

ERASMUS+ TRAINING COURSE

GO ENTREPRENEUR, GO GREEN

COIMBRA OCTOBER 27TH-NOVEMBER 4TH



Erasmus+



Youth for
the Future
Seixo de Gatões

SUMMARY OF THE PROJECT

PLACE: Coimbra

DATES: October 27th - November 4th 2022

PARTICIPANTS: 26 participants from Bulgaria, Cyprus, Greece, Spain, Portugal, Italy, Turkey and Latvia



COIMBRA IS WAITING FOR YOU

ABOUT THE ORGANIZERS

Youth for the Future

Youth for the Future is a NGO from a rural area near Coimbra and has strong connection with Young People from the region and our volunteers organize many local activities in topics such as Human Rights, Climate Change and Environment , personal development, multiculturalism, entrepreneurship, etc.



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SHORT DESCRIPTION OF THE PROJECT

Go Entrepreneur, Go Green

Entrepreneurial activity is seen as an important driver for employment recovery and growth, strengthening economic dynamics, and innovation in European countries after Covid19 crisis has thrown a harsh spotlight on a range of sustainable development challenges.

Education plays a crucial role in fostering the eco-entrepreneurial consciousness of future green innovators, entrepreneurs, and employees in the circular economy. Youth NGOs have the ability to play a meaningful role in raising awareness and cultivate an elemental shift in the mindset and attitude of the Z and Alpha Generation. Youth workers can stimulate among youth sustainable values, a green business mindset and pro-environmental behaviour,

Go Entrepreneur, Go Green want to guide youth workers to develop appropriate tools, skills, know-how, and attitudes (SKAs) to provide green entrepreneurship education services to young people interested to become “greenpreneurs.”



PROJECT'S OBJECTIVES

Raise awareness



To raise awareness about Green Deal and sustainable entrepreneurship among European young people, learn about the environmental problems & share good practices from around the participating countries

Train



Train youth workers from 8 Youth NGOs to improve specific SKAs to deliver green entrepreneurship programs locally and to equip youth workers with knowledge, key competences & employable tools related to environmental topics,

Empowerment



Empower and stimulate youth to become active in environmental and climate action and to look for ways/solutions to encourage people to be more eco friendly and to use plastic more responsibly

Spread the word

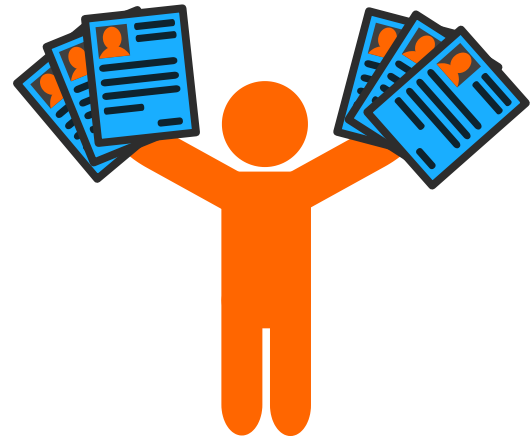


Stimulate the participants to act as global education multipliers by creating and sharing visual arts campaigns on environmental issues and reinforce the knowledge about the importance of the visual arts and how to use them to influence particular social problems, like global warming

...AND MUCH MORE

PARTICIPANTS PROFILE

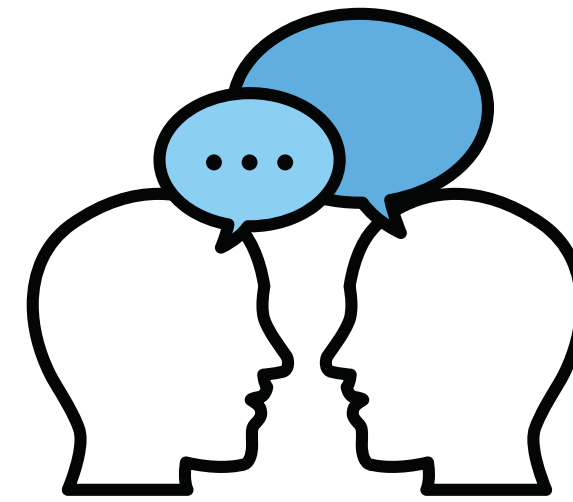
3 participants 18+ years old



Willing to switch to a sustainable lifestyle



Youth, NGO activists, volunteers, eco friendly youth



Able to Communicate in English



Want to learn more about environmental issues and climate change

PLEASE BE MINDFUL OF THE GENDER BALANCE OF THE GROUPS

ACCOMMODATION

Participants will be hosted in Coimbra Portagem Hostel, in rooms of 6/8 people with shared toilets. There is free Wi-Fi, however it might be a bit limited. Bedsheets and towels will be provided, even if It is advised to bring a towel for daily use



FOOD

Each morning breakfast will be served at a local bar. Lunch will be at the university canteen (10 min walking from the residence). For the dinner, during the week, you will have a mix of dinners in restaurants and canteen



WORKSPACE

The main activity room is located in the same area, but outdoor activities will also be incorporated.

TRAINING COURSE MAIN ACTIVITIES

WORKSHOPS

Workshops promoted by the participants on themes related to environment and climate change

CLEAN UP

During the project participants will have the chance to know better the surrounding area and clean up the some areas of Coimbra

DIGITAL PLAYBOOK

To develop one digital playbook in English which includes a collection of NFE activities and available resources for youth NGOs interested to offer local sustainable entrepreneurship education activities in an interactive and practical way

DISSEMINATION

Share the results of the project online to reach as much people as possible and create a real impact on our communities

IF YOU HAVE ANY IDEAS AND/OR
SUGGESTIONS OF ACTIVITIES - DON'T
HESITATE TO SHARE!

PLANE TO PORTO/ LISBON

You should arrive in Portugal either by Lisbon or Porto Airport and then you must get a train (www.cp.pt/passageiros/en) or bus (www.rede-expressos.pt/en/ or <https://global.flixbus.com/>) to Coimbra. Try to get flexible tickets with reimbursement or changes option.

You should arrive in Coimbra by the afternoon on 27th October and you can depart after breakfast on 4th November

It's (mandatory) really important to send us your travel plan before booking the tickets.

We strongly suggest you to take only one plane, from your country to Portugal. Nowadays it's pretty risky to do a stopover (a lot of flights are delayed or cancelled).

Don't hesitate to contact us for any travel advice! We are ready to help you!



GETTING TO COIMBRA

PLEASE DO NOT BUY ANY TICKETS BEFORE RECEIVING OUR APPROVAL.

REIMBURSEMENT

To be reimbursed for your trip. The following are necessary: 1) Tickets and boarding passes. 2) Invoice/ receipt/ booking email. Keep your bus/train tickets as well! Transportation by taxi is not reimbursable.

Your travel expenses will be reimbursed after the exchange by bank transfer to the partner association. If you fail to provide the necessary travel documents, we will be unable to reimburse you.

FINANCES & TRAVEL BUDGET LIMITS

Accommodation, living and other project /exchange related expenses are 100% funded by the Erasmus+ project. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the distance from your location:

BUDGET PER COUNTRY

ITALY, BULGARIA, GREECE	360€
SPAIN (Green Travel)	320€
CYPRUS, LATVIA, TURKEY	530€

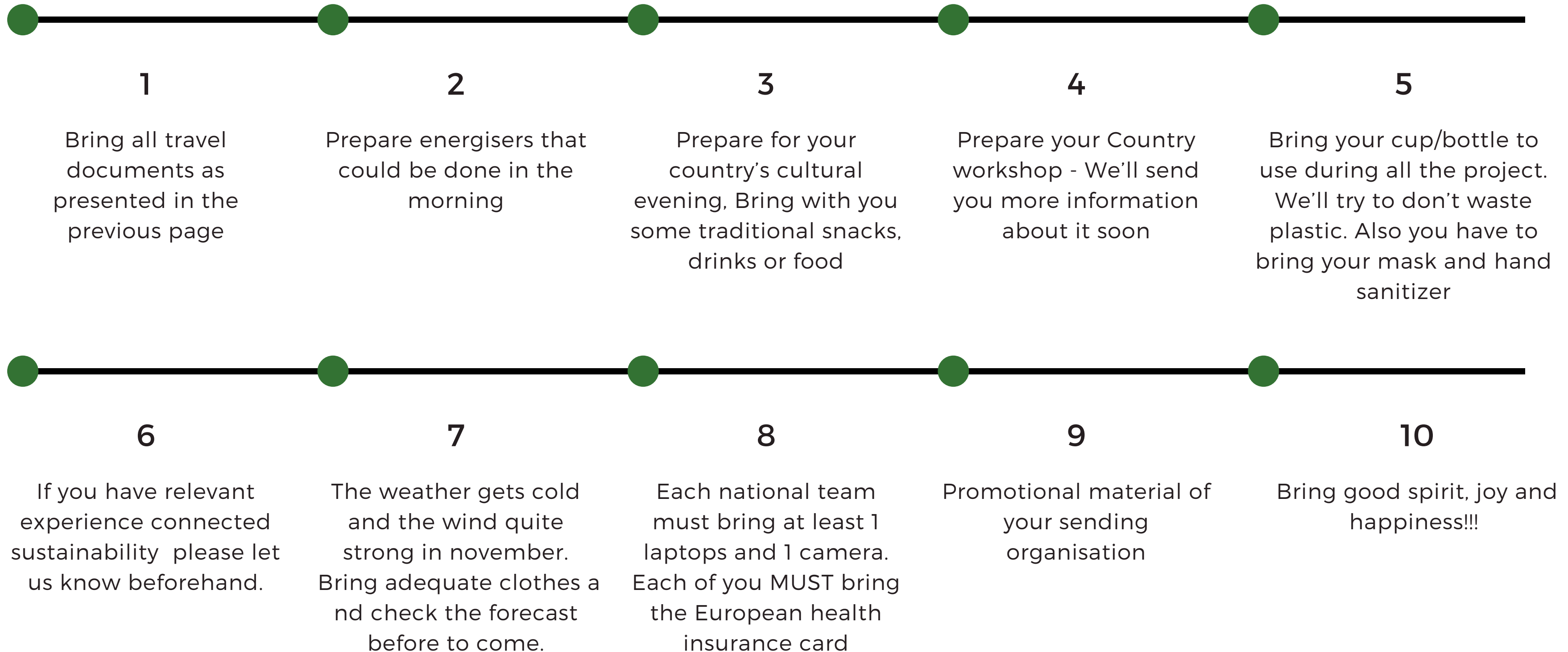


IF ANY DOUBT, CONTACT US!

PREPARATION

**YOU MUST BRING THE EUROPEAN HEALTH
INSURANCE CARD**

Get ready for the Training Course



BASIC RULES

All the participants will be expected to be present and active in all the activities, with the exception of illness.. Unauthorised absence from the activities and workshops won't be allowed.. Smoking is prohibited everywhere inside buildings, thus all the smokers will have to go outside or to specially designated areas for a cigarette. We expect you to respect the property and your living spaces.

This is a European project and not a vacation. You will however get free time for visiting and discovery Coimbra

We expect everyone to share a positive energy all throughout the exchange to encourage cohesion. Prepare to have fun!

Please note that failing to comply to these rules will result in the rejection of any applications for any future projects that we will host.



THANK YOU FOR YOUR UNDERSTANDING
AND SEE YOU SOON!



CONTACTS

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