



**ASSOCIAÇÃO DE PROMOÇÃO SOCIAL, RECREATIVA, DESPORTIVA E
HUMANITÁRIA DE MACEIRA**

TRAINING COURSE

OUR HERITAGE-OUR FUTURE

**11-17 AUGUST 2025
MACEIRA-FORNOS DE ALGODRES
PORTUGAL**

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Inspired by UNESCO's celebration of twenty years of safeguarding the world's living heritage, and having observed the insufficient awareness of young people for the existence, value and danger of losing their intangible heritage, and more importantly – the potential and responsibility of young people for preserving their intangible culture, Associação de Promoção Social, Recreativa, Desportiva e Humanitária de Maceira (APSRDHM) and the project partners worked on implementing a project aimed at safeguarding intangible cultural heritage through youth work.

The specific OBJECTIVES of the project are as follows:

- equip youth workers with attitude, knowledge and skills for working on safeguarding intangible cultural heritage;**
- promote and contribute to safeguarding Europe's living culture by presenting intangible cultural heritage from different regions of Europe;**
- highlight the importance of preserving intangible cultural heritage as an integral part of cultural diversity for the prosperity of the multicultural EU;**
- provide grounds for networking of youth workers from different European countries and collaborating on developing ideas for safeguarding intangible cultural heritage;**
- improve the capacities of partner organizations for engaging local youth in safeguarding the community's intangible cultural heritage and fostering intercultural understanding by providing them with new youth work approaches and cultural activities.**

PROFILE OF PARTICIPANTS

OUR HERITAGE - OUR FUTURE is intended for youth workers older than 18 (the preferred upper age limit is 35) interested in acquiring attitude, knowledge and skills for working on preserving intangible cultural heritage, particularly youth workers who have little knowledge in this field, so that they can gain these competencies during the training course. Each partner organization participates with 3 participants.

Registration

All participants need to be first selected by the participating partner organizations and then are **required** to fill in the Participant Form provided to the partner organizations by the project organization team of APSRDHM in order for their participation to be confirmed.

DATES

Participants are expected to arrive in the hostel where the Training Course will take place by 19:00 on 11.08 (arrival day), and depart on 17.08 (departure day).

You may arrive a maximum of 2 days before 12.08 or leave a maximum of 2 days after 16.08 (these are the activity dates of the project). If you decide to arrive a day or two before the Training Course or leave a day or two after it, all your expenses regarding your accommodation and food for these extra days cannot be covered by the budget of the project.

Please note that all participants **first need to inform** the project organization team of APSRDHM about their proposed travel plan for approval **before buying any tickets.**

LOCATIONMaceira - Fornos de Algodres, Portugal

Fornos de Algodres has connections to Porto and Lisbon by bus and train. Please check the links below for the train and bus schedule to Fornos de Algodres.

Trains to Fornos de Algodres: www.cp.pt/passageiros/en/

Buses to Fornos de Algodres: www.rede-expressos.pt

As soon as you **inform us** about your travel plan and times of arrival in Portugal, **we will coordinate** your arrival to the hostel.



TRAVEL COSTS

Travel costs will be reimbursed following the rules of the Erasmus + Programme for calculating the travel costs in accordance with the distance from the city of your sending organization to

Fornos de Algodres, measured using the Distance Calculator of the European Commission. The maximum total amount per person for two-way tickets that we can reimburse is:

·N. Macedonia, Romania, Latvia, Poland, Czech Republic
(distance between 2000 – 2999 km): **395 EUR/participant**

Please be aware that if you spend more money for travelling than this amount, the difference between this amount and your actual travel costs has to be paid by you.

VERY IMPORTANT: Travel costs will be reimbursed only if you passes, present your original tickets, invoices, boarding confirmation emails, and related papers connected with your travel. For all tickets and reservations bought online, each participant will be required to directly forward to the project organizer the reservation confirmation emails that they received when buying the tickets where the price of the ticket/reservation is stated. If you lose any tickets, we cannot reimburse you, so make sure that you keep everything.

Taxi is not an eligible travel cost according to the Erasmus +, so it cannot be reimbursed.

Please also be aware that reimbursement will be done after the Training Course, after the following steps are completed:

- after you provide the organizers with all your online reservation confirmation emails, original tickets and boarding passes;
- after you complete the obligatory online individual report sent by the EC;

- after each partner and national group sends the organizers proof (links, articles, photos of presentations or other forms) of dissemination of the project in their communities.

HEALTH INSURANCE is normally not provided by the Erasmus+ Programme and cannot be reimbursed. However, each participant is required to possess valid health insurance, and we **strongly recommend** you to contact your health/travel insurance companies in your country and obtain insurance cover that would be valid during your participation in this activity in Portugal. For EU citizens, possessing a European Health Insurance Card is **strongly recommended**.

ACCOMMODATION: Hostel "Entryfik"

Website: www.hostelentryfik.com; E-mail: geral@hostelentryfik.com

Address: Rua do Vale da Vinha, 1, 6370-341

Maceira - Fornos de Algodres, Portugal

MEALS

Meals will be served at the hostel. All special food requirements will be respected if there's prior information sent to the hosting organization.

ABOUT MACEIRA AND FORNOS DE ALGODRES

Maceira is a parish of Fornos de Algodres. Fornos de Algodres is a town in Portugal with approximate population of 5,000, located in the Guarda District, Portugal's Central Region. The town boasts panoramic views of the upper Mondego river valley as well as the Serra da Estrela, the highest mountain range in mainland Portugal.

In Portugal we use Euros.

LANGUAGE that we are going to use during the project will be broken **ENGLISH**.

However...the Portuguese are very friendly people, so feel free to have a chat with locals. Here are some useful everyday phrases that might help you get around:

English

Good morning

Good evening

Thank you

Yes/No

Left/Right

Good/Bad

I don't understand

Where is the main bus station?

Where is the train station?

What time is it?

I like you

Cheers

Portuguese

Bom dia

Boa noite

Obrigado

Sim/Não

Esquerda/Direita

Bom/Mau

Não compreendo

Onde é a paragem de autocarro?

Onde é a estação de comboio?

Que horas são?

Gosto de ti

Saude

You look really good, honey! Tu pareces realmente bem, querida(o)!

USEFUL LINKS

Check cheap flights to Portugal: www.skyscanner.net

Weather forecast: www.yr.no

Erasmus+ Programme: ec.europa.eu/programmes/erasmus-plus/index_en.htm

More about Fornos de Algodres: www.cmfornosdealgodres.pt

Maceir

HOMEWORK

Intercultural learning plays a central role in this project. As part of the programme of the TC, we will have intercultural evenings where you will have an opportunity to present your country, so bring your traditional clothes, flags, music, food, drinks, souvenirs, show us your national dances or games. This is a training course about promoting and preserving living heritage, therefore, please present some of your traditions, customs, craftsmanship, folklore.

WHAT TO BRING?

- your homework; - your specific medicine if you have some specific illness or medical condition. We will have a first aid kit, but we won't have specialized medicine. If you have allergies/conditions that you think we should know about, please inform us beforehand. We will keep it confidential; - sunscreen; - towels, comfortable clothes and shoes for outdoors, slippers for moving around indoors; - all papers connected to your travel; - lots of good mood, positive energy, smiles, more smiles...

