



ALDEIA DE SÃO SEBASTIÃO, PORTUGAL

15TH TO 23RD MAY 2025



Co-funded by
the European Union



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade

ABOUT THE PROJECT



The Rural Mind project aims to address the challenges of mental health in rural areas, where the lack of services and social isolation deeply impact communities. To tackle this issue, the project seeks to empower young people as agents of change by providing them with knowledge and tools to address mental health concerns. The goal is for these young individuals to offer initial psychological support and promote a culture of mental well-being in their local environments. Additionally, the project aims to raise awareness about the importance of mental health, reducing stigma through campaigns and educational activities.

Another key aspect is training in Psychological First Aid (PFA), equipping participants to recognize signs of mental distress and provide essential support until professional help is available. The project aspires to reduce the stigma surrounding mental health in rural areas by fostering open discussions and creating a network of young leaders who can act as references and support points within their communities. Furthermore, a Rural Community Support Toolkit will be developed as an educational resource to ensure the continuity of mental health initiatives. Ultimately, the project aims to improve the quality of life in rural areas by strengthening community resilience and fostering a culture of understanding and support for mental health.



ASSOCIAÇÃO DESPORTIVA CULTURAL E SOCIAL DE ALDEIA DE SÃO SEBASTIÃO

Associação Desportiva, Cultural e Social de Aldeia de São Sebastião (ADCS), founded in 1991 in a small border village of 80 inhabitants, was created to promote youth involvement and provide social support to the community. Initially, its primary goal was to establish a multi-purpose facility for local use. Over time, however, ADCS expanded its mission to attract more young people to the village and bring entertainment and joy to nearby communities. The association also began offering elderly care services, including a day center.

ADCS now organizes a wide range of activities such as rock climbing, zip-lining, paintball, mini-golf, canoeing, and mountain biking. Its facilities include a senior home, bungalows, and dormitories available for local tourism and youth groups, a public swimming pool, a multi-sports arena, an extreme sports park, farmland for raising donkeys and sheep, a canteen with seating for 100 people, an activity hall, and a fully completed auditorium.

36 PARTICIPANTS | 6 PER NATIONAL TEAM

PORTUGAL	_____	0€
SPAIN	_____	211€
ROMANIA	_____	395€
ITALY	_____	309€
TURKEY	_____	580€
LITHUANIA	_____	395€

TRAVEL BUDGET

ARRIVAL

Oporto/Lisbon Airport
15th May
(before 11:00,
confirm your flight
details)

There are train connections from Porto and Lisbon to Aldeia, check the shedule of them to match with your flights.

There are **direct bus connections** to Vilar Formoso (a village close to Aldeia) from Madrid at 09h15 (airport) and at 10h from Madrid Sur Bus Station.

Then there is a 15min train from Vilar de Formoso to Aldeia at 16h15.

DEPARTURE

Oporto/Lisbon Airport
23rd May
(after 18:00 please
confirm your flight
details)

All itineraries have to be approved following the instructions by Aldeia de S. Sebastiao Association. **Can not be bought without it.**

HOW TO GET TO ALDEIA

IMPORTANT INFO

TASKS FOR THE YE

Presentation of your country.

Information about the situation of your country on the main topic of the project.

Traditional foods and drinks for the cultural night.

Flag of your country.

CULTURAL NIGHT

There will be an activity in which you will be able to present your customs, traditional dances, and culture.

Each national team is encouraged to prepare a dynamic presentation using videos, presentations (not exceeding 5 minutes videos or presentations), or an interactive presentation digital or physical.

We hope that your culture means something more than national food and drinks. Also, bring the flag of your country.

Bring any special ingredients or culinary items from your home country, as it may be challenging to find them locally.

And don't forget to prepare some traditional music for the intercultural nights.

WHAT TO BRING?

Towels.

Warm clothes (The nights can be cold during the night).

Sports clothes and comfortable shoes.

Personal Hygienic Products (Shower gel, shampoo,...).

COSTS AND REIMBURSEMENT

Accommodation and Food

These costs, along with activity expenses, are fully covered by the project budget.

Insurances

Activity insurance is covered by the hosting entity.

Travel insurance is recommended but will not be covered by the project.

Travel Reimbursement

Travel expenses will be reimbursed based on the actual costs provided.

Participants need to submit original invoices, tickets, and boarding passes. The cheapest route of transportation should be preferred using plane, train, bus, metro, local transportation, etc.

Private cars, taxis, uber/bolt/cabify, and first-class tickets will not be reimbursed.

Itinerary Approval

Participants must get approval from the hosting entity before purchasing tickets, or else they will not be reimbursed.

Currency and Exchange Rates

Reimbursements will be made in euros, with exchange rates calculated based on the European Commission's official rates on the purchase month.

Document Submission

Keep all the digital travel documents (invoices, tickets, boarding passes), bring all physical travel documents to the mobility and upload them to a shared folder during the mobility period. (the project team will provide to each participant a shared folder on Google Drive.)

Submit physical tickets either in person or by post office after returning home if needed.

Travel Expenses Registration

During the project, participants will need to fill out an Excel Sheet with their travel expenses, which will be reviewed by the organizing team. This should match the documents uploaded in the shared folder on Google Drive.

Online Check-in

It's encouraged to book flights allowing online check-in so that return boarding passes can be uploaded before leaving the project.

Travel days

Participants can extend their stay by 1-2 days considered as travel days, before or after the mobility at their own expense.

Aldeia de S. Sebastião is a small village in the center of Portugal, in the interior part of the country.

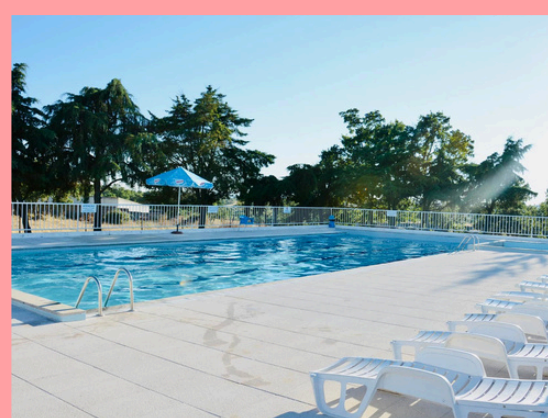
Participants will stay in Aldeia de S. Sebastião, you can see more about it in the following pictures.

Participants will be divided in rooms divided by gender.

Accommodation, local transportation, and other activity costs are covered by the hosting organization only during the project's dates (15th to 23rd of May 2025).



ACCOMMODATION



PARTICIPANT AGREEMENT

As a participant in the project, you are expected to actively engage and contribute to the overall success of the activities.

Your behavior, attitude, and level of participation are essential in creating a positive and inclusive environment for everyone involved, and you commit to upholding these standards throughout the project.

Respect and Inclusion

Treat everyone with kindness, respect, and empathy. Embrace diversity and ensure all participants feel welcome, regardless of background.

Active Participation

Engage fully in all activities with enthusiasm, sharing ideas and experiences, and be open to learning from others.

Punctuality and Commitment

Be on time for all activities and meetings. Stick to the schedule and inform organizers of any issues affecting your participation.

Responsibility and Accountability

Take responsibility for your actions, follow all rules, and contribute meaningfully to the project.

Collaboration and Team Spirit

Work well with others, respect group dynamics, and support your peers during team tasks and discussions.

Health and Well-being

Take care of your physical and mental health. Inform organizers of any health concerns to ensure your comfort.

Participants' Profile

Be open to learn more about the topic.

Aged between 18-30 years old.

To have fluent level of English.

Each organisation will have to ensure the gender balance of their team.

Leaders' Profile

To be highly interested in the topic and to participate actively.

No age limit.

Have experience in Erasmus+ projects.

To have fluent level of English.