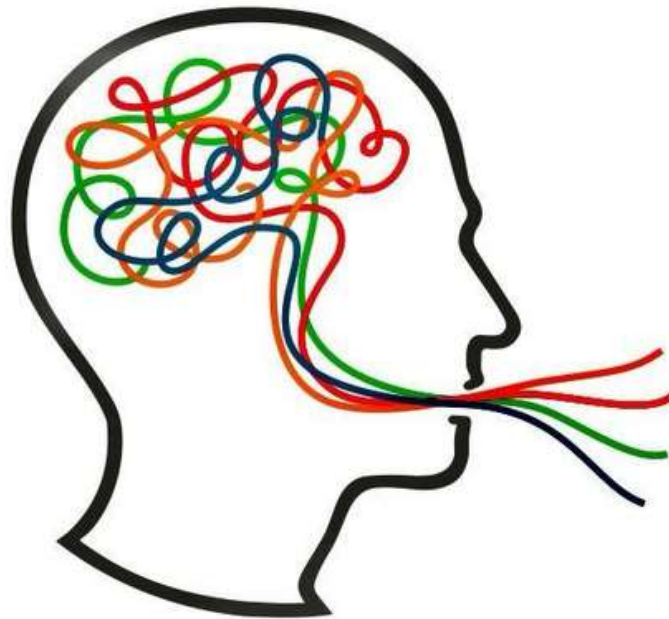


PORTUGUESE RED CROSS - DELEGATION OF SANGUEDO

# COMMUNICATION-THE KEY OF CHANGE

social media



## SANTA MARIA DA FEIRA : APRIL 8TH - 14TH

Communication plays a crucial role in problem-solving across various aspects of life, whether it be in personal relationships, professional settings, or broader social challenges.

On this training course you will learn how to improve better understanding between Youth Workers and Young People through using communicating techniques, such as: empathy, active listening, respect and validation, feedback mechanisms and using a clear and simple language.

Our goal is to create a common language, across european organizations, that will help us improve conflict resolution skills among Youth Workers

We hope that these 5 days you will spend at "Communication - The Key of Change" will be for you a vivid and rich intercultural experience!





# SANTA MARIA DA FEIRA

The city of Santa Maria da Feira is located on the northern edge of the district of Aveiro, with a total area of 216 km<sup>2</sup> and a population of 139000 inhabitants.

It's an economically very dynamic territory, due to a high degree of industrialization, 20 km from Oporto's city. It is very culturally rich due to events that it hosts annually, such as : the biggest medieval fair of Europe, a well-known street art festival and a Christmas market/event.

## WHERE YOU'LL BE SLEEPING

Hostel da Praça - The participants will be hosted in shared rooms with 5 or 8 beds. The bathrooms are shared between same gender participants. The meals will be in a different place, ISVOUGA, located 4 minutes away from the hostel, walking distance is 800m.



## WHAT DO YOU NEED TO BRING:

- Hygiene items;
- Reusable water bottle;

Comfortable clothes: keep in mind that April is usually a rainy month in Portugal;

Ideas, music, snacks, drinks, etc. to present your country and culture in the Intercultural Evening!

- Lots of positive energy :)



## WHAT LANGUAGE WILL WE USE:

The formal training language will be exclusively English.



# TRAVEL BUDGET AND FEES

Travel costs will be covered in the framework of Erasmus+ travel bands. It is possible to use the option of "Green Travels", communicating it before.

- Between 100 and 499 KM: 180 euros
- Between 500 and 1999 KM: 275 euros
- Between 2000 and 2999 KM: 360 euros
- Between 3000 and 3999 KM: 530 euros



## HOW TO REACH SANTA MARIA DA FEIRA:

1. You should catch an airplane to Airport Francisco Sá Carneiro (OPO)
2. At the airport you should catch the metro to Porto-Campanhã
3. Once you're at Porto-Campanhã you have to catch a train to Espinho
4. Once you're at Espinho, we will arrange a private transport to take you to Santa Maria da Feira.

The costs for participation in the training course "Communication - The Key of Change" are mainly covered by the grant received from the Portuguese Erasmus+ National Agency, with the exception of a small participation fee of 20 euros - amount that will be deducted during the reimbursement procedure.

Travelling costs that exceed the amount allocated per participant back and forth will not be reimbursed and are to be covered by the participant. Therefore we suggest you book your tickets well in advance to ensure that you will stick to the amount covered by the grant

If you want to stay longer in Portugal, you can book flights up to 2 days before/after arrival/departure of the dates of the training. Tickets with the dates longer than 2 days after/before the dates of the training will NOT be reimbursed.

Once tickets are booked, please send us via e-mail the following details as soon as possible:

- Name of the Traveller (Participant);
- Date and Time of the Arrival and Departure;
- Copy of the Tickets.





# ABOUT US:

The Portuguese Red Cross - Delegation of Sanguedo is a non-governmental organization founded in June 1998.

It values volunteer work in the pre-hospital emergency, social area and youth projects. Sanguedo's red cross has 2 emergency teams working 24/7 every single day of the year, a youth team that has been working with Erasmus+ and European Solidarity Corps projects since 2022, and a team of volunteers working on the social field who help feed around 20 families every day.

It promotes support to families with fewer opportunities and hosts activities for the local senior community. The Delegation of Sanguedo, belonging to the Portuguese Red Cross national network, has the mission to provide humanitarian and social assistance, specially to the most vulnerable, preventing and repairing suffering and contributing to the defense of life, health and human dignity.





# PARTICIPATING COUNTRIES:

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33 participants from:

PORTUGAL, Portuguese Red Cross - Sanguedo

5 participants (2 Youth Workers + 2 Facilitators + 1 Trainer )

SPAIN

6 participants (6 Youth Workers)

GREECE

5 participants (5 Youth Workers)

CZECH REPUBLIC

6 participants (6 Youth Workers)

ESTONIA

5 participants (5 Youth Workers)


ITALY

6 participants (6 Youth Workers)

**VERY IMPORTANT:** Each partner organization should send 90% of their participants as Participants with Fewer Opportunities.



# ACTIVITIES SCHEDULE:

	08/abr	09/abr	10/abr	11/abr	12/abr	13/abr	14/abr		
 <b>SCHEDULE</b>	BREAKFAST								
	<b>ARRIVALS</b>	Nice to Meet You	Communication/Youth	FREE DAY	Conflict Resolution Skills - Why?	Improve understanding	<b>DEPARTURES</b>		
		Coffee break			Coffee Break				
		Opening Session	Digital Technology		Conflict Resolution Skills - Who?	Communication Techniques			
		LUNCH BREAK							
		Working Together	Visual Communication	FREE DAY	Conflict Resolution Skills - How?	Communication Techniques			
		Coffee break			Coffee Break				
		Starting The Topic	Teambuilding	Teambuilding	Teambuilding				
		REFLEXION TIME			REFLEXION TIME				
	DINNER BREAK								
	Welcoming night	FREETIME	FREETIME	FREETIME	Intercultural night	Farewell night			

Please note that this schedule may suffer some changes , if so, the participants will be informed.

Please fill this form with all of the asked information, this is mandatory to be selected as a participant:

<https://forms.gle/2s4PT7gMkQxddHaQ7>

Once you are selected, you will be added to an WhatsApp group with all of the participants and the team of the hosting organization, this will help us communicate.

If you have any doubts feel free to contact us:



dsanguedo.juventude@cruzvermelha.org.pt - Laura Borges  
dsanguedo.assessoria@cruzvermelha.org.pt - Andreia Portugal



+351 916 698 113 - Laura Borges  
+351 910 037 958 - Andreia Portugal