



Homo Sentiens

Youth Exchange

KA1 | 2022-3-PT02-KA152-YOU-000093600



Arrival 28 May
Departure 05 June 2023



Montemor-o-Novo



Physical and mental health, well-being
Media literacy and tackling disinformation
Key competences development

Even if we know that the world ain't only rainbows and sunshine, we believe that working on our limits and exploring our potential, reinforcing self-esteem and transforming bad habits through active participation and personal reflection can have a direct impact on our well-being.

Project Objectives:

- Promote healthy lifestyles and good habits;
- Raise awareness of mental health issues;
- Develop the process of identifying and managing emotions;
- Increase youth self knowledge and competences development;
- Promote positive communication habits and fight against hate speech.
- Promote personal and professional development through European projects.
- Encourage sense of entrepreneurship and active participation.

Participants profile:

Young people between 18 and 30 years old, who are looking for solutions to increase their well-being and improving their capabilities to face challenges.

Free of charge!

- Accommodation, food and all materials of the training course it is cover
- No participation fee
- The travel costs will be covered according to the rules of the Erasmus+ program based on the distance calculator.

Travel reimbursement per participant:

Italy 275€

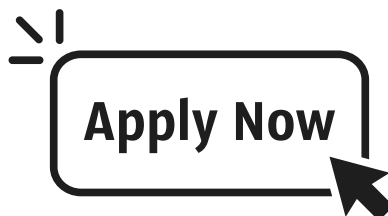
Romania 360€

Greece 360€

Spain 210€ *Green travel

Portugal 23€

Ready to apply?



Activities

“Homo Sentiens” will have 7 days of activities.

We will implement workshops, therapy expressions, team-building games, visits to the city and much more included in the Non-formal SuA methodology in order to connect imagination, creativity and self-consciences.

Being in a rural area allows us to provide activities outdoors, which will reinforce the beauty of nature and how careful we must be to preserve it.



Montemor

The tranquility and modesty can be noticed from any of the three high points of reference that surround this municipality of the District of Évora. The second largest municipality in the Alentejo region. With a past that has left the mark of many cultures, Montemor offers the perfect mix of innovation and tradition.



We will sleep and working in
Burriscas Campismo Rural



**If you have doubts, don't hesitate to
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or
our international partners



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