



INFO PACK
RETURN TO NORMALCY
April 12th to April 18th, 2023
Portugal

FUNDING PROGRAMME

This project is to be supported within Erasmus+, a Youth Mobility as a Training Course, with 6 partners. The promoter will be from Portugal (Escola Técnica Profissional da Moita), Spain (Aegee-Burgos) and (MIRAS), Belgium (Joetz), Austria (Support) and Latvia (Keep the Change).

WHEN?

From April 12th to April 18th, 2023.

WHERE?

The Training Course will be done in Portugal, in the Escola Técnica Profissional da Moita.

PROJECT SUMMARY

We are still in a pandemic period with constant global changes. During this period of global confinement, caused by Covid-19, young people were the ones being most affected, having the highest percentage of anxiety and depression.

What will come next will challenge even more how Youth relate within and in search of their place in the world, as they will need to return to their "normal" lives. So in this project, we will build together how to create our new "normal", because the "normal" as we know, is always changing as the global changes.

Our main goal is to offer a practical Bootcamp that can provide a set of tools and methods to ground, question, enable and guide young people into a more meaningful personal and professional path, after this period of big changes.

The "Return to Normalcy" Bootcamp seeks to address topics such as:

a) Improving your self-knowledge, awareness, and emotional intelligence to develop and align the soft skills with personal goals and expectations and how these could affect the personal and professional path;

b) Create a safe space where young people can exchange experiences among other peers to share and create dialogue, and common experiences, respond to collective challenges and build visions that support their dreams and perspectives in this new reality;

c) Provide several practical tips that could boost their skills and confidence, as well as support their capacity to be resilient in facing these new challenges.

d) Develop a constructive mindframe that offers a critical perspective to assess external dynamics and build collective synergies to support collaborative decision-making processes, whether form it would be, without taking individual freedom and putting emphasis on constructive approaches.

WORKING TOPICS

Personal development, Health, Environment and Ecology, Collective participation, Soft Skills development

SELECTION CRITERIA

Three participants from each partner country, 1 youth worker, and 2 youth active participants in youth work (between 18 to 30 years old) and at least one with fewer opportunities.

ACCOMMODATION

The program provides accommodation and food (3 meals) during the project and coffee breaks. All breakfast will be at the hostel Casa Europa Montijo. Address: [Rua Beatriz Cassus 124, 2870-010 Montijo, Portugal.](#)

Our Training Course will take place in the Escola Técnica Profissional da Moita (ETPM). Address: [Campus Escola Técnica Profissional da Moita Estr. CM1024, 2860-605 Moita](#)
 Coffee breaks, lunches and dinners will be provided at ETPM.
 We will have daily bus transportation from the hostel to the training course local (ETPM) after breakfast in the hostel and after dinner at ETPM.

TRAVEL INFORMATION

Participants are responsible for booking their travel – it's up to the partner organizations to support them in the process. The closest airport is Lisbon in Portugal (LIS) which has a lot of connections to many European cities.

The arrival day is April 12th, 2023. We will organize a bus from Lisbon to the place of the training course. So all participants have to be in Lisbon at the meeting point at 18:00 hrs. The meeting point is at [metro ORIENTE](#).
 You can take the metro to the Airport's station (from Lisbon Airport) to Oriente station (there are three stops from the airport to Oriente station).

The departure is on April 18th, 2023 and we recommend the participants choose a travel option after 10 hrs.

REIMBURSEMENT OF TRAVEL COSTS

The organizers will reimburse 100% of your travel costs (until the limit of the travel budget of each country) from your home city to the venue and back, according to the rules of the Erasmus+ program, as mentioned in the details below.

Country	Participants	Travel Budget
Portugal (ETPM)	5	23.00
Spain (MIRAS)	3	275.00
Spain (Aegee-Burgos)	3	275.00
Latvia (KeepTheChange)	3	360.00
Austria (SUPPORT)	3	360.00
Belgium (JOETZ)	4	275.00



The reimbursement will be made by bank transfer directly to the participant or partner organization after the training course.

*Do not buy tickets without receiving our approval, just to be sure that you will fit up the travel budget limit. Keep all the travel tickets and send us the confirmation from the airline and the invoice.

TRAINERS

Liliana Domingues is the Executive Director of AMARNA Vida, an organization whose mission is to create programs for the transformation and evolution of people as individuals so that they can be more healthy, balanced, resilient, conscious, and leaders of their own life. Her role in this TC is to support young people to build their self-esteem, self-confidence and to demonstrate their value and leadership skills, to become conscious leaders of their own lives, their organizations, their communities, and their countries. Liliana will be the one coordinating activities regarding how to work with soft skills, professional empowerment and active listening and engagement.

Pedro Freire is a social entrepreneur and has been actively engaging with civic participation projects and networks, where he has relevant roles with different organizations that support local development policies and support local led community governance models. He will be the one facilitating and intervening in the sessions of "How do I connect with the outside world", developing the resilience and social skills of each participant and making this a more operative approach, helping our vocational education school and its students assemblies to engage in structured dialogue for the future.

Wim Becker is a coach and life trainer, with relevant experiences coming from his background of working in more vulnerable neighborhoods, which works at this moment on how personal development tools like meditation, psycho-social therapies, human ecology, sustainable cooking and regenerative behavioral coaching and mentoring can support life processes and offer guidance to navigate times like the one we're facing. Wim will be one carrying out the activities more connected with personal development, self awareness and mindedness techniques and tips.

Feel free to contact us if you have any questions.

COORDINATOR

Estrella Luna Munoz
estrella.munoz@escolaprofissionalmoita.com
+351924396923

PERSON IN CHARGE

Alexandre Oliveira
alexandre@escolaprofissionalmoita.com

Diana Santos
diana.santos@escolaprofissionalmoita.com

Links:

<https://escolaprofissionalmoita.com/>

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

<https://www.instagram.com/escolaprofissionalmoita/>