

Training Course - Information Guide

SENSE OF INITIATIVE AND ENTREPRENEURSHIP

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C A S C A I S | E S T O R I L
P O R T U G A L



THE TRAINING COURSE

"Sense of Initiative and Entrepreneurship" it's a training course in the framework of the project "Sustain your Life through Social Entrepreneurship", an Erasmus+ Strategic Partnership in Youth field involving organizations from Italy, Portugal, Spain, Netherlands, Romania, and Lithuania.

This 5 days training course will approach Entrepreneurship and Initiative from a very practical standpoint. There will be a strong focus on learn by doing, especially since the actual topic is very linked with the actual doing, or the translation of ideas into actions.

With this training course participants will learn how:

- to develop interpersonal skills to interact with other people;
- how to detect (and bring out) their learners' entrepreneurial skills;
- how to recognize and identify their entrepreneurial attitudes;
- how to turn ideas into action.

The project is designed in all its phases as an experience that can provide insights and learning opportunities to its participants. This project builds on both individual and group learning, always respecting participants needs. To achieve our learning goals, the learning process will be carefully planned and framed within the principles of Non Formal Education, Experiential and Self-directed learning.

The Training Program flow:



THE PROJECT PARTNERS



COUNTRY	ORGANIZATION	PROJECT COORDINATOR	E-MAIL
PORTUGAL (Cascais Estoril)	Freguesia de Cascais e Estoril	Inês Gomes Calado Rita Serra Coelho	projetoeseuropeus@jf-cascaisestoril.pt ritaserracoelho@jf-cascaisestoril.pt
ITALY (Caltanissetta)	PRISM-Promozione Internazionale Sicilia-Mondo	Alessandro Melillo Cristina La Rocca	a.melillo@associazioneprism.eu c.larocca@associazioneprism.eu
ITALY (Enna)	Società Consortile Rocca di Cerere, Italy	Cristina La Rocca Marcello Troia	crs.larocca@gmail.com s.troia@libero.it
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LITHUANIA (Vilnius)	Vilniaus Kolegija	Mikas Balkevicius Karolina Vasileviciute	balkevicius@gmail.com karolina.vasileviciute@gmail.com

WHEN AND WHERE

Arrival day: 21 January 2017

Training: 22 - 26 January 2017

Departure day: 27 January 2017

The training course will take place in Portugal - Cascais, a coastal town 30 Km west of the capital Lisbon.

The venue will be at Hotel Estoril Eden. It's a 4* hotel in front of the sea, with all the facilities needed to implement our training activities.

Check the hotel here:
www.hotelestorileden.pt

Check the region here:
www.visitcascais.com





PROFILE OF PARTICIPANTS

- Youth workers and Young people involved in social entrepreneurship initiatives or third sector organizations;
- Able to work and communicate in English;
- Able to use the acquired skills in future activities and willing to act as multiplier in their local communities upon their return home;
- More than 18 years old.

This training course will involve 28 participants from:

- Portugal (8);
- Italy (4);
- Spain (4);
- Romania (4);
- Netherlands (4);
- Lithuania (4).

APPLICATIONS

Participants interested in attending the training course should fill in the application form until 30th September 2016, available in the following link:

<https://goo.gl/forms/yybMQQW83ON03CCe2>

Selection of participants will be made by sending organization of each country.

PREPARATION WORK



Each national group is invited to prepare to participate in the training course by:

- Preparing for an intercultural evening: participants are asked to prepare a stand to “give a taste” of their culture to other participants, including food, drinks, and other elements like music, dance, etc.
- We will have some open space moments during the training, if you already have an idea you would like to share, please bring the materials you may need.
- Also take some cool pieces of music, games, books...or whatever you want to share in the informal time. Especially books related to the topic of the course are welcome.

THE TEAM



This training course will be facilitated by an experienced team of international trainers:

- Sara Serrão
- Rodrigo Vilarinho
(www.salto-youth.net/tools/toy/rodrigo-vilarinho.1183/)

Additional pedagogical and logistic support will be offered by the team of Freguesia de Cascais e Estoril

FACEBOOK GROUP



All participants are invited to join the Facebook page looking for “Sustain your Life through Social Entrepreneurship” -
<https://www.facebook.com/Sustain-Your-Life-Through-Social-Entrepreneurship-1535269770106985/>

ACCOMMODATION AND MEALS



Accommodation and meal costs will be covered by the project funds.

Participants will be hosted in Estoril Eden Hotel, in triple rooms. This 4* Hotel is located in front of the sea, and it offers Restaurant, Bar and Disco-Bar, Health Club (sauna and massage), Fitness Center, Jacuzzi, Swimming Pools (1 indoor heated & 1 outdoor) and Conference rooms.

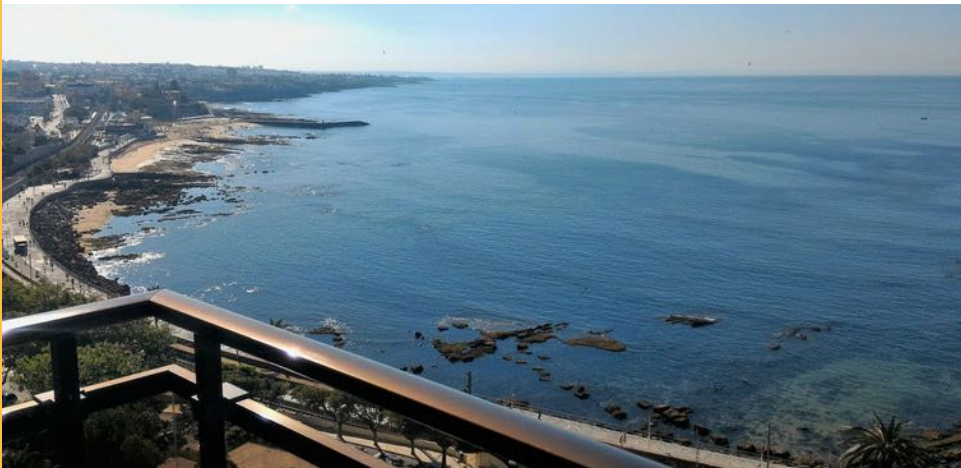
On Arrival day (21 January) dinner will be provided at the hotel.

Breakfast, lunch and dinner will be fully covered for the duration of the Training Course (22 - 26 January).

On departure day (27 January) breakfast is provided.

Subsistence costs during the journey are not included in the budget.

Check the hotel here: www.hotelestorileden.pt



TRAVEL

- Participants are required to book their flight tickets on their own.
- The flight's departure and return points are the closest international airport from the participant's official residence.
- The closest international airport to the venue is Lisbon Airport.
- Please inform about your flight details to be approved before issuing the final ticket. Please send it to your sending organization (according to your country of residence).

According to the grant support to travel costs in the Erasmus+ Programme, travel distances have been calculated using the distance calculator provided by European Commission (http://ec.europa.eu/education/tools/distance_en.htm)

Travel costs for each participant will be reimbursed according to travel distance band unit cost as indicated below. Possible extra costs should be covered by the participants themselves.

Country	Sending Organisation	From	To	Distance Band	Total
Portugal	-	-	Cascais, PT	-	0€
Italy	PRISM	Caltanissetta	Cascais, PT	>2000Km	360.00€
	Rocca di Cerere	Enna	Cascais, PT	>2000Km	360.00€
Spain	Consulta Europa	Las Palmas	Cascais, PT	100 -1999Km	275,00€
Netherlands	Stichting Hogeschool Rotterdam	Rotterdam	Cascais, PT	100 -1999Km	275,00€
Romania	Asociatia Dominou	Craiova	Cascais, PT	>2000Km	360.00€
Lithuania	Vilniaus Kolegija	Vilnius	Cascais, PT	>2000Km	360.00€

TRAVEL REIMBURSEMENT

Reimbursement will be made by the sending organization, upon full attendance of the TC and only after receiving the participants' original travel documentation, as follows:

- 1) Flight reservation + invoice by the flight company + proof of payment (bank transfer)
- 2) If the tickets have been booked by a travel agency: invoice by travel agency + travel itinerary (including name of participants + details flights) + proof of payment (bank transfer)
- 3) Original boarding passes or online boarding passes (in case of check-in online)
- 4) All original tickets of bus and/or train (if any)
- 5) Copy of ID/passport.

INSURANCE

Obtaining a full insurance (travel risks, medical, injuries) is participants' responsibility.

We strongly suggest you to have the European Health Card which is a free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in any of the 28 EU countries, Iceland, Lichtenstein, Norway and Switzerland, under the same conditions and at the same cost (free in some countries) as people insured in that country.

Check it at:

<http://ec.europa.eu/social/main.jsp?catId=563&langId=en#nationalinfo>

FROM THE AIRPORT TO THE VENUE

The nearest international airport is Lisbon Airport.

When arriving at Lisbon Airport, you should follow the signs to the subway (Metro) and take the red line subway until "Alameda" station, there you should change to the green line and go to "Cais do Sodré" station. The subway runs everyday from 6h30 to 1h00. (More info: www.metrolisboa.pt)

To use the public transports in Lisbon area, you should by the "Viva Viagem" card which costs 0,50€. The subway ticket will cost you 1,40€ valid for 1 hour. You can purchase it in the automatic machines or from the ticket office. You must validate your ticket when entering to the subway platform, and you will need it to get out.

In "Cais do Sodré" follow the signs to go to the train. You should take a train that goes to Cascais, and you should get out at "Monte Estoril" station.

To use the train you will need again the "Viva Viagem" card, you can recharge the previous one, or buy one. Buy a train ticket for 4 zones which will cost you 2,15€. You can purchase it in the automatic machines or from the ticket office. You must validate your ticket when entering to the train platform, and you will need it to get out. The train runs from 5h30 to 1h30, and the journey takes between 32 and 40 minutes. (More info: www.cp.pt)

When you arrive in Monte Estoril you have 2 options:

- Crossing the station building, go to the train station square and climb the stairs or go around (with your back to the sea, you can see already the hotel on your left side), cross the road in the traffic lights on your right, go up in the street almost in front of the traffic lights, and turn left, you will arrive at the hotel entrance.
- In the train platform, 50m after the station building you will find little stairs that will lead you to an underground passage, cross it and you will be in front of the hotel, walk around until the entrance. (Better not to use this option in the night)



<http://jf-cascaisestoril.pt/>

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