Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade

Funded by
the European Union

We Need to Talk

5th - 15th May 2025
Viseu, Portugal

"When we are in contact with our feelings and needs, we humans no longer make good slaves and underlings " — Marshall Rosenberg



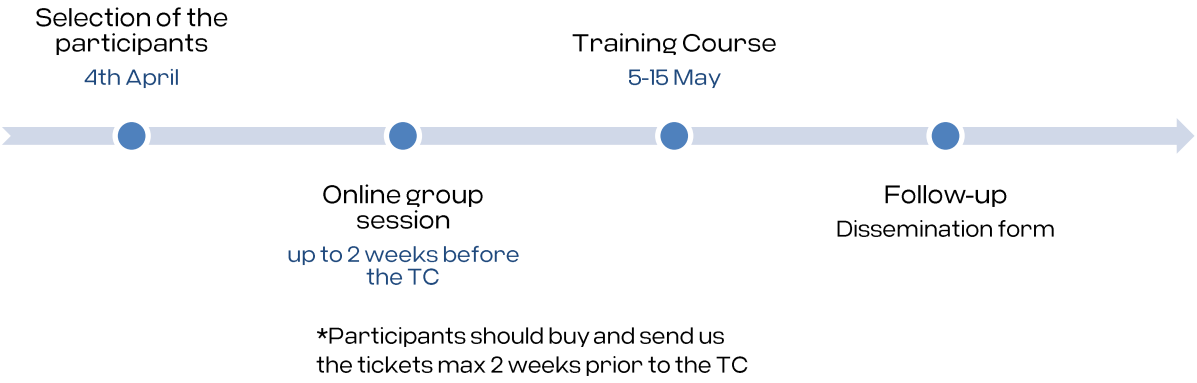
ABOUT THE PROJECT

We Need to Talk is a project aimed at promoting socio-emotional skills among youth workers, particularly focusing on the power of communication. The topics we will explore include self-awareness, inner dialogue, interpersonal relationships, non-violent communication, and the broader impact of communication on systems, social norms, and politics. Our goal is to empower individuals to have a voice in the realm of human rights while fostering critical thinking and encouraging a re-evaluation of how we relate to ourselves and others. Ultimately, we seek to cultivate a non-violent, compassionate, and participatory way of engaging with the world.

You will be welcomed by a dedicated team to help you navigate through the topic and that will provide a safe and supportive environment where everyone is encouraged to explore themselves at their own pace, respecting their boundaries while embracing new experiences and stepping outside their comfort zones.

There will be 27 participants in total, from 9 different countries. We are still deciding on our partners, so we don't have all the participating countries selected. However, so far, they will be Portugal, France, Estonia, Greece, Bulgaria, Romania, Sweden and Turkey.

Here are the milestones of our project:



Please acknowledge that the project is not only a Training Course. You are expected to participate actively in the online session, in the dissemination activities and in the whole project in general!

OUR APPROACH TO ERASMUS+

Organizing an Erasmus+ project is an exciting and rewarding experience, but it also takes a lot of effort and dedication. Our team puts great care into planning meaningful and well-structured activities, and we truly appreciate participants who respect and value this hard work. You can always count on us to be fully committed to providing a high-quality learning experience!
We welcome participants who are genuinely interested in the learning process, rather than joining only for the travel aspect or as a break from daily life. There are many organizations with different focuses, which is great, but our priority is creating impactful learning opportunities. We also encourage first-time participants to take part

and grow through this experience.

Cultural exchange is a key part of our project, but Erasmus+ is not a tourism program. We ask everyone to respect the project guidelines, which you can find here. By filling out our form after selection, participants automatically agree to these rules.

If a participant does not follow the rules, we will address the issue directly with them. If the behavior continues, they may be asked to leave the mobility, and accommodation and meals will no longer be provided. Our goal is to create a positive and respectful learning environment for everyone!

OUR TEAM AND ABOUT DCTR

DCTR has organised over 10+ mobilities and coordinated several projects. DCTR has also sent 200+ participants abroad. We are active in the fields of art, emotional intelligence, climate change and social inclusion.

Below you may find the members of our team:



Project Coordinator and Facilitator

Margarida has been working in DCTR since 2024. She is a clinical psychologist and a project coordinator and facilitator. She aims to promote safe spaces for people to express and develop themselves fully, embracing a non-violent and loving way of being, with communication at the heart of human relationships. She will be the coordinator and a facilitator in this project.



Facilitator

Carla is an actress, and an improviser based in Paris. Carla performs in various shows and teaches improvisation and theatre. Carla is also a work psychologist, offering performances and workshops to raise awareness about mental health. For her, embodiment, communication, and psychology are closely linked, with human connection and personal growth being at the core of her work. She is going to be a facilitator in this project.



Facilitator

Luciana is a Brazilian in Portugal, a lawyer turned educator. She runs Speak Your Mind, an English school for women, and co-founded a company for women entrepreneurs. She is a student at the University of Aveiro, a researcher at DCTR, feminist, and mother—passionate about emancipation, education and nonviolent communication.

TIMETABLE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	
	06/5	07/5	08/5	09/5	10/5	11/5	12/5	13/5	14/5	
	Breakfast 8h-9h *Activities start at 9h30*									
05/05 Arrival Day until 19h in Viseu train station Check-in starts at 16h	Get to know	Practice Self-awareness: introduction	Practice Social awareness: introduction	Practice Verbal and non-verbal communication	Practice Communication within social systems: introduction	Practice Communication, improvisation and drama: introduction	Free Morning: activities	Practice Community	Practice What now?	15/5 Departure Day after breakfast Check-out until 11h
	Morning Snack 11h-11h30									
	Get to know	Self-awareness	Social awareness	Non-Violent Communication	Communication within social systems	Communication, improvisation and drama	Free Morning: activities	Community	Evaluation, youthpass and debriefing	
	Lunch 12h30-14h									
	Program and goals of the project Communication	Self-awareness	Intercultural afternoon	Non-Violent Communication	Free time	Communication, improvisation and drama	Community: introduction	Community: street intervention	Contributions from Participants: Exploring New Perspectives	
	Afternoon Snack 16h-16h30									
	Practice and sharing circle	Practice and sharing circle	Intercultural afternoon	Practice and sharing circle	Free time Sharing circle	Practice and sharing circle	Practice and sharing circle	Practice and sharing circle	Goodbyes and gratitude	
	Finish activities – 17h									
Dinner 20h										
21h Welcoming	Free evening									

*Please note that this timetable is not final and may be subject to changes

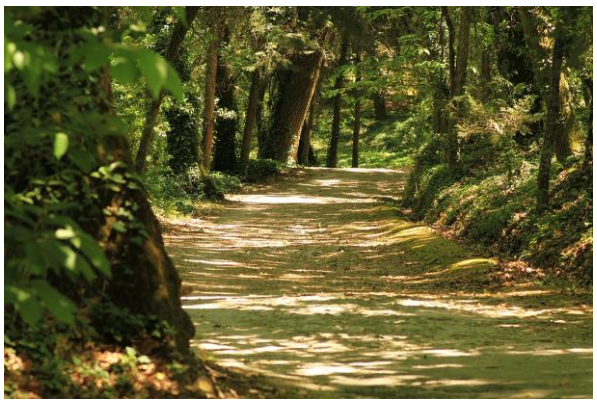
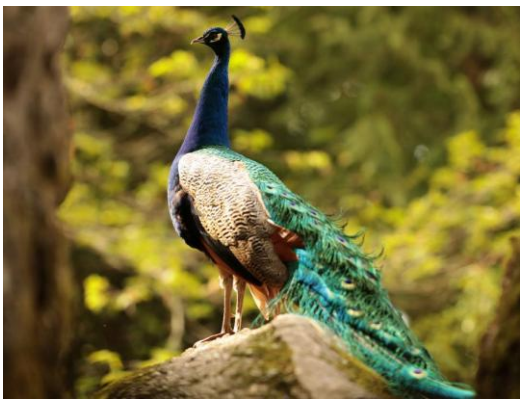
ACCOMODATION AND FOOD

The project will be implemented in the framework of the Erasmus + Programme, which means that accommodation and food will be covered 100% by the organizer.

Participants will stay at **Pousada da Juventude, located in Viseu, Portugal** (located here) in comrades of 4pax maximum. It is located in the Fontelo Forest Park where the natural and historical heritage come together.





Expect to connect with nature in the very relaxing environment that this guesthouse provides! Near the hotel there's cafés, restaurants and gardens. In a 10/15-minute walk you can reach the city center and mini/supermarkets to buy whatever you need.

More information here: https://www.pousadasjuventude.pt/pt/pousadas/pousada-de-viseu/

TRAVELLING & TIME OF ARRIVAL AND DEPARTURE

Arriving: 05th of May	Check-in after 16h Dinner at 20h You need to arrive in Viseu no later than 19h, so please check the transportation accordingly
Activities: from 06th to 14th of May	-
Departure: 15th of May	Check-out until 11h

BEFORE YOU CONTINUE...

- Please note that we need to approve the tickets before you buy them, otherwise we might not reimburse the money spent. If you arrive early or leave later than the dates above, you must cover your own accommodation and food;
- Travel might not be reimbursed if the participant arrives late or leaves before the activity is over. You should arrive in Viseu no later than 19h and be present in the dinner at 20h on the arrival day (05/05) and leave on the 15/05 only;
- On the day of arrival, after dinner, we will have a small activity to get to know each other better;
- Participants should only apply if they read and agree with our rules, which can be found here: Agreement participants In case the rules are not respected, we will talk to the participant that is not respecting our rules. In case the behaviour continues, the participant might be expelled from the mobility, and the accommodation and meals will no longer be provided.

GREEN TRAVEL

Travelling can have a big impact on the environment. You always have the option to go by **Green Travel**. This implies that most of your trip should be done by more ecological means of transport like train, bus or carpooling. If you want to do it, we strongly advise you to contact us and/or your organization to try to understand how you can do it.
If you travel by green travel, we can reimburse you more travel days and even the accommodation in the cities where you must stop to change transport. Please check the chapter "Refunds" for more information.

BY AIRPLANE

From Porto and Lisbon there are plenty of buses to Viseu. In total, it will take around 2h30-3h from Porto and 4h-5h from Lisbon. You will need to take the bus directly to Viseu.
Please follow these steps:

BUS

	FROM **PORTO**	FROM **LISBON**
Rede Expressos - national bus company https://rede-expressos.pt/pt	You can catch the bus directly in the airport, which is located here **OR** You can catch a metro from Porto airport to Campanhã (line E) and then take a bus, which is located here (more details below) **Please do not forget to check if you need to change bus during your trip (you can check this on the app)**	You can catch the bus directly in the airport, which is located here **OR** You can catch a metro from the airport to Lisboa Oriente (red line - direction São Sebastião) and then take a bus in Lisboa Oriente, located here **Please do not forget to check if you need to change bus during your trip (you can check this on the app)**
FlixBus https://www.flixbus.pt/	You can catch the bus directly in the airport, which is located here **OR** You can catch a metro from Porto airport to Campanhã (line E) and then take a Flixbus, which is located here (more details below) **Please do not forget to check if you need to change bus during your trip (you can check this on the app)**	You can catch the bus directly in the airport, which is located here **OR** You can catch a metro from the airport to Lisboa Oriente (red line - direction São Sebastião) and then take a bus in Lisboa Oriente, located here **Please do not forget to check if you need to change bus during your trip (you can check this on the app)**

In case you are going to take the metro from Porto Airport to Campanhã, check the details below:
Once you arrive at the airport, follow the indication to the subway station and search for this symbol:
Buy your ticket at the machines: choose the Z4 option (4 zones)
Take the E line towards TRINDADE. Get out in the SENHORA DA HORA stop (7 stops; +/- 14 min);

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)
In CAMPANHÃ, you must follow the indications to the bus station. Official site of the Porto's metro: https://en.metrodoporto.pt/

Please note that you should buy your Rede Expressos or Flixbus' tickets in advance, so that you guarantee your spot.

If you want to explore Lisbon or Porto, you have direct access from the airport to the metro. To buy your tickets, in Porto, you must select Z4. The metros are very intuitive and easy to use.

IMPORTANT

- Buy the tickets online in advance. They will be cheaper and this way you will guarantee your spot!
- When you buy the tickets, pay attention to the time, as there may be delays and you should be aware of the time management of your trip.
- Save all physical and online tickets

FINALLY, WHEN IN VISEU...

The hotel is –22min walking from Viseu Bus station.

REFUNDS

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

	Portugal	France	Greece Romania Bulgaria	Estonia Sweden Turkey
Normal travel	23€	309€	395€	580€
Green Travel	56€	417€ +37€/day (maximum 4 days)	535€ +37€/day (maximum 4 days)	785€ +37€/day (maximum 4 days)

IMPORTANT:
Please contact us before buying any ticket. We need to approve the tickets/itineraries, otherwise we might not be able to reimburse you. Please use this email for approval: escolastransformadoras@dctr.pt.

- We will make the refunds until 30 working days after the end of the TC, after we receive all the necessary documents from the participants. To do that, each person must send us every receipt, boarding pass, and tickets (for transportation an accommodation, in case of green travel) and fill our guidelines (we will send them later). Without them, we won't be able to refund you;
- DCTR will process refunds within 30 working days after the participant completes the follow-up form, provides proof of the dissemination activities carried out and sends the guidelines filled and the respective documentation (receipts, ticket, invoice, boarding passes – it applies to ALL means of transport) by email (escolastransformadoras@dctr.pt). Without any of these things, we won't be able to refund you.

WHAT (NOT) TO BRING

- In May, the temperatures are usually around 22ºC maximum and 11ºC 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;
- The bathrooms have hair dryer, so you don't need to bring yours;
- We strongly advise everybody to have their European Health Insurance card updated and with them, during the total duration of the travel;
- Please bring snacks from your country as we will have an intercultural afternoon on the third day of the project. Please keep in mind that it won't be possible to cook.

CONTACTS

Contact for approval of itineraries: Margarida Ferreira (escolastransformadoras@dctr.pt)
Contact of the project manager: Margarida Ferreira (escolastransformadoras@dctr.pt)

ABOUT PORTUGAL

We're neighbours of Spain and we have the most western point in Europe! We have an incredible diversity of landscapes and places: we have two islands, sea/beaches, mountains, snow, and warm summers.

The Portuguese are warm people, very talkative and they surely know how to have fun! You will love Portugal for sure!

Looking forward to meeting you!

