

Infopack

Aveiro, Portugal
28 May - 4 June 2026

GREEN POETS SOCIETY

A HOLISTIC APPROACH TO SUSTAINABILITY

Erasmus + Key Action 1 - Training Course

Accreditation code: 2022-1-PT02-KA150-YOU-000106823

Project code: 2025-1-PT02-KA151-YOU-000297196



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



Funded by
the European Union

AVERTISSEMENT
Comme il y a plusieurs choses sur cette Carte et

Infopack

“Green Poets Society” is a Training Course (TC) organised by DCTR - Associação Cultural that aims to empower youth workers to explore environmental sustainability and ecological education from a holistic perspective. The project brings together youth workers from different European countries, with the objective of empowering them with the knowledge to make their lives more sustainable.

Content

28 May - 4 June 2026

ABOUT THE PROJECT	01
OUR APPROACH TO ERASMUS+	03
OUR TEAM AND ABOUT DCTR	04
TIMETABLE	06
NOW... THE LOGISTICS	07
TRAVELLING	08
REFUNDS	14
CONTACTS	18

About the project

Aveiro, Portugal
28 May - 4 June 2026

“**Green Poets Society**” is a Training Course (TC) organised by DCTR - Associação Cultural that aims to **empower youth workers to explore environmental sustainability and ecological education** from a holistic perspective. The project brings together youth workers from different European countries, with the **objective of empowering them with the knowledge to make their lives more sustainable.**

Throughout the exchange, participants will take part in **interactive and informative workshops, practical field assignments,** some in which they will be challenged to get **involved with the community.** Participants will learn about **climate change and sustainability,** about how small and big actions can impact the environment, and **how they can actively affect change.**

The project promotes **inclusion, intercultural learning and active citizenship,** giving youth workers the **confidence and tools to become changemakers in their own communities.**

There will be **17 participants in total,** from **4 different countries:** Portugal, Spain, France and Germany.

About the project

Milestones

Aveiro, Portugal
28 May - 4 June 2026

Selection of Participants

by 1st of April

Participants buy and send us the tickets

by 21st of April

Online group session 2 weeks prior to the YE

14 May 2026 at 5pm CET
(can be subjected to changes)

Training Course

28 May -
4 June 2026

Follow-up and dissemination

Please acknowledge that this project is not only a TC. You are invited to participate actively in the online session, in the dissemination activities and in the whole project in general :)



Aveiro, Portugal
28 May - 4 June 2026

Our approach to Erasmus+

Organizing an Erasmus+ project is an exciting and rewarding experience, but it also takes a lot of effort and dedication. Our team puts great care into planning meaningful and well-structured activities, and we truly appreciate participants who respect and value this hard work. You can always count on us to be fully committed to providing a high-quality learning experience!

We welcome participants who are genuinely interested in the learning process, rather than joining only for the travel or as a break from daily life. Our priority is creating impactful learning opportunities. We also encourage first-time participants to take part and grow through this experience.

We ask everyone to respect the project guidelines, which you can find here:

[TC Green Poets Society Participants Agreement](#)

By filling out the application form after selection, participants automatically agree to these rules.

If a participant does not follow the rules, we will address the issue directly with them. If the behavior continues, they may be asked to leave the mobility, and accommodation and meals will no longer be provided. Our goal is to create a positive and respectful learning environment for everyone!

Our team And about DCTR

Aveiro, Portugal
28 May - 4 June 2026

DCTR has organised over 10+ mobilities and coordinated several projects. DCTR has also sent 200+ participants abroad. We are active in the fields of art, emotional intelligence, climate change and social inclusion.



Rute Lima _ Project Coordinator
& Facilitator
[Biography Link](#)



Raquel Rodrigues _ Logistical Support
[Biography Link](#)



Salvador Janeiro _ Facilitator
[Biography Link](#)



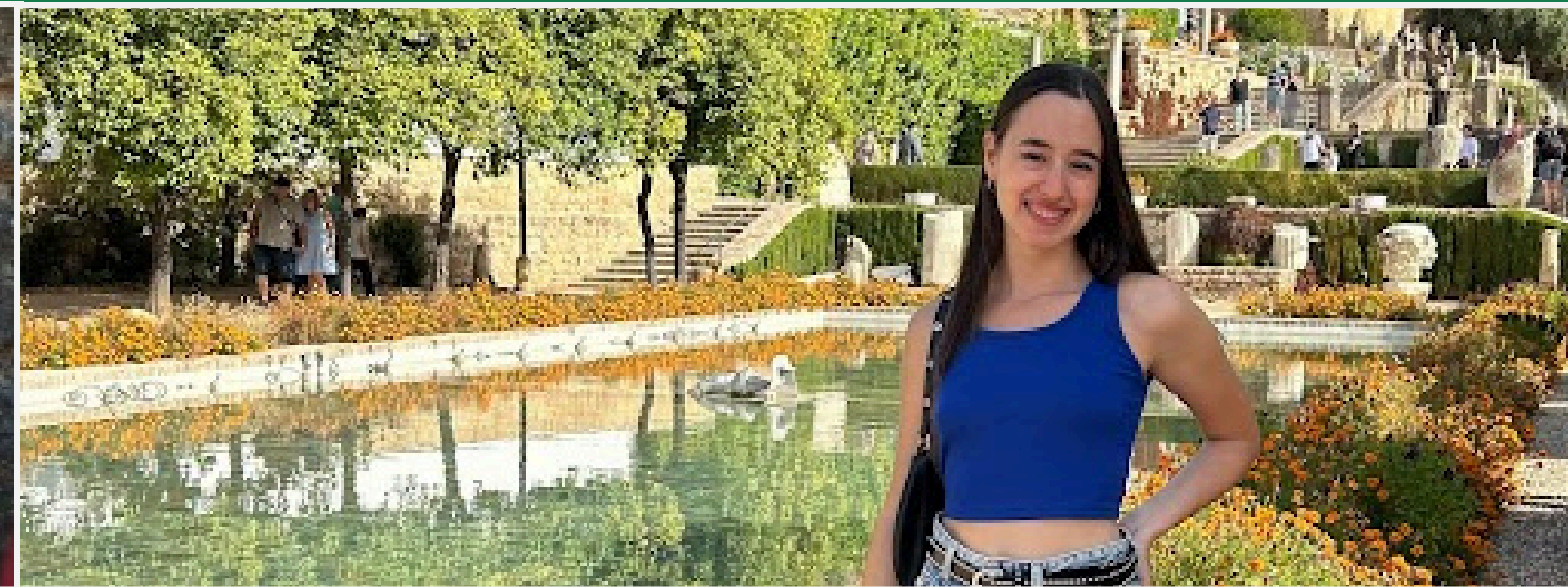
Margarida Ferreira _ Project Coordinator
[Biography Link](#)

Volunteers

Aveiro, Portugal
28 May - 4 June 2026



Laura Anaclerio
[Biography Link](#)



Marina Rodriguez
[Biography Link](#)

28/05 (Arrival Day)	DAY 1 (29/05) // Fri.	DAY 2 (30/05) // Sat.	DAY 3 (31/05) // Sun.	DAY 4 (01/06) // Mon.	DAY 5 (02/06) // Tue.	DAY 6 (03/06) // Wed.	04/06 (Departure Day)
<p>Until 7 PM in Aveiro Rossio Hostel</p> <p>Check-in starts at 3 PM</p> <p>Welcoming Day</p>	BREAKFAST Activities start at 9:30 AM						<p>Departure after breakfast</p> <p>Check-out until 11 AM</p>
	Arrival & Welcoming	Climate Change & Sustainability	Nature immersion day	Tools for Youth Work	Upcycling Workshop	What now? Three-Track Action Planning	
	MORNING SNACK 11 - 11:30 AM						
	Get to Know	Climate Change & Sustainability	Nature immersion day	Tools for Youth Work	Upcycling in Action	Debriefing, youthpass and evaluation	
	LUNCH 1:30 - 2 PM						
	Introduction to the Program - "Finding your Why"	Sustainability - The Holistic Connection	Nature immersion day	Community Activity	Upcycling in Action	Contributions from participants	
	AFTERNOON SNACK 4 - 4:30 PM						
	Kindness Chain - Intercultural Evening	Group Sharing & Learning Circle	Group Sharing & Learning Circle	Community Activity	Group Sharing & Learning Circle	Goodbyes and gratitude final recap	
	Finish activities ~ 5 PM						

Now... the Logistics

The project will be implemented in the framework of the Erasmus + Programme, which means that **accommodation and food will be covered 100% by the organizer.**

ACCOMODATION

Participants will stay at Aveiro Rossio Hostel, located in Aveiro, Portugal in comrades of 2, 4, 5 and 6 people.

Aveiro Rossio Hostel [location](#)

FOOD

You will find a fully equipped kitchen, a living room, a dining/games room and chill-out areas. Breakfast will be served on the premises of Aveiro Rossio Hostel.

TOILETRIES

Bed linen and one towel per person will be provided. If you wish to get an additional towel from the hostel, you will need to pay €3.



Travelling

Aveiro, Portugal
28 May - 4 June 2026

ARRIVING 28th of May	Check-in after 3pm You need to arrive in Aveiro no later than 7pm, so please check the transportation accordingly
Activities From the 29th of May to 3rd of June	-----
DEPARTURE 4th of June	Check-out until 11am

BEFORE YOU CONTINUE...

- Please note that we need to approve the tickets before you buy them, otherwise we might not reimburse the money spent. You should send the proposed itineraries to rute.lima@dctr.pt
- If you arrive early or leave later than the dates above, you must cover your own accommodation and food;
- Travel might not be reimbursed if the participant arrives late or leaves before the activity is over. You should arrive in Aveiro no later than 7pm and be present in the dinner on the arrival day (28/05) and leave on the 4/06 only;
- On the day of arrival, after dinner, we will have a small activity to welcome participants;

Participants should only apply if they read and agree with our rules, which can be found here: [Agreement Participants](#).

In case the rules are not respected, we will talk to the participant that is not respecting our rules. In case the behaviour continues, the participant might be expelled from the mobility, and the accommodation and meals will no longer be provided.



Green Travel

Travelling can have a big impact on the environment. You always have the option to come by Green Travel. This implies that most of your trip should be done by more ecological means of transport like train, bus or carpooling. If you want to do it, we strongly advise you to contact us and/or your organization to try to understand how you can do it.

If you travel by green travel, we can reimburse you for more travel days and even the accommodation in the cities where you must stop to change transport. Please check the chapter “Refunds” for more information.

By Airplane

Aveiro, Portugal
28 May - 4 June 2026

From Porto and Lisbon there are plenty of bus and train options to Aveiro. Please check below:

BUS COMPANIES		TRAIN COMPANIES
<u>Rede Expressos</u> (You may download their app for easier access)	<u>Flixbus</u> (You may download their app for easier access)	<u>COMBOIOS DE PORTUGAL</u> (You may download their app for easier access)
<p>For both Bus companies you can travel directly from:</p> <p>Porto/Lisbon Airport → Aveiro</p> <p>Alternatively, you can also travel from:</p> <p>Porto Campanhã → Aveiro (check instructions below)</p> <p>//</p> <p>Lisboa Oriente → Aveiro (check instructions below)</p>		<p>For train you can travel from:</p> <p>Porto Campanhã → Aveiro (check instructions below)</p> <p>//</p> <p>Lisboa Oriente → Aveiro (check instructions below)</p>

By Metro Porto

Aveiro, Portugal
28 May - 4 June 2026

In case you opt to travel from **Porto Campanhã** → **Aveiro**, you will need to take the **metro** from **Porto Airport** → **Porto Campanhã** - check below:

1. Once you arrive at the airport, follow the indication to the subway station and search for this symbol:

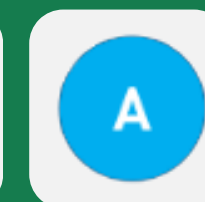


2. Buy your ticket at the machines: choose the **Z4 option (4 zones)**

3. Take the **E line** towards **TRINDADE**. Get out in the **SENHORA DA HORA** stop (7 stops; +/- 14 min);



4. In **SENHORA DA HORA** you can take any of these lines to get out in **CAMPANHÃ** (+/- 12 stops, 20 min):



5. In **CAMPANHÃ**, you must follow the indications to the bus/train station. Official site of the Porto's metro: <https://en.metrodoporto.pt/>



By Metro Lisbon

In case you opt to travel from **Lisboa Oriente** → **Aveiro**, you will need to take the metro from **Lisbon Airport** → **Lisboa Oriente** - for that please take the **metro (red line)** towards **S. SEBASTIÃO** and get out at the **ORIENTE station (3 stops)**.

More information at:

<https://www.metrolisboa.pt/en/>

By Train

You can travel either by **fast trains** (Intercity or Alfa Pendular - which are, of course, **more expensive**), or by the **urban train (cheaper but slower)**. There are plenty of trains that connects Porto and Aveiro.

TIP! We strongly recommend you to **buy the tickets online in advance**. If you do this, you can find **cheap tickets** for the fastest trains. When you search for the trains, you will see that some prices have a **star**, which is the **promotion ticket**. When moving forward with the purchase, make sure that you select the **option “promo”** in the type of ticket. **The urban train doesn't have any promotions.**

Please note that you should buy your bus/train tickets in advance, so that you guarantee your spot.



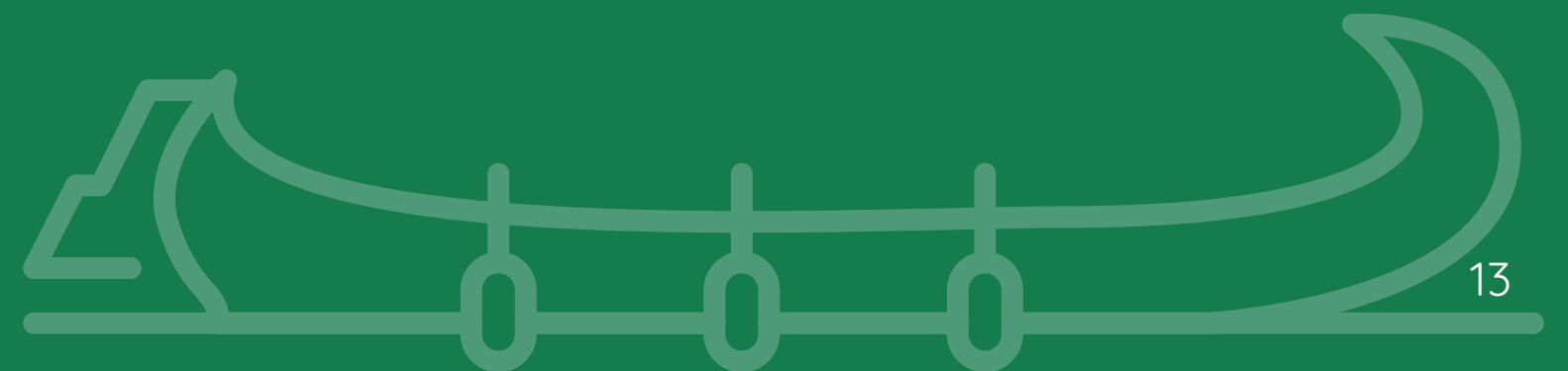
Finally, when in Aveiro...

The hostel is 1.8 km (~28 minutes on foot) from the bus and train station.

If you prefer not to walk, you can use public transportation - specifically, take bus 36 and get off Rua Clube dos Galitos.

You can check schedules and more information here:
<https://busway-cira.pt/linhas/36-ida/>

If you need any assistance during your travel, please contact Rute Lima (project coordinator): **917 314 835**



Refunds

The travel reimburses will be based on real costs, considering the following limits (value per person):

Portugal		Spain France	Germany
Normal Travel		309€	395€
Green Travel	56€	417€ +37€/day (maximum 4 days)	535€ +37€/day (maximum 4 days)

IMPORTANT:

DCTR will process refunds within **30 working days after the end of the TC**, after we receive all the necessary documents from the participants (receipts, boarding pass, tickets and travel sheet - we will send it later).

Additionally, participants must provide proof of the dissemination activities carried out and fill the evaluation form sent by the Erasmus+ National Agency.

All of the documentation should be sent by e-mail to rute.lima@dctr.pt

Please contact us before buying any ticket. We need to approve the tickets, otherwise we might not reimburse you. Please use this email for approval: rute.lima@dctr.pt

What (not) to bring

In May, the temperatures are usually around 20°C maximum and 15°C minimum. The sun is usually out and warm, but nights can be cold so **bringing a jacket is advised**.

Please bring **snacks** from your country as we will have an intercultural afternoon in the first day of the project;

Please **bring old clothes/fabrics** for the upcycling activities.

We strongly advise everybody to have their **European Health Insurance card updated** and with them, during the total duration of the travel;

The hostel has hair dryers, you do not need to bring yours.



About Portugal

We're neighbours of Spain and we have the most western point in Europe! We have an incredible diversity of landscapes and places: we have two islands, sea/beaches, mountains, snow, and warm summers.

The Portuguese are warm people, very talkative and they surely know how to have fun! You will love Portugal for sure!

Looking forward to meeting you!



About Aveiro

Aveiro is often called the "Venice of Portugal" because of its charming canals and colorful boats called moliceiros. It's famous for its Art Nouveau architecture, lovely beaches nearby, and delicious local sweets like ovos moles. The city has a relaxed, friendly vibe, perfect for strolling along the canals, enjoying the lagoon, and soaking up the local culture.

Aveiro, Portugal
28 May - 4 June 2026



Contacts

Project coordinator and contact
for the approval of itineraries:

Rute Lima

(+351) 917 314 835

rute.lima@dctr.pt

dctr.pt

