

INFOPACK



PROJECT “EURO-HIKE -YOUTH EMPOWERMENT THROUGH SPORT AND NATURE”



Foundation Medeina is very happy and proud to organise the 2nd hiking activity of the project “Euro-Hike”

**Madeira Island,
Portugal**

**Arrivals:
28th March by 17.00**


**Departures:
4th April after 12.00**



For whom?

We invite experienced outdoor trainers and educators, who can create the program with us and share their know-how. We will spend a week in a community of 18 youth workers, nature guides and outdoor youth trainers from Latvia, Madeira, Poland and Spain.



The background image is a landscape photograph. In the foreground, there is a field of tall, dry grass. Several tall, slender pine trees are scattered across the middle ground. In the background, a massive, sheer rock wall rises vertically, partially covered by more trees at its base. The sky is a pale, hazy blue.

It will be an amazing chance get to know each other, share outdoor practices and nature-based methods as tools for personal development and transformation.

We will practice eco-centric non-formal education during everyday hikes in natural environment of Madeira.



Methods

We will use mainly community-based methods of non-formal learning. The program will be predominantly delivered as a group experience, with time and space for personal reflection.

We will create common, vivid space for learning, where everybody is welcome with own contributions and experiences. As over the 6 days we will be walking, trekking, hiking and sharing our know-how in the topic “how to empower youth on the way”.



Bring with you the "box" of your treasures, outdoor methods and practices that you would like to share with others.

Every day we plan to have at least two slots for the outdoor practices /about 50 minutes each/ and one slot for the warm-up and energizer before we will set off.

Every day we will set off for a hiking journey /8/9 hours/ and we will go back to sleep overnight in the hostel.

Preparation

Before the trip, we will ask you to prepare 4 outdoor methods you are going to run on the hike. In the end of the project we will publish the collection on our website for European dissemination purposes.



Medeina Foundation, Poland

The Foundation has been set up to foster connectivity with nature and prevent “nature deficits disorder”.

Foundation implements educational projects all over the world, where nature plays an important role and is present as the environment, tool or content.

By combining diverse non-formal educational methods such as outdoor activities, mountain therapy, land-art, community building and indigenous practices, deep ecology and nature-awareness, foundation aims to create a professional team to inspire and empower vulnerable target groups, such as youth and seniors. Medeina gathers trainers, youth workers and educators specialised in nature-based non-formal education.

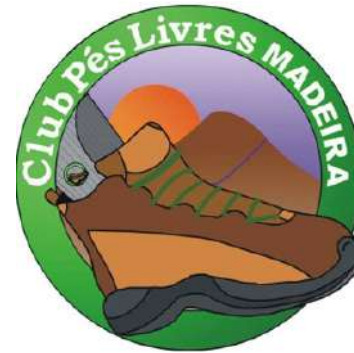




Partner organizations



Jasma /Latvia/



Club Pes Livres /Portugal/



Teatro Metaphora
ASSOCIAÇÃO DE AMIGOS DAS ARTES

Teatro Metaphora
/Portugal/



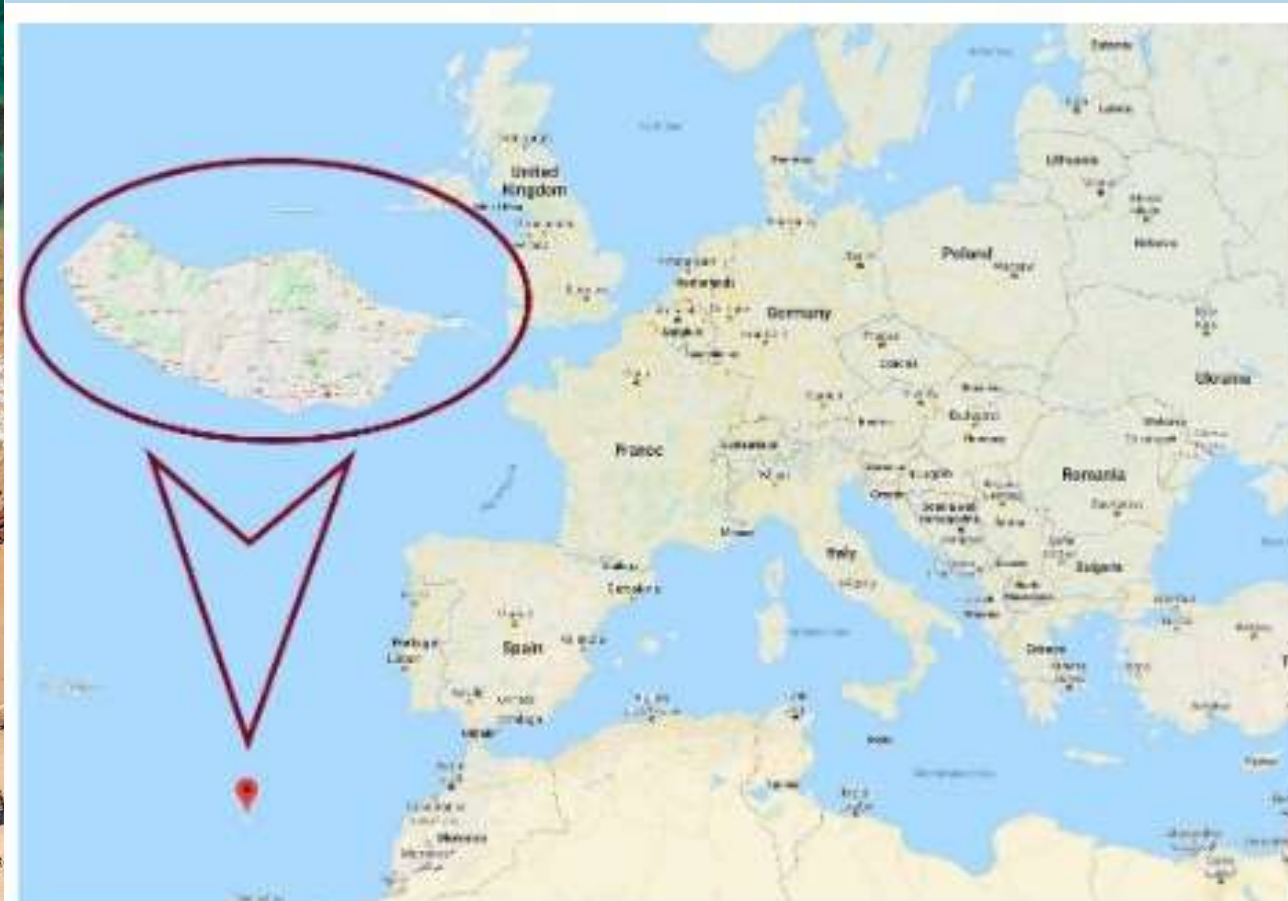
cantabria
perma
cultura

Permacultura Cantabria
/Spain/



Welcome to Madeira

Madeira, an autonomous region of Portugal, is an archipelago comprising 4 islands off the northwest coast of Africa. It is known for its namesake wine and warm, subtropical climate. The main island of Madeira is volcanic, green and rugged, with high cliffs and pebbly beaches.



Accomondation

The participants will be hosted in the amazing hostel "Phil's Haven" on a hillside overlooking the Atlantic Ocean. Distance from Funchal Old Town is 15 min by foot or local bus. We will sleep in few big rooms - dormitories.

We will provide you with blankets and pillows. It is also possible to bring own sleeping bag - do so if you want to sleep outside sometimes.



Meals

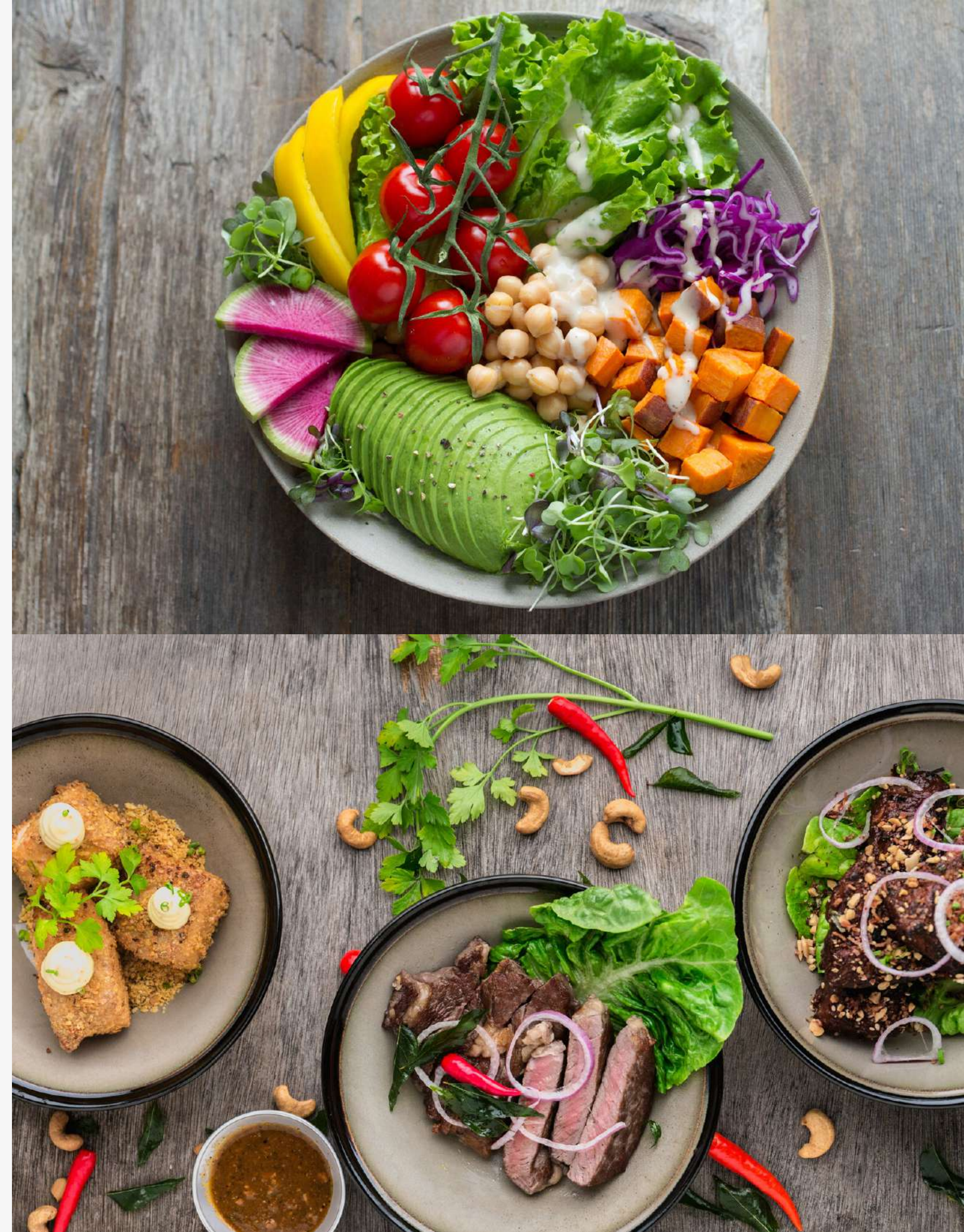
We will actively participate on preparation of the meals and cleaning the dishes as it is a part of living in a community.

**We have continental breakfast in hostel.
For the lunch and dinner there will be a Chef.**

We will just provide small support to them.

Chef will cook expressly (lunch and dinner) for us traditional Madeira food and recipes and he is ready for vegetarian diet. Lunch, to take away, we will pack into lunchbox and taken into the „nature“.

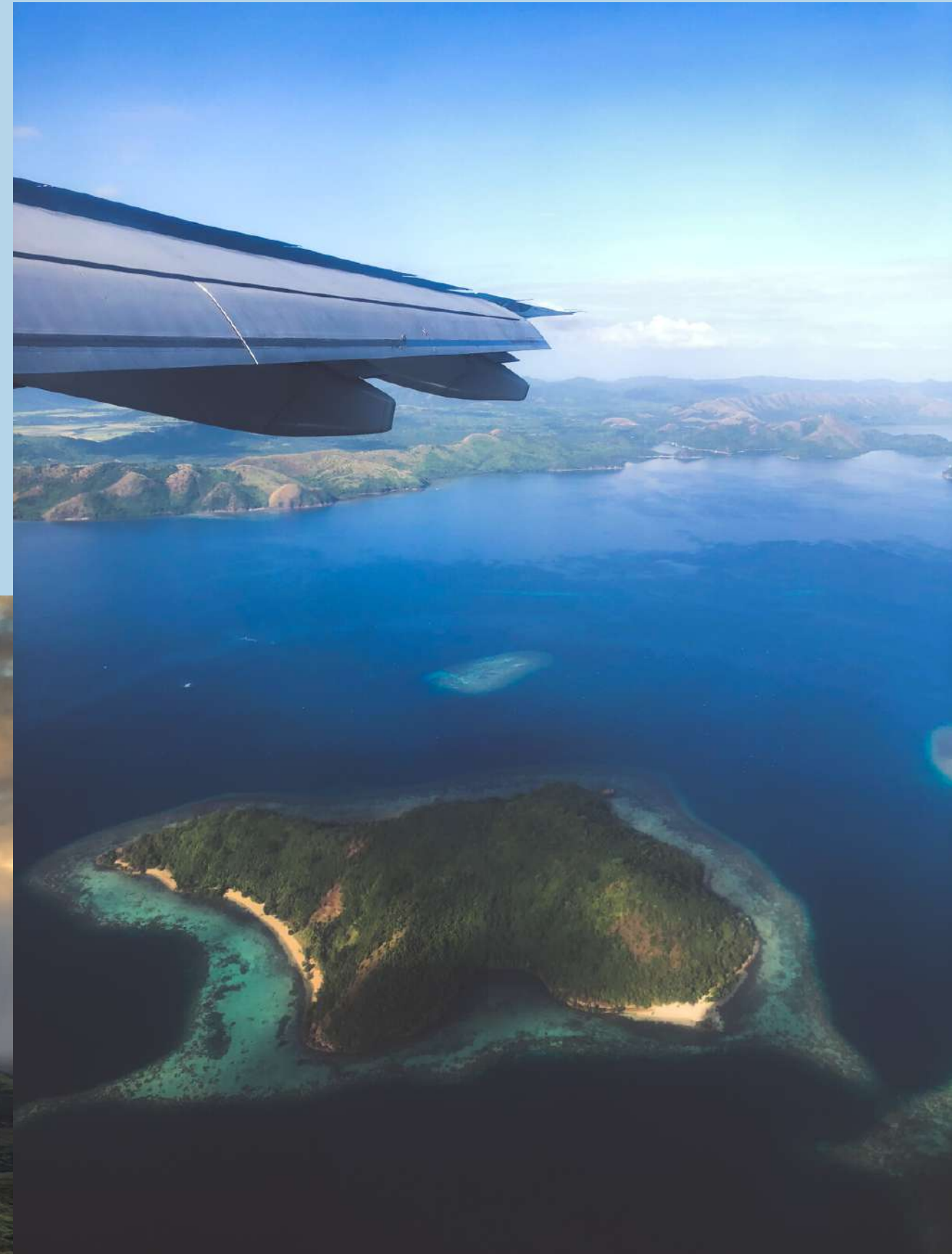
Dinner will be served by chef after return into venue.



Travels

Your destination is the Madeira capital, Funchal. Funchal has international airport with convenient connection to Portugal and other European countries.

In Funchal airport, we will come to pick you up by car and in 20 minutes you will be in the venue in Phil's Haven hostel.



Film shooting

As on the way we plan to shoot footage for the documentary video, we will ask you to sign on spot your agreement to play in our movie.

The movie will be spread all over the Europe, so as to inspire other youth workers to use outdoor/nature connection methods in their work.



Program

1st Day: 28 March 2020 - arrivals to Funchal, transfer from the airport to hostel <http://www.phils-haven.com/> In the evening around 6 pm - first introductory meeting about the plan for the week.

2nd Day: Western area of Madeira (Fanal, Porto Moniz, Cabo Girão, Câmara de Lobos). This day we'll finish with the meeting in the organization Teatro Metaphora in Camara de Lobos.



3rd Day: Trekking Rabaçal - Risco - 25 fontes

Distance: 12 km

The trail begins on the regional road (E.R. 110) and goes down about 2 km to the Rabaçal government house. The trails diverge along two parallel levadas located on different levels. Trail PR 6.1, goes along Levada do Risco, at 1000m above sea level, after 1,2 km. taking the hiker to an impressive waterfall, which falls horizontally creating a ridge in the rock. After coming back to Rabaçal, we will go down to PR6 where you can visit the 25 Spring Lagoon (Lagoa das 25 Fontes), created by the waters which come down from plateau Paul da Serra and mysteriously appear from behind the wall that forms the lagoon, where you can see more than 25 springs.



Legend says that whoever was to dive here would never come back up to the surface, which is what happened to an Englishman who wanted to break the superstition and was never seen again. This area includes the Madeiran Laurisilva Forest which has classified as a Natural Heritage Site by UNESCO, since December 1999 and is part of the European network of important community sites - Natura 2000.

4th Day: Ponta Sao Lourenço

Distance: 3,5 km (one way)

Visiting some of the finest cliff scenery on Madeira, this walk explores the long thin peninsula at the eastern end of the island. The paths are good, but undulating - whether you get close to the edges is up to you. This peninsula is volcanic in origin, and is mainly made of basalt, although there are also some limestone sediment formations.

The peninsula is classified as a partial natural reserve. The semi-arid climate and its exposure to North winds have sculpted the low vegetation and explain the lack of trees, which distinguish this area from the rest of the Island and is a veritable natural heritage. Here you can see the Island's basal plate at its best and several rare and endemic plants. Of the 138 species of plant identified on the peninsula, 31 are endemic (exclusive) to Madeira island.





5th Day: Break

Restoring from walking.
Film shooting and
visiting city attractions
in Funchal.



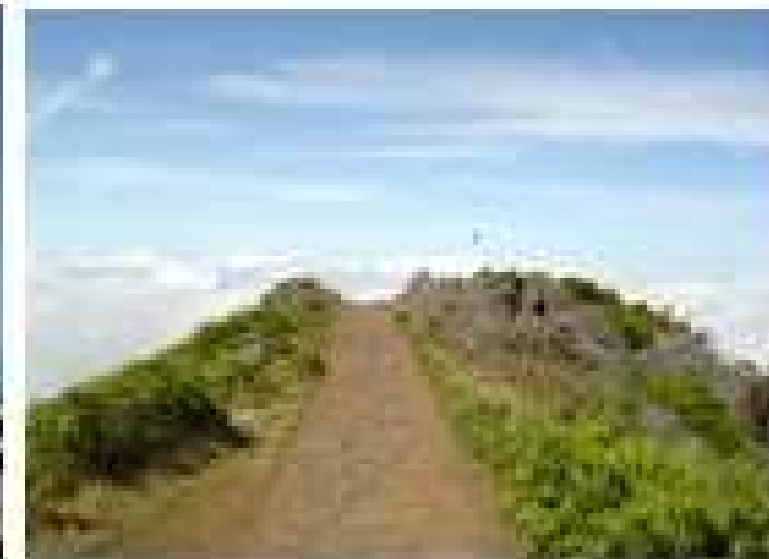
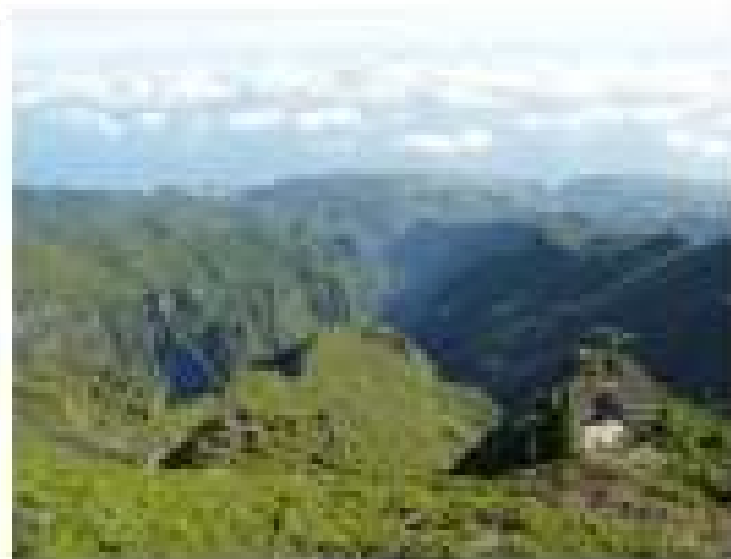
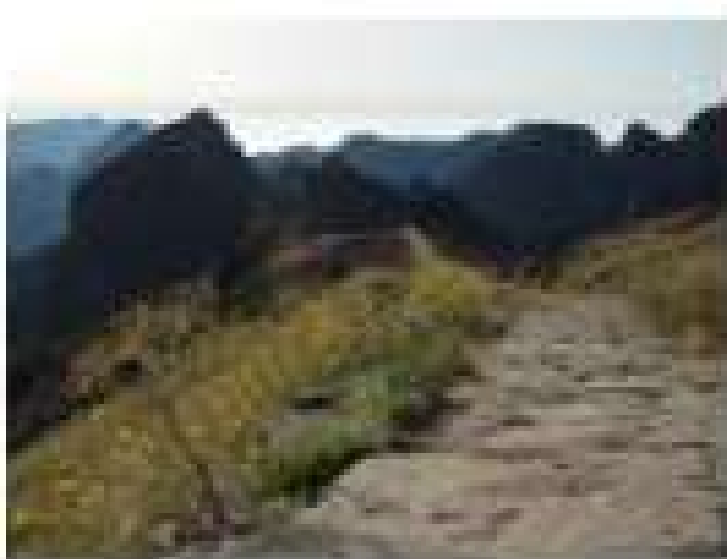
6th Day: Pico Areeiro - Pico Ruivo - Achada da Teixeira

Distance: 9 km

This energetic ridge walk begins just at third highest peak of Madeira Pico Areeiro and heads to Pico Ruivo, the highest summit of Madeira. Most part of this path you have to face up going down and climbing the steep steps.

Extremely beautiful landscapes await travelers as they cross two types of ecosystems, both of which are part of the European Network of Sites of Community Interest - Natura 2000

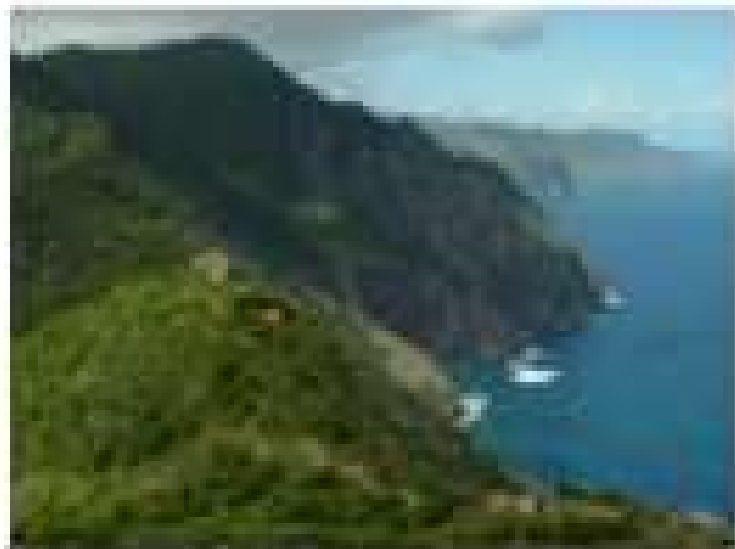
Network: the Central Mountainous Massif and the Laurisilva Forest.



7th Day: Larano – Boca do Risco - Machico

Distance: 12 km

This walk connects Porto da Cruz to Machico through an old footpath once used by the local people. The walk offers magnificent perspective over Atlantic Ocean as well as the Penha d'Agua, Ponta de São Lourenço and at the end Machico although the trail made in narrow path, so it's recommended for experience hikers.



Budget and Financial Rules

There is a budget for travels support per person:

Spain 300 €

Latvia 360 €

Poland 340 €

Travel reimbursement will be transferred after the trip on the base of special form and boarding passes.



Costs

Accommodation, meals, materials, preparation, program facilitation, administration, logistics will be covered with help of Erasmus+ grant. Participants from Poland should enroll in the European Education Club.



What to bring?

**Comfortable backpack for
one day-trips**

**Hiking boots (over ankle
and with good profile)**

**Sandals can be useful as
well, for times when we
don't walk**

**Waterproof jacket or
raincoat**

**Clothes both for warm
sunny days and colder
evenings (not many :-))**

Scarf, hat or cap

Bathing suit

Toiletries and light towel

Drinking bottle

**2 Lunch boxes, cup, spoon,
sharp knife**

Head Torch

Diary, pen

**Insurance card and identity
card**

What to bring?

Health insurance certificate (We don't provide insurance, so please, take care about your health and travel insurance.)

Basic first aid kit (plasters, bandage) and if necessary personal medication

Food support: chocolate,... Own money for refreshments and souvenirs :-)

Your favorite outdoor gadgets, toys, musical instruments, hammock, things that inspire you and could, inspire others. On the spot we try to arrange a guitar for us, so... be ready! We plan to dance, sing, play and have a lot of fun.



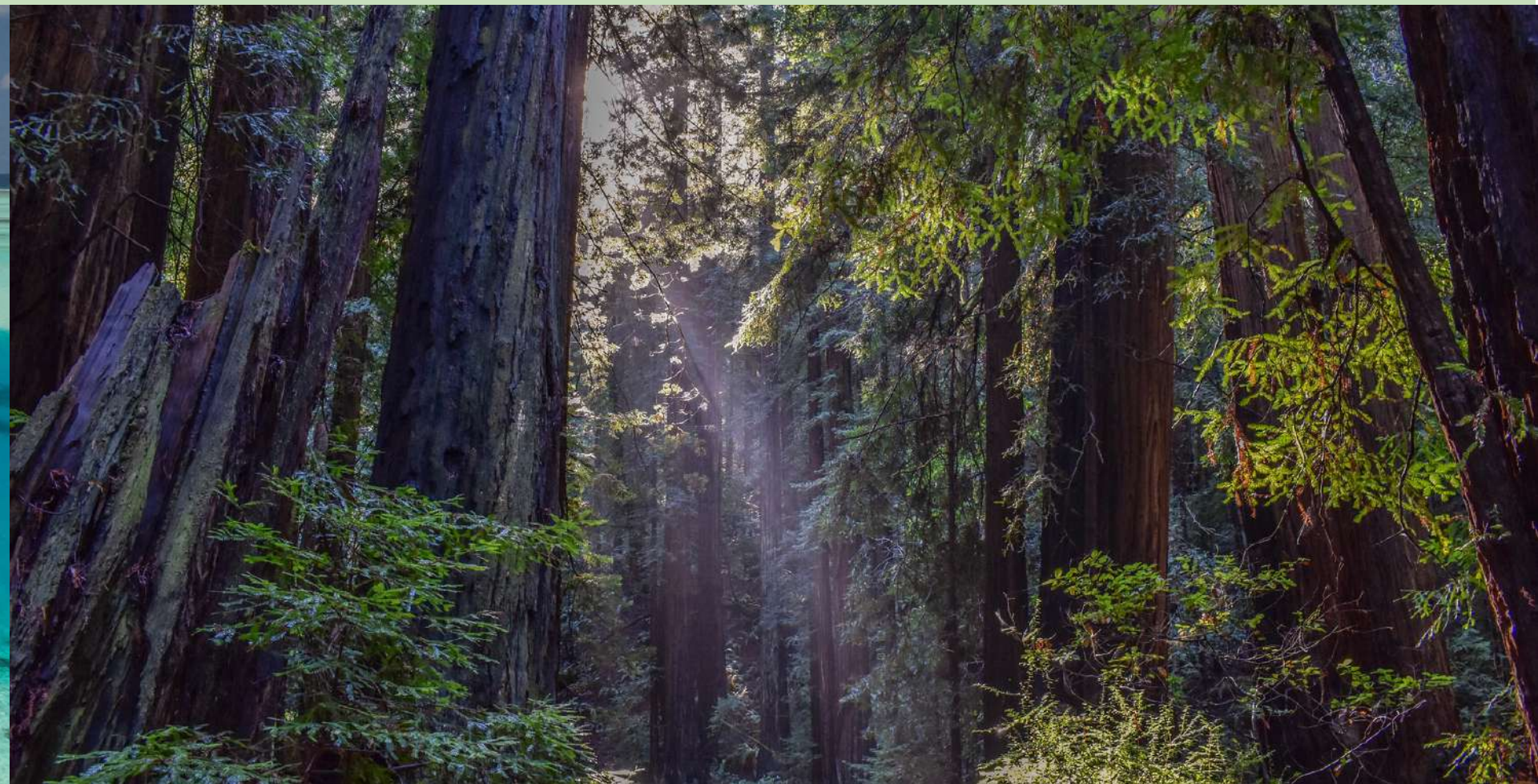
Weather in Madeira Island

Madeira have a very mild climate, to the point that they can be considered as the islands of eternal spring. Temperatures in March-April 19/20 degrees.

Rainfall can be quite frequent - about 50 mm per month and approximately 9 days in month. In the mountains we can expect snow.

Please be prepared for any weather condition from sun shine through rain and snowfall.

Anyway don't forget to check the weather forecasts before leaving:
<http://www.centrometeo.pt/en/europe/portugal/weather-funchal-madeira/details/S085220/>



Health & Safety

Filling the application form let us know about the possible physical, mental or spiritual issues that could influence your smooth participation, so that we can all together take care about safe experience for all of us.

Travel insurance – every participant is responsible for taking care of his / her own travel insurance. For participants from Poland - if you are insured in public health security system, it is possible to issue European Health Card that can insure you in Portugal as well.



Communication

For the communication purposes, we will set
Whats app group - it will be super great of
you can install Whats App on your mobile.

Applications

Fill the form here:

<https://forms.gle/CwSAhobsSrcA5zy87>

Results of selection: 7th March

Contact

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