

HUMAN@RTE

Let's change the world, one stroke at a time

INFOPACK

ROTA JOVEM!

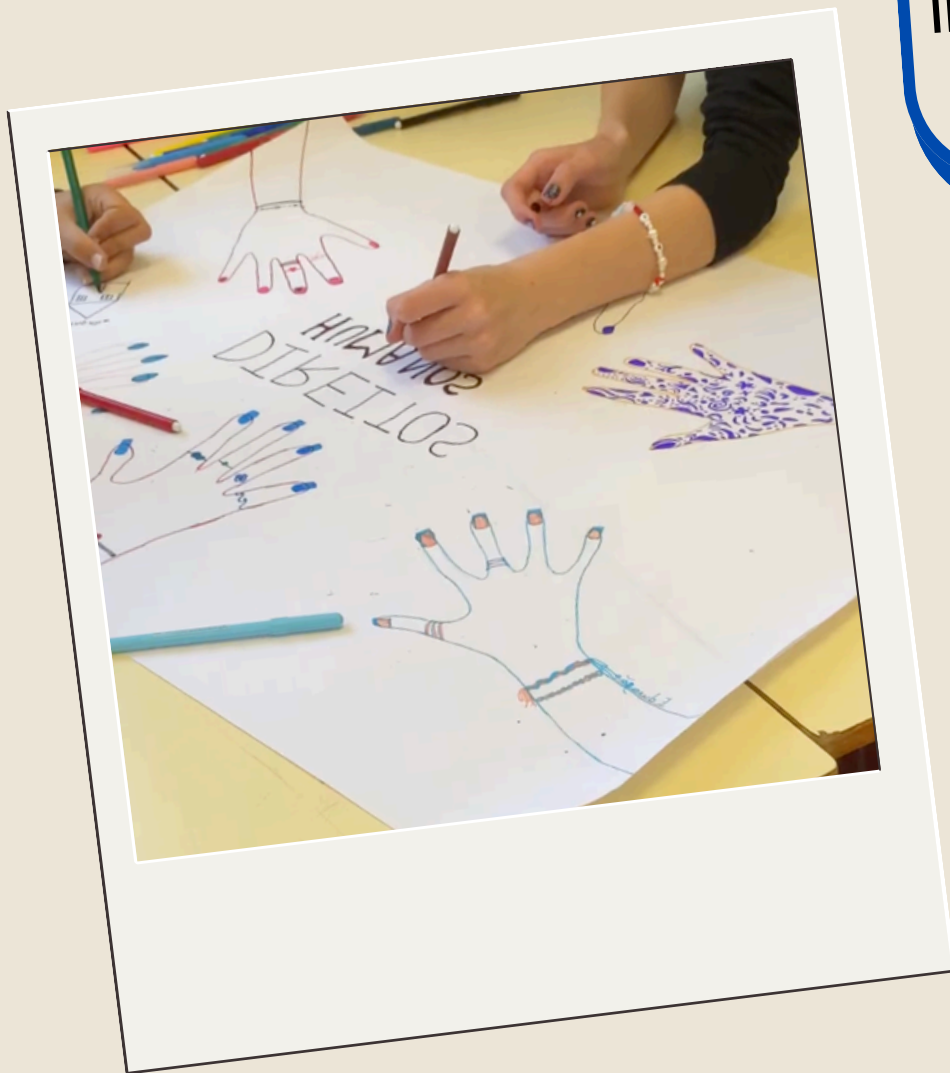


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INTRODUCTION

Human@rte seeks to use non-traditional methods, such as employing art as an educational tool, with the aim of empowering young people to respect and promote human rights, challenge stereotypes and prejudices, and encourage greater youth participation in the community and in the political sphere.

For all these reasons, it aims to empower young people to become agents of change in their communities, stimulating their creativity through the development of artistic skills alongside cross-cutting skills (such as social and interpersonal skills) that are of crucial importance at various levels (personal, academic, educational and/or professional), whilst simultaneously promoting Education for Human Rights and Democratic Citizenship.



WHAT

IS

HUMAN@RTE?



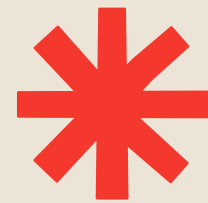
Human@rte is a project that aims to empower young people with information so that they can take action to promote and defend human rights. Debunking myths, stereotypes and prejudices—which remain deeply ingrained in our societies—continues to be essential for living together in a healthy and inclusive society.

For this reason, we believe it is imperative to educate our young people on these issues, so that they can become key players in transforming these behaviours

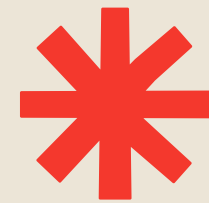
WHAT ARE **OUR** OBJECTIVES?



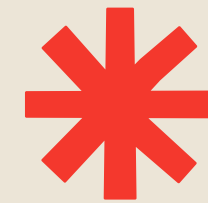
Create more forums for debate to take a critical look at what is happening in the world;



Empower young people to take action and promote human rights in their communities.



To encourage creativity as a means of expressing sensations and/or feelings.



Understanding the right to participate in the cultural and social life of your community;

TRAVEL REIMBURSEMENT

GREEN TRAVEL

Reimbursement:

- Portugal, Spain | 285 Euros

NON-GREEN TRAVEL

Reimbursement:

- Portugal, Spain | 211 Euros
- Czech Republic | 395 Euros
- Italy | 309 Euros

On the Arrival Day, **all** participants must be in Tomar **until 3PM** to get a ride until the venue in Ferreira do Zêzere.

There can be **no** delays as this is an agreed external transportation.

You are allowed to travel 2 extra days (that you can use before or after the project.

Take note that **all** expenses regarding days outside of the project will not be reimbursed and are the responsibility of the participant

HOW TO GET TO THE VENUE

Once you arrive in Lisbon or Porto, you will have to take a bus or train to get to the venue, here are some options you can take:

- Rede-Expressos (Lisboa Sete-rios <-> Tomar)
- FlixBus & Rede-Expressos (Porto <-> Tomar)
- Rede-Expressos (Coimbra <-> Ferreira do Zêzere)
- Rede-Expressos (Setúbal <-> Lisboa Sete-rios) & Rede-Expressos (Lisboa Sete-rios <-> Tomar)
- Rede-Expressos (Guimarães <-> Porto) & Rede-Expressos (Porto <-> Tomar)
- CP - Comboios de Portugal (Lisboa-Oriente <-> Tomar)
- CP - Comboios de Portugal (Lisboa-Rossio <-> Tomar)\
- CP - Comboios de Portugal (Lisboa Santa Apolónia <-> Tomar)

>> **Youth Ticket (until 30 years) with discount**

ACCOMODATION

QUINTA DO SALGUEIRAL, FERREIRA DO ZÊZERE
RUA DO TANQUE DO SALGUEIRAL, 83, 2240-
378 FERREIRA DO ZÊZERE.

BEDROOMS

THE ROOMS WILL BE SHARED WITHIN THE
SAME GENDER,
WITH ROOMS AVAILABLE FOR 3, 4,
5 AND 6 PEOPLE!

UTILITIES

SHARED BATHROOMS AND INSIDE AND
OUTSIDE SHOWERS

THE TEAM

BERNARDO PEREIRA



BELJÓS



Bernardo's Right Hand
and Rota's Mascot

Bernardo is a project manager and youth worker, with a genuine passion for non-formal education and working with young people across the country. With a background in African Studies, he brings a multidisciplinary perspective to his work, paired with an active interest in interculturality, Art, Human Rights, Music, and Volunteering.

He sees these areas as real tools for personal development, and strives to create spaces where young people from different backgrounds can connect, grow, and discover themselves through dialogue and exchange.

MARISA LUZ



Marisa Luz is a psychologist, facilitator and advocate for youth and non-formal education.

She believes in the power of knowledge and community. She has been involved in various initiatives and projects, equipping her with a diverse set of skills and a deep understanding of group interactions and learning processes.

As a facilitator, her approach is empathetic and active. She creates safe spaces where participants feel valued and heard, enabling them to express themselves freely and engage fully in the learning process.

PACK YOUR BAGS!

COMFORTABLE
CLOTHING AND
FOOTWEAR

SWIMWEAR

SLEEPING BAG

SUNSCREEN

INDIVIDUAL
SHOWER
TOWEL

HAT

INDIVIDUAL
BEACH TOWEL

BOTTLE OF
WATER



THANK YOU!!

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