OUR EMOTIONS ARE THE SAME

2020-1-PT02-KA227-YOU-007634

INFOPACK

Blended Mobility

Ovar, Portugal

8-12th october, 2022

OUR EMOTIONS ARE THE SAME: Inclusion Through Art

ABOUT THE PROJECT

Our Emotions Are the Same is a Keu-Action 2 project of the program Erasmus+ and seeks to promote social inclusion, equality of opportunities and the empowerment of youngsters, through activities of self-knowledge and regulation of emotions with methodologies inspired in dance, complementary to those used in the formal systems of education.

The participants come from 5 different NGO's in 5 different countries: Portugal, Romania, Lithuania, Bulgaria and Croatia.

THE DATES

The Training Course is going to happen in Ovar (Portugal) from **8th to 12th** of October 2022 (plus travel days), with 1 youth worker plus 4 youngsters from each organization.

ACCOMODATION AND FOOD

The participants will be staying in Pousada da Juventude in Ovar (Youth Hostel), in double or 4 beds rooms with shared bathrooms. The youth workers will stay in double rooms with private bathroom. More information here:
https://pousadasjuventude.pt/pt/pousadas/pousada-de-ovar/

The breakfast and coffee breaks will all be in this Youth Hostel, and most of the lunches and dinners as well. If not, we will go to a nearby restaurant or school.

PLANNED ACTIVITIES

October 7	October 8	October 9	October 10	October 11	October 12	October 13
Arrival Day from 18h forward		*Breakfast*				Departure Day - after breakfast
	Presentation of participants and organisations, project and timetable	To be planned	To be planned	To be planned	Debriefing	
		Morning Snack				
	Reflection on the expected learning achievements Youthpass	To be planned	To be planned	To be planned	Group reflection	
		Lunch				
	To be planned	To be planned	To be planned	To be planned	Evaluation and youthpass	
		Afternoon Snack				
	To be planned	To be planned	To be planned	To be planned	Free time	
	Dinner					

TRAVELLING & TIME OF ARRIVAL AND DEPARTURE

As you can see in the Planned Activities:

BM
Arriving: 7th of october
Activities: from 8th to 12th of october
Departure: 13th of october

The Porto (OPORTO) airport is the closest one to Ovar, so please land in this one.
We kindly ask you to arrive in Ovar in the afternoon or in the night (from 6 pm forward; so landing in Porto from 5pm forward) and departure in the morning, after breakfast.
Please contact us (producao@dctr.pt) before buying any ticket.

GETTING TO OVAR

From Porto's airport is pretty easy to get to Ovar. In total, it will take around 1h30.
You will need to take the metro and then the train.
Please follow these steps:

METRO

1. Once you arrive at the airport, try to follow the indication to the subway station and search for this symbol:



2. Buy your ticket at the machines: choose the Z4 option (4 zones), by 2€;
3. You'll take the  line towards TRINDADE. Get out in the SENHORA DA HORA stop (7 stops; +/- 14 min);

4. In SENHORA DA HORA you can take any of these lines to get out in CAMPANHÃ:

 towards CAMPANHÃ

 towards FÂNZERES

 towards ESTÁDIO DO DRAGÃO

(+/- 12 stops, 20 min)

5. In CAMPANHÃ, you must follow the indications to the train station.

Official site of the Porto's metro: https://en.metrodoporto.pt/

TRAIN

6. When in CAMPANHÃ, go to the ticket offices or machines (you can buy them in both places); Buy the tickets to the URBAN train by 2,35€ to OVAR. You'll receive a card by 0,50€ that you can use later to get back to Porto again.
   The travel duration is about 45-55min.

Please note:

- The final destination is usually AVEIRO, even though sometimes it may be OVAR. So when looking for the line of the train, please have this in mind;

- These tickets can only be bought on the exact day of the trip. Please don't forget to validate the card in the machines (both for metro and train);
- Don't forget to keep all the transport tickets (including train, metro, etc.) or else we won't be able to refund that money to you.

More information at: https://www.cp.pt/passageiros/en

WHEN IN OVAR...

Ovar has public transports, but since there aren't many schedules, you have the following options:
a) go by feet: +/- 35 min walking
b) Go via uber/bolt/taxi
It's +/- a 7 min ride. The price is around 5€
Search in the app/google maps for "HI Ovar – Pousada da Juventude"

WEATHER

In October, the temperatures are usually around **22ºC** maximum and 12ºC minimum. Our mornings and nights are cold compared to the afternoons so if you bring a warm coat that you can take off in the afternoon, you'll be okay. T**he houses are not usually very heated, so bring a pajama having this in mind.**

COVID-19 RESTRICTIONS

For this moment it's no longer mandatory to present a certificate of vaccination or a negative test, however, masks are still mandatory in transports. If anything changes until the date of the TC, we'll let you know.

IMPORTANT: We strongly advise everybody to have their European Health Insurance card updated and with them during the total duration of the activities.

CONTACTS

Coordinator organization (DCTR): Maria João Sá (+351 918 741 073) and producao@dctr.pt

Emergency numbers in Portugal:
The 112 emergency number is an all-service number in Portugal like in other EU states, but if you have any non-urgent health issues you can also contact 808 24 24 24 (National Health Service).

ABOUT DCTR

DCTR is a non-profit organization based in Aveiro that develops programming, creation and training activities in performing arts, focusing on dance. The duality culture-education is in the basis of DCTR's work, and the Non-Formal Education (NFE) is seen as an important piece of the individual's development as a person, professional and citizen, as important as Formal and Informal Education. We are currently focusing on social inclusion, dance, sustainable development and emotional intelligence.

The movement is the first way of thinking. Get to know more about us at: https://dctr.pt/