



# Dissolve discrimination via sports Partnership Building Activity

## Info Pack

**Place:** Guimarães, Portugal

**Dates:** 10<sup>th</sup> to 15<sup>th</sup> of August



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# About Move.T+

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Move.T+ is a youth association and our aim is as simple as to build a better world, one day at a time. We are about 50 members aged between 16 and 32 years with the desire to promote social, cultural, sport and educational activities to the local community. Our name incites everyone to move, and it reflects our common passion to create activities that add value to the people and the city, inspiring and encouraging youth movement and initiative.

We want to promote an active citizenship, greater social cohesion, awareness on relevant community issues, and a fairer society, supportive and motivated to share experiences and join efforts towards a better world. Considering the specific personal and professional skills of each member, we have structured our activities into three main components: education & health promotion, civic & cultural intervention, and sports & environment.

The scope of our activities extends to the general population, in order to raise awareness about social, cultural, environmental and other relevant issues to promote active citizenship and shared responsibility in building a better world.



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## Project summary

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In this Partnership Building Activity, we will develop projects Dissolving Discrimination through sports. We intend to find creative usage and good practices of using sport as a tool for enhancing inclusion and active citizenship.

We are to exchange and learn from each other while enhancing our capacities and quality of work.

Therefore, our aim is to identify and establish possible future long-term cooperation with the selected partner organizations and collaborate in increasing the number of projects aiming at Dissolving Discrimination through sports in Erasmus+ funded projects throughout Europe and beyond.

The greater goal of the project is also to improve the amount and variety of usage of sport-based methods as a NFE educational tool serving Dissolving Discrimination under Erasmus+ programmes.

Hence contributing to promote and implement social inclusion, antidiscrimination and active citizenship-oriented mindset and projects be it at local, national and international level too.

In this PBA we want to bring together 28 youth workers from 14 different countries working in non-profit organizations.

Expected results: Providing a meeting point to bring together 28 youth workers/leaders/managers of organizations for future collaborations on Dissolving Discrimination through sports projects such as training course creation, strategic partnership and collaborative partnerships creation.

We will be designing at least 7 projects (training course, collaborative and strategic partnership) to be applied in 2021 deadlines.

The project is designed for youth workers and youth leaders active in their organizations who are to build successful partnership and are aware on how these partnerships can be linked to the strategic priorities of their organizations.



# Project objectives

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1. Strengthen the motivation and increase cooperation between youth organizations internationally interested in the topic of Dissolving Discrimination through sports
2. Provide a space to learn and share good practices and experience on the usage of sport as a tool for Dissolving Discrimination in youth work.
3. Create the space for contact making and networking as a base of future projects with special focus on the usage of sport as a tool for social inclusion, antidiscrimination and active citizenship.
4. Foster quality improvement in organizations social contribution by developing projects using sport as a tool to Dissolve Discrimination.
5. Encourage and develop the creation of future projects within Erasmus+ framework.
6. The project will contribute to the objectives of Erasmus+ by:
  - a) Improving the quality of youth work by promoting and strengthening European cooperation between youth organizations and relevant stakeholders focusing on the usage of sport as a tool for Dissolving Discrimination.
  - b) It will enhance the opportunity of mobility of youth workers and leaders including the ones with fewer opportunities.
  - c) It is to capitalise on sharing best practices while discovering and building future collaborations on developing projects on European dimension for Dissolving Discrimination with sport as a tool to it.
  - d) To promote and implement social inclusion, antidiscrimination and active citizenship-oriented projects to be implemented in the future.



# Participants profile

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The number of participants per institution is present in the reimbursement table below.

For each group of participants, there should be numerical **gender equality** in order to ensure gender balance as well as between different sensibilities and life trajectories. All participants must know the basics for communicating in English.

The following specific criteria was established for the selection of the participants:

- youth trainers/workers/leaders active in their organizations in project management/organization and writing (minimum 1 year!);
- Strongly motivated to get more involved in the development of social inclusive sport activities;
- Preference for participants coming from a fewer opportunities background;
- Preferably participants who have some kind of experience in project development;
- Gender balance, select equal number of male and female participants.

**Please select experienced participants who are active at management level in your organization and have preferably decision-making power.**

**Be aware that our insurance only covers personal accidents and the activities proposed, during your stay in Guimarães.**



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## Move.T+ COVID-19 Policy

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**Please refer to the document in the URL below, available on our website, to understand the COVID-19 Policy of Move.T+.**

<https://www.movetmais.pt/covid-19-policy/>



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# Certification

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Participants of approved projects of Erasmus+ Youth in Action and of the Youth in Action programmes have the right to receive recognition for their participation and learning in the projects. The YouthPass Certificate is the instrument which has been developed for this purpose.

As this project is based on the principles of non-formal education, all the participants will be able to get a YouthPass certificate after the project, confirming their participation and mentioning the new gained competences.

Along with the YouthPass, participants will also be able to get a certificate of participation issued by Move.T+.





# Agenda

	Tuesday 10/08/2021	Wednesday 11/08/2021	Thursday 12/08/2021	Friday 13/08/2021	Saturday 14/08/2021	Sunday 15/08/2021
08h00 - 09h00	Arrival of participants	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09h00 - 09h30		Morning Energiser	Morning Energiser	Morning Energiser	Morning Energiser	
09h30 - 11h00		PBA introduction Expectations / Motivations	Erasmus + KA1 and KA2 strategic partnerships	Presentation of Good Practices	Project Development Phase 3	
11h00 - 11h30		Tea Break	Tea Break	Tea Break	Tea Break	
11h30 - 13h00		Values of sport for dissolving discrimination	YouthPass & Reflection Group	Project Development Phase 0	Project Development Phase 4+5	
13h00 - 15h00		Lunch	Lunch	Lunch	Lunch	Departures
15h00 - 17h00		How to build more collaborative working relationships	Study visit and Sightseeing	Project Development Phase 1	Projects Presentation, Feedback & Suggestions	
17h00 - 17h30		Tea Break		Tea Break	Tea Break	
17h30 - 19h00		Registration	Organizations Presentation	Project Development Phase 2	Learning Outcomes and Evaluation	
19h00 - 20h30		Dinner	Dinner	Dinner	Dinner	
21h00 - 23h00	Night team building Games	InspirAction Outdoor Story Night	Free Night	Intercultural Night	Farewell Night	

**\* All activities are subject to change**



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# Accommodation

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During the **TC** participants will be accommodated in **Guimarães Youth Hostel**.

Located in the centre of town, Guimarães Youth Hostel is a privileged starting point to visit the historical centre – World Heritage since 2001 with all of its typical little streets and cosy plazas. For more information you can visit their website<sup>1</sup>.

The rooms are of 2/3 persons, separated by gender with private bathroom per room.

**Address** Complexo Multifuncional de Couros, Largo do Cidade, 8  
4810-430 Guimarães  
Portugal

**GPS** 41°26'23,25"N | 8°17'35,70"W



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<sup>1</sup> <https://pousadasjuventude.pt/pt/pousadas/guimaraes/>



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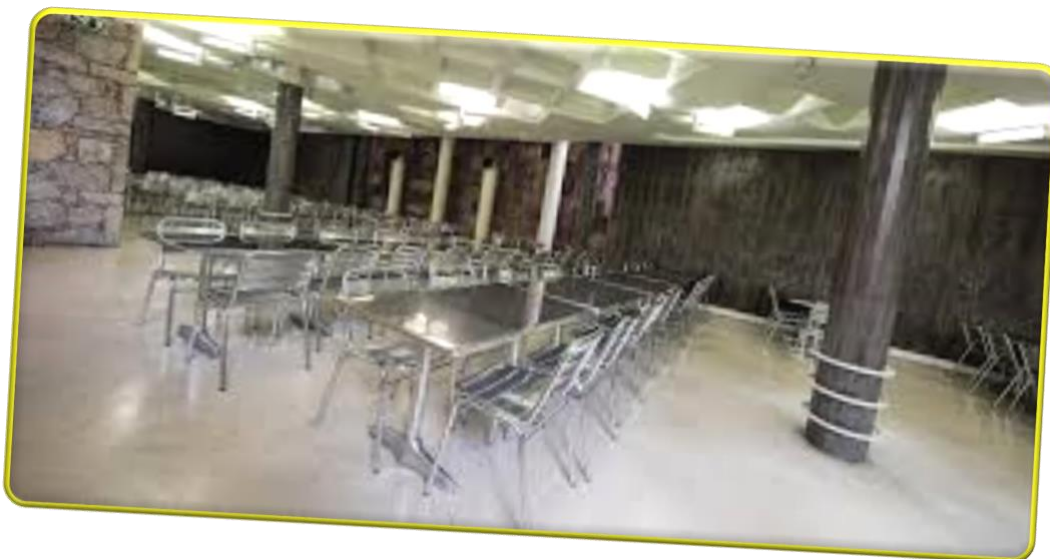
# Meals

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**Breakfast** will be served in your accommodation.

The rest of the meals will be served in several different places. Between the **accommodation**, the **University** and some **local restaurants**. We will try to get you a diversified and cultural meals in order for you to meet our culture and costumes.

**Please let us know, when filling the registration form, if there are any particular needs about the food, such as allergies or vegetarianism.**





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# COVID-19 Information

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We are following the latest Portuguese and European recommendations on the needed security measures to have a safe Training Course. We are gathering all the material need (like reusable masks, disinfectant, thermometers, etc.) in order to guarantee you a great experience

When in Portugal, if you need to buy masks, please make sure they have the following label in the cover, as it is our national certification.



If you need to enter a public space, assure that the following image is present at the door or anywhere in the environment as it is the Portuguese certification for public spaces.



You can find all the information about the European borders and their reopening at the following European website:

<https://reopen.europa.eu/>

<https://www.consilium.europa.eu/pt/press/press-releases/2020/06/30/council-agrees-to-start-lifting-travel-restrictions-for-residents-of-some-third-countries/>

You can find all the information about the security measures related to the virus in the World Health Organisation website below:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Please make sure to follow all the security measures before arriving at Guimarães and respect all the rules during the Training Course so everyone can enjoy it safely.

And remember:

**It's not about you. It's about everyone's safety.**



# Travel reimbursements table

<i>Country</i>	<b>Maximum reimbursement per participant</b>	<b>Number of Participants</b>
<i>Portugal</i>	20.00 €	5
<i>Belgium</i>	275.00 €	2
<i>Croatia</i>	275.00 €	2
<i>Italy</i>	275.00 €	2
<i>United Kingdom</i>	275.00 €	2
<i>Austria</i>	360.00 €	3
<i>Bulgaria</i>	360.00 €	2
<i>Estonia</i>	530.00 €	2
<i>Greece</i>	360.00 €	2
<i>Hungary</i>	360.00 €	2
<i>Lithuania</i>	360.00 €	2
<i>Poland</i>	360.00 €	2
<i>The Republic of North Macedonia</i>	360.00 €	2
<i>Turkey</i>	530.00 €	2

All the amounts foreseen by the project have been calculated according to the official address of each organization. So, the distance calculation has been made following the official distance calculator of the European Commission<sup>2</sup>.

For the reimbursement it is essential to travel directly in the most economical and feasible way, without any longer stop-over from hometown to Guimarães in order to arrive and depart on the given project dates.

All the requested documents serve as supporting documentation for the Project's Final Report (and reimbursement).

The organisers will reimburse for the unit travel cost using the rules of the Erasmus+ from the home city to Guimarães and from Guimarães back home. (**we will NOT cover insurance, taxi or car**).

**PLEASE NOTE** all prices need to be accepted by the coordinator before any purchase is made, a screenshot from the website can be sent to us in advance and we will approve or decline within 3 days, all attempts will be made to answer these emails as soon as possible. Tickets purchased without prior consent could result in no reimbursement for travel costs!

<sup>2</sup> [http://ec.europa.eu/education/tools/distance\\_en.htm](http://ec.europa.eu/education/tools/distance_en.htm)





# Travel reimbursements information

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**Reimbursement of your travel costs can only be done upon submitting ALL the original tickets, invoices, boarding passes tags, etc. - or upon submitting us the payment evidence along with the original ticket or e-ticket (with the boarding pass wherever applicable).**

**To be reimbursed, the participants need to take part in all the duration of the training course and all the activities.**

All the tickets bought with a different currency from EURO will be converted to EUR according to the following rules:

- Beneficiaries with general accounts in a currency other than the euro must convert costs incurred in another currency into euros at the average of the daily exchange rates published in the C series of the Official Journal of the European Union, determined over the corresponding reporting period (available at <http://www.ecb.europa.eu/stats/exchange/eurofxref/html/index.en.html>).
- If no daily euro exchange rate is published in the Official Journal of the European Union for the currency in question, conversion must be made at the average of the monthly accounting rates established by the Commission and published on its website ([http://ec.europa.eu/budget/contracts\\_grants/info\\_contracts/infoeuro/infoeuro\\_en.cfm](http://ec.europa.eu/budget/contracts_grants/info_contracts/infoeuro/infoeuro_en.cfm)), determined over the corresponding reporting period.

Reimbursement will be done in EURO, so beneficiaries with general accounts not in euros must convert costs incurred in another currency into euros in accordance with their usual accounting practices.

The reimbursements will be done through bank transfer to one account number for each partner organization upon receiving all the original tickets, invoices and boarding tags.

**You must keep a copy of all printed tickets and boarding passes so that we are able to reimburse you the costs.**

**Whenever possible, buy the return tickets and bring the invoice.**

**PLEASE NOTE:** The organizers will not provide any accommodation for additional stay in Portugal.

If participants plan to arrive a 1 day earlier or depart 1 day later, they are kindly requested to inform organisers and to justify its reason before buying any ticket!

We need to contact our National Agency for the approval upon which we will be glad to assist with necessary arrangements.



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# How to get to Guimarães

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The quickest and easiest way to get to Guimarães is flying to Oporto's airport. You could also fly to Lisbon, but it would be more difficult to get to Guimarães.

## From Oporto's airport

When in Oporto's airport, we suggest you to get a bus called "getBus", it would take you directly to Guimarães BUS station, where you will be picked.

GetBus website: <https://www.getbus.eu/>

## From Lisbon

From Lisbon, the best option to get to Guimarães is either getting a BUS or TRAIN directly to Guimarães or to Oporto and then to Guimarães. Below you can find some possible options to search for tickets.

Train webpage: <https://www.cp.pt/>

Bus webpage: <https://www.rede-expressos.pt/>

## From Oporto city centre

From Oporto city centre the best option to get to Guimarães is by Train. You can catch the Train directly to Guimarães in the Oporto's **São Bento** or **Campanhã** stations and leave in the last station, which is Guimarães.

Train webpage: <https://www.cp.pt/>

**When getting the train/metro ticket from the machine, please remember to click in the receipt button as it doesn't give you by default and we need it for the reimbursement!**

**When asked, please use the following information for the VAT invoices:**

**Name: Associação Move.T+**

**Address: Rua da Caldeiroa, 33, 4810-520 Guimarães, Portugal**

**VAT Number: 513772634**

**Please inform us as soon as possible how you are going to get to Guimarães, and at what time you will arrive.**



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## Meeting Point

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**The meeting point will be in front of the hostel at 18h.**





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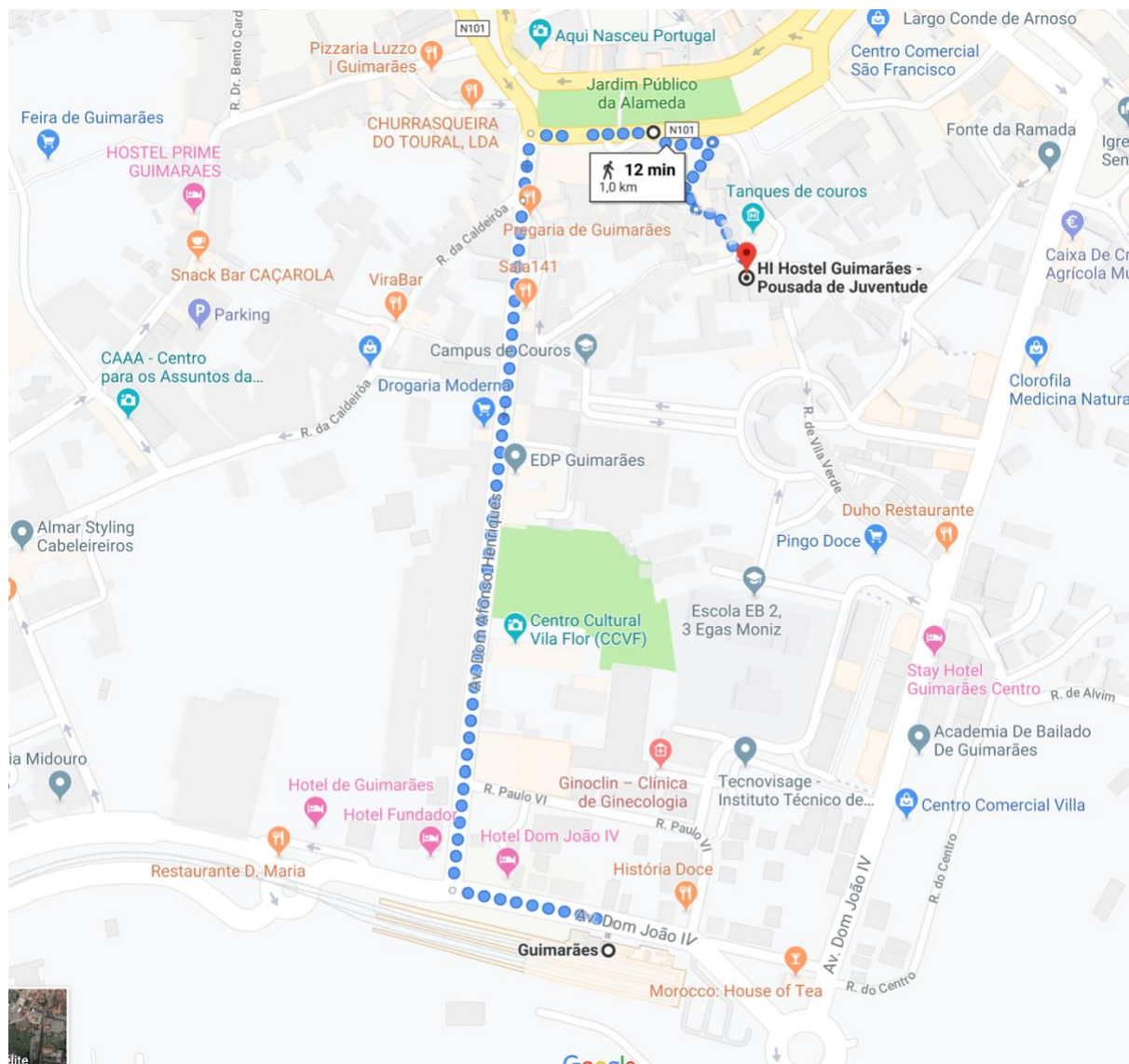
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# Guimarães in a Map

The city of Guimarães is a very small city so we will be almost walking everywhere. Bring comfortable shoes ☺

## From Train Station to Hostel

<https://goo.gl/maps/nYMSq7NcbPwKJbbo6>





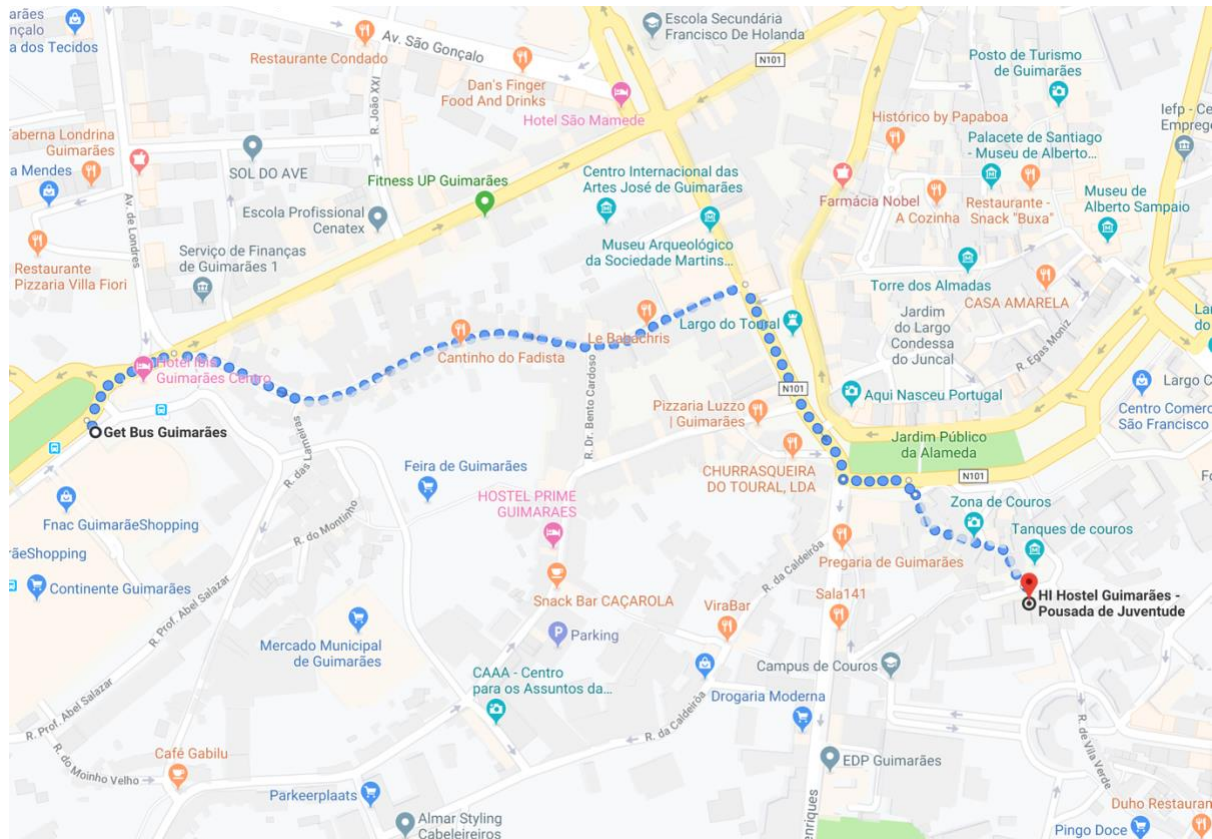
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## From Bus Station to Hostel

<https://goo.gl/maps/6tUqn49JgzkQnjPz9>





## Check List

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- ✓ **All travel documents;**
- ✓ **Comfortable clothes for the activities;**
- ✓ **Things for your showering;**
- ✓ **European Sanitary Card in order to be safe in case of emergency;**
- ✓ **Presentation about your country, organisation and activities for the intercultural night;**
- ✓ **A typical thing of your country for the intercultural night;**
- ✓ **Prepare energizers, ice-breakers and outdoor activities;**
- ✓ **Endless amounts of good mood and motivation for work and leisure;**

**Please let us know as soon as possible if you need any material for your presentations.**

## Currency

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In Portugal, the currency used is the **Euro**.

Thus, we suggest that the currency exchange is made in your own country.

There is also a currency exchange office in Oporto's Airport but have a lower exchange rate.

We cannot guarantee the exchange of all currencies in the city of Guimarães.



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## Participants Registration

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Participants, upon selection from each institution, should register in through the following URL:

<https://forms.gle/Arc85L8e6Z9mvqj56>

## Media Material

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In the following version of the Info Pack we will share with you the proper dissemination material so you can use freely.

## Social Media

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Just before the activities we want to promote the project through all social media, web sites and blogs of all the partners. Therefore, we want your help to make that possible.

Please share the exchange as much as you can, using the hashtags #movetmais , #DDVSPBA and #erasmusplus .

Don't forget to like our Facebook and Instagram page!



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



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





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# About Guimarães

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Guimarães is a city and municipality located in northern Portugal, in the district of Braga. Its historic town centre is listed as UNESCO World Heritage Site since 2001, in recognition for being an exceptionally well-preserved and authentic example of the evolution of a medieval settlement into a modern town in Europe.

For some decades, Guimarães was the capital of the County of Portugal, however, shortly after the Battle of São Mamede (1128), and due to the needs of the Reconquista, Coimbra became the kingdom's capital.

The inhabitants of Guimarães are often called "Vimaranenses" and "Conquistadores" (the Conquerors) in relation with the historical heritage of the conquest initiated in Guimarães.

MAPS: <https://goo.gl/maps/SaY9Y7bFVHNH8hNj8>





## Useful words

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ENGLISH	PORTUGUESE
<b>YES</b>	Sim
<b>NO</b>	Não
<b>PLEASE</b>	Por Favor
<b>THANK YOU</b>	Obrigado
<b>THANK YOU VERY MUCH</b>	Muito Obrigado
<b>GOOD MORNING</b>	Bom dia
<b>GOOD AFTERNOON</b>	Boa tarde
<b>GOOD NIGHT</b>	Boa noite
<b>GOODBYE</b>	Adeus
<b>BYE</b>	Xau
<b>ENTRANCE</b>	Entrada
<b>EXIT</b>	Saída
<b>PULL</b>	Puxe
<b>PUSH</b>	Empurre
<b>EMERGENCY EXIT</b>	Saída de Emergência

## Useful Contacts

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erasmus@movetmais.pt



facebook.com/MoveTmais



movetmais.pt



Guimarães Youth Hostel



(+351) 253 512 050 / 925 665 087



National Emergency Number



112



Tourism



(+351) 253 4212 21/33



Local Police



(+351) 253 540 660

## Staff Contacts

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Francisco Peixoto  
(Main Contact)



(+351) 914 964 667



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(President)



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Filipa Pereira



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Inês Gonçalves



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Luis Pliteiro



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Catarina Leite



(+351) 918 322 533

# **- IMPOTANT NOTE -**

We would like to point out the fact that  
this is an

## **Educational International Training Course Project**

NOT a holiday, sightseeing trip or a  
travel experience