

# STAGE

## 4 EUROPEAN YOUTH GOALS

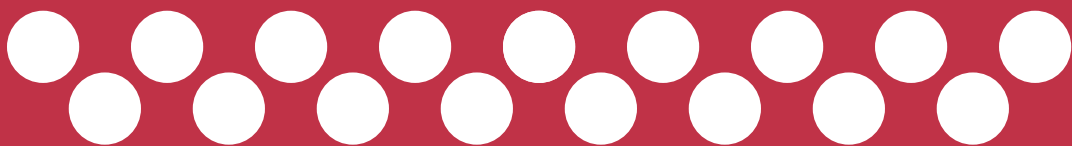
EUROPEAN YOUTH GOALS

**MENTAL HEALTH & WELLBEING**



## INFOPACK

22 APRIL TO 2 MAY 2024  
CASCAIS - PORTUGAL



Promoter

CHECK-IN

International Partners



SOCIETY  
AND ENTERPRISE  
DEVELOPMENT  
INSTITUTE



sempre  
a frente

National Partners

CASCAIS

ipdj INSTITUTO PORTUGUÊS  
DO DESPORTO E JUVENTUDE, I. P.

Co-funding

Agência Nacional  
Erasmus+ Juventude/Desporto  
Corpo Europeu de Solidariedade

Co-funded by  
the European Union

## PROJECT

### **STAGE 4 EYG - Stage 4 European Youth Goals**

The international youth exchange "STAGE 4 EYG" (European Youth Goals) is a project within the scope of the Erasmus+ program, dedicated to 30 young people from different European countries. Lasting 10 days, this exchange aims to provide an enriching and educational experience for participants, focusing on personal, intercultural and social development. The "STAGE 4 EYG" exchange suggests a stage-centered approach, establishing the use of FORUM THEATER techniques as a fundamental tool in the learning process. Forum theater is a form of interactive theater that allows participants to explore and debate social issues, encouraging critical thinking and creative expression. This approach provides a unique platform for young people to explore and discuss topics relevant to the European Youth Goals (EYG) and this year we will focus on Goal #5 - Mental Health and Wellbeing.

## AREAS

- Youth participation / active citizenship;
- Inclusive democratic participation / democracy;
- International cooperation, international relations and development cooperation.

## AIMS

- Raise participants their self-efficacy and empowering them in their personal and professional life, especially those with fewer opportunities;
- Improve youth work quality and enhance the role of youth and NGOs as social facilitators;
- Use the European Youth Goals during the work with youth;
- Improve international cooperation between organizations and build of trustful long-term cooperation;
- Recognition of the educational value of NFE activities



## YOUTH GOALS

Check-IN's 6 Structural Youth Goals between 2021 and 2027 are:



THE PROJECT IS SUPPORTED BY: Erasmus+, KA1: Mobility of Individuals, Portuguese National Agency. Was approved with reference number: 2023-1-PT02-KA151-YOU-000114731

You could find more information about Erasmus + Program in:

[www.ec.europa.eu/programmes/erasmus-plus/index\\_pt.htm](http://www.ec.europa.eu/programmes/erasmus-plus/index_pt.htm)



## **PROMOTER**

### **Check-In - Cooperation and Development**

is a non-profit organization, founded in 2010, based in Beja and operating from Lisbon, in Portugal. It was created by a small group of people experienced in the management and coordination of mobility projects, and active in the world of volunteering and development. Our organization mainly focuses on youth and adult mobility, non-formal education and the overall sharing of knowledge, through the support of European cooperation initiatives. Our aim is to promote lifelong learning opportunities, to encourage social integration, education for sustainable development and social entrepreneurship. Our working methods are furthermore deeply rooted in the European core values, such as the respect for human rights, democracy, gender equality, ecological awareness, intercultural tolerance and solidarity between the people.

Website: [www.checkin.org.pt](http://www.checkin.org.pt)

## **INTERNATIONAL PARTNERS**

**Youthfully Yours (Greece)**

**Amaita Intercultura (Italy)**

**Society and Enterprise Development institute  
(Lithuania)**

**Sempre a Frente (Poland)**

## **PORTUGUESE PARTNERS**

**Cascais Municipality - Jovem Cascais**

**Portuguese Institute of Youth and Sport**

## **PARTICIPANTS PROFILE AND NUMBER:**

Per partner - 6 people for each country = 5 participants (18 to 25 years old) + 1 team leader (no limit of age) with experience in Theatre.

All participants need to fill in this form (by the 8th of March 2024): <https://forms.gle/oZSrx44ZJWrKPe5S7>





## HISTORY - PORTUGAL

A piece of land planted in the edge of the ocean. Previously called as Lusitania (from latin Lux Citania - meaning the Land of Light), Portugal traces its national origin to 24 June 1128, with the Battle of São Mamede. Afonso proclaimed himself first Prince of Portugal and in 1139 the first King of Portugal. By 1143, with the assistance of a representative of the Holy See at the conference of Zamora, Portugal was formally recognized as independent, with the prince recognized as Dux Portucalense. In 1179 Afonso Henriques was declared, by the Pope, as king.

## LANGUAGE

In Portugal people speak Portuguese. The locals (mostly youngsters) speak English, but they appreciate that you make an effort to speak Portuguese. Here are some expressions or phrases to help you at the start of your stay:

- Olá - Hello
- Bom dia - Good morning
- Obrigado - Thank you
- Desculpe - Excuse me
- Fala inglês? - Do you speak English?
- Café - Coffee
- Cerveja - Beer
- Adeus - Goodbye

## CULTURE

The most famous part of Portuguese culture is Fado (it means Fate), a type of music that is connected to the word without translation, Saudade (a mix between melancholy, sadness, missing something or somebody, love, emotion and feelings). It's considered Intangible Cultural Heritage, by Unesco. The most famous fado singer was Amália Rodrigues. Nowadays new names and ways of singing fado are appearing, like Mariza, Ana Moura, Carminho, among others.





# LOGISTIC - TRAVEL

You need to arrive and depart from Lisbon Airport. After that you need to take a metro in Lisbon and take a train to S.,o Pedro do Estoril (Cascais).

**INSIDE LISBON** On arrival to the airport, at exit, after passing the security and collect your luggage, go to your right and look for the sign of Metro:

There's a subway (Metro) line right at the exit of the airport, and this is the best and cheapest way for traveling in and around the city. You have the time and opportunity to see the city, we advise you to use this transport.

There are 4 different lines (red, blue, green and yellow). The one that connects the airport to the rest is the red line. The price of each ticket is 1,80€. You will also need a reusable card, onto where each electronic ticket is stored. This card can be saved for later use. The cost of this card is 0,50€. You can buy it in the vending machines that are present in all the metro stations (there's an option to have the menu in English). The first time you buy a ticket, the machine will issue you the ticket already loaded into the card (so the total cost will be 2,30€). Remember to keep the card to use at other times and always save the receipts (the vending machines always give receipts). With this card is also possible to use on Carris (tram and yellow bus). After you have the card and it is loaded with an electronic ticket, you need to pass it on the scan at the doors to enter the station, and again to get out when you arrive at your destination.

Normally you have a metro at each 5 minutes. If it takes longer, you have digital signs warning in Portuguese and in English.



## LOGISTIC - TRAVEL

If you will take the Train to São Pedro do Estoril you should go to Alameda (Green line Line) and take to Cais do Sodré. In Cais do Sodré you take the train to São Pedro do Estoril (all trains go to Cascais). After will be 5 minutes walk to Hostel "O Século".

### Arrival in "O Século"

When you arrive, someone from the Check-IN team will meet you at the bus station to welcome you. From there we will take you to the Youth Hostel. So, please inform us as soon as possible what is the train or bus that you will arrive in.

### "O SÉCULO" FOUNDATION - SÃO PEDRO DO ESTORIL (CASCAIS)

The "O Século" Foundation was established in 1998 to continue and expand the social work initiated by the "O Século" Newspaper in 1927, through the creation of a Children's Seaside Colony. In 1999, the foundation was recognized as a Private Institution of Social Solidarity (IPSS), reinforcing its commitment to social solidarity. Today, the "O Século" Foundation extends beyond the Holiday Colonies for children, offering a wide range of social and sustainability services, such as "O Século" Tourism, "O Século" Kitchen, and space rentals. Its support work covers children at risk, the elderly, and disadvantaged people, spread across 13 distinct social areas. The foundation impacts an average of 600 users daily, including children, youth, and the elderly, in addition to approximately 800 annual beneficiaries through holiday colonies and other initiatives.



### ACCOMMODATION

All the participants will be accommodated in "O Século" in the São Pedro do Estoril (Cascais). You will be staying in rooms with 12 beds. We kindly ask you to respect your roommates and work with them to achieve the comfort that all need. The bathrooms are shared, so please pay attention to the cleaning and respect for the space and others.







## LOGISTIC - TRAVEL

### WORKPLACE

The Training Course will be in “Pedra do Sal Environmental Interpretation Center” in São Pedro do Estoril, 5 minutes walk from O Século”. Pedro do Sal is a space dedicated to promoting the values of Natural Heritage and its relevance in the development of the place, from the very beginning, even before human existence. The building was designed as a showcase facing the coastline and the sea. Some activities will happen in auditory of “O Século”.

### FOOD

All the meals will be the responsibility of the Check-In Association.

Breakfast will be served between 8h00am to 9h15am in the Hostel.

Lunch and dinner will take place in the Hostel.

If you want you can bring snacks, fruit or small things to have with you and in your room. There’s the possibility to use the kitchen so we can have meals prepared by participants.

### THINGS TO BRING

Bring with you the following: you’ll need it and it will be necessary to present during the project:

#### A - PERSONAL STUFF

- > Towels for shower
- > Flip-flops (the bathroom is shared)
- > bathing suit (beach)
- > Personal hygiene products (shampoo, toothpaste, etc..)
- > Fresh and comfortable clothes and shoes
- > Your Health European Card
- > Health Insurance

#### B - ORGANISATION INFO MATERIAL

Leaflets, brochures of projects, publications, info material on your organization. All that can be useful for “building” here a creative presentation of your organization



## LOGISTIC - TRAVEL

### C - INTERCULTURAL MOMENTS:

#### - Intercultural Night

NO POWER POINT!!! We want to connect and enjoy! ; P

> Typical food/drink from your country: Ready food - snacks, cheese, drinks, biscuits;

> 1 night-game from your country, to make people connect to each other (MAXIMUM 4 minutes);

> 1 brief & creative COUNTRY presentation (theatre, posters, stereotypes..) (MAXIMUM 3 minute)

#### - Intercultural Breakfast

We would like to ask you to bring some typical food you eat for breakfast in your country. Each day we will have some extra food on the breakfast table from each national team. Yummy :)

## FINANCE

### BUDGET

Travel Grant per participant:

275€ - Italy

360€ - Greece, Poland

530€ - Lithuania

This budget is for the complete travel, from home to the venue of the Youth exchange (S.,o Pedro de Estoril, Cascais - Portugal), including local transportation.

You should travel to Lisbon Airport. There's only one airport in this city, so it's easy to find flights, even low cost ones like Ryanair and EasyJet.

**Fee - There is no fee for this project.**

This project is financed by the Erasmus+: Erasmus + (Youth). Being selected for this course, all costs (accommodation, travel, visa, etc.) relevant to participation in the course will be covered by the Portuguese National Agency.

**NOTE: Each participant need to do your Insurance.**



## FINANCE

### IMPORTANT

Keep all the boarding passes and tickets of airplane, bus and/or train (they are needed for reimbursement). Also all receipts/ invoices are needed, without exception.

Check-IN will reimburse the sending organization and then they will make the reimbursement of the participants. All the travels are reimbursed according to the budget presented. We will make a copy off all your receipts, tickets and boarding passes during the project.

After the participants arrive home, need to send a scan of the boarding passes and any other tickets that you have used. Also participants need to send by post. It will be given to you an envelope with our address, so it will be easier for you to just put everything inside and send it. Once we received all the documents, we will calculate all accounts and make a bank transfer to your sending organization.

**NOTE:** If you lose or did not present any of the documents stated (boarding pass, tickets, invoice/receipt), **we are not authorized by the Portuguese National Agency to give the reimbursement.**

## MEETING POINT

On 22nd of April 2024 the Meeting point will be the Hostel "O Século" lobby at 19h.

The Check-IN team will be there waiting for you.

The group will go together from the Youth hostel to the Restaurant.

## CONTACT PERSONS FOR EMERGENCY

**ANTÓNIO GOMES** (Project Coordinator)  
Cell-Phone and whatsapp: +351.963224049

**NICOLA FERRETTI** (Contact person):  
Cell-Phone and whatsapp: +39 3921195113

Emergency Contact - Police, ambulance and fire department emergencies - **Call 112**

**WE WISH YOU A WONDERFUL TIME IN PORTUGAL!**

**ATÉ JÁ \ SEE YOU SOON**



# STAGE

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