

# CONNECTED TO NATURE: ROOTS & RESPONSIBILITY

2026 07.-17. April  
CINFÃES, PORTUGAL

Youth Exchange

COORDINATING ORGANISATION



HOSTING ORGANISATION



Co-funded by  
the European Union



# ABOUT THE PROJECT



**Connected with Nature: Roots & Responsibility** is a youth exchange aiming to:

- **To foster a strong connection with nature through nature-adventure based learning** promoting knowledge of local fauna and flora while developing teamwork, resilience, and environmental respect.
- **To encourage young people's self-reflection and the development of a sustainable character and self-confidence**, by raising awareness of how their choices and values impact society and the environment.
- **Encourage sustainable and entrepreneurial thinking of young people**
- **To deepen participants' understanding of the Sustainable Development Goals (SDGs)** by connecting global challenges to local realities, personal actions, and community-level impact.
- **Give young people the opportunity to experience, create and develop sustainable actions through practical activities.**



# WHO CAN PARTICIPATE

To take part in this project, you need to be:



Reside in one of the partner countries



**5 participants 18 - 30 years old per country**



Be able to speak and understand English at a conversational level



Be interested in the project topics and motivated to actively participate throughout the entire project!



**1 youth leader 18 + per country**



Employed and trained in youth work



1 PREPARATION  
MEETING ONLINE,  
(PLANNING  
CONTRIBUTIONS)

PROJECT WEEK  
.07.04. - 17.04.  
PORTUGAL

EVALUATION AND  
DISSEMINATION OF  
RESULTS  
(SHARE YOUR  
EXPERIENCE ONLINE)

# TOPICS OF THE WEEK

DAY 1 - 07.04.	Arrivals, welcome dinner
DAY 2 - 8.04.	Introduction & Teambuilding
DAY 3 - 09.04.	Connected to Nature and Community
DAY 4 - 10.04.	Mountain Day Personal Sustainability: Awareness & Self-Reflection
DAY 5 - 11.04.	Exploring Methods for Sustainable Action
DAY 6 - 12.04.	Back to the Roots Farm Day (Quinta Terra Viva)
DAY 7 - 13.04.	FREE DAY
DAY 8 - 14.04.	Local Fauna and Flora
DAY 9 - 15.04.	Practice - Implementation of own activities + Kayak Afternoon
DAY 10 - 16.04.	Future Steps, Community Engagement & Evaluation
DAY 11 - 17.04.	Departure day



# DAILY STRUCTURE



8:30 - 9:30	Wake Up & Breakfast
<b>10:00- 11:30</b>	<b>Session</b>
11:30 - 12:00	Coffee -Break
<b>12:00 -13:00</b>	<b>Session</b>
13:00 - 15:00	Lunch & Break
<b>15:00 - 16:30</b>	<b>Session</b>
<b>16:30 - 17:00</b>	<b>Coffee Time with Reflection Groups</b>
	<b>Space for Workshops from participants</b>
20:00	Dinner (Served or cooked by national teams)
	<b>Informal or multicultural Activity</b>

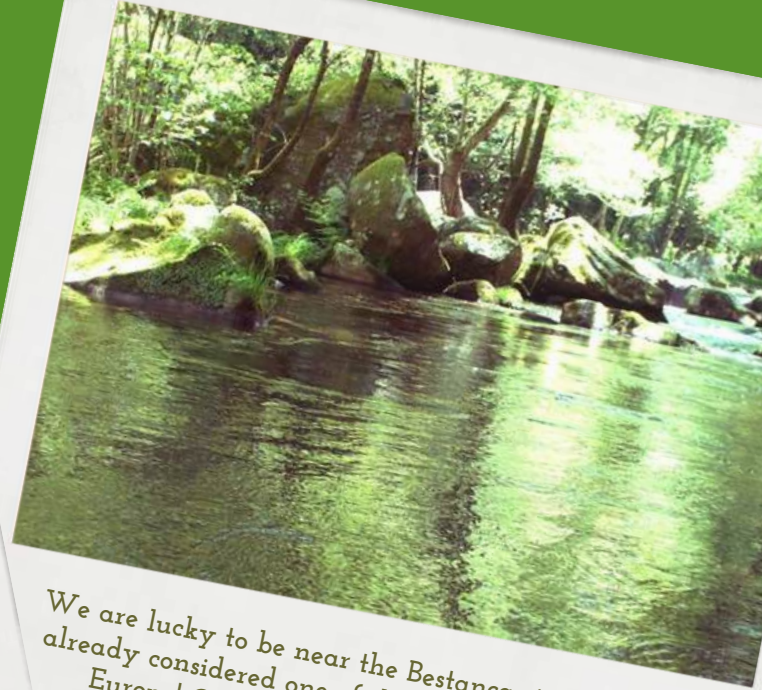


# CINFÃES/ PORTUGAL

SOME FACTS



Cinfães (Portuguese pronunciation: [sĩfɐjɐ̃s]) is a village and a municipality in the northern district of Viseu, Portugal. The village proper has about 3,300 inhabitants. The population of the municipality in 2021 was 17,747, in an area of 239.29 km<sup>2</sup>. You will be visiting several parts of the municipality!



We are lucky to be near the Bestança river that was already considered one of the most cleaned rivers in Europe! Cold water and beautiful landscapes surrounded by rocks and nature.



You will be staying in this village, Oliveira do Douro. Quite rural (around 1200 inhabitants) but also the most advanced village around us as it has several services important for the community!



Casa d'Abóbora was born in a village called village (in pt, Aldeia) with 30 inhabitants. Don't worry, you will visit it!



The landscape is surrounded by rock houses, vineyards and very nice people! Like us 😂

# HOST ORGANIZATION

*Casa*   
*d'Abóbora*

- Casa d'Abóbora is a youth association that is born in Aldeia (Cinfães, Viseu), a village with only 30 population but since there we have opened our target group to all the area of Cinfães (around 17.000 inhabitants).
- Our 2 main objectives are: The preservation and promotion of the local cultural heritage, and the Cultural dinamization of Cinfães. All of this with focus in the sustainability.
- The main activities of the association are: Workshops on local heritage, educational activities, walks, concerts, intergenerational community development, among others.



# ACCOMMODATION & VENUE

*The place where they will stay is a small town called Oliveira do Douro, and it is a deeply rural area. It has grocery stores, coffee shops, a gas station, etc.*

The accommodation will be provided in **CASA DA CALÇADA**.

You will stay in rooms for 2, 3 or 4 people with participants of the same sex as you or, if agreed, in mixed-gender rooms. Some rooms will have bunkbeds and there are 2 rooms with double bed

The sessions will be carried out on site in a seminar room or outside in the municipality of Cinfães.

Address: Oliveira do Douro, 4690 - Cinfães

Location: <https://maps.app.goo.gl/pWvkSERWSYKw3Jwr9>

<https://www.casacalcada.com/>



# FOOD & COMMUNITY



## Eating Together, Growing Together

### Full Catering Throughout the Week

You will be fully catered for during the training, with meals that support wellbeing, balance, and sustainability.

### Lunch: Vegetarian & Vegan Only

All lunch meals will be vegetarian or vegan to lower our ecological footprint and promote mindful, sustainable eating.



Healthy, plant-based lunches to help us feel good



Cooking together as a way of building community

## Dinner Structure During the Week

### First Two Days

On the first two evenings, dinner will be provided by our team so you can settle in, arrive, and get to know each other without additional responsibility.

### From Day 3 Onwards

Afterwards, dinners will be prepared together, either in small mixed international teams.

A large, fully equipped kitchen will be available – and of course, we are there to support you.

## Shared Meals as a Daily Ritual

Eating together plays a special role in this programme.

Shared meals offer daily moments to **slow down, connect and talk, enjoy cultural exchange & strengthen group cohesion**

These shared rituals help transform the group into a supportive, connected community.



Sharing meals as a daily ritual strengthens connection

# SHARED RESPONSIBILITY



**Taking care of our shared spaces helps everyone feel welcome and comfortable**

## Cleaning Up Together

One part of Connected to nature - Roots & Responsibility is understanding that shared spaces create shared responsibility.

Throughout the week, everyone contributes with small tasks to keeping our environment clean, organised, and welcoming.

## Why This Matters

- strengthens community spirit
- builds ownership and cooperation
- supports a comfortable, respectful living environment
- encourages sustainable daily habits



**Working together builds community, cooperation, and a sense of shared responsibility.**



**Daily tasks—done by everyone—create a supportive and sustainable living environment**

## How It Works

Rotating teams take care of some daily tasks, such as:

- tidying and maintaining shared areas
- helping organise our Dining area
- Helping to clean your own used dishes
- helping to keep communal facilities clean and welcoming

# FUNDING CONDITIONS



The project is supported by Youth for Europe, the German National Agency for the ERASMUS+ youth programme of the European Union.



All costs for the program, materials, accommodation and meals during the exchange are covered.  
(excluded your free time)



Travel costs must be paid in advance by participants.  
Reimbursement will be made after the activity.



To encourage sustainable travel, €50 will be deducted from the reimbursement if Green Travel is not chosen.



Reimbursements of travel costs can only be done upon full attendance of the training course.



Your travel costs will be reimbursed up to the limit,  
if you spend less you will get what you spent.



Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and invoice in maximum 2 months after the project.



We will reimburse to the account of sending organizations,  
so not directly to participants.



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of the European Union

# HOW TO PLAN YOUR TRIP



**Please organise your travel to fit in these times!**

It is stressful for our team to organise early and latecomers!



**Arrival time: April 07. between 2 - 8 PM**

**Departure time: April 17. until 10 AM**



Please plan your travel **from your place of origin to the venue** of the activity in Portugal and return **according to the travel limit shown in the table below.**



You can calculate the distance using the **Erasmus+ distance calculator:**



country	distance	no green travel	green travel
Portugal	10-99 km	-	mandatory 56,- €
Portugal, Spain	100-499 km	-	mandatory 285,- €
Germany, Spain, Ireland, Slovakia	500 – 1999 km	309 EUR	417 EUR
...	2000 – 2999 km	395 EUR	535 EUR



Please **let us know about your travel plans** in advance!

Please notice also our hints for **travel insurance!**



# GREEN TRAVEL



**Green Travel** means choosing environmentally friendly transport options for your Erasmus+ activity.

It helps reduce CO<sub>2</sub> emissions, supports sustainability, and gives you access to additional financial benefits.



## WHAT COUNTS AS GREEN TRAVEL?

- Train
- Bus
- Carpooling (min. 2 persons)
- Ferry
- Bicycle or walking ;)

✈️ Air travel should only be used if no reasonable ground transport is available.



## BASIC REQUIREMENT

- **At least 50% of your total round trip (outbound + return combined) must use sustainable transport.**
- We strongly encourage you to organise at least one direction as Green Travel - Its a challenge & an adventure !!! 😊



## BENEFITS OF GREEN TRAVEL

- Increased travel grant
- Up to 6 reimbursable travel days (instead of 2)
- Accommodation between travel days can be reimbursed (if pre-approved)
- **Opportunity to discover and experience new places along the way :D**



## IDEAS FOR LONG DISTANCES

- Check night trains or long-distance train connections
- Explore Interrail / rail pass options
- Combine transport modes (train + bus + ferry)
- Coordinate carpooling within your national team



# RULES FOR TRAVEL



## **Please choose most economical/cheap way of transportation**

- 2nd class tickets must be used (train, bus, ferry).
- Taxis and ride-hailing services (e.g. Uber) are not reimbursable, unless absolutely necessary and approved in advance.
- Private cars are only allowed with special justification and prior approval.



**Travel must be directly related to the Erasmus+ activity** – private extensions are not covered.



**Travel plans must be coordinated and approved in advance.**



**Keep and submit original tickets and receipts for all reimbursements.**



Non-compliance (e.g., 1st class travel, taxi use, missing documents) may result in non-reimbursement.



Please arrange to have **travel insurance** - if you have to cancel your trip for a covered reason or there are some other circumstances for booking a new flight a trip insurance can save your investment, it can also protect you against lost luggage, flight cancelations.

**Insurance is not applicable for reimbursement!**



# ARRIVAL & DEPARTURE

& HOW TO GET THERE



## HOW TO ARRIVE

### From the airport to Porto

The Porto metro operates in zones and a single ticket for the journey from the airport (Z4) to downtown (Z2) costs €1.95. The journey takes exactly 35 minutes by the purple line E (Airport – Estádio do Dragão). For those leaving the airport, there is no mistaking it, as it is the only line that arrives at the location. Tickets can be bought at the machines with bills, coins or a card, and you also need to buy a reusable travel card (€0.60). During most of the day, the interval between trains on this line is every 20 minutes. Title validation must be done on one of the control machines. Your final destination must be Campanhã. We recommend always to use google maps to give you more information regarding the schedules.



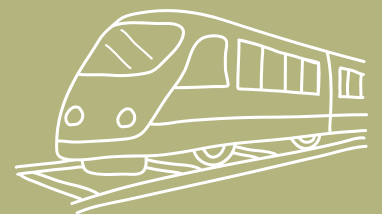
If you prefer you can search on the website of the metro:

<https://www.metrodoporto.pt/pages/285>

### If you arrive with bus or train :D



**Porto Campanhã** is Porto's main railway station with the attached international bus terminal - from here you can easily continue to the city centre (São Bento) or travel onwards to the final destinations.



# ARRIVAL & DEPARTURE

& HOW TO GET THERE



## HOW TO ARRIVE

### From Porto to Cinfães (you will travel to Mosteiro train station)

ORIGIN: You can choose Porto São Bento  
(city centre) or Porto Campanhã

DESTINATION: **MOSTEIRO**

Tickets price vary from 5/9€.

You can buy them in the box office or online.

A screenshot of the CP website interface. At the top, there are five green buttons: 'Check timetables', 'Buy tickets', 'Buy leisure', 'How to travel', and 'Discounts and Advantages'. Below this is an orange banner with a warning icon and the text 'Cascais Line - Road transfer' and '+ Warnings'. The main content area is titled 'Schedules and Prices' and features a search form with four input fields: 'Origin', 'Destiny', '19 Janeiro, 2024', and 'Return date'. A 'To look for' button is located at the bottom right of the form. A white train silhouette is visible on the right side of the form.

Link for the train schedules -

<https://www.cp.pt/passageiros/pt/consultar-horarios>



# PREPARATION

Please prepare before your travel:

Some **traditional food/games/stories** to share in the international evening presentations. The way the evening will look is totally up to your national team, you can be as creative as you like!

It is possible to use the kitchen for the intercultural evening. For this you can bring some products from your country and use additional available, local and seasonal ingredients.

## WHAT YOU NEED

- Inside slippers
- Notebook/ Diary
- Outdoor clothing and shoes
- Water bottle to refill
- Swimwear 🧐



Spring is relatively warm and the average temperature is still between 10° - 20°, the evenings are a bit cooler, the average low temperatures are around 10°. The rainy days are normal so we will have to be prepared - so, be prepared for everything 😁

Every participant must bring their **European Insurance Card** or must have an substitute. It is a mandatory requirement for all participants to provide their own health and travel insurance.

# CONTACTS

## Contact Information of the Coordinating Organisation

You can contact the project coordinator of the whole project **Steffi Pardella** of Fahrten Ferne Abenteuer – Abenteuerzentrum Berlin for all questions and concerns regarding the organisation and management of the project.

E-mail: [steffi.pardella@abenteuerzentrum.berlin](mailto:steffi.pardella@abenteuerzentrum.berlin)  
Phone: +49 160 555 88 42



## Contact Information of the Hosting Organisation

You can reach the project coordinator of the Portuguese partner Casa d'Abóbora, **Joana Faria**, for any inquiries regarding this activity in Cinfães.

Email: [geral@casadabobora.pt](mailto:geral@casadabobora.pt)  
Phone: +351 915814790 (we also have Whatsapp)



Time For  
**ADVENTURE**

# ARE YOU INTERESTED ?

*You can apply here:*



Erasmus+