# OUR EMOTIONS ARE THE SAME

2020-1-PT02-KA227-YOU-007634

# INFOPACK

## Training Course

20th-24rd March 2022
Ovar, Portugal

# OUR EMOTIONS ARE THE SAME: Inclusion Through Art

## ABOUT THE PROJECT

The project Our emotions are the same: Inclusion through art seeks to promote social inclusion, empowerment and the equality of opportunities in youth by training the youngsters' knowledge and regulation of their emotions through methodologies of NFE inspired in dance.

## GOALS

MAIN:
Promote social inclusion, equal opportunities and the empowerment of young people, through activities of self-knowledge and regulation of emotions with dance-inspired methodologies, complementary to those employed by formal education systems.

SPECIFIC:
1. Promote intercultural dialogue and promote tolerance and acceptance of diversity, namely through activities that make it possible to know one's own emotions and recognize them in others;
2. Enhance the creative and artistic spirit of young people through methodologies inspired by dance and activities that provide an artistic product (photographic self-portrait);
3. Contribute to the quality and recognition of youth animation through the sharing of good practices, with a focus on the expected Training Course;
4. Create and / or strengthen collaboration networks between organizations active in the field of art, social inclusion and non-formal education;
5. Increase the capacity of organizations (and their technicians) to operate at a transnational level and to implement joint initiatives aimed at promoting participatory, alternative and attractive learning methods.

## THE DATES

The Training Course is going to happen in Ovar (Portugal), from **20th-24rd of march 2022**, with 2 participants per organization.

## ACCOMODATION AND FOOD

The participants will be staying in Pousada da Juventude in Ovar (Youth Hostel) , in double rooms. More information here:
https://pousadasjuventude.pt/pt/pousadas/pousada-de-ovar/
(for now the link is only in Portuguese since they are updating the site, but we'll send you the English version if it comes up in time. Until now, if you want to see the site, do the automatic translation from Google)
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.

# TRAVELLING & TIME OF ARRIVAL AND DEPARTURE

| Training Course |
|---|
| Arrival: 19th of march |
| Activities: from 20th to 24rd of march |
| Departure: 25th of march |

The Porto (OPORTO) airport is the closest one to Ovar, so please land in this one, if possible.
We kindly ask you to arrive in Ovar in the afternoon or in the night (from 7 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**
**It's +/- a 7 min ride but you'll probably have to wait get a driver as they aren't always in Ovar. When exiting the train station, you also have taxis there. Don't forget to ask for the invoice!**
**The price is around 5€**

**Search in the app/google maps for "HI Ovar – Pousada da Juventude"**

## REFUNDS

The travel reimburses will be based on real costs, considering the following limits (value per person):

| | |
|---|---|
| ROMENIA | 350€ |
| BULGARIA | |
| LITHUANIA | |
| CROATIA | |

NOTE: This value is the total value for both the APV and YE, so you should subtract the money you need for the other transports besides the airplane (if applicable). Subtract around 20€ to the total price in order to obtain the value for the flight.

**Important:**

- The refunds will be made until 15 working days after the end of the TC. In other to do that, each person must keep every receipt (airplane, metro, taxi/uber and train) and send us (producao@dctr.pt) or give them in hand). Without the receipts/tickets we won't be able to refund you.
- If you don't keep the invoices or if you pass the estimated value, we won't cover the extra costs.

## WEATHER

In March, the temperatures are usually around **20ºC** maximum and 10ºC minimum.
Our mornings and nights are cold compared to the afternoons so bring a warm coat/clothes that you can take off in the afternoon when it's warmer. It can rain in some of these days so bring clothes and boots ready for it.
The houses in Portugal are not usually very heated compared to other countries, so bring a pajama having this in mind.

## COVID-19 RESTRICTIONS

For this moment we are having some reliefs in the measures adopted: at this moment the masks will be mandatory only in closed spaces with more than 400 $m^2$ and outside in situations in which you cannot maintain distance from the people around you.

We will send you an email with more information regarding this prior to the Training Course, but please bring masks with you. We will also provide some extra to you.

At this moment it's required, to enter in Portugal, to have the Vaccination Digital Certificate and a negative test (even if you're vaccinated). However, this measure is imposed until 9th February, so until the Training Course this might change.

Here you have more detailed information:
https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal

And here you also have the Re-open EU portal:
https://reopen.europa.eu/pt/map/PRT/7011

**IMPORTANT: Please check the measures implemented also in the country of departure and have in mind that if you have to change flights in other country, you should also know beforehand this country's rules as well.**
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 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. One of the main goals of DCTR is to promote social inclusion through art. We are currently focusing on dance, emotional intelligence and environment sustainability.

*The movement is the first way of thinking.*

Get to know more about us at: https://dctr.pt/