

INFOPACK



FÃO, ESPOSENDE PORTUGAL
23 - 30 NOVEMBER 2023

ABOUT STRONGER MINDS

Stronger Minds is a training organized by [SOPRO - Solidarity and Promotion NGD](#) and funded by Erasmus+ Program. This training aims to provide basic tools in the environmental area, mindfulness and non formal education to youth workers and other people who work with young people. So that they can help young people become more self-aware and better understand their fears, limitations and personal potential through group and individual activities.

For this training, **4 participants from each country** are required, **aged 18 or over**. The project lasts **8 days, between 23 and 30 of November 2023** (November 23rd being the first day and last day November 30th, considered travel days). **Participation fee 25€ per participant**.



Greece



Ireland



Italy



Bulgaria



Croatia



Spain



Czech Republic

[INSCRIPTION LINK](#)

STRONGER
MINDS

TRAVEL BUDGET

PORTO AIRPORT

The nearest airport is **Porto Airport** (Sá Carneiro) 50 km from Esposende.

Below is the budget for the entire travel including (**round trip**) plane, train and/or bus. **This doesn't include taxis, UBER, BOLT or similars.**

SOPRO will reimburse your actual costs, with the presentation of invoices of the trip. If there is any confusion or misunderstanding about how the budget and how financing works for the project, please email us directly at: erasmus@sopro.org.pt

VALUE FOR ROUND TRIP

COUNTRY	TRAVEL BUDGET PER PERSON PER COUNTRY
Ireland Italy Spain	275€
Bulgaria Croatia Czech Republic Greece	360€

We recommend that you **save all the tickets, receipts, boarding passes, and travel documents connected with your trip**. The absence of one of these documents in its original form will make **reimbursements not possible**.

Travel refunds will be made when we receive all original tickets and receipts in paper, then we will make the transfer corresponding to the amount presented on the invoices/receipts.

If your travel costs exceed the official limits, the reimbursement will be limited to the maximum.

Please do not purchase the trip before SOPRO approval.

We will only reimburse travel expenses for participants who are present throughout the project, with positive participation.

Participants can stay in Portugal for an additional 2 days, which may be before or after the mobility or 1 day before and another day after (accommodation, food and transportation expenses borne by the participant).

TRANSPORTATION

DIRECT FROM AIRPORT TO ESPOSENDE

BY BUS

- [REDE EXPRESSOS](#)
- [Barquense BUS](#) (you can buy the ticket on the bus)

Barquense Bus	Week days (monday to friday)			
Airport	8h50	11h00	14h00	17h15
Esposende	9h20	11h30	14h30	17h45

AIRPORT » CAMPANHÃ » ESPOSENDE

FROM AIRPORT TO CAMPANHÃ

- [METRO](#) (any time, since 6 AM)
- [BUS](#)

FROM CAMPANHÃ TO ESPOSENDE CENTRAL BUS

STATION BUS

- [REDE EXPRESSOS](#)

FROM ESPOSENDE CENTRAL BUS STATION TO FÃO (POUSADA DA JUVUNTUDE)

Place	Week days (monday to friday)							
Esposende Central BUS Station	07h10	08h15	10h45	12h30	13h20	16h45	17h40	18h35
Fão - Igreja (Church) Bom Jesus	07h16	08h20	10h51	12h36	13h26	16h51	17h45	18h41

POUSADA DA JUVENTUDE DE OFIR



ACCOMMODATION AND FOOD

Stronger Minds will take place in Fão, a small village in the municipality of Esposende, located in the North Coast Natural Park, located on the estuary of the Cávado river, with beaches, dunes and cliffs, pine forests, heaths and salt marshes, which are inhabited by countless animal and plant species.

Participants will be accommodated at the [Pousada da Juventude de Ofir](#) in double and triple rooms. Meals will be held in the village of Fão where the different options of participants will be respected. The activities will take place at the Youth Hostel and Village of Fão.

EUROPEAN HEALTH INSURANCE CARD (EHIC)

All participants must be in possession of the [European Health Insurance Card \(EHIC\)](#), which must be obtained before departure and is free. It is the participant's responsibility to ensure that the card is within its validity period. If it is necessary to go to the health center or hospital, the participant will have to present this card.

CERTIFICATION

Participants who were present throughout the training in an active and participatory manner received a youth pass and a certificate of participation from SOPRO at the end of this activity.

YOUTHPASS

ABOUT SOPRO

SOPRO - Solidariedade e Promoção NGO, is based in Barcelos, Portugal and was founded in 1996 by a group of young volunteers. SOPRO is recognized as a Non-Governmental Development Organization (NGO) with Public Utility Entity Status. SOPRO works on the development of its local and international projects and has five main values, which are: solidarity, cooperation, education as a universal right, justice and equality.

USEFUL LINKS

- [SOPRO'S WEBSITE](#)
- [FACEBOOK](#)
- [INSTAGRAM](#)
- [ESPOSENDE MUNICIPALITY](#)
- [FACEBOOK](#)

WHAT TO BRING...

- Creative, innovative, and sustainable ideas (there will be the opportunity for participants to organize an activity on the topic).
- Typical/traditional food and drinks for the intercultural night;
- Presentation of your organization for Organizations Bazar;
- Camera, laptop, and other equipment that may make your life and work easier
- Mat for carrying out some activities;
- Warm clothes and a raincoat and/or umbrella, we will be walking outdoors every day and there is a high chance of rain;
- Please bring all necessary identification documents (ID, social and medical insurance...) and medication you may need.

Good mood and energy!



**IF YOU HAVE ANY QUESTIONS OR
SUGGESTIONS, FEEL FREE TO CONTACT US!**

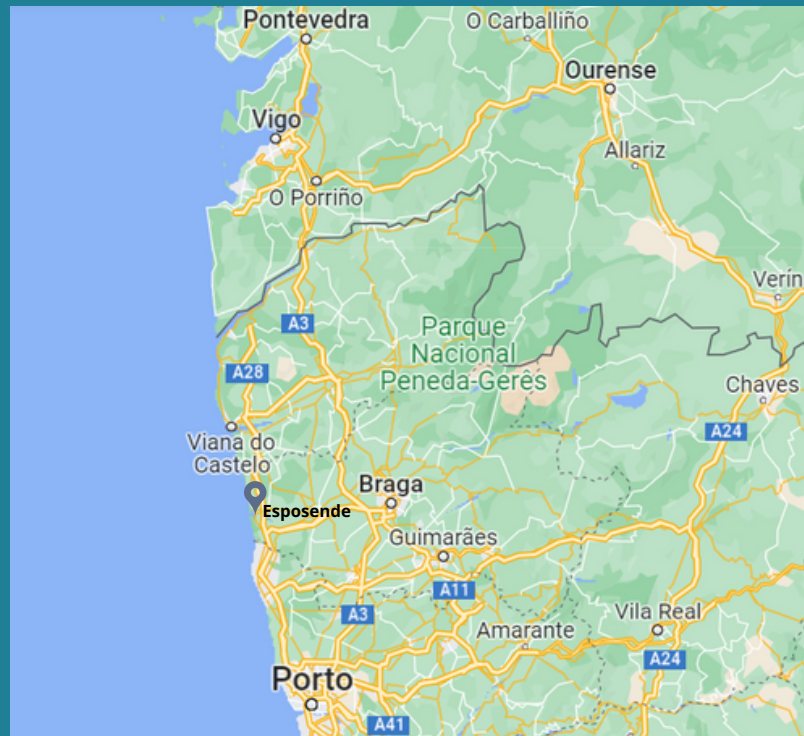
erasmus@sopro.org.pt

PLACES TO VISIT

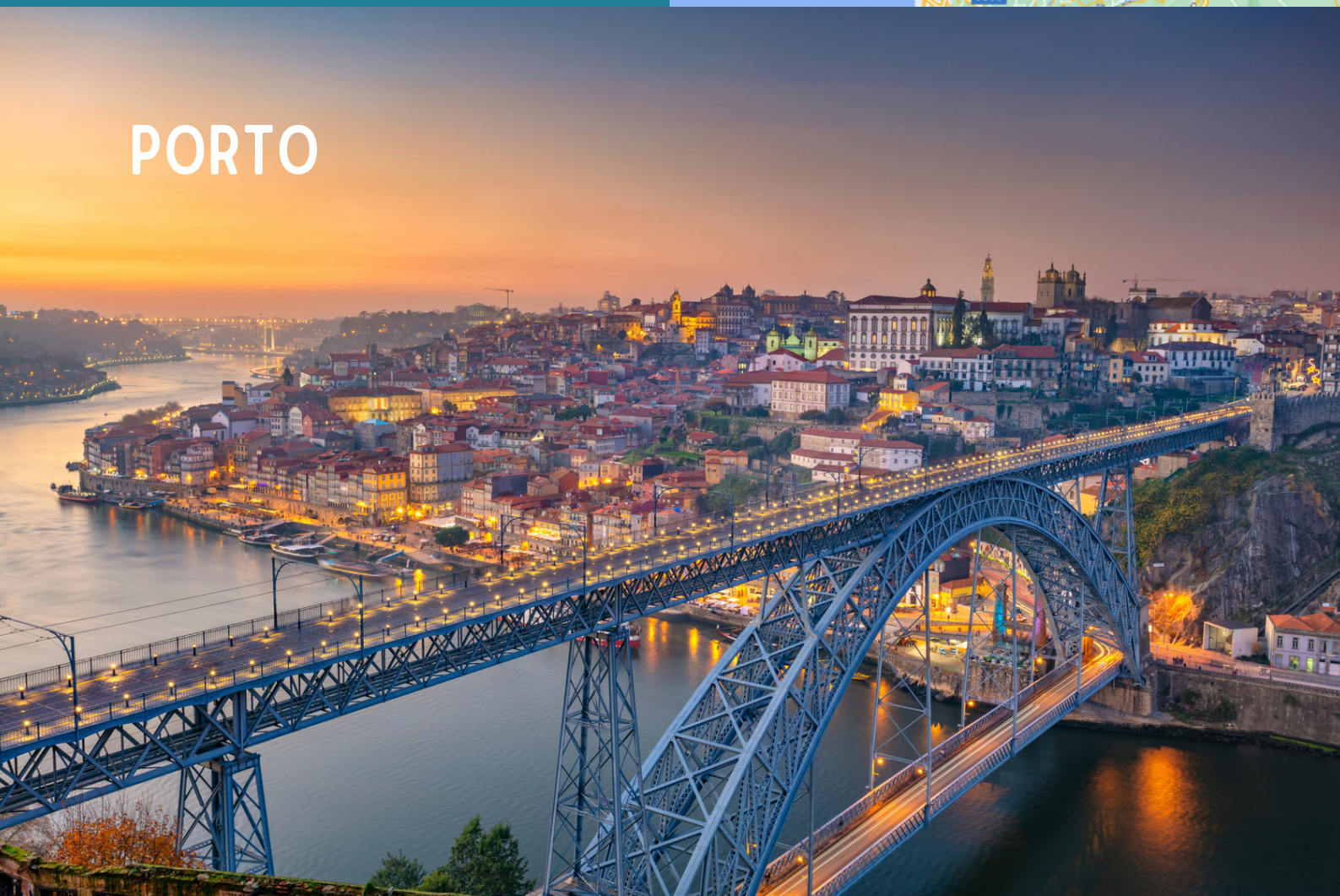
See you!

- Porto
- Lisbon

Portuguese food



PORTO



PARTNER