



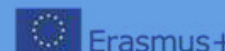
Training Course
2022-3-PT02- KA153-
YOU-000098829

Build up your Life "Water Series"

07/06 to 16/06 - Branca, Portugal

international@quintadasrelvas.pt

www.quintadasrelvas.pt



Training Course Erasmus+ Build up your life - Water Series

Quinta das Relvas is proud to announce its next Erasmus+ project - Build up your life- Water Series - Training Course!

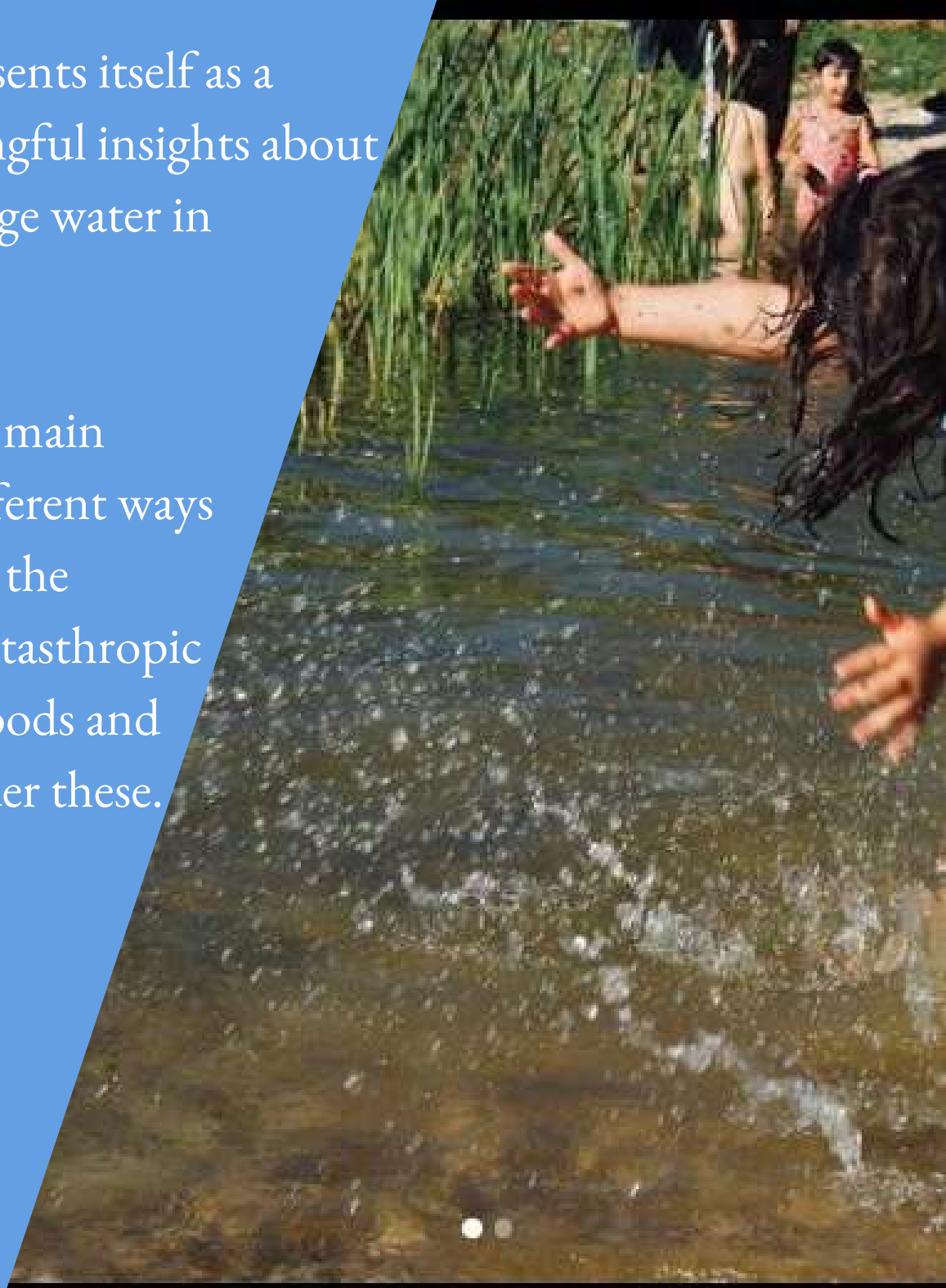
The project will have 8 days (+2 travel days) at Quinta das Relvas headquarters, from the 7th till the 16th of June 2023

We will have 25 participants from 5 european countries (Portugal, Netherlands, France, Italy and Romania.



The BUYL Water Series presents itself as a project that provides meaningful insights about how to regenerate and manage water in different conditions/ climas.

We will use Permaculture as main methodology to explore different ways to harvest and store water in the landskape, we will analyse catasthropic scenarios like droughts or floods and how to become resilient under these.



Who?

25 participants

5 Q.T.R. & Q. Shiva (PT), 8 Italian
(4 Kora + 4 Supertramp), 4 EcoFairly (FR), 4
Onestin (RO), 4 Ondergrond (NL)

Requirements? 25 - 40 years old,
with big interest in sustainability.

Costs? The erasmus+ project will
cover all the project costs...

Travel, accomodation, activities, insurance & food

Logistics:

Where to stay?

Eco-Hostel Quinta das Relvas

Meals?

Vegetarian or Vegan

What to bring? Comfortable
clothes & shoes, bio- soap,
bath towel, mosquito repellent.



How to apply?

1. contact your sending NGO
2. fill in the participant application form
3. follow the sending NGO instructions for next steps (project preparation & flights)

When accepted you will be added to a whatsapp project Group & mailing list.

*both going and return should be bought 1 month before the activity

** deliver your flight plan to receive green light to buy tickets



How to arrive...

1. book tickets to oPorto airport
2. catch a metro to Campanhã train station
3. get a train to Estarreja train station
4. get our pick-up to the farm

As soon as possible inform us which pick-up schedule suites you the best:

Pick ups during the 7th of June
- 15h00 - 16h00 - 18h00

***No check ins after 20h**

****plan accordingly**

*****save your boarding passes/
tickets for travel
reimbursement**



Travel reimbursement & budget

Portugal 0€

Netherlands 275€

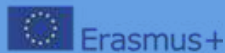
Italy 275€

France 275€

Romania 360€

Save all tickets and boarding passes & deliver them to your team leader.

After the project dissemination we will make the travel reimburse (max. after 2 weeks)



Contacts:

International@quintadasrelvas.pt

Whatsapp Project coordination

Antonio Trindade

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Instagram:

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

Youtube:

[youtube.com/c/QuintadasRelvas](https://www.youtube.com/c/QuintadasRelvas)

