

ERASMUS+ YOUTH WORKERS MOBILITY PROJECT

2025-1-PT02-KA151-YOU-000297404

TRANSNATIONAL MOBILITY FOR SKILLS DEVELOPMENT (TRAINING COURSE)

“Empower to activate youth participation”

(Between 28th May 2026 and 2nd June 2026; Alqueva, Portel, Portugal)

INFOPACK



 Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



Co-funded by the
European Union

Organized by:


Associação
Sementes de Esperança



WHO ARE WE?

The Associação Sementes de Esperança is located in Portel, Alentejo (Portugal). It has been in existence since 1997 and is an accredited entity for the Erasmus+ programme.

Its work focuses mainly on the vocational training of workers and unemployed, the latter largely with low qualifications and in a situation of social disadvantage. More recently, from 2023 inclusive, began to conduct international youth mobilizations and youth coaches, focusing on promoting democratic social and civic participation and volunteering of young people in rural areas and training technicians to work with them.

During these three years, sufficient knowledge was gathered in the non-formal education sector, not only at work level with young people, but also to train new youth workers, volunteers, facilitators and trainers who are taking the first steps in this area of Erasmus+ projects.



WHAT IS A TRAINING COURSE?

A training course aims to improve the professional skills of young workers, enable them to exchange best practices and promote collaboration and innovation in youth work across Europe. The training courses involve a combination of sessions, based on non-formal education methodologies.



ABOUT THE PROJET

This transnational mobility of youth technicians is part of the project approved under the accreditation of the Associação Sementes de Esperança at the level of the Erasmus+ Programme.

Framework

The democratic, social and civic participation of young people through non-formal actions and various forms of participation (including also other than conventional ones), to ensure that they are able to share their voice and position and fight for their future and the sustainability of their community, is fundamental to contemporary society. But there is the problem that this social and civic participation of young people is low and should be addressed. Hence the holding of this training course.

PROBLEM

Low social and democratic participation of young people.

NEEDS

- a) Bet not only on traditionalist approaches to social and democratic participation, but more in other alternatives and differentiators;
- b) Create opportunities for empowering young people for their social and democratic participation, and
- c) Create opportunities for professionalization and specialization of YW through the exchange of knowledge and transnational experiences.

OBJECTIVES

- a) Develop a project with a mobility activity that allows the training of european YW;
- b) Develop knowledge and bring together non-formal, alternative and differentiating practices of social and democratic participation in youth, and
- c) Promote the development of skills in the YW so that they can, on the ground, empower young people with new key competences for lifelong learning (transversal to technical skills) and promote their active and conscious participation.

Partner entities

LUMEN(Croatia), Entrepreneurship and Social Economy Group (Greece), Tavo Europa (Lithuania), Proactive Future (Spain) and ATIC (Romania)

Participants in the training course

- 3 Y W for each partner entity, aged 20 or older (may have few opportunities), be a citizen or resident of one of the countries included in the participating organisations, with good English language skills and motivated by sharing practices, knowledge and experiences, and
- 1 trainer and 1 facilitator from the promoter, both aged 25 or over, with experience in non-formal education and good knowledge of English.

Localisation

Location: Alqueva, Portel, Portugal; (Approximately 190km from Lisbon;

Town belonging to the municipality of Portel, about 20 km south of the county seat, Portel). It has a declining and aging population.

The name Alqueva derives from "alqueive", meaning "fallow land" or "desert land", which in fact occurs in the very dry and rough soils of the parish.

This was indeed one of the biggest obstacles to the development of this region.

Then, a few decades ago, a proposal for the construction of a dam next to this locality emerged with the aim of irrigating the soil and bringing development to a region whose main activity was agriculture. It was built and completed in 2002. T

he name of the dam, which is near Alqueva, comes from the name of this locality. Find out more here: <https://pt.wikipedia.org/wiki/Alqueva>



River beach of Alqueva

HOW CAN YOU PARTICIPATE?

To participate in this training course, you must be resident in one of the EU Member States where the promoter and partner entities are located. And meet the required requirements. But first you will need to register with the respective entity and be selected to participate in the event. Finally, and within a maximum period until 14th May 2026 inclusive, you must register and submit to the TC.

Also by the same date, 14th May 2026 inclusive, will have to be sent to us the proposal of coming and return flights to perform (with dates, times, arrival airport and departure airport and respective values), to validate and then the same be paid.

Do not purchase the airline tickets without first validating the respective flights, because the days and times of arrival and departure of these will have to be compatible with the schedules to be observed in the journey to Alqueva on 27th May 2026 and with the return on 3rd June 2026 (attention to the details already indicated in this document, highlighting the place and time of meeting in Évora, on the 27th May 2026, at 6:45 pm, with participants who will come from Porto and Lisbon to Évora; we will only bring them to Alqueva from Évora).

The registration of each participant will be effective only after the registration in google forms and the validation of their return flights.

TRAVEL GRANTS

Maximum amount to be paid per participant, taking into account the eligible expenses presented and paid by him.

No private transport, fuel or expenses incurred for early arrival in Portugal before 27th May 2026 and return flight up to two days after the return from Alqueva (excluding costs for return flights and public transport to and from the respective airport).

Any amounts in excess of the total budget per participant, as indicated in the table below, will be paid by the participant itself and will not be covered by the project.

| Country | Grant (maximum) |
|-----------|-----------------|
| Croatia | 395,00€ |
| Greece | 395,00€ |
| Lithuania | 580,00€ |
| Portugal* | 56,00€ |
| Spain | 309,00€ |
| Romania | 580,00€ |

***Green travel**

PROVISIONAL PLAN OF THE TRANSNATIONAL MOBILITY FOR SKILLS DEVELOPMENT (TRAINING COURSE)

Venue: 27th May 2026

Return: 3rd June 2026

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|----------------------------|--|--|---|---|---------------------------------------|--|
| Date Time | 28TH MAY 2026 | 29TH MAY 2026 | 30TH MAY 2026 | 31TH MAY 2026 | 1ST JUNE 2026 | 2ND JUNE 2026 |
| 09:30 11:00 am | Group Map dynamics, to promote group recognition The Erasmus+ Program and the Training Course | Meeting with the community/local entities (in Portel) | EU youth strategies and priorities in the field of youth – Youth Goals, European Agenda for Youth Work, European Charter of Youth Work at Local Level, etc. | The digital participation of young people and fake news Planning and presentation of concrete mini-actions for youth participation (campaign, event, volunteering, etc.) | Continuation of the e-book production | Completion of the production and systematization of the e-book |
| 11:00 am 01:00 pm | The methodology of non-formal education, to be used in CT Reflection in small groups on the objectives of each one regarding TC National group work on data, curiosities and other information about the respective countries (geography, culture, gastronomy, etc.) | Completion of the activity Guided tour in Portel | EU youth strategies and priorities in the field of youth – Youth Goals, European Agenda for Youth Work, European Charter of Youth Work at Local Level, etc. follow-up and conclusion The democratic debate (fundamental principles, common rules and steps) Preparation of a simulation of a debate | Planning and presentation of concrete mini-actions for youth participation (campaign, event, volunteering, etc.) - conclusion | | |
| 2:30 4:30 pm | Completion of the last activity Rights and duties of European citizens (the six pillars of rights - EU Charter, active participation rights and duties) | Visit to the Alqueva Center (interpretative and expositive space, which makes known the history, impact and importance of the Alqueva Project, one of the largest territorial transformation projects in Portugal) | Debate simulation | Preparation for the start of production of the tangible result of the project - the e-book " Guide to promoting the social and civic participation of young people" | | |

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|----------------------|---|--|---|---|---------------------------------------|---|
| Date Time | 28TH MAY 2026 | 29TH MAY2026 | 30TH MAY 2026 | 31TH MAY 2026 | 1RST JUNE 2026 | 2ND JUNE 2026 |
| 05:00 06:15 pm | <p>The concept of democracy (basic principles, inseparable types and values)</p> <p>Preparation of a meeting with the local community/entities (recognize what is done locally with young people, at the level of promoting their social and civic participation)</p> | <p>The various forms of youth civic participation and the role of the youth coach in supporting each one</p> <p>The social and civic participation of young people in the countries of each participating entity (with an indication of the barriers to such and practical strategies to overcome each barrier)</p> | <p>Volunteering and activism as a form of social and civic participation of young people</p> <p>My civic commitment (individual and recorded in post-its)</p> | <p>Start of production of the tangible result of the project - the e-book</p> | Continuation of the e-book production | <p>Reflection of the YW participants about the impact of mobility activity on them</p> <p>Delivery of the Youthpass</p> |
| 06:15 07:00 pm | <p>Visit to the fluvial beach of Alqueva (include the reflexion time) and return to Alqueva</p> | <p>The social and civic participation of young people in the countries of each participating entity (with an indication of the barriers to such and practical strategies to overcome each barrier) – conclusion</p> <p>Examples of what is not social and civic participation</p> <p>The ethical dilemmas that the exercise of citizenship involves (game)</p> | Cultural afternoon | Cultural afternoon | | Visit to the fluvial beach of Alqueva |
| 07:00 08:00 pm | | Guided tour in Alqueva | | | | Reflection Time |
| 09:30 11:00 pm | Free Time | <p>Reflection Time (09:30 – 10:00 pm)</p> <p>Free Time (10:00 – 11:00 pm)</p> | <p>Reflection Time (09:30 – 10:00 pm)</p> <p>Free Time (10:00 – 11:00 pm)</p> | <p>Reflection Time (09:30 – 10:00 pm)</p> <p>Free Time (10:00 – 11:00 pm)</p> | FreeTime | Informal farewell meeting |

The beginning of each period of activities will always start with dynamics to strengthen the group and activate their participation in the activities, and on the first day, during the morning period these activities will be predominantly ice-breakers (for all members of the group to know and interact with each other).

The classroom activities will take place at the Centro de Convívio de Alqueva (the place has wireless internet).

The Centro de Convívio de Alqueva is located near to the hostel and also the restaurant.

ACCOMODATION

Participants will stay at Alqueva Hostel, in Alqueva. Breakfast will always be at the Hostel, always taking in to account the dietary restrictions indicated in advance by the participants.

Participants will be accommodated in shared rooms with 4 and 6 beds (maximum), with participants of the same sex, however, mixed with participants of other nationalities, who are also participants in TC.

However, one of the rooms with more beds (6 or 8), may have to be occupied by TC participants, since some of the rooms with less capacity, may already be occupied by other people at the same time.

Photos available here:

<https://alquevahostel6.wixsite.com/mysite/quartos>

Phone: + 351 266 637 037

Mobile: + 351 969 698 817

E-mail: alquevahostel@gmail.com

The hostel has WI-FI connection

FOOD

Dinner on arrival day and during the event meals will be served in the restaurant "O Artur", near the hostel and the place of activities (snacks, lunches and dinners).

The food will be mainly Portuguese cuisine, always taking in to account the dietary restrictions indicated in advance by the participants. Here's the link to the restaurant: <https://postodeturismo.pt/pt/restaurantes/portel/restaurante-o-artur>

Time of meals during the training course:

-07:30 – 08:45 am – Breakfast (attention: on the 3rd June, day of the return, breakfast will be from 06:30 am and 7:15 am)

-11:00 – 1:30 am – Snack

-01:00 – 02:30 pm – Lunch

-04:30 – 05:00 pm – Snack

-08.00 – 09:30 pm – Dinner

THE VENUE: HOW TO GET HERE (ALQUEVA)?

Official day of arrival in Portugal: will be considered the 27th May 2026. But participants may arrive up to two days before.

However, the project will not bear the expenses incurred due to the early arrival in Portugal, except for the costs of flights coming.

On the official day of arrival, only expenses will be incurred for travel by public transport, from the place of departure of the transport to Évora. From Évora and to Alqueva, transport will be free, by bus from the Town Hall of Portel.

The arrival to Alqueva will have to be unique and mandatory on 27th May, using the following transports:

For those who arrived in Portugal via the airport of Porto:

-1st - Metro airport of Porto - station of Campanhã; trip of 16kms, with duration approximately of 37 minutes; there is metro of half in half hour; the ticket is acquired at the station (ticket office or in an automatic machine); together follows the link with the route of the metro:

<https://acrobat.adobe.com/id/urn:aaid:sc:EU:33c08fa7-0ba9-4e9d-b250-60ad4c0bf911>

- 2nd Campanhã (Porto) intermodal terminal - bus from Rede Expressos or Flixbus, for travel to Lisbon (Oriente bus station), or the train (Campanhã railway station to Oriente railway station), choosing one of the transports and one of the indicated times:

Rede Expresso Bus

| Terminal Intermodal da Campanhã (Porto) – Departure | Terminal Rodoviário do Oriente (Lisboa) - Arrival |
|---|---|
| 09:30 am | 00:45 pm |
| 10:15 am | 01:35 pm |
| 10:30 am | 01:45 pm |
| 11:00 am | 02:20 pm |

Purchase the ticket online at: **<https://rede-expressos.pt/pt>**

The place of departure to search must be Porto (Campanhã); the place of arrival to search must be (Oriente); then select the day of travel and then the time of travel between those indicated here and purchase the ticket.

Flixbus Bus

| Terminal Intermodal da Campanhã (Porto) - Departure | Terminal Rodoviário do Oriente (Lisboa) - Arrival |
|---|---|
| 09:30 am | 00:45 pm |
| 09:45 am | 01:10 pm |
| 10:00 am | 01:15 pm |

Purchase the ticket online at: <https://www.flixbus.pt/>

The place of departure to search must be Porto; the place of arrival to search must be Lisbon; then select the day of the route and then appear the various times of transport from Porto (TIC- Campanhã) to Lisbon; finally select the time of the trip among those we indicate here and buy the ticket.

CP Train

| Campanhã (Porto) Railway Station - Departure | Oriente (Lisboa) Railway Station - Arrival | |
|--|--|---------------|
| 09:40 am | 00:22 pm | Alfa Pendular |
| 10:45 am | 01:52 pm | Intercidades |
| 11:40 am | 02:22 pm | Alfa Pendular |

Purchase the ticket online at: <https://www.cp.pt/passageiros/pt/comprar-bilhetes>

The place of departure to search must be Porto Campanhã and the place of arrival to search must be Lisbon Oriente; then select the day of the trip, indicate that it will be 2nd class (tourist), because it does not accept travel in 1st class and finally select the time of the trip among those we indicate here and buy the ticket.

Campanhã railway station is very close to the metro station of Campanhã and the intermodal terminal of Campanhã about 550m.

Here is the link with the respective locations:

https://www.google.pt/maps/dir/Campanh%C3%A3,+4300-273+Porto/Terminal+Intermodal+de+Campanh%C3%A3,+R.+de+Bonj%C3%B3ia+691+4300,+4300-084+Porto/@41.1514877,-8.5867291,424m/data=!3m1!1e3!4m13!4m12!1m5!1m1!1s0xd246491d1913239:0x2ef70d2728969fe9!2m2!1d-8.5861994!2d41.1505481!1m5!1m1!1s0xd246538a78db3bd:0xab8e27fefa691d65!2m2!1d-8.5828048!2d41.1527686?entry=ttu&g_ep=EgoyMDI1MDMwNC4wIKXMDSoASAFQAw%3D%3D

Train travel is the most expensive of the three possibilities and buses to Flixbus is the cheapest.

For young people under 25 there is a 25 percent discount on the train ticket.

On train trips you must always choose to travel in second class. And the trips in Alfa Pendular are more expensive than in Intercidades.

At Rede Expressos there is also a discount for young people up to 29 years old.

For those who arrived in Portugal via the airport of Lisbon:

-Metro airport - Oriente (purchase of the ticket at the station, usually in electronic machine)

Trip from Lisbon to Évora (participants who arrived in Portugal, both via the airport of Porto and Lisbon)

Oriente Bus Terminal - choose the Rede Expressos or Flixbus bus to Évora (bus station) and its timetable or the CP train and its timetables (train from Oriente railway station to Évora railway station).

The Oriente metro station is next to the Oriente bus terminal, as well as next to the Oriente train station. Link with these locations:

https://www.google.pt/maps/search/terminal+rodiovi%C3%A1rio+do+oriente/@38.7684324,-9.1007251,439m/data=!3m1!1e3?entry=ttu&g_ep=EgoyMDI1MDMwMy4wIKXMDS0ASAFQAw%3D%3D

Transport and respective schedules to choose:

Rede Expressos Bus

| Terminal Rodoviário do Oriente (Lisboa) | Terminal Rodoviário de Évora |
|---|------------------------------|
| Departure | Arrival |
| 03:10 pm | 04:35 pm |
| 04:00 pm | 05:20 pm |

Purchase the ticket online at: **<https://rede-expressos.pt/pt>**

The place of departure to search must be Lisbon (Oriente); the place of arrival to search must be Évora; then select the day of the trip and then the time of the trip among those indicated here and buy the ticket.

Flixbus Bus

| Terminal Rodoviário do Oriente (Lisboa) Departure | Next to the Terminal Rodoviário de Évora Arrival |
|--|---|
| 03:10 pm | 05:25 pm |

Purchase the ticket online at: <https://www.flixbus.pt/>

The place of departure to search must be Lisbon; the place of arrival to search must be Évora; then select the day of the trip and then appear the various times of transport from Lisbon (Oriente) to Évora; finally select the time of the trip we indicate here and buy the ticket.

CP Train

| Oriente (Lisboa) Railway Station Departure | Évora Railway Station Arrival |
|---|----------------------------------|
| 05:02 pm | 06:35 pm |

Purchase the ticket online at: <https://www.cp.pt/passageiros/pt/comprar-bilhetes> The place of departure to search will be from Lisbon Oriente and the place of arrival to search must be Evora; then select the day of the trip, indicate that it will be 2nd class (tourist), because it does not accept travel in 1st class and finally select the time of the trip we indicate here and buy the ticket. Next to the railway station of Évora will be the free bus from City Hall of Portel, to pick up those who come in this transport, bound for Alqueva (where the Training Course will take place).

Meeting point and time, on 27th May, 2026, to bring to Alqueva the participants in the TC, who traveled by bus from Lisbon to Évora: next to the small roundabout at the side of the Évora bus terminal, (roundabout that connects the Liceu street with the avenue of S. Sebastião), by 6:45 pm.

Link to the location of Évora bus station:

https://www.google.com/maps/search/,,%C3%89vora+Assesoria+Turistica/@38.568758,-7.9196804,441m/data=!3m1!1e3?entry=ttu&g_ep=EgoyMDI1MDMwNC4wKXMDSoASAFQAw%3D%3D

For those arriving in Portugal via Faro airport:

-1rst - Bus from the airport to the Faro bus station (the stop is right next to and in front of the arrivals/departures building; the distance is about 6 km (20 m trip) and there is a 40-minute bus.

Link with the bus schedule from the airport to the bus terminal and vice versa:

<https://acrobat.adobe.com/id/urn:aaid:sc:EU:d614f06b-4aa3-4b75-ba56-3d915a7d62bd>

- 2nd - Faro bus terminal, Rede Expressos bus to Portel - departure at 04:30 pm and arrival in Portel (bus terminal) at 07:55 pm, where the free bus from the City Hall of Portel will be waiting for Alqueva.

Purchase the ticket online at: **<https://rede-expressos.pt/pt>**

The place of departure to search must be Faro; the place of arrival to search must be Portel; then select the day of the trip and then appears the time of the trip, the only one that exists per day between the two places; select the trip and purchase the ticket.

Welcome dinner on 27th May 2026, at the restaurant "O Artur", in Alqueva, at 08:30 pm.

THE RETURN

It will be on 3rd June 2026 (official day of return), at 07:15 am (next to the hostel of Alqueva, in free transport, from the City Hall of Portel), bound for Évora.

But participants may have return flights up to two days later. However, the project will not bear the expenses incurred as a result of such, except for return flights

On the official departure day, only public transport costs will be borne, from Évora to Lisbon, from Lisbon to Porto, or from Portel to Faro. Participants with return flights at the airport of Faro, will wait in the bus terminal of Portel, by the bus of the Rede Expressos, to Faro (bus terminal), which will leave at 9:35 am and arrive at 01:05 pm. Also purchase the ticket online, on the website of Rede Expressos; the transport indicated is the only one from Portel to Faro.

The remaining participants, with scheduled flights at the airports of Lisbon and Porto, will travel from Évora to Lisbon, having to choose one of the following transports and respective schedules, according to the day and time of their return flight. And the tickets for these trips will have to be purchased online.

Rede Expressos Bus

| Terminal Rodoviário de Évora Departure | Terminal Rodoviário do Oriente (Lisboa) Arrival |
|---|--|
| 08:30 am | 10:05 am |
| 09:15 am | 10:35 am |
| 11:00 am | 00:20 pm |

Purchase the ticket online at: <https://rede-expressos.pt/pt>

The place of departure to search must be Évora; the place of arrival to search must be Lisboa (Oriente); then select the day of the trip and then the time of the trip among those indicated here and buy the ticket.

Flixbus Bus

| Next to the Terminal Rodoviário de Évora Departure | Terminal Rodoviário do Oriente (Lisboa) Arrival |
|---|--|
| 08:45 am | 10:05 am |
| 09:00 am | 11:10 am |

Purchase the ticket online at: <https://www.flixbus.pt/>

The place of departure to search must be Évora; the place of arrival to search must be Lisboa; then select the day of the trip and then appear the various times of transport from Évora to Lisbon (Oriente); finally select the time of the trip among those we indicate here and buy the ticket.

CP Train

| Évora Railway Station Departure | Oriente (Lisboa) Railway Station Arrival |
|------------------------------------|---|
| 09:06 am | 10:36 am |

Purchase the ticket online at: <https://www.cp.pt/passageiros/pt/comprar-bilhetes>

The starting point to search will be from Évora and the arrival point to search should be Lisbon East; then select the day of travel, indicate that it will be 2nd class (tourist), because it does not accept to travel in 1st class and finally select the time of the trip that we indicate here and buy the ticket.

Participants with return flights scheduled at the airport of Porto, will also have to purchase their tickets for trips from Lisbon to Porto, online, taking into account the days and times of such flights.

WHAT TO BRING WITH YOU

- ID card or passport;
- Any necessary medicines;
- European Health Insurance Card (CESD), which is free of charge;
- Laptop computer for the performance of work during activities in the room; especially since the work performed will have to be recorded in digital format;
- Positive attitude and willingness to contribute to the experience;
- Toiletries, slippers for the shower, iron, iron and other personal care items are not provided by the accommodation, as well as some towel (since only a face towel and a bath towel are provided);
- Comfortable clothes and shoes for the season and to walk; it will be warm, namely 35 degrees in the afternoon; and as we will go twice to the river beach of Alqueva (about 1700 m), you must also bring a bathing suit, beach towel, sunscreen, hat, etc., and
- Cookies, cakes, drinks (no alcoholic beverages are allowed), flags (also required for an icebreaker), games, songs, dances, quizzes and traditions to present about your country; as there will be a cultural night; as this activity will be in one day, after dinner (maximum 2 hours and 30 minutes), each organization will have a limited time.

Accommodation and meals are covered by project funding during the TC (, from dinner and accommodation on 27th May 2026 to breakfast on 3rd June 2026; but participants will have to bring their own money to cover any personal expenses.

It is not allowed to consume alcoholic beverages during meals and activities (including places and spaces for the performance of activities), such as in the hostel (including the use of the refrigerator in the bar of the hostel to refresh these drinks).

REIMBURSEMENT

Travel arrangements will be the responsibility of and paid for by the participants, who will then be reimbursed;

Not pay any flights before being sent the indication of what you want to do (days, hours and airports of departure and arrival and prices of each), to validate this and check if the proposed flights are compatible with the travel times in Portugal, coming to Alqueva and returning.

Invoices for the payment of flights and tickets or boarding passes (which must be in the name of the respective participant), such as public transport tickets) will have to be sent in the week following the end of the TC, in a single message exclusively to the email [smtsesperanca@gmail](mailto:smtsesperanca@gmail.com) and mandatory in pdf format; in the email must be indicated the IBAN of the bank account (which must be in the participant's name).

The refund will be made by bank transfer to each participant, within a maximum of 10 working days after receipt of the email with all documents of expenses and verification if everything is in accordance and nothing is missing.

No expenses will be refunded, in which the respective vouchers are not sent or are not as required.

CONTACT - for any further information, don't hesitate to email us

PROJECT COORDINATOR IN LITHUANIA

[Julija Staniulyte: julija@tavo-europa.eu](mailto:julija@tavo-europa.eu)



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