



Co-funded by the
Erasmus+ Programme
of the European Union

INCLUSION... WORK IN PROGRESS



8 - 13 APRIL 2024
LAGOA, PORTUGAL



SUMMARY

This project takes into account the importance of promoting full and equal participation in society. In particular, participants from the eight partner organisations will be trained in designing and implementing recreational activities and non-formal education for children, adolescents and young people with different abilities and mixed ability groups.

The work emphasises the values of the Convention on the Rights of Persons with Disabilities and the principles of Universal Design. This project will focus on activities that promote accessibility and inclusion among youth entities and their participants. In this way, activities can be planned and implemented more equitably.

THIS TRAINING COURSE IS IMPLEMENTED BY ASSOCIAÇÃO LILÁZ - PORTUGAL WITH THE FOLLOWING PARTNERS:

- **ASOCIACIÓN DE DIRECTORES Y MONITORES DE CASTILLA LA MANCHA "ARKHE" - SPAIN**
- **YOUTH ID - FRANCE**
- **COOPERATIVA SOCIALE KARA BOBOWSKI - ITALY**
- **YOU IN EUROPE - GREECE**
- **SEIKLEJATE VENNASKOND - ESTONIA**
- **BRNO FOR YOU - CZECHIA**
- **ZAVOD ZA IZOBRAŽEVANJE IN INKLUZIJO ODTIZ - SLOVENIA**

LEARNING OBJECTIVES

- Make known the Convention on the Rights of Persons with Disabilities (CRPD) as Human Rights, and favour their fulfilment within youth work and partner entities, developing the concepts of inclusion, which is understood from a rights defence approach as the opportunity for everyone to be able to participate in all aspect of life, accessibility and universal design.
- Promote the inclusion of children, adolescents and youth with diverse abilities in youth work, leisure and, specifically, in the actions of non-formal education of the participating entities, favouring the participation of the group of people with diverse abilities in leisure through inclusive and accessible activities, based on universal design.
- Provide participants with tools, knowledge and resources to make the inclusion of children, adolescents and youth with diverse abilities effective in their activities and those of their entities, promoting the creation of activities at local, national and international levels in this line of inclusion and accessibility.
- Satisfy the accessibility needs of beneficiaries with diverse abilities.

TRAINERS



VIRGINIA HERNANDEZ

Graduated from the URJC in Spanish Sign Language and the Deaf Community; she is a Project Coordinator in Arkhe; she has 15 years of experience working with people with diverse abilities, especially children and youth, as well as in the

defence of the CRPD and the inclusion of people with diverse abilities in society, and working with mix abilities groups. She has worked with deaf people, blind people, with learning difficulties, people with reduced mobility, etc. She also has extensive experience as a trainer with mixed-ability groups and various youth projects on inclusion. She participated in the Training of Trainers course at the SALTO Resource Centre 2021/2022.

ISMAEL SANCHEZ

Director of training programs and projects at Arkhe. Graduated in Education Teaching Musical and postgraduate in Adult Education by the CLM; Master in Corporate Social Responsibility (UNED).

Promoter of Montessori education projects. Trainer in on-arrival and intermediate trainings of the European Solidarity Corps for the Spanish National Agency. He had worked in the inclusion of youngsters with diverse abilities for more than 10 years in leisure and non-formal education activities.



PARTICIPANTS

This project will involve youth workers, facilitators, project coordinators, and youth leaders who want to gain the necessary skills to provide inclusive and accessible activities for people with diverse abilities, ranging from children, to adolescents, to adults.

These participants must be active agents within their respective organisations, and have the ability to implement related activities at a local, national and/or European level.

The project's goal of promoting inclusion and accessible participation will be furthered by encouraging the participation of people with diverse abilities. Support people will be available for those who require professional assistance.



TRAVEL

The nearest airport is in Faro (FAO). Alternatively, participants can arrive in Portugal from Lisbon Airport (LIS).

IMPORTANT LINKS

- From Faro
 - [Faro airport to the city centre \(linha 16\)](#)
 - [Train](#) to Ferragudo/Parchal
- From Lisbon
 - [Metro in Lisbon](#)
 - [Train](#) to Ferragudo/Parchal
 - [Bus](#) to Lagoa or Portimão

If possible, coordinate your travel together with other participants from your country. If you need support with your travel tickets, please contact us here:

interlilaz@sapo.pt



COSTS & REIMBURSEMENT

During the programme, the activities, the food (3 meals a day + 2 coffee breaks) and the accommodation are 100% covered. Travel costs to and from the venue in Portugal are covered according to the Erasmus+ lump sums, based on the travel distance per participant and based on the most economical transport fare.

THE LIMITS FOR TRAVEL COSTS PER PARTICIPANT ARE:

PORTUGAL | GREEN TRAVEL - 23 €

SPAIN | GREEN TRAVEL - 210 €

FRANCE | GREEN TRAVEL - 320 €

SLOVENIA | GREEN TRAVEL - 410 €

ITALY | 275 €

CZECHIA | 360€

GREECE | 360€

ESTONIA | 530€

IMPORTANT INFORMATION:

- Tickets can be bought only after the confirmation of the participant selection results and the flight itineraries by the hosting organisation;
- You need to keep all of your original travel documents (invoices, boarding passes, plane tickets, bus/train tickets);
- Costs for using a taxi cannot be reimbursed unless otherwise advised by Associação Liláz;
- The costs will be reimbursed ONLY if you take part in ALL of the activities foreseen within the project and after collecting all necessary documentation.



VENUE



Parchal is a town and a former civil parish in the municipality (concelho) of **Lagoa, Portugal**, with 4,019 inhabitants. Parchal serves mainly as a bedroom community for Portimão, and many of its residents travel daily across the Rio Arade to work in the neighbouring municipality.

The toponym Parchal appears to derive from Parchel or Praxel, the name that designated the former Franciscan convent located in the neighbouring village of Calvário, in the parish of Estômbar. The word Praxel, which comes from Arabic, means flooded or marshy place, precisely as the lands of Parchal were, in their origins, constantly invaded by the tides of the River Arade. But before its current name, it was also known as Aldeia dos Cucos, in a popular reference to the Cuco family, one of the first to settle in Parchal.

VENUE

Rudimentary and family farming first, and fishing and the canning industry later, were the poles of attraction for creating the first housing nucleus located in front of Portimão and connected to this city by the then-new Arade River bridge.

At the height of fishing activity and the canning industry, several factories were installed in the territory that currently corresponds to the parish, representing employment and attracting more people. When the canning industry began to decline in the mid-1970s, Parchal was already a consolidated residential area with a strong connection to Portimão, where a considerable part of its population carried out activities linked to fishing, commerce and services.

The creation of the parish in June 1997 and the elevation to the town category in April 2001 were fair recognitions of the extraordinary development and all the potential and perspectives that opened up to Parchal.



ACCOMODATION

Água Hotels Riverside is located in Arade River bank, surrounded by tranquility and the river scenery. From its modern construction it is still possible to admire the remains of the old Cannery Factory – preserving the history and traditions of Portimão and Lagoa. Featuring floor-to-ceiling windows, all rooms at Água Hotels Riverside let in plenty of natural light. Each with its own balcony, they also include a minibar and free wired internet. **Plenty rooms adapted for people with diverse abilities are available.**



MORE INFO

INSURANCE

We encourage you to bring your European Health Insurance Card. You can get yours from your [national authorities](#). Additionally, you can have travel insurance for the duration of the programme that you can get with the airline companies or any other insurance company. Travel insurance is not covered by the programme.

WHAT TO HAVE WITH YOU:

- ID / Passport;
- Personal medications, anti-allergy and sunscreen;
- European Health Insurance Card and any other insurance policy you already have;
- A notebook for some of your notes;
- Travel tickets.

WEATHER

18-20 degrees Celsius, cloudy with some possible rainy days. We recommend that you dress in clothes tailored to your body's comfort and the surrounding climate.

LANGUAGE

English



PROGRAM

08/04

- Welcome
- Getting to know each other
- Team building
- Youthpass
- Reflection in NFE.
- Groups
- Intercultural evening

09/04

- CRPD World café
- Accessibility & inclusion
- Universal design
- Labels
- Reflection groups
- Self manage time

10/04

- Independent life platform
- Tools for inclusion (E+)
- Universal design
- Participation
- Reflection groups
- Self manage time

11/04

- Local impact
- Reflection groups
- Self manage time

12/04

- Simulation “writing projects for inclusion”
- Reflection groups
- Self manage time

13/04

- Intercultural activity
- Impact
- Learning river
- Youthpass learning harvesting
- Final evaluation
- Farewell party

CONTACTS



interlilaz@sapo.pt



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

Feel free to reach us out for more
information and support



LOOKING FORWARD TO HAVING YOU



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