

CultureYouthLab _ Youth activation and emancipation through creative processes

Training of Trainers (ToT) – 15th & 19th October 2021 - 14th 20th travel days



INFOPACK

Welcome to the CultureYouthLab Lisbon / Óbidos / Caldas da Rainha.

Arrival

Your travel arrangements will be made by yourselves. If online check-in is possible, send one copy of your boarding pass to the project country coordinator. If not, keep and bring your paper boarding pass. Please check ID cards or passport dates of issues. Check also the allowed luggage measurements and weight before the trip.

Accommodation

The accommodation is booked by CAI in HOTEL ALICANTE. The accommodation will be done in twin rooms, will be paid by the project. If you want CAI could book a single room for you the rate will 30€ per night, in this case let us know asap

<https://www.google.com/maps/place/Hotel+Alicante/@38.7289812,-9.1444595,16z/data=!4m6!3m5!1s0x0:0xdd599922ba7c8de0!4b1!8m2!3d38.7287552!4d-9.1445453>

The Hotel is served by Underground (METRO) Yellow Line Picoas Station (the nearest one) or and Blue line (Marques de Pombal).

When you arrive on 14th at Lisbon airport you can reach the hotel by:

METRO (Underground) (2€) you can find it when you exit of the luggage hall you take the right and straight ahead till exit the arrivals hall and in front of you have a big red METRO entrance. You must take the Red Line till Saldanha Station and then you change for Yellow line direction RATO you exit in PICOAS station then you take ANDRADE CORVO street, exit go ahead till AV. Duque de Loulé you take the right side and, in the corner, you see ALICANTE HOTEL.

TAXI – is around 10€

Training Venues

The Training venues from 15th till 17th November it will be on CAI office. 18th and 19th will in Òbidos and Caldas da Rainha

<https://www.google.com/maps/search/CAI/@38.7265735,-9.1540598,15z/data=!3m1!4b1>

Meals

CAI will book a lunch and dinner together. Please send the dietary information on the participation form. Coffee breaks are included in the program.

Getting ready

Travel insurance & European Health card

Travel insurance, due the COVID pandemic, it is advisable, obligatory and European Health card is recommended both are participant's own responsibility.

Pandemic

Please check all information about Pandemic measures applicable in Portugal for the visitors, more information you can seek on <https://reopen.europa.eu/en/map/PRT/7001>. Before to take off you need to present EU COVID certificate or PCR test and Fill the Locator form <https://portugalcleanandsafe.pt/en/passenger-locator-card> that origin a Q code. Masks are used during the training in several situations.

Travel in Lisbon

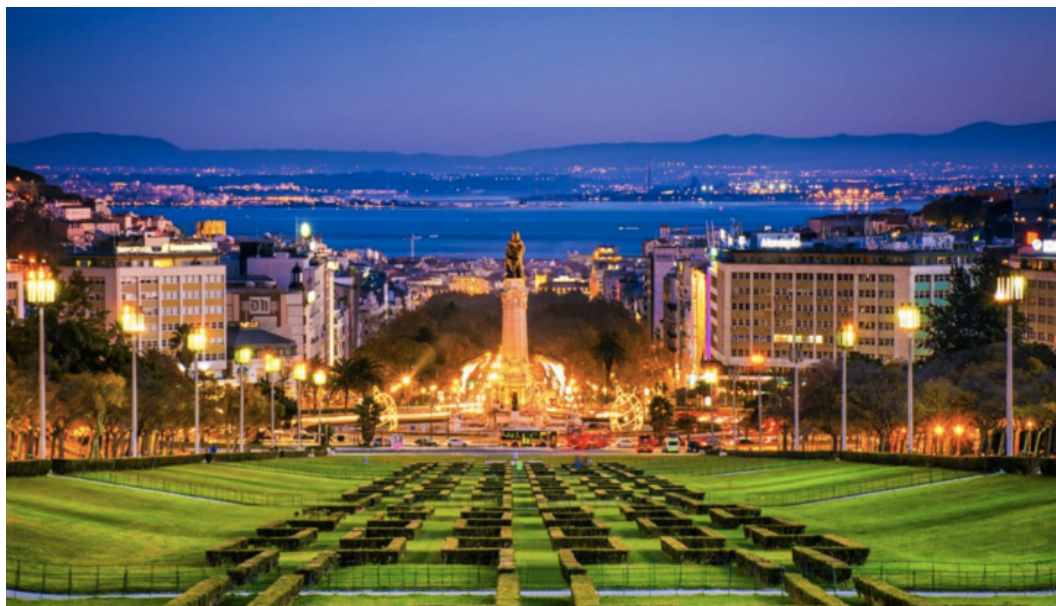
The easiest way to travel in Lisbon is by **METRO**, please check in <https://lisbonlisboaportugal.com/lisbon-transport/Lisbon-metro-guide.html> where you find Map. Tow historical tram should not be missed: **28** from **Martim Moniz** to **Prazeres** (Trip around the seven hills of Lisbon) and **15** from **Praça da Figueira** to **Algés** (City center to Bélem historical spot near the Tagus River and Portuguese custard cakes)

Packing list

Portugal is a country where we can enjoy a later warm and hot summer, But is already Fall. Be ready for it and dress accordingly to stay healthy. You can check the weather forecast here:

<https://www.ipma.pt/en/otempo/prev.localidade.hora/>

The Program will be discussed and selcted on first Training day.



Contacts in case of any questions

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