



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



Erasmus+

Your Emotions in PrARTctice

23th-31st of may 2023
Ovar, Portugal

INFOPACK

Your Emotions in PrARTctice

ABOUT THE PROJECT

According to the Sustainable Development Goals website, the 2022 report demonstrates how young people were particularly affected by the Covid-19 pandemic, demonstrating higher levels of anxiety and depression, resulting from the uncertainty of the future and the abrupt change in their daily lives to which they were subjected. In view of the need to contribute to the well-being of young people and to the SDGs, the Your Emotions in PrARTctice project was created, which focus on emotional intelligence using art as a tool.

The main goals is to promote social inclusion and empowerment of young people through emotional intelligence development activities, using art as a tool.

The participants come from 8 different countries: Portugal, Spain, Romania, Germany, Turkey, France, Poland and Bulgaria.

THE DATES

The Youth Exchange is going to happen in Ovar (Portugal) from **23rd of May to 31st 2023** (including travel days), with 5 participants from each organization (including Group Leaders). In total, we will be 40 participants!

PROFILE OF THE PARTICIPANTS

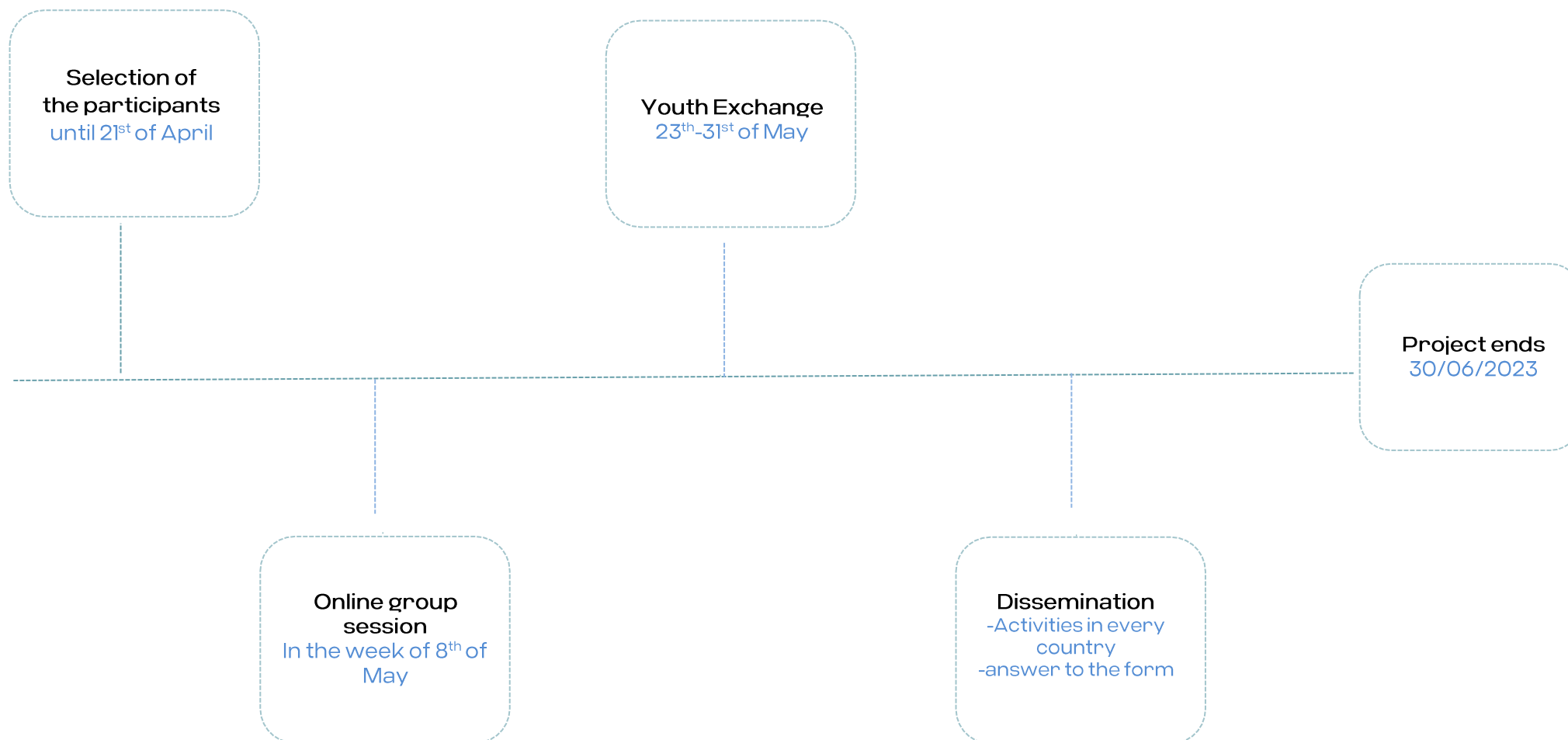
GROUP LEADER: Each country needs to have one Group Leader to be present in activities, and this person should be someone with 18 or more years. This person should also have:

- an high sense of responsibility, be used to deal with young people, social inclusion, diversity and culture;
- experience in working with non-formal education;
- knowledge of this Erasmus+ programme and be sensitized about social exclusion, specially in young people.

PARTICIPANTS: Each country must choose 4 young people in total; 2 out of them should have fewer opportunities. They should:

- be from 16 to 30 years old;
- be interested in this project's themes;
- be a good communicator, have responsibility and proactivity;
- be interested in Erasmus+ programmes and so recognize the value of being part of a project like this one.

PLANNED ACTIVITIES



This is a project with the duration of 6 months (from preparation until follow-up). So please acknowledge that the project is not only a Youth Exchange. You are expected to participate actively in the online session, in the dissemination activities and in the whole project in general!

YOUTH EXCHANGE

May 23	May 24	May 25	May 26	May 27	May 28	May 29	May 30	May 31	
Arrival Day from 18h forward	<i>Breakfast</i>								
	Presentation of participants and organisations Reflection on the expected learning achievements	Preparing the mind for the day What science says about self-knowledge The body and emotions	Preparing the mind for the day Mindfulness	Preparing the mind for the day Inspirational people	Preparing the mind for the day Empathy	Preparing the mind for the day Communication	Preparing the mind for the day Debriefing Dissemination		
	<i>Morning Snack</i>								
	Presentation of the timetable for the YE Youthpass	Dreams/ life goals	How to cope with stress and anxiety	Motivation strategies What science says about motivation	Team work	Non-verbal communication	Final reflection, evaluation and Youthpass What have you thought me?		
	<i>Lunch</i>								
	What is emotional intelligence? What is my relation with emotional intelligence?	How do emotions affect my behaviours? What science says about self-regulation	Visit to the city of Ovar: azulejos tour	The power of the compliment	Social exclusion	Self-portrait and values	Free time		
	<i>Afternoon Snack</i>								
	What science says about emotional intelligence Introduction to self-knowledge Reflection	Let the stress go! Reflection	Visit to the city of Ovar: free compliments! Reflection	Empathy What science says about empathy Reflection	What science says about social behaviours and social competences Reflection	Self-portrait and values Reflection	Free time		
	<i>Dinner</i>					<i>Pizza night</i>		<i>Dinner</i>	
									Departure Day until 12h

ACCOMODATION AND FOOD

The participants will be staying in Pousada da Juventude in Ovar (Youth Hostel) , in double or 4 beds rooms. All the meals will be served in this Hostel. More information here: <https://www.pousadasjuventude.pt/en/hostels/pousada-de-ovar/>

TRAVELLING & TIME OF ARRIVAL AND DEPARTURE

As you can see in the Planned Activities:

Arriving: 23 of May	Check-in after 18h
Activities: from 24 th of May to 30 th of May	-
Departure: 31 th of May	Check-out until 12h

Please contact us (producao@ctr.pt) before buying any ticket. We need to approve the tickets, otherwise we might not reimburse the money spent.

If you intend to go by airplane, the Porto (OPORTO) airport is the closest one to Ovar.

Note : you always have the option to go by **Green Travel**. This implies that most of your trip should be done by more ecological means of transport like train, bus. If you want to do it, we strongly advise you to contact us and/or your organization to try to understand how you can do it, and this way you will be contributing to reduce the environmental impact of your trip and of the whole project.

For example: if you come from Plasencia, Spain you can:

1. Take a bus from Plasencia to Salamanca;
2. In Salamanca take another bus to Aveiro;
3. In Aveiro take a train to Ovar.

GETTING TO OVAR


a) From Porto

From Porto's airport is easy to get to Ovar. In total, it will take around 1h30. You will need to take the metro and then the train. Please follow these steps:

METRO

1. Once you arrive at the airport, try to follow the indication to the subway station and search for this symbol:



2. Buy your ticket at the machines: choose the Z4 option (4 zones), for 2,15€;
3. You'll take the  line towards TRINDADE. Get out in the SENHORA DA HORA stop (7 stops; +/- 14 min);

4. In SENHORA DA HORA you can take any of these lines to get out in CAMPANHÃ:



towards CAMPANHÃ



towards FÂNZERES



towards ESTÁDIO DO DRAGÃO

(+/- 12 stops, 20 min)

5. In CAMPANHÃ, you must follow the indications to the train station.
Official site of the Porto's metro: <https://en.metrodoporto.pt/>

TRAIN

6. When in CAMPANHÃ, go to the ticket offices or machines (you can buy them in both places); Buy the tickets to the URBAN train by 2,35€ to OVAR. You'll receive a card by 0,50€ that you can use later to get back to Porto again.
The travel duration is about 45-55min.

Please note:

- The final destination is usually AVEIRO, even though sometimes it may be OVAR. So when looking for the line of the train, please have this in mind;
- These tickets can only be bought on the exact day of the trip. Please don't forget to validate the card in the machines (both for metro and train), because in almost every trip there's someone checking the tickets;
- Don't forget to keep all the transport tickets (including train, metro, etc.), or else we won't be able to refund that money to you.

More information at: <https://www.cp.pt/passageiros/en>

b) From Lisbon

METRO

If you go by airplane and you arrive in Lisbon, please take the metro (red line) towards S. SEBASTIÃO and get out at the ORIENTE station (3 stops).
More information at: <https://www.metrolisboa.pt/en/>

There aren't many direct trains from Lisbon to Ovar, in some cases you might have to change in Aveiro, but you can buy them online. In total, the trip will be around 2h30-3h. The direct fast trains are at 9h39 and 17h39.
More information at: <https://www.cp.pt/passageiros/en>

IMPORTANT: THE TRAIN TICKETS SHOULD BE BOUGHT IN THE OFFICIAL WEBSITES THAT WE PROVIDE OR IN OMIO. THE TRAIN COMPANY PUBLISHED RECENTLY A WARNING REGARDING THIS.

WHEN IN OVAR...

Ovar has public transports, but since there aren't many schedules, you have the following options:

- a) go by feet: +/- 35 min walking
- b) Go via taxi

It's +/- a 7 min ride. The price is around 8€. There's a taxi stop right in the train station. In case it's too late or there aren't any taxis, we will pick you up by car.

REFUNDS

The travel reimburses will be based on real costs, considering the following limits (value per person) :

SPAIN	180€
GERMANY FRANCE	275€
POLAND BULGARIA ROMANIA	360€
TURKEY	530€ + 80€ VISA

NOTE: you should only buy your tickets after they have been approved by us.

Important:

- We will try to make the refunds until 30 working days after the end of the YE. In order to do that, each person must keep every receipt (airplane, metro and train) and send us (producao@dctr.pt) or give them in hand). Without the receipts/tickets we won't be able to refund you.

WEATHER AND EXTRA INFO

In May, the temperatures are usually around 23°C maximum and 14°C minimum. Our mornings and nights are cold compared to the afternoons so if you bring a warm coat that you can take off in the afternoon, you'll be okay. Ovar is also windy as it's close to the beach so be ready to have your hair always tossed! At this time of the year there are usually mosquitoes, so if they usually like you we advise you to bring **repellent!**

The houses are not usually very heated, so bring a pyjama having this in mind. The rooms with 4 beds don't have towels, so please make sure to bring one with you if you're in one of these rooms (closer to the date we will send you the room list)

The beach is 30min away walking from the hostel. The hostel has its own pool, but probably is going to be closed (waiting for the hostel's confirmation), but if you want to bring the proper clothes just in case, please do so.

IMPORTANT: We strongly advise everybody to have their European Health Insurance card updated and with them, during the total duration of the activities.

CONTACTS

Coordinator organization (DCTR): Maria João Sá (+351 918 741 073) and producao@dctr.pt

ABOUT DCTR

DCTR is a non-profit organization based in Aveiro that develops programming, creation and training activities in performing arts, focusing on dance. The duality culture-education is in the basis of DCTR's work, and the Non-Formal Education (NFE) is seen as an important piece of the individual's development as a person, professional and citizen, as important as Formal and Informal Education. We are currently focusing on social inclusion, dance, sustainable development and emotional intelligence.

Get to know more about us at: <https://dctr.pt/>

ABOUT PORTUGAL

We're a small country, neighbours of Spain and we have the most western point in Europe! We have an incredible diversity of landscapes and places: we have two islands, sea/beaches, mountains, snow, and also really warm summers.

The portuguese are warm people, very talkative and they surely know how to have fun! You will love Portugal for sure! Looking forward to meet you!

We're
here! :)

