



**6th–13rd Setember**



**PINUS VERDE**  
Associação de Desenvolvimento



**Erasmus+**

# Project Eco Opportunities!

The youth exchange “Eco-Opportunities”, is a project organized by Pinus Verde. (<http://www.pinusverde.pt/>), wich is main theme is eco opportunities.

Financed by the Erasmus + program, the youth exchange proposes dates for the face-to-face activity of the project from 6th to 13th September 2021. The youth exchange “Eco-Opportunities”, has as its main objective to acquire knowledge and the development of skills for the development of opportunities related to the eco concept in the various possible areas of its development.



Our goal is to provide participants in different European countries with knowledge on opportunities related to Nature. With the development of this youth exchange we intend to raise awareness and train participants on the importance of taking advantage of opportunities related to the environment, from promoting entrepreneurship in rural areas with the connection to nature and the primary sector, promoting eco tourism, promoting circular economy, etc.

In this way, the project will provide to the participants the knowledge and skills for the development of entrepreneurial projects that they can use as mechanisms for developments in their context, thus promoting entrepreneurship in rural areas with connection to Nature. During of the project, it is also foreseen to share projects with an environmental connection and good practices developed by Pinus Verde and the project partners, which are important points for the development of this youth exchange.

Thus, with the development of the project we intend to make an impact on a personal level, providing participants with the tools to increase opportunities for entrepreneurship with connection to rural and nature areas and disseminate them in the cities and communities themselves. This youth exchange also proposes the development of civic, social, creative and teamwork skills among young Europeans of different nationalities and cultures.

## Youth Exchange

6th to 13rd Setember 2021 *\*(Travel days included)*

**5 persons p/team**

## TRAVEL COSTS

Portugal	.....	0€
Spain	.....	180€
Italy	.....	360€
Czech Republic	.....	360€
Romania	.....	360€

*\*(Travel costs will be reimbursed according to te distance calculator and the Erasmus+ rules)*

# Organisation



**PINUS VERDE**

Associação de Desenvolvimento

Pinus Verde emerged in 1998 with a strong connection to the territory of Pinhal Interior (Central Region). Since then it has assumed the leadership of numerous sustainable development projects, which have been the anchor of development in the municipality of Fundão and throughout the region. Basically, the Association is essentially a tool at the service of a community and a territory, assuming as transversal objectives the improvement of the quality of life of the rural communities, as well as the promotion of multiple uses of the forest and the preservation of the environment and heritage.

In Pinus Verde's initial project, the main objective is the sustained development of the main source of region, with the forest being the basis of the entire process of economic development. This caused the Pinus Verde was born as the Association of Forestry, Beekeeping and Agricultural Producers of Bogas.

The second step was the opening of the Association to private communities and, later on, to public entities, establishing a network of partnerships essential for its intervention in the territory. Thus comes the Action Plan called "Serra, Xisto and Rio", with priority intervention in the establishment of links between both banks of the river Zêzere. In the sense of territorial intervention and the importance of requalifying the rural heritage, of solidifying the network for socio-cultural animation and the fight against poverty and social exclusion, the Association has been a promoter of projects and intervention strategies in forestry, beekeeping, local products, fight against poverty and exclusion social, professional training, heritage requalification (Rede das Aldeias do Xisto,

<http://www.pinusverde.pt>

<https://www.facebook.com/PinusVerde/>

## HOW TO GET TO PORTUGAL & COVILHÃ?

### ARRIVAL

Lisbon airport, 6th Setember (Before 15:00, please confirm your flight details).

### DEPARTURE

Lisbon airport, 13th Setember (After 18:00, please confirm your flight details).

You must take a flight to Lisbon airport because it is the main international airport of Portugal and you will find flights from your country easily. About transportation from the airport we will pick up the participants at the airport and bring them directly to the project location, all together, by a private bus.

This private bus is taking the group from Portugal airport to the accomodation. The meeting point in the aiport will be announced in the facebook group and by email all the information and maps to get there.

The cost of the private bus per participant is 15€, which includes both trips to and back to the airport. We believe that is more than fair price for both trips. This 15 euros will be deducted from the final reimbursement of each participant.



# Preparation

Each Organization should gather information about their countries and cities/villages (traditions, habits, curiosities...) as well as a presentation about their organization. Those presentations should be dynamic, creative, and trying to involve the whole group. There is not limit for imagination and creativity.

For the cultural nights you should bring some traditional snacks and drinks, and prepare an explanation about them.

You should bring with you ALL the tickets and boarding documents concerning your travel costs, these documents are **VERY IMPORTANT FOR THE REIMBURSEMENT**.

Since one of our activities will be a workshop about your national reality, you will have to prepare a presentation about this topic related to your countries or communities.

Your tasks for the exchange:

- o Presentation of your country and your sending organisation.
- o Information about the situation of your country on the main topic.
- o Traditional foods and drinks for the cultural night.
- o Flag of your country would be great.

Reimbursement of the Travel Expenses: According to Erasmus + guide 2014–2020.

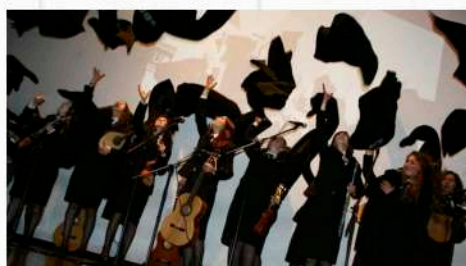
## Cultural Night

We will have time for wich country where you can expose your customs, traditional dances and culture.

All the teams must prepare some presentation from their countries in a creative way.

We hope, that your culture means something to you more than national food and drinks. Also bring the flag or your country. It would be nice if you bring also some small souvenirs with you (costs are not covered).

And don't forget to bring some traditional music for the intercultural nights.



## What to bring!

Towels

Warm clothes (The project is developed in a region where the nights are cold)

Masks and protecting equipments

Sportive clothes

# Costs and Reimbursement

"Eco oportunties" Youth Exchange project is implemented with financial support from the European Commission and the Erasmus + programme.

Accommodation, food, as well as activities costs will be covered from the project budget. It is recommendable to get travel insurance but it will not be covered by the project budget.

Travel expenses will be covered after collecting all the travel documents on good conditions. Participants have to use the cheapest ways of transportation and submit the original invoices for plane tickets, boarding passes, train and bus tickets. Private cars, taxi and first class tickets will not be reimbursed.

Please keep the boarding passes from your airport check-in as well. Reimbursement will be done in [Euros](#), regardless of the currency indicated on your ticket and receipt/invoice. Please note if you bought your ticket in your local currency which might be different than Euros, we will calculate your travel costs according to the exchange rates from official European Commission web-site, on the day of the purchase:

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

## Note!!!

Make copies (better scan or take photographs) of your tickets and invoices before coming to Spain and send us all your travel documents to this email address: [eco.opportunities.project@gmail.com](mailto:eco.opportunities.project@gmail.com) as soon as you buy them. If you have tickets and invoices, make sure that you e-mailed copies of both.

**You can't buy any air ticket or any travel cost without authorization from the organization. If this happens, it will not be refund any amount of money to these participants.**

All participants must consult with the organizers on prices & routes (please contact [eco.opportunities.project@gmail.com](mailto:eco.opportunities.project@gmail.com)), before buy any tickets.

For the reimbursement of the money, you have to bring us all these original documents:

- Official Invoices
- E-tickets.
- Proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement)
- Original boarding passes

We encourage you to buy flights that have the possibility to do online check-in, this way you will be able to give us the return boarding passes before coming to Portugal, without needing to send it to us by post mail when you return home. If is not possible to do it, you will need to send us the boarding passes by post mail after the project.

Of course, if you want you can stay 1-2 days before/after the project, but you wil have to pay by yourself for those extra days.

# Health Protocol

“Eco Oportunities” Youth Exchange Project will implement, during the different phases of development a Health Protocol regarding the security and protection of all the participants and staff.

The protection and security measures will be in accordance with the legislation in force at the time of the face-to-face activity, always taking into account the recommendations of the Portuguese Health Institutions, recommendation of accommodation, recommendation of other interlocutors of the project.

## Previous to the project

As a European travel rule, the travel of any participant who presents symptoms prior to the trip to Portugal is strictly **FORBIDDEN**.

## Travel



During travel time, at all times, it is important to respect the security measures imposed by airlines, airports and various transportation companies, with regard to safety distance and the use of a protective mask.

## During project

During the project period, it is important to **FOLLOW THE ACCOMMODATION AND ORGANIZATION SAFETY STANDARDS**, a protocol that will be implemented in Portugal following the health and safety rules of the **Portuguese Health Institutions**.

. At all times of the project it will be **MANDATORY** to use a Protection Mask wich is, the participant's responsibility!

. Temperature measurements will be done to all project participants, twice a day, to guarantee the safety of the group.

. It is the responsibility of **ALL** to provide group protection with individual and group protection behaviors that guarantee the health of all.

. There will be a response protocol to any suspected case with isolation and treatment of the case in accordance with the health rules of the organization and of the General Directorate of Health Portugal.



Any other restrictions to be implemented will be in agreement with the Portuguese Health Institutions, World Health Organization, European Commission or Accommodation rules.

# Accommodation

Covilhã is a city in the center of Portugal, in the interior part of the country near to Serra da Estrela where the accommodation is located.

Participants will stay in Pousada da Serra da Estrela, you can see more about it in the following link and in the following pictures. Remind that the project is developed during the autumn/winter seasons.

Participants will be divided in dormitories for 8 people, divided by gender.

Accommodation, local transportation and other activity costs are covered by the hosting organization only during the project's dates (6th to 13rd september )



## Participants profile

### Gender balance

Each organisation will have to ensure the gender balance of the project.

### Leader's profile

To be highly interested in the topic and an active participation

To have fluent level of English.

Have experience in KA105 projects.

### Participant profile

Have a minimum interest about the topic.

To be open to learn more about the topic.

Aged between 18–30 years old + Team Leader with no age limit.

## Emergency Contacts

National Emergency Number: 112

Police: 275320920

Hospital: 275330000

Red Cross: 275094620