

Transition

design thinking for leaders!

Training Course
Amarante - Portugal
11-18 October 2020

Organized by
 aventura marão clube

Hosted in
 casa da juventude
amarante



Welcome to

Casa da Juventude de Amarante

In 2008 we started to manage the local youth centre & hostel called Casa da Juventude de Amarante (CJ) a study case project in Portugal as we were the only private body in the country managing such kind of public equipments (usually managed by the state itself) and by that we created an initial strategy based on:

SUPPORT LOCAL YOUTH INITIATIVES TO APPROACH YOUNGSTERS TO THEIR VALUES AND PROPOSALS;

DEVELOP MOBILITY AND PARTICIPATION PROJECTS UNDER EUROPEAN FRAME;

OFFER ACCOMMODATION AND FOOD SERVICES THAT BRING ADDED VALUE: HEALTHY FOOD, TRAINING FACILITIES, FAIR TRADE WORKSHOPS, EU INFO POINT, ETC.



AVENTURA MARÃO CLUBE

Aventura Marão Clube (AMC) is a non profit association founded in 1993 with the aim to promote healthy lifestyles among the population, especially youth, in Amarante. Nowadays we run 4 different sections: Mountain Bikes, Kayaks, Traditional music and Fair Trade. Under the last one AMC opened in 1999 the first Portuguese Fair Trade shop and participates in promotion and training actions at national and international youth programs and also organizes, since 2000, international work camps about different topics such as environmental preservation, archeology and Fair Trade.



AVENTURA MARÃO CLUBE

Contact Information

If you find any problems during your stay please ask for support in the reception. If you are unable to reach us please contact:

Miguel: +351 913 051 999

Marcella: + 351 924 058 956



Miguel Pinto

I am a volunteer. That's how everybody sees my life story. If in 1997 European Voluntary Service changes my vision of the world, in 2008 Casa da Juventude de Amarante turns to be the floor to achieve my dreams. My mission is now to offer to other all that Portugal and Europe gave to me until today. All around I am the boss for some, the father for others and the heart of this project for the rest. At least I hope! Ah, the only thing I do not negotiate is my passion: tennis! Only if you dare to challenge me for a match.

Marcella Serra

I could tell you a lot of things but I will try not to be like the usual Italian. I'm an energetic girl and someone that needs to have always something to do! Although I'm not Portuguese, I do feel like one. My experience in Portugal began in 2015 when I started my European Voluntary Service in Casa da Juventude. Since the first moment I felt at home and this helped me to give my best for the project. Today I'm working here at CJA and the transition from volunteer to youth worker was natural and harmonious - only possible when you find the right place for you. I love nature and if you want to make me happy... just invite me to take a walk at the river-side! I like to surprise and be surprised... so let's surprise each other! But, what I love most is to meet new people... because I believe all of you have something special to offer me.





Filipa Pereira

After 3 years in CJ, I moved from the "front office" of Bar do Girassol to the "back office" of Media&Communication - the area of my Bachelor studies. My approach to work is to do things efficiently, tidy and organized, and my approach to people is to be friendly and straight to the point. If you are already thinking I am super girly, let me tell you a secret - although I like sports in general and doing exercise, I love football.

Marcelo Silva

My volunteering passion started in September 2013 during a Youth Exchange in Casa da Juventude. It was a life changing experience and from that moment I decided that I wanted to be involved in this environment and work in this field. After participating in many different projects along the years, from Training Courses and Seminars to European Volunteer Service. Now I am working in CJ, where it all started and where I can share my experience and help those with the same passion. I also work with a local association that promotes art and music so I can also give my passion to the local community.



Bar and Reception Squad

They will never leave you hungry! Professionals to their bones, you can normally see them in different combinations behind Bar do Girassol and the reception. Their names are Alfredo, Ondina, Rita, Tânia, Quito, Mónica, Alice, Paulinho and Carlos. Don't forget!

CODE *of* CONDUCT

SHOW RESPECT FOR ALL OTHER PEOPLE ON SITE BY:

Acting courteously to all people and respect different cultures and beliefs

Behaving appropriately whether supervised or unsupervised

Reporting any suspicious people or activities

Understanding that aggression either verbal or physical will not be tolerated

SHOW RESPECT FOR THE ENVIRONMENT BY:

Keeping noise to a reasonable level and observing sensible sleep times

Not harming or causing harm to animals, trees and plants

Leaving the site in the same condition you found it

This code of conduct is a free will agreement and reflects the wish and responsibility of all partners involved. Under this code of conduct we agree to respect Erasmus+ YA rules and our partnership should be based on clear, accountable and honest communication processes. All partners should be ready for compromise and to discuss obstacles and different points of view but always respecting fundamental values and principles and actively cooperate under agreed deadlines and tasks.

SHOW RESPECT FOR THE PROGRAM BY:

Being on time to start the program activities

Not using your mobile phone during the project activity time

Not being late for breakfast, lunch and dinner

SHOW RESPECT FOR THE FACILITIES BY:

Using all equipment considerately and carefully

Smoking only on designated areas

Using the waste bins provided and not dropping litter

Not wilfully damaging or defacing property

Co-existence:

There may be a considerable number of different people from all over the world, including children, using the site at one period of time. Please follow the guidelines given out by Equação, Crl team and be considerate and respectful to other users of the site, including staff members.

Smoking:

It is not allowed to smoke inside the building. There are dedicated smoking areas outside so please only smoke in these areas. Smoking is forbidden in the bedrooms.

Litter:

Be aware what littering is forbidden. Help the staff on site by keeping the area clean and presentable at all times. This includes the grounds, accommodations, working and eating room. Use the bins provided and notify the staff if you need assistance.

Drugs and alcohol:

Drugs are not permitted at any Equação, Crl project. If someone is found to be using illegal drugs, there will be action taken. Alcohol is not permitted if you are under 18 and no alcohol in the rooms. Alcohol is allowed in social time in the group areas and in the bar.

Services

Bar/Restaurant

The youth center has a vegetarian bar & restaurant open daily to public from 8:00 till 24:00. Breakfast will be served every morning in the Bar at the time given during the welcome meeting. Food will be set on the tables and drinks should be ordered to the staff. When you finish breakfast, in order to help us with logistics, we kindly ask you to hand over your own dishes/cup directly to the staff.

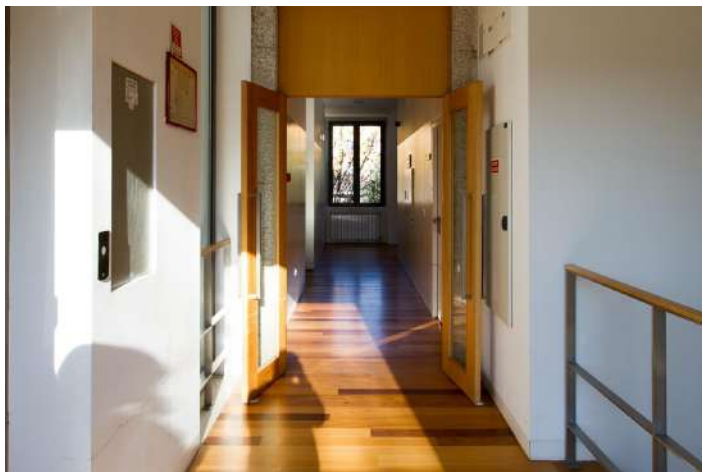


Laundry

In case you might need to wash or dry some clothes there is the possibility to do so. Speak to someone from the team so we can help you out.

Accommodation

Your rooms will be allocated to you on arrival. If there are any problems with your rooms, please notify someone from the team so we can speak to the right people to get the issue solved.



Bike Renting

Wanna do some sports during your free time? You can rent us a bike! For prices and info please ask at the reception.

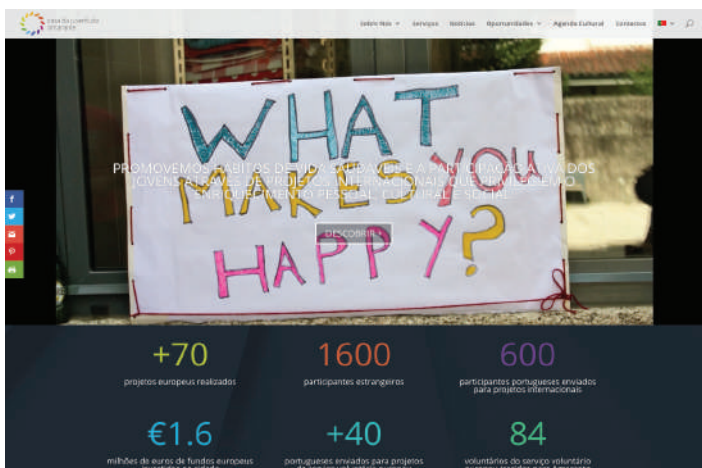


Venues

For more information about the Youth Center please visit our website at www.cj-amarante.org or speak to us directly.

Wi-Fi connection

The site is a bit limited for Wi-Fi and Internet connectivity. The best connection point is in the Bar/Reception area. Login at **CJAMARANTE** with **CJamarante#** password.



EMERGENCY EVACUATION PLAN

The aim of the emergency evacuation plan is to ensure that all people are able to evacuate the building in a timely and safe manner.

Emergency services number - 112

If you discover a fire you must:

Leave the room you are in by a signed exit.

If you are the last person leaving and it is safe to do so, close the door of the room, do not stop to collect your possessions.

Immediately raise the alarm by operating the nearest fire call point and break the glass point.

Call the emergency services on 112.

Give them the details of where you are and which building.

Call the Aventura Marão Clube responsible to report what you have witnessed.

Only attempt to extinguish the fire if it is safe to do so and you are trained to do it.



ABOUT the PROJECT

The Training Course **"TRANSITION: design thinking for leaders!"** intends to train mainly leaders (youth, social and public workers) about the main steps for changing your community or town under transition principles! Under the vision of "Imagining the future you want to create for your community" this project pretends to involve participants from 11 program countries (Portugal, Italy, Bulgaria, Greece, Romania, Latvia, Austria, France, Spain, Germany and Croatia) and will take place mainly in Amarante (Portugal) during 8 days, from 11/10/20 till 18/10/20 gathering 22 participants (2 per country), 2 experts and 2 staff. The participants will be staying 2 nights nearby Lisbon, at Biovilla project (**bring your sleeping bag**) and visit urban and rural transition practices.

COVID-19

- Measuring temperature on a daily basis;
- The use of masks during all project activities and inside buildings and local transports (according to Portuguese laws at that time);
- Rooms with reduced number of beds and own individual safety products (gel or alcohol, toilet and cleaning paper, etc.);
- Bathrooms are organised in order to have the same participants always in the same showers/toilets (each room will have a shower/toilet in the bathroom);
- All meals (breakfast, lunch and dinner) will be made in a reserved area (without any other clients besides our staff and ESC volunteers);
- Local transports are made (if needed) with a bus (55 seats).

CONTACTS



www.cj-amarante.org



facebook.com/cjamarante



casajuventude_amarante



www.youtube.com/cjamarante



info@cj-amarante.org



aventura marão clube



casa da juventude
amarante



Erasmus+

Training Course "TRANSITION: Design thinking for leaders!"
Activity program (11th till 18th October 2020)

| | Day 1 – Sunday 11/out | Day 2 – Monday 12/out | Day 3 – Tuesday 13/out | Day 4 - Wednesday 14/out | Day 5 - Thursday 15/out | Day 6 - Friday 16/out | Dia 7 - Saturday 17/out | Dia 8 - Domingo 18/out |
|--------------------------|------------------------------|---|--|---|---|--|--|---|
| | Arrival / Program | Amarante / Europe | Values / Transition | Leadership / Guimarães | Lisbos / Examples | Palmeia / Transition | Follow-up / Projects | Evalua. / Depart. |
| Morning 09h00-12h30 | Participant's arrival | Energizer #1 | Energizer #2 | Energizer #3 | Trip to Lisbon | Energizer #4 | Return to Amarante | Financial issues (reimbursements) |
| | | Portuguese #1 | Portuguese #2 | Portuguese #3 | | Good practices (example of Biovilla) | | |
| | | Discover Amarante Reception at CMA | Visit to organic farmer (Shiitake mushrooms) | Simulation: leadership (far and away) | TRANSITION #4 Sustainability (Filipe Alves) | | | |
| | | Simulation: Values (story of Joana) | Ólio Project (sustainable tourism - mindfulness and bird watch) | TRANSITION #3 Sociocracy (Filipe Alves) | | | Manifesto (for local authorities) | |
| | | Your Europe! EU budget Erasmus+ & Youthpass | 12h30 – 14h30 | 12h30 – 14h30 (community lunch) | Visit Guimarães historical centre Free time | Good practices (Rural transition) | | Follow-up and LAB How to disseminate? (ideas market) (ideas into projects) |
| Lunch | 12h30 – 14h30 | 12h30 – 14h30 | | | | | 12h30 – 14h30 | |
| Afternoon 14h30-17h30 | Welcome! Program/Visit CJ | TRANSITION Group/task division | TRANSITION #2 Permaculture (Filipe Alves) | Coop. Cor de Tangerina (example) | Good practices (Urban transition) | Good practices (Rural transition) | Results (VIDEO production and transition guidelines) | Participant's departure |
| | Fears & Expectations | TRANSITION #0 How to start (Filipe Alves) | | | | | | |
| | Who are we? (NGO market) | TRANSITION #1 Step by Step (Filipe Alves) | Workshop HEALTHY FOOD (Bio & Fair) | Free time | TRANSITION #5 Steps we've done (Miguel Pinto) | Results (VIDEO production and transition guidelines) | | |
| Free time | Free time | Free time | | | | | Free time | |
| Dinner | 20h00 – 21h30 | 20h00 – 21h30 | 20h00 – 21h30 | 21h30 | 20h00 – 21h30 | 20h00 – 21h30 | 20h00 – 21h30 | |
| Circle | 21h30 | 21h30 | 21h30 | 21h30 | 21h30 | 21h30 | 21h30 | |
| Night | Group dynamics | Intercultural night | Transition movies | Free night | Transition night | Relaxing workshop | Farewell party | |

| | |
|------------------------|--|
| Night activities | |
| Lunch/Dinner | |
| Free time | |
| Day activities | |
| Arrival/Depart./Visits | |
| Evaluation | |
| Energizers | |