

**TRAINING COURSE  
CHAVES, PORTUGAL**

# **Peacebuilding Youth Mindfulness**

**8-15 February 2023**



# About the project

**“Peacebuilding Youth - Mindfulness” is a Training Course which will be held in Chaves, Portugal, from 8th of February (arrival day) till the 15th of February(departure day).**

**There will be 30 participants from 10 countries: Portugal, Italy. Greece, Jordan, Tunisia, Georgia, Egypt, Poland, Romania and Ukraine.**

**The aim of the project is to learn, develop and share instruments that foster peacebuilding spirit and diminish discrimination, xenophobia, racism, hate speech, among others. Every activity will be based on hollistic methods and a strong Meditation and Mindfulness will be present throughout the project.**



# Working Methods

All activities will be done through the methods of non-formal education.

The activities will be for example brainstorming together, plenary discussions, simulations, role plays, team building, energizers, ice breakers and many others. Non-formal education is voluntary, non hierarchical and all its methods are based on the concept of learning by doing.

# PARTICIPANTS PROFILE

The participants involved in this project will be youth workers, youth leaders and people interested in the youth sector and the topic of peacebuilding or mindfulness, according to the following profile:

- Interested in peacebuilding actions or activities, mindfulness and meditation (past or present experience on the topic is a plus);
- A minimum age of 18 years old;
- Strong motivation to learn and acquire new skills;
- Attitude for dialogue and mutual understanding;
- Gender Balance have to be followed as much as possible;
- Priority will be given to youth workers with fewer opportunities background;



# PARTICIPANTS & TRAVEL BUDGET

- PORTUGAL - 23€
- GREECE - 360€
- GEORGIA - 820€
- EGYPT- 530€
- JORDAN - 820€
- POLAND - 360€
- ROMANIA - 360€
- UKRAINE - 530€
- TUNISIA - 275€
- ITALY - 275€

**3 PARTICIPANTS**  
**PER COUNTRY**



# TRAVEL REIMBURSEMENT PROCEDURE

- Each participant will receive the 100% of the total reimbursement within the limits after the presentation of all the official original documents (Boarding Passes and Invoices), and after they have concluded the follow-up activities, dissemination of results;
- Be aware that the reimbursement will be calculated according to the travel costs of participants, from their place of origin to the venue of the activity and return.
- The reimbursement will be made by bank transfer to the bank account of the NGO partner in the project.
- COVID19 tests and health insurance are not refundable.

To have more information concerning the reimbursement rules go directly to the official guide of Erasmus+ or mail us for any doubt.

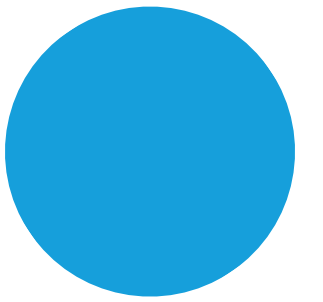


# **ABOUT TICKETS**

- Do **NOT** buy any ticket without our confirmation or permission!
- Before buying the tickets you should always address to us and send us travel plan of the participant and **ONLY** after our authorization you can proceed.
- Tickets should be bought in Economy Class and private transportation is not reimbursed. Participants are invited to purchase the most economical connections to attend the project.
- Tickets should be bought directly on the airlines websites and **NOT** through third-party agencies like travel agencies, kiwi, edreams, etc.
- Please keep all your invoices, receipts and boarding cards to deliver for the reimbursement. If you use Digital Boarding Card, be sure to take a **screenshot** of it as it often disappears from your Airline App.



# VENUE, SESSIONS AND MEALS



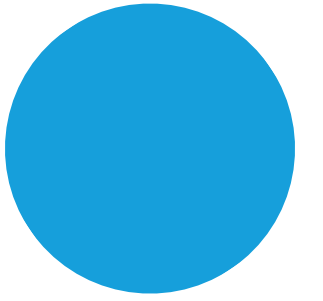
Accommodation of the project will be in CHAVES in Hotel 4 Estações, 10min from the city center.

Participants will be divided in rooms by gender. Depending on the gender balance, some rooms might have couple bed which will be assigned to participants of same gender and from the same country.

Sessions will be done in the local municipality building, and meals will be served in the restaurant right next to our session room.



# HOW TO REACH CHAVES (PORTUGAL)



To reach Portugal and Chaves we recommend flying to Oporto Airport.

Here you have a useful link to look for your flights:

[www.skyscanner.com](http://www.skyscanner.com)

[www.momondo.com](http://www.momondo.com)

We will organize a private shuttle for the whole group from Oporto Airport to the venue, for which we will include a fee of 30-40 euros to cover the bus transport to the venue on first day and back to the airport on the last day.

The fee will be deducted from the travel budget, meaning if in the end you have 30-40 euros or more left in your budget, you won't be deducted the participation fee.

Due to the shuttle, your arrival on the 8th shouldn't be later than 19h00 and the departure on the 15th not earlier than 10h00.

You can also travel up to 2 days before QR after the project, but the costs of these extra days are not covered.

# WHAT TO BRING

- Towel, Slippers, Toiletries;
- European Health Card or equivalent health insurance - Mandatory!
- Traditional food and drinks from your country;
- Laptop - 1 per country at least;
- Appropriate and comfortable clothing considering the weather and the activities - it gets quite cold so come prepared :-)

# **COVID-19**

**At the moment, all covid-19 restrictions have been lifted. In any case, we highly recommend you keep an eye on the following website where it states all the requirements to enter the country, in case they add any.**

**[www.visitportugal.com/en](http://www.visitportugal.com/en)**



# COMMUNICATION & DISSEMINATION

Each participant and partner will have to help on dissemination of results, this being the last step for reimbursement.

In order to share pictures, video and other materials please follow our guidance and rules of visibility and dissemination.

Closer to the project date we will create a whatsapp communication channel but for now please join our facebook group!

<https://www.facebook.com/groups/772893197376140>



**SEE YOU ALL VERY  
SOON IN PORTUGAL!**

**HAVE ANY QUESTIONS?  
CONTACT US!**

**Email:**

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**Erasmus+**