

INFOPACK

STEP → In

Supporting **T**raining for **E**mpowerment,
Participation and **I**nclusion

Training Course

18 to 25 of June 2025

Arcos de Valdevez - PORTUGAL



Funded by
the European Union



Erasmus+ Accreditation Strategy

Associação Juventude de Vila Fonche has been awarded a 4-year Erasmus+ Accreditation in the field of youth. Our strategic plan focuses on empowering young people, particularly those with fewer opportunities from rural and marginalized areas, to actively participate in Erasmus+ projects and beyond.

The core objectives of our Accreditation strategy are:

- To empower youth organizations and youth workers to support young people with fewer opportunities at the local level.
- To enable young people to take the lead in addressing challenges they face and driving positive change in their communities.
- To foster the inclusion of young people with fewer opportunities, ensuring they are active participants in society regardless of their background.

Training Course

STEP IN is a **6-day international training course** organised by Associação Juventude de Vila Fonche under its Erasmus+ Accreditation in the youth field. It brings together youth workers, volunteers and partner organisations working with young people with fewer opportunities, particularly in rural and marginalised areas.

Through **collaborative learning and non-formal education**, the course will focus on inclusion, local empowerment and the role of youth work in promoting meaningful community participation.

STEP IN is more than a training course – it is an invitation to step into action, to take that first step towards strengthening youth participation and transforming communities, one step at a time, together.

Objectives

- **To strengthen the capacity of youth workers, volunteers and partner organisations** by providing practical tools and methodologies to empower young people with fewer opportunities, especially those from rural and marginalised areas.
- **To explore the Erasmus+ Programme** as a strategic tool for social inclusion, active participation and community-based youth empowerment, with a focus on NEET youth and those facing multiple barriers.
- **To share and reflect on good practices of local youth work**, encouraging the involvement of young people in their communities and promoting active civic participation.
- **To foster the creation of sustainable cooperation networks** among organisations working with youth in peripheral areas, through peer learning and the exchange of strategies and approaches.
- **To develop key competences of youth workers** based on the ETS Competence Model, such as supporting youth empowerment, applying quality non-formal education methods, working with diversity and inclusion, and using the European context as a resource for local development.

TRAVEL ADVICES

The travel costs will be supported until the maximum allowed by Erasmus + according to the distance, please confirm the value using the **distance calculator** (to Arcos de Valdevez) and the following information:

TRAVEL DISTANCE	GREEN TRAVEL	NON-GREEN TRAVEL
10 - 99Km	56,00€	28,00€
100 - 499Km	285,00€	211,00€
500 - 1999Km	417,00€	309,00€
2000 - 2999Km	535,00€	395,00€
3000 - 3999Km	785,00€	580,00€
4000 - 7999Km	1.188,00€	1.188,00€

Important advice for planning your trip to Arcos de Valdevez:

- **Before booking, send us** (projetos.juventude@arcosv.pt) **your travel options** and we will give you feedback and suggestions if you have doubts
- If a participant travel from different a city or country the sending organization should send us a declaration informing us about the situation
- **The closest airport from Arcos de Valdevez is in Porto - Porto Airport (OPO).** There are direct buses from Porto airport to Arcos de Valdevez. You can check the bus schedule in:
 - <https://www.getbus.eu/pt/> OR <https://rede-expressos.pt/pt>
- Don't forget to **collect all the invoices, boarding passes and bus/train tickets** otherwise we cannot make the reimbursement for the travel costs According your arrival time in Arcos de Valdevez we will meet up at Centro Jovem.



HOW TO GET TO CENTRO JOVEM



As you can see in the map it's really easy to get to **Centro Jovem** from the bus station on foot.

It takes around 9 minutes.

The link to the directions:

<https://goo.gl/maps/XBtZYmizaSdVceBu8>

TRAVEL
ADVICES

ACCOMODATION

Participants will be **lodged in POUSADINHA, lodging center belonging to the association** with capacity for 30 people.

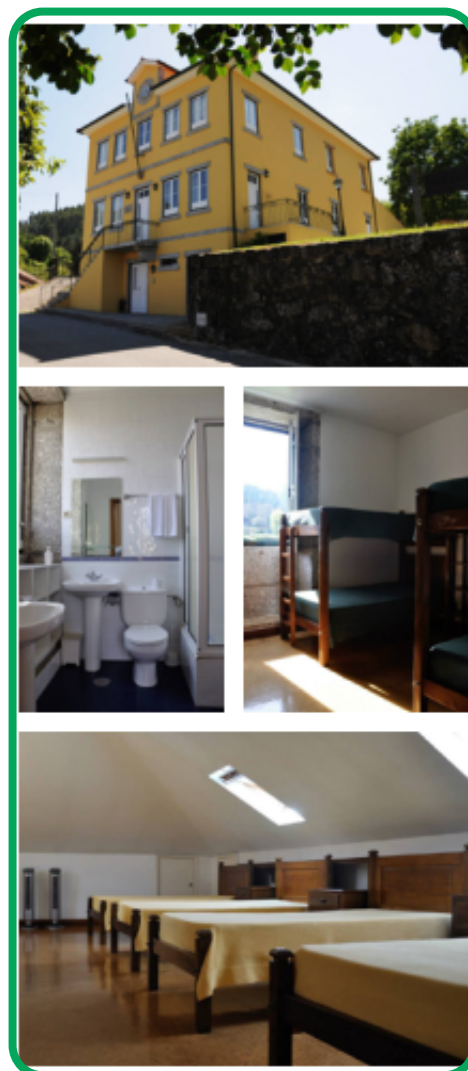
The participants **will share bedrooms and bathrooms.**

The building has **free Wi-Fi** in the common areas and an exterior space that will allow the interaction of the participants during free times.

It's easy to get to the center of the village, making it easier to improve the participant's interaction with the local community.

Pousadinha will also be used to the training as well as some public spaces in Arcos de Valdevez that allow a better interaction with local villagers and its culture.

Bed linen and towels will be provided. All bathrooms are equipped with shower gel and shampoo for participants' use.



DON'T FORGET

- Bring clothes/shoes that you would feel comfortable in, according to the temperature. Here you can check the weather forecast and decide which kind of clothes are good for you.

<https://www.ipma.pt/pt/otempo/prev.localidade.hora/index.jsp#Viana%20do%20Castelo&Arcos%20de%20Valdevez>

- Be aware that in Portugal May can be already hot bring some sun screen and a hat if you want to enjoy it.

- **European Health Insurance Card.**

<https://ec.europa.eu/social/main.jsp?catId=559>

- The plugs in Portugal are type F (see the image).
- Don't forget your adaptor if you need one!



LANGUAGE & USEFULL EXPRESSIONS

Bom dia/ Boa tarde/ Boa noite: Good morning/good afternoon/good night

Obrigado /Obrigada: Thank you!

Olá: Hi!

Bem-vindo: Welcome

Como está? or Tudo bem?: How are you ?

Muito bem, obrigado/a, e tu?: Very good thanks, and you ?

Sim / Não: Yes/ No

Se faz favor / Por favor: Please

De nada / É um prazer: You're Welcome

Com licença / Desculpe: Excuse me

HOW TO APPLY

We expect each organisation to involve 1 or 2 members who will later be able to apply and/or share the knowledge gained during the training course.

PROFILE

- Has a real connection to the partner organization
- Can share the organization dynamic and work on the field of Erasmus+ Program & European Solidarity Corps
- Commitment to active participate during the TC
- Able to work in English
- Ability to replicate and implement the knowledge and skills acquired/developed in the partner organizations

If you want to make part of our TC, please fill

[this form](#)

until 12/05/2025



heldercosta.juventude@gmail.com

CONTACTS