

Training Course
Erasmus + KA1
CIRAC

Aveiro, Portugal
20 - 31 March, 2025



CIRAC

Grupo de Recreio Arte e Cultura



TAVO EUROPA



ERASMUS + KA1 – PORTUGAL | CiRAC

Hosting organization

CiRAC - Circle of Recreation, Art and Culture of Paços de Brandão, is a Cultural and Recreational Association, founded in October 1976.

Fruit of the ambition of a group of young people, what started as a group of friends singing and doing theatre is today an association with more than 40 years of history, with more than 150 activities in the most diverse cultural areas and with more than 1000 associates, mostly young.

Currently, the association operates in the areas of culture, music, theatre, recreation, and communication, providing the most varied activities (most of them free of charge) and a wide range of cultural, solidarity and associative events.

The association is in constant growth and renewal, adapting to regional and national needs, in order to intensify its position as a promoter of culture for local development.

website: <https://cirac.pt/>;

Facebook: <https://www.facebook.com/CiRACPB>;

Instagram: https://www.instagram.com/cirac_/

The place of most activities being run at the CiRAC Association.

There will also be the possibility of visiting Santa Maria da Feira, Espinho and/or the city of Porto.

Address: Av. Sobreira n° 328, 4535-334, Paços de Brandão, Portugal



European
Commission



Erasmus+

ERASMUS + KA1 – PORTUGAL | CiRAC

About the project

Dates: 21st – 30th March 2025 (plus two travel days)

Location: Santa Maria da Feira (Aveiro | Portugal)

Hosting Organization: CiRAC - Círculo de Recreio, Arte e Cultura de Paços de Brandão

Partner Organizations:

- MTÜ EarthWalker (Estonia)
- Lapis Lazuli (Turkey)
- Asociacija Tavo Europa (Lithuania)
- Association Walktogether (Bulgaria)

Language: The working language will be in English

According to Eurostat, in 2020, 25.4% of young people aged 15-29 were at risk of poverty and/or social exclusion. In a Europe that promotes inclusion, equality and social cohesion, it is not justifiable that there are still young people who do not have access to effective development opportunities, namely beyond the formal context. Artistic and cultural practices have the power to: Provide development; Foster a sense of belonging; Raise awareness and transform mentalities; Affirm identities; Enhance critical expressiveness and autonomy; Encourage participation and citizenship; Break social, cultural and economic barriers. However, accessibility to artistic and cultural practices is often limited and not all citizens can easily access these opportunities.

Project objectives

Main objective:

- Promote access to artistic and cultural practices by youth workers, fostering their development and promoting young people's social inclusion.

Specific Objectives:

- Promote the exchange of working practices and tools among youth workers, enabling them to be able to intervene with young people through non-formal and informal education and artistic and cultural methods;
- Promote practical experimentation with non-formal, informal, artistic and cultural methods by young people, so that they can explore their potential, tastes and talents and be motivated to active participation;
- To raise awareness in the youth sector and society in general of the importance of artistic and cultural practices for the personal, social and cultural development of young people, particularly those in situations of social vulnerability.

Relevant priority:

- HORIZONTAL: Inclusion and diversity in all fields of education, training, youth and sport.

Additional priorities:

- YOUTH: Promoting active citizenship, young people's sense of initiative and youth entrepreneurship including social entrepreneurship.
- YOUTH: Increasing quality, innovation and recognition of youth work.

Both parts should guarantee the accomplishment of the priorities and take as their priorities during the duration of the project.

Activities and methods

Regular Activities

These activities relate to the activities of Management, Planning and Coordination, Monitoring and Evaluation of the project. They take place over the 8 months and are reserved for:

- The internal management of the project;
- The planning of specific project activities;
- The implementation and prior preparation of activities.

Preparation Meetings (online)

Preparatory meetings serve to create a climate of trust between partners and to deal with all practical and logistical issues (travel, accommodation, food, etc.).

- a) Type of activity: Preparation activity for participants and practical and logistical issues.
- b) Location: All countries participating in the project.
- c) Dates: Between December 2024 and March 2025.
- d) Working methods: EF, EI, and ENF.
- e) Countries involved: All countries participating in the project.

Sharing Good Practices (TJ)

Activity for sharing, debating, and reflecting on innovative work methods and practices. Practical exploration of them, through artistic and cultural practices.

- a) Type of activity: Mobility of Youth Workers.
- b) Place: Paços de Brandão, Portugal.
- c) Dates: 20th – 31st March 2025.
- d) Working methods: EF, EI, and ENF.
- e) Countries involved: All countries participating in the project.

Local Sessions

The activity starts locally, with the YWs (Youth Workers) trained in Activity 1 exploring new practices and working methods with their local youth (i.e., implementing the work plan co-created by the YWs).

- a) Type of activity: Local experimental learning.
- b) Place: Paços de Brandão, Portugal.
- c) Dates: January 2025.
- d) Working methods: EF, EI, and ENF.
- e) Countries involved: All countries participating in the project.

Experimental Learning (Youth)

This activity concerns work with youth workers, following on from the previous activity, through a mobility activity, with the aim of putting youth workers through a multicultural experience, based on artistic and cultural practices.

- a) Type of activity: Youth mobility, using experimental learning.
- b) Place: Paços de Brandão, Portugal.
- c) Dates: 21st – 30th March 2025.
- d) Working methods: EF, EI, and ENF.
- e) Countries involved: All countries participating in the project.

Dissemination Events

Activity related to the dissemination of results achieved with mobility.

- a) Type of activity: Event to disseminate results.
- b) Location: All countries participating in the project.
- c) This activity will take place at different times, as there are two different mobilities.
- d) Countries involved: All countries participating in the project.

The place of most activities being run at the CiRAC Association.

There will also be the possibility of visiting Santa Maria da Feira, Espinho and/or the city of Porto.

Profile of participants

Each partner should send 4 youth workers. Gender balance should be paid attention to. Two out of four should belong to the Fewer Opportunities (FO) quadrant

DIRECT TARGET GROUP: YOUTH WORKERS (YW)

General Profile:

- a) Aged 18 or over;
- b) Experience working with young people, particularly those with fewer opportunities;
- c) Knowledgeable and/or interested in learning about the Erasmus+ Programme;
- d) Knowledgeable about European priorities;
- e) Interested in informal and non-formal education methodologies;
- f) Interested in the role of art and culture in promoting social inclusion, cohesion, and equal opportunities;
- g) Able to recognize the needs, objectives, and impacts of the project;
- h) Motivated to actively and critically participate;
- i) Recognize the importance of youth in Europe.

Additional Criteria for Participants with Fewer Opportunities:

- a) Facing at least one obstacle to participation;
- b) Little or no experience in international projects (new participants);
- c) Little or no knowledge of the Erasmus+ Programme;
- d) Limited experience with non-formal education methodologies.

INDIRECT TARGET GROUP

- Other TJs;
- Other organizations in the youth sector and arts and culture;
- Other young people;
- Schools and other bodies responsible for educating young people;
- Social agents (teachers, guardians, family members, friends, etc.);
- Agents with decision-making power;
- Society.

Travel

Participants should contact their sending organization for travel arrangements! As a travel option, we suggest arriving by plane to Francisco Sá Carneiro Airport.

(<https://www.aeroportoporto.pt/pt/opo/home>).

On the first day of the mobility, CiRAC's team will pick up the participants at the airport and take them back on the last day of the mobility by van.

ATTENTION!

KEEP ALL THE TRAVEL TICKETS AND RECEIPTS.

DO NOT BOOK YOUR FLIGHTS WITHOUT CONFIRMATION FROM CiRAC'S STAFF. THE REIMBURSEMENT WILL BE MADE AFTER THE ORIGINAL TICKETS ARE RECEIVED ON CiRAC'S EMAIL AND THE TRANSFER WILL BE MADE DIRECTLY TO THE ACCOUNT OF YOUR SENDING ORGANIZATION.

The travel costs include the route partner organization headquarters – airport – CiRAC headquarters (and back again). The travel costs will be reimbursed with the following maximum per participant:

- MTÜ EarthWalker (Estonia): 580 EUR
- Lapis Lazuli (Turkey): 580 EUR
- Asociacija Tavo Europa (Lithuania): 395 EUR
- Association Walktogether (Bulgaria): 395 EUR

Important Notes:

Associations **MUST** send the following mandatory documents to CiRAC:

- Travel Reservations
- Boarding Passes
- Identity Citizen Cards and Mobility Declarations

Participants must attend the entire duration of the training course to receive the reimbursement. The travel costs will be reimbursed within the maximum amount per participant.

Accomodation

INATEL - Santa Maria Da Feira

The castle at Santa Maria da Feira was built in the 10th century, before Portugal became a country. Situated on the Douro coastline, INATEL Santa Maria da Feira offers its visitors the restful tranquillity of direct contact with nature, making for an unforgettable stay.

In the vital core of what was once "Civitas Santae", now the lands of Santa Maria, next to a wooded hill where the castle reaches up to the sky, an important fair sprang up, which later gave rise to the settlement. INATEL Santa Maria da Feira has 80 totally equipped rooms.

It includes: Bar, Restaurant, Meeting room, Wi-Fi, Game room, Swimming pool, Tennis courts, Private parking.

Address: 4520 - 306 Santa Maria da Feira

Website:

<https://hoteis.inatel.pt/pt/Menu/Hoteis-Alojamento/Natureza/Santa-Maria-da-Feira/Santa-Maria-da-Feira.aspx>



Useful information

TREVO - Santa Maria da Feira and RAMBÓIA – Paços de Brandão

The lunch of the exchange will take place in TREVO, and the dinner in RAMBÓIA – both with a varied menu, featuring simple and delicious Portuguese food, respecting specific requirements of the participants.

ATTENTION:

If you have any specific needs concerning food (vegetarian, vegan, and so forth), please let us know instantly.

TREVO

- Located in: ISVOUGA - Instituto Superior de Entre o Douro e Vouga
- Address: R. António de Castro Corte Real n.º 14, 4520-181 Santa Maria da Feira

RAMBÓIA

- Address: Rua Aldeia N°556, Paços de Brandão, Portugal

WHAT TO PACK/BRING

There are a number of things we would like you to bring for the Training Course programs as well as the informal moments in Portugal. They are all equally important, so please do not just read through the list but actually bring it all along with you:

- **LOCAL CONTEXT:** Some examples of youth work and active participation from your country / local contexts and materials (posters, leaflets, photos, magazines, podcasts, videos, songs, etc.).
- **FOOD-STUFF:** A typical taste (foodstuff) of your town/region and the story associated with it (we will share the stories and taste the food/drink – non-alcoholic – during the shared Intercultural evenings).
- **COMFORTABLE CLOTHES:** Suitable for the time of year, and for both indoor and outdoor physical activities.
- **EUROPEAN HEALTH CARD:** Your European Health Card or insurance certificate.

Schedule

20 march	21 march	22 march	23 march	24 march	25 march	26 march
Travel day Check-in	CiRAC /mobilty presentation	Visit to Europarque	Espinho beach	Youth Cabinet	Free Day!	Juggling Workshop
	Theater Workshop	Saltimbancos performance Painting works hop		Dodo Project		Percussion Workshop
	CULTURAL NIGHT	Theater in CiRAC		Quiz Night in CiRAC		Night in Santa Maria da Feira

27 march	28 march	29 march	30 march	31 march		
Trip to O'Porto SERRALVES	Museu dos Lóios Stª Mª da Feira	Choir workshop	Theater in CiRAC	T ravel day		
TOUR Porto Art & history	Creative Writting & Music Composition	Performance workshop	Balance			
Dinner Porto Restaurant	Game Night in CiRAC	Theater in CiRAC	Balance			

Emergency numbers

When you are in Portugal, you can call these numbers:

SUPPORT STAFF / FACILITATORS FROM CiRAC

- Daniel Padrão – Coordinator and Facilitator of ERASMUS + TC | + (351) 913586809
- Fausto Sá – Coordinator and CiRAC's President | + (351) 911020781
- Paulo Alves – Coordinator and CiRAC's Producer | + (351) 965740846

EMERGENCY PHONE NUMBERS WHILE IN PORTUGAL

- First Aid / Emergency Number: 112
- 24H Health Number: 808 24 24 24
- Santa Maria de Lamas City Police: + (351) 227 471 240
- Santa Maria da Feira Hospital: + (351) 256 379 700
- Castelo Pharmacy in Santa Maria da Feira: + (351) 256 378 074
- Sousa Pharmacy in Santa Maria da Feira: + (351) 256 363 295
- Cavaco Pharmacy in Santa Maria da Feira: + (351) 256 044 749



Educator Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

Join now

<https://www.tavo.europa.eu/training-courses/erasmus-ka1-portugal-cirac/>

