



LTTA
PORTUGAL
MARCH 2019

FIRST LTТА - PORTUGAL

“**SELF-AWARENESS – WHO AM I**”

- 1st LTТА: all the activities are oriented for the identification level – *who am I?*

- LTТА program:

Day 1 - I individual (communication)

Day 2 - I social (active citizenship)

Day 3 - I cultural (heritage and traditions)

Day 4 - I professional (entrepreneurship)

Day 5 – groups’ feedback sessions + LTТА evaluation

ACTIVITIES TO DEVELOP (women + educators): dramatherapy, self-painting, patchwork blanket, creating musical moments with recycled materials, gastronomy, professional and cultural visits.

ACTIVITIES TO DEVELOP (educators): round tables discussion, case analyses, open classes, workshops Education by Art.

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DATES (proposal):

March 2019

Week 11 – 11/03 to 15/03

Week 12 – 18/03 to 22/03

Week 13 – 25/03 to 29/03

Participants:

3 learners + 2 educators

5 days working + 2 days for travel

Conditions to have the budget items:
travel + individual support.

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ACTIVITIES TO BE DONE (BEFORE AND AFTER)

BEFORE THE LTТА (women and educators):

- Preparing the Activities to develop in Portugal following the guidelines defined in the program.

AFTER THE LTТА (women and educators):

- Disseminating the Activities close to other adult learners (creating evidences) – to be done till one month after the LTТА.

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SELECTION OF PARTICIPANTS

WOMEN AND EDUCATORS:

- Have a formal link with partner organization (contract + declaration from partner organization)

EDUCATORS:

- knowledge in english language

WOMEN:

- Basic knowledge in english language
- Availability to travel (7 days)
- Favorable personal conditions (health, personality and others)

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BUDGET AND LOCAL ARRANGEMENTS

TRAVEL (unit costs):

Distance band – maximum (between 2000 and 2999) – **360 EUR per participant**

INDIVIDUAL SUPPORT (unit costs):

- Accompanying persons: **106 EUR per day, per participant**
- Learners: **58 EUR per day, per participant**

CFPIMM suggest the accomodation in Porto city.

There will be a bus to pick the participants to CFPIMM and to take them to Porto (supported by CFPIMM).

The lunch from Monday to Friday will be in CFPIMM Canteen, as well as the coffebreks (supported by CFPIMM).