço	Enlaces	Período	Frequência	Serviço
07:30	08:15	6.00		Diariamente		Rede Expressos
08:00	08:45	6.00		Às 2 ^{as} Feiras (ou 3 ^{as} Feiras se Dia Seguinte a Feriado)		Rede Expressos
08:30	09:15	6.00		Excepto Domingos		Rede Expressos
10:00	10:45	6.00		Diariamente		Rede Expressos
11:45	12:30	6.00		Diariamente		Rede Expressos
12:30	13:15	6.00		Diariamente		Rede Expressos
13:30	14:15	6.00		Diariamente		Rede Expressos
15:45	16:30	6.00		Diariamente		Rede Expressos
17:00	17:45	6.00		Diariamente		Rede Expressos
17:00	17:45	6.00		Às 6 ^{as} Feiras (se 6 ^a Feira Feriado faz-se na Véspera, não no Feriado)		Rede Expressos
18:30	19:15	6.00		Diariamente		Rede Expressos
19:30	20:15	6.00		Diariamente		Rede Expressos
22:00	22:45	6.00		Aos Domingos (ou 2 ^{as} Feiras se Feriado)		Rede Expressos

- ☐ Diariamente = daily
- 2ª-feira = Monday
- 3ª-feira = Tuesday
- ☐ Domingo = Sunday

3rd PART: BUS (*Barraqueiro*)

- ☐ from Torres Vedras to Santa Cruz
- ☐ Fare: EUR 2,50
- ☐ Duration: about 40 minutes
- ☐ Schedule: [ROUTE 703 of Barraqueiro-Oeste](#)

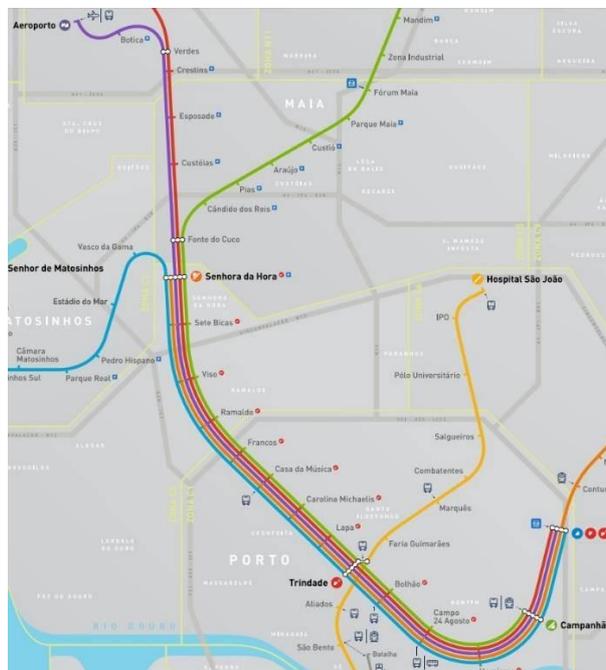


The Hotel is 2km distance by walk from the bus stop named **Boa Vista | Santa Cruz**.

M. HOW TO GET TO SANTA CRUZ FROM OPORTO AIRPORT

1st PART: SUBWAY/METRO

- Purple Line, from Aeroporto to Campanhã
- ☐ Fare: EUR 1,80 (EUR 1,30 for the trip + EUR 0,50 for the card)



2nd PART: TRAIN

- From Porto Campanhã to Torres Vedras (2 or 3 changes)
- ? Fare: about EUR 23,00
- ? Please check: www.virail.pt/comboio-porto-torres_vedras



3rd PART: BUS (*Barraqueiro*)

- ? from Torres Vedras to Santa Cruz
- ? Fare: EUR 2,50
- ? Duration: about 40 minutes
- ? Schedule: [ROUTE 703 of Barraqueiro-Oeste](#)



The Hotel is 2km distance by walk from the bus stop named **Boa Vista | Santa Cruz**.

Please note that participants who arrive or depart in different dates from the schedule, have to make their own arrangement to and from the airport at their cost.

For example the arrival day for the training is set to october 2. If any participant arrives on October 1, he/she is considered to be out of schedule.

N. COMMUNICATIONS: MAKING PHONE CALLS

In order to make a phone call to Portugal from abroad, dial 00351 and then the nine-digit phone number. If you wish to make a phone call abroad while in Portugal, please dial 00 followed by the country code and the telephone number. International calls can be made from public telephones available at various central locations in all cities and villages, as well as at international airports and elsewhere. Calling within Portugal simply requires dialing the nine-digit telephone number.

O. MONEY AND CURRENCY

The currency of the Portuguese Republic is the Euro. There are seven denominations in Euro banknotes: 5, 10, 20, 50, 100, 200 and 500 euro. They all have different colours and sizes: the higher the denomination, the bigger the size. One euro is divided into 100 cent. There are eight euro coins: 1, 2, 5, 10, 20 and 50 cent, EUR 1 and EUR 2. The designs on one side of the coins are common to all the countries of the euro area, while the other side reflects national identities. All euro coins can be used in all countries pertaining to the EURO area, irrespective of their national side.

P. WEATHER CONDITIONS

Portugal enjoys a Mediterranean climate of hot dry summers starting usually in mid-June and lasting roughly until mid-September and rainy, quite mild winters from November to mid-March (except inland, namely within the mountainous regions). The influence of Atlantic Ocean is mostly notable in the coastal areas, ranging from North to the South-west corner of the country (Sagres). Santa Cruz in October might be a bit cloudy but with sun. The nights might be cold.



Nonetheless, for an accurate ten-day weather forecast we suggest the online service provided by CNN, which should help you to organise properly your clothing and suitcase.

Q. WHAT TO BRING

- ❓ Spring-summer clothing;
- ❓ Warm clothes for the night;
- ❓ Medicines if you need;
- ❓ Musical instruments and other stuff: we will have free time to enjoy together;
- ❓ Alarm clock;
- ❓ Athletic shoes;
- ❓ Motivation and good mood;
- ❓ Please check below if you need to bring your plug for electricity supply:

www.adaptelec.com/index.php?main_page=document_general_info&products_id=184

- We'll try to hold some activities outdoors, so bring comfortable clothes and shoes;
- ❓ Do not forget your swimming suit and equipment if you want to try the pool or the sea. Keep in mind that the Youth Hostel is located close to the beach: you have to bring your own beach towel.

BRING ALSO:

- ❓ For the intercultural night: local food and/or drinks. There is a refrigerator in each apartment;
- ❓ For the Marketplace: informative material about your country and your organisation, culture and general aspects of the culture that are typical characteristic of the area you belong to. It will be great if you could bring posters, brochures and other small things. Please bring short video or power point presentation of your organisation and/or country.

R. PLEASE TAKE NOTE OF THE FOLLOWING CONDITIONS THAT WILL APPLY IF YOU ARE SELECTED TO TAKE PART IN THE TRAINING

- ❑ Commit to participate in the whole process, including: to prepare carefully for the training course; to do all remote preparation work the team will ask for; to take part in the full duration of the training course; to participate in the whole evaluation process;
- ❑ Be aware that obtaining a health and a full travel insurance is your own responsibility and at your own expenses. Understand that the information you provided on your special needs does not remove your own personal responsibility for ensuring your own health;
- ❑ Authorise National Agencies and the European Commission to publish, in whatever form and by whatever medium, including the Internet, your correspondence address, information about your organisation and work and pictures taken along the course.

S. USEFUL TELEPHONE NUMBERS

- ❑ Alcino Pascoal: 00351-967357717 (alcino.pascoal@madanparque.pt)
- ❑ Catarina Reis: 00351-912477444 (catarina.reis@madanparque.pt)
- ❑ 112 is the common emergency telephone number that can be dialed free of charge from any fixed or mobile telephone, aiming at to reach emergency services (ambulance, fire and rescue, police) across numerous European Countries including Portugal.

T. SOME WORDS IN PORTUGUESE

Hello!	Olá
Good morning	Bom dia
Good afternoon	Boa tarde
Good night	Boa noite
Excuse me	Peço desculpa
Please	Por favor
Thank you	Obrigada (female) <u>or</u> Obrigado (male)
Help	Ajuda
Beer	Cerveja
Wine	Vinho
Water	Água
Food	Comida
Money	Dinheiro
Restaurant	Restaurante
Toilet	WC <u>or</u> casa de banho

How much does it cost?	Quanto custa isto?
How can I go...?	Como posso ir para...?
Where is the bus station?	Onde fica a estação de camionagem?
One beer, please	Uma cerveja, por favor
I am coming from Bulgaria	Eu venho da Bulgária
I am coming from Croatia	Eu venho da Croácia
I am coming from Cyprus	Eu venho do Chipre
I am coming from Greece	Eu venho da Grécia
I am coming from Italy	Eu venho da Itália
I am coming from Lithuania	Eu venho da Lituânia
I am coming from Poland	Eu venho da Polónia
I am coming from Romania	Eu venho da Roménia
I am coming from Slovakia	Eu venho da Eslováquia
I am coming from Slovenia	Eu venho da Eslovénia
I am coming from Spain	Eu venho da Espanha
Where is the toilet?	Onde está o WC?
You are very kind	És muito simpática (female) <u>or</u> És muito simpático (male)
I want...	Eu quero...
I don't eat meat	Eu não como carne
How are you?	Como estás?
My name is...	O meu nome é...
Can you give me...?	Podes dar-me...?
It was delicious!	Estava delicioso!