



# BACK TO THE DIGITAL ERA



**BACK TO THE** DIGITAL ERA

**23rd-29th of October of 2023**

**Guimarães, Portugal**



**Funded by  
the European Union**



**Agência Nacional  
Erasmus+ Juventude/Desporto  
Corpo Europeu de Solidariedade**

**proacting**



# About Proacting

Proacting – Associação para a Promoção do Empreendedorismo e Empregabilidade is a non-profit organization based in Porto and founded in 2019 with the aim of enhancing entrepreneurship and employability, especially among the youth community.

Although the conceptual framework where we intend to act is of qualified leverage, we will not fail to have as a constant focus the young people who, for various reasons, present a framework of fewer opportunities to achieve their goals. We actively seek contexts and solutions to promote their active participation and personal and social development.



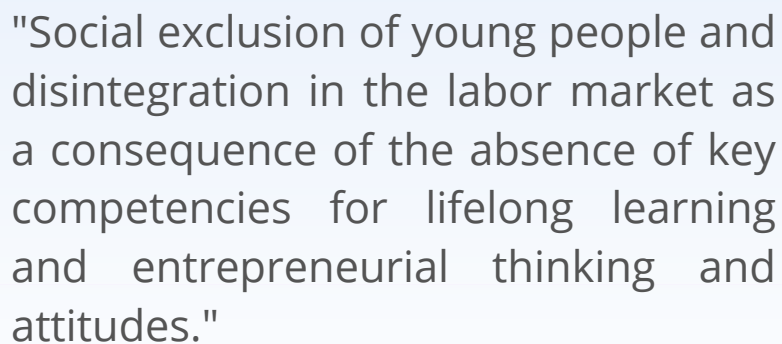
proacting

Associação para a Promoção do Empreendedorismo e Empregabilidade



# About the Training Course

When designing the accreditation this project is a part of, we took into consideration as the main problem:



"Social exclusion of young people and disintegration in the labor market as a consequence of the absence of key competencies for lifelong learning and entrepreneurial thinking and attitudes."

In addition to the challenges underlying youth's personal, educational and professional change, young people face added challenges and needs that, without the proper support and opportunities, end up being detrimental to the construction of their future and life project.

The relational gap between young people and their environment hinders their work. If they are not able to identify and promote participative actions, appealing and adjusted to the needs and interests of young people, young talent and potential will continue to be wasted.

Digital competences and skills are essential to give every individual an equal opportunity to thrive in life, find employment and be an engaged citizen. Having digital competences and skills and ensuring the availability of digital infrastructure and equipment has become even more crucial since the outbreak of the COVID-19 pandemic.

Nearly all future learning and jobs will require a certain level of digital competences and skills. The ongoing technological evolution demands the lifelong development of competences and skills by all learners if Europe is to remain economically competitive and participate in social life.

This Training Course aims to create a network of well-trained youth workers (YWs) ready to guide and support young people in the digital world, enabling them to make the most of opportunities and contribute to social innovation, economic growth, and sustainable development.

Besides this, *Back to the Digital Era* works towards guaranteeing gender equality for all participants, responding to the Youth Goal 2, determined by the EU Youth Strategy, which encompasses the "equal access to formal and non-formal education."

# AIMS

- Empower YWs with up-to-date information on digital entrepreneurship trends, technologies, and opportunities.
- Empower YWs to teach and mentor young people in practical aspects, such as supporting the development of start-up projects on Digital Entrepreneurship and adapting existing projects to the digital revolution.
- Encourage YWs to foster creativity and innovation in young people, helping them identify innovative and disruptive solutions to the challenges of the digital world.
- Foster the sharing of digital tools and platforms relevant to entrepreneurship, such as project management systems.
- Provide YWs with new methodologies for mentoring young people in leadership, team management, and strategic planning, which is essential for entrepreneurial success in the digital context.

- Prepare YWs to deal with the unique challenges young people face in the digital world, such as the rapid evolution of technology, online competition, and cyber security.
- Empower YWs to become more experienced mentors and facilitators, able to support young people on their journey effectively.

# **PARTICIPANT PROFILE**

- Above 18 years old;
- With fewer opportunities;
- Motivated to participate in the project;
- Able to conceptualize results/learning and share them with their peers;
- Acquainted with the Erasmus+ program, European priorities and strategies, and non-formal education methodology.
- Capable of intervening a with young people in the capacity building process;
- Capable of future implementation and/or results transfer;
- Basic knowledge of the English language;
- Communicative, self-aware and interested;
- Proactive, dynamic and enthusiastic.

# About Guimarães



Guimarães is considered the birthplace of Portugal because the first king of Portugal, Afonso Henriques, was born there.

Associated with the Portuguese identity, the historic center of Guimarães, in the area inside the walls, was classified as a World Heritage Site by Unesco based on the values of originality and authenticity with which it was recovered.

From Guimarães, cities as Porto and Braga are easily reached.

# Accommodation



All participants will be accommodated at Pousada da Juventude de Guimarães.

The rooms will be distributed with a maximum of 6 people with a shared bathroom.

**Check in:** 23rd October after 18h

**Check out:** 29th October until 12h

**Address:**

Complexo Multifuncional de Couros, Largo do Cidade, 8  
4810-430 Guimarães  
Portugal

**Find out more about the Pousada here:**

<https://www.pousadasjuventude.pt/pt/pousadas/pousada-de-guimaraes/>

## Meals



**23rd October:** For those who need it, on the day of arrival there is a budget up to 7,5€ for dinner. We recommend *francesinha* in the city of Porto, but we can also recommend you cheap restaurants in Guimarães.

**24th-28th October:** Breakfast will be at Pousada da Juventude, lunch and dinner will be at the accommodation.

**29th October:** Breakfast will be at Pousada da Juventude.

***Important Note: Allergies and food restrictions will be taken care of.***

## Activity Room

The activities will take place in the meeting room of the venue and outdoors (if the weather allows it).



## Reaching the Venue

**Travel Dates:** 23rd October (arrival) | 29th October (departure)

### Closest Airport:

The preferential airport for reaching the Training Course area is Francisco Sá Carneiro Airport (OPO).



## From the airport to Guimarães:

Francisco Sá Carneiro airport is just 40 minutes away, and you can easily access Guimarães via direct bus transfer.



Link to the bus transfer: <https://www.getbus.eu/>

## From the Porto city center to Guimarães:

From the Porto city center, you can access Guimarães by train.



- **Duration:** 1h 15 minutes approximately.
- **Station:** São Bento Train Station.
- **Adress of the Train Station:** Praça de Almeida Garrett, 4000-069 Porto.

For information about the train: <https://www.cp.pt/passageiros/en>.

From the Porto city center, you can access Guimarães by bus as well.



- **Duration:** 45 minutes.
- **Station:** Terminal Intermodal de Campanhã -Campanhã Bus Terminal.
- **Adress of the Bus Terminal:** R. de Bonjónia 691 4300, 4300-084 Porto.

Link to the bus: <https://www.flixbus.pt/>

***Both the Train station and the Bus station in Guimarães are 15 minutes from the accomodation.***

## **Travel Cost and Reimbursement**

To reimburse you for the costs, you need to keep all **ORIGINAL** boarding tickets (plane, metro, train), reservations and invoices.

Be aware that the amount to be refunded corresponds to the exact price that you have spent as long as it is within the maximum established by the program.

If any documents are paper format, and it was not possible for them to be provided during the TC, you will need to send them to:

**Rua do Freixo, nº979, E1.2. 4300-218 Porto, Portugal**



**DO NOT FORGET** to ask for invoices with the VAT number in all the transportation you take to reach Portugal and going back and for the first dinner. Without this, we cannot refund you!

## **VAT NUMBER**

**515385166**

In case you need more than the number to fill out the invoices:

**Name:** PROACTING - Associação

**Address:** R. do Freixo 979, E1.2, 4300-010 Porto, Portugal

The following table refers to the travel budget, per participant, available for each organization.

Organization	Budget per Participant	Participants
Proacting (Portugal)	210,00€	6 youth workers
Youth Horizons (Greece)	360,00€	5 youth workers
Danish Youth Team (Denmark)	360,00€	4 youth workers
SOS EUROPA (Italy)	275,00€	4 youth workers
Spain	210,00€	6 youth workers

**Important note:** We kindly ask you that before purchasing the airplane tickets, please share your travel plan for our approval.

# What to Bring:



ID Card/Passport and European Health Card.



We want to reduce the use of plastic and paper waste. In this sense, we ask you to bring a mug that you can use to drink tea or coffee during activity breaks and also, your bottle of water.



Computer or another working device



Check the weather before coming to Portugal. It is pretty unpredictable!  
Bring also appropriate shoes and clothes.



Personal items you might need (medication, toothbrush, etc.)



All your travel documents.



For cultural exchange, arranged by the participants, please bring food and drinks from your own country as well as flag or a scarf!

# Contact us :)

If you have any questions, don't hesitate to reach out to us:

## Isabel Tereso/ Patrícia Bastos



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## Social Media



<https://proacting.org>



Proacting Associação (@proactingassociacao)



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