



ASSOCIAÇÃO
QUINTA
DAS RELVAS
ARTES E SUSTENTABILIDADE

INFOPACK PARTICIPANTS BUILD UP - FOOD SECURITY

QUINTA DAS RELVAS, PORTUGAL

INTERNATIONAL@QUINTADASRELVAS.PT
WWW.QUINTADASRELVAS.PT



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



Funded by
the European Union

WHAT

This program accelerates the shift to a better world by exploring regenerative methods, sparking creativity, and empowering participants to create meaningful solutions. Through collaboration and hands-on learning, young people develop resilient strategies for tackling food security

The Participants will be involved in activities such as:

- intro sessions of Permaculture
- Agroforestry
- Gardening
- Animal husbandary



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OBJECTIVES

- Train communities to become more resilient facing climate change
- Develop examples of sustainable development and to use them as examples for education
- share know-how with larger audiences by creating multimedia content on sustainable development
- Fortify the international consortium
- involve youngsters with less opportunities
- sharing and intercultural dialogue through non-formal education



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WHERE

QUINTA DAS RELVAS

is the hosting organisation where residents will have their activities, located in Branca, Portugal.

The Farm has a rich natural heritage where several flora and fauna species live. They work daily to promote and develop non formal activities, focus on the artistic and eco-sustainable areas.

Its main goal is to train and educate people on artistic and eco-sustainability topics, spreading the message to their families, friends and local communities.

The farm is a lab, where we test new solutions for a more fairer and greener world.



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HOW TO GET THERE

1. Take a plane to “Sá Carneiro” airport (Oporto)
2. Get a metro (purple line) to Porto “Campanhã” train station
3. Get a train to “Estarreja” train station
4. A member of Quinta will be there waiting for you to pick you up with the farm van!



- | | | | |
|-----------------|---------------------------------|----------------------------|----------------------------------|
| 1 Eco-hostel | 4 Swimming pool / fountain | 7 Performative Arts Studio | 10 Visual Arts Studio |
| 2 Dry Toilets | 5 Dorms | 8 Reception / Shop | 11 Parking area |
| 3 Glamping area | 6 Communitary kitchen & toilets | 9 Domus | 12 Veggie garden & swimming pool |

WHO & WHEN

- 5 participants + 1 team leader
Portugal, Italy, Slovenia, Greece & Romania
- Participants with strong interest in sustainability
- Youngsters, with fewer opportunities (school dropouts, geographically excluded, single-parent families, economic limitations, discrimination, health other....)
- 22 years old - till 30 years

Project dates:

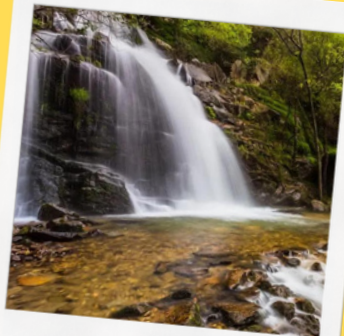
With travel dates - 1st - 10th May



SITES TO SEE AROUND



Aveiro - Praia da Barra



Cascata da Cabreira



Águeda City - Festival Agit'Águeda



Pateira de Fermentelos

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SUPPORT

● Project funded by the European Union - ERASMUS +

- 100% travel costs covered
- 100% activity costs covered
- food & accomodation covered
- activity insurance included



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REIMBURSEMENT & FEES

**Project funded by the European Union
No participation fee is needed - Some
entities have associated fees, check with
your sending NGO.**

**Return ticker obligatory (you can book
tickets to stay extra 2 days in Portugal)**

Green Travel for Portugal & Spain
Portugal: 56€

Reimbursement for:

Romania: 395€

Greece: 395€

Slovenia: 309€

Italy: 309€



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PARTICIPANT AGREEMENT

Being involved in this project means that you are willing to:

- be actively involved in project dissemination by creating stories and publications in my social media
- deliver all travel receipts to the PO (project officer)
- respect project timelines
- being involved in follow up activities after the main activity
- be active & motivated during proj. activities
- respect all people and project guidelines
- fill out all the necessary evaluation forms



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CO-LIVING / CO -WORKING

Participants will be staying and co-living in glamping bell tents

- all exterior spaces
- 2 working studios (total 160m2)
- hot showers
- Vegetarin diet
- WIFI (working / social areas)
- 1 washing machine 5€
- pick up and drop off at Estarreja
- available tools and materials



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WHAT TO BRING & TAKE CARE

We encourage you to travel as light as possible but please make sure you have the following:

- **European health insurance**
 - Comfortable working clothes
 - Closed shoes
 - Slippers
 - Personal hygiene items
 - Personal medication
 - Towel
 - Mosquito repellent
 - Sunglasses
 - Sunscreen
 - Sun hat or baseball cap
 - Adapters, chargers, power banks
 - Reusable drinking bottle
 - Notebook, pencil
 - Headlight/torch
 - Bathing suits
 - Light raincoat
 - Yourself!
- Take care:
- Intercultural night
 - NGO presentation

CONTACT

Registration form:

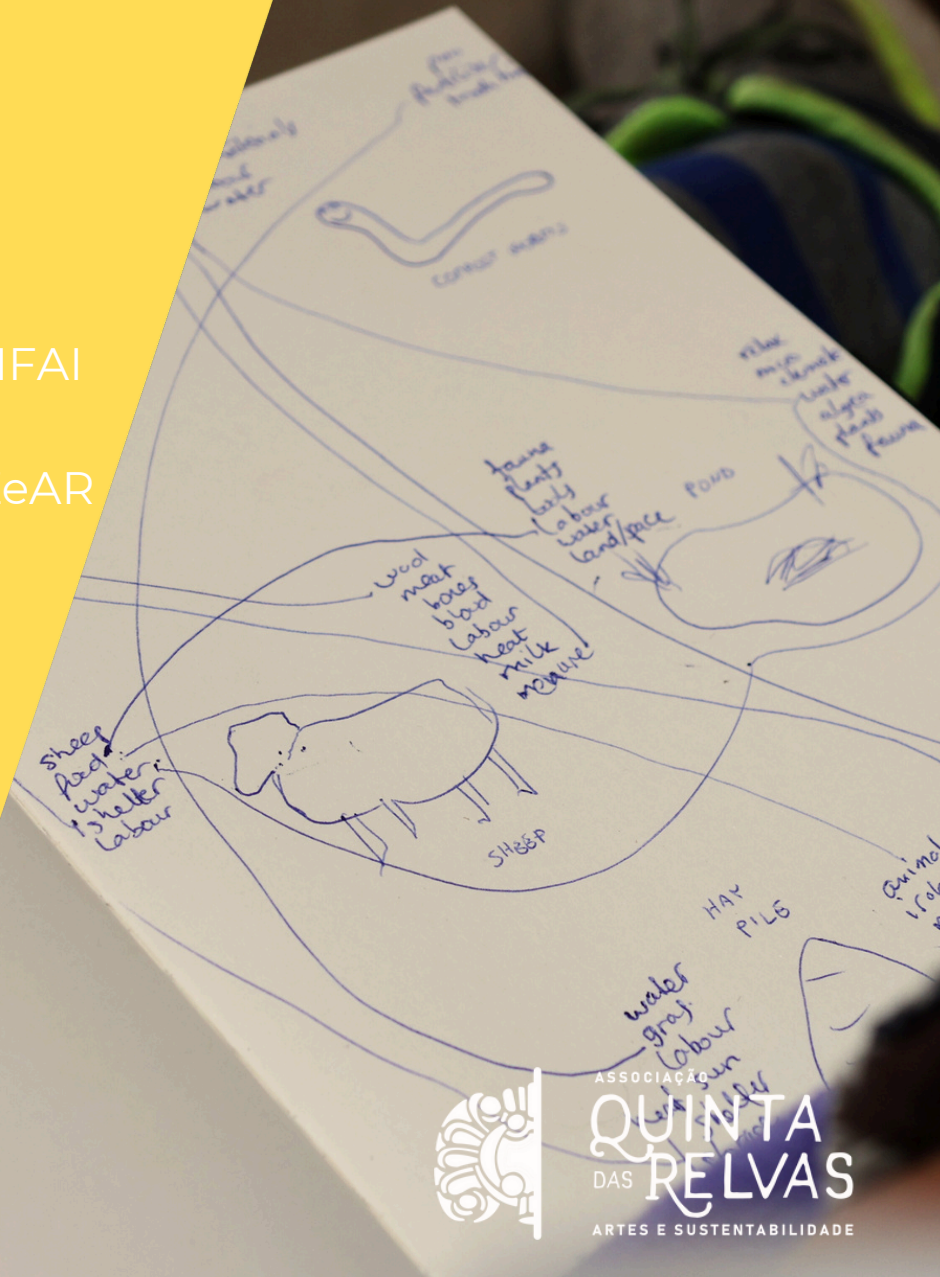
<https://docs.google.com/forms/d/e/1FAIpQLSdzXvIuEvAPf8-Fviwo56SrtbZXB8akREqPo6yDiAgZeARDbQ/viewform?usp=dialog>

Instagram:

[instagram.com/quintadasrelvas/](https://www.instagram.com/quintadasrelvas/)

Youtube:

[youtube.com/c/QuintadasRelvas](https://www.youtube.com/c/QuintadasRelvas)



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