

HIKING WITH THE EAGLES

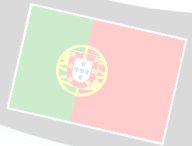
Barrocal do Douro

Portugal

2023



associação de caminheiros de bragança





DESCRIPTION OF THE PROJECT

1. Project Title

“Hiking with the Eagles” Barrocal do Douro

2. Programme

Erasmus+

3. Type

Key Action 1

2022-1-PT02-KA151-YOU-000059688

4. Project dates (dd/mm/yyyy)

PV – 28/04/2023 until 01/05/2023

Two days of meetings and visits plus two travelling days.

EXCHANGE – 22/06/2023 until 28/06/2023

Five days of activities plus two travelling days.

5. Summary

The border section of the Douro River corresponds to the deep, steep-sided valley that separates Portugal from Spain. The International Douro Natural Park (PNDI), with 86,834.82 ha, covers an extensive area adjacent to the river, and its vegetation is dominated by holm oak (*Quercus rotundifolia*, locally known as "carrasco"), with juniper woods (*Juniperus oxycedrus*), cork oaks (*Q. suber*) and patches of black oak (*Q. pyrenaica*).

The International Douro is a fundamental area for bird conservation and one of the most important national and even Iberian areas. Indeed, birds are the most representative group of fauna in this area, both due to their high diversity and the occurrence of several threatened species, which maintain an important part of their breeding populations here at national and Iberian level. Special mention should be made of rupicolous birds (i. e. birds that live/nest in rocky areas), namely large birds such as the Egyptian vulture (*Neophron percnopterus*) and the Bonelli's eagle (*Aquila fasciata*), which have taken refuge here.

Low population density, being agriculture and livestock the main economic activities. Curious dovecotes, which provided fertilizer and food, guide a harsh landscape that takes on dramatic expression on the cliffs of the Douro. Mirandese, recognised since 1999 as the 2nd official language of Portugal, is another of the surprises that the far north-east has in store for us. On the Spanish side, the Arribes del



Douro Natural Park, with an area of approximately 106,105 ha, complements the nature protection of this border area.



During five days, participants will visit and admire all the natural surroundings of Douro Natural Park, through some hiking activities. They will take part in thematic visits, get to know all the natural surroundings of the international park, the people, the gastronomy, the natural species preserved in the region. The conviviality with the elderly people of the area, as well as the drinking of their popular wisdom, will be present in the project. The whole issue of sustainability and water saving will be present in the project.

6. Objectives

- Valuing participation in erasmus+ activities;
- Combining hiking activities with intercultural dialogue;
- Promote respect for natural landscapes, history and ethnographic and artistic heritage;
- Raise awareness about the efficient use of resources, environmental protection and climate change;



- Educate in values, critical thinking and encourage/facilitate change of attitudes;
- Raise awareness about the touristic potential of heritage resources, and its use as a way to achieve social inclusion and include and sustainable economic growth;
- Mutual understanding between cultures;
- To promote non-formal education as a learning tool among young people;
- To make new friends and discover new cultures together;
- To strengthen ties between organizations for future projects.

7. Venue

The exchange will take place in the locality of Miranda do Douro – Barrocal do Douro (North of Portugal) and in nearby villages: Sendim, Atenor, Picote.

8. Working language

Working language will be in English, but we try to respect and use the languages from partner countries.

9. Organizations

We will be 7 organizations involved in this project from “EU Member states and third countries associated to the Programme”.

“Enzonas – Associação de Caminheiros de Bragança” will be coordinating this project.

10. Participants

10.1. *Number of participants*

Each partner should select 5 participants and 1 youth leader for the Exchange.

For the PV there will be only 1 participant - the youth leader who will participate compulsorily in the exchange.

10.2. *Participant's profile*

About the number of participants from each partner, **three** must be young people with fewer opportunities.

Young people between 15 and 25 years old

Highly motivated to participate and learn about culture, heritage, nature, sustainability. It is not necessary to be an expert on the subject, but it would be desirable to show any interest on those subjects because they should work together addressing these matters and it would enhance inclusion and participation.

Interested on learning about European projects and willing to participate, but afraid to do it.

Some activities may require some physical attitudes (walking mainly). If a participant is not suitable but is impaired, we will find the way to adapt the activity. It will be necessary though that you indicates us any special condition in advance before applying.

10.3. *Youth leaders*

Each partner will be in charge of Youth Leaders selection. They should:

- Be older than 18 years old and experience in working with groups of young people;

- Have previous experience in, at least, one of those subjects: volunteering, youth work and/or non-formal education;
- Good level of English;
- Promote active participation, team work and discipline;
- Keep a positive attitude.

11. Youthpass

A Youthpass will be issued after the YE, to certificate the assistance and the learning outcomes. We will have time during the project to reflect about the learning and also one/two sessions about youthpass.

12. Activities – Youth Exchange

This Youth Exchange will join together 43 people (35 participants, 7 youth leaders and one facilitator) from “EU Member States and third countries associated to the programme” in Barrocal do Douro (Miranda do Douro) – Portugal for 5 days (plus 2 travelling days).

Activities:

- Ice-breaking activities: to break the ice among participants and to create the optimal environment;
- Informative activities: to communicate the knowledge needed to participate in Europe, mainly about the Erasmus+ Programme;
- Hiking activities through natural áreas of International Douro River Parque, will allow participants to be aware of their value and they will learn through the experience and sensations. 2 of this days of the Exchange will be dedicated to the hiking activities;
- Cultural activities: Participants will meet with local elders to learn about all the ancestral knowledge and culture of our region. There will be workshops on the theme of natural sustainability.;
- Nature and outsider activities: we will make activities during the hiking activities on the outsider as a way to appreciate the value of nature, working on sustainability;
- Leisure activities: to release tensions and stress;
- Evaluation Activities.

13. Expected results and impact

Our main focus is to promote a positive attitude change on our participants about:

- How to act and behave while being on natural environments;
- Having a more sustainable way of life being respectful to nature;
- Raising awareness about the cultural heritage and its potencial as na educational and economic resource.

14. Travel costs

The programme will cover transport costs to and from Barrocal do Douro (Portugal).

15. Accommodation during the Youth Exchange

We will stay in a little village near Miranda do Douro (Barrocal do Douro) in a Hospedary in shared rooms (four persons per room with private bathroom).

16. Food and special needs

Meals will be covered from the breakfast of the first day of activities until breakfast the departure day (We will try to insert also the dinner of the arrival day, but it is uncertain because we do not know the arrival time of the various countries). The rest will be at the exclusive account of the participant.

For any special needs or food restrictions (health problems, special diet, etc) please, tell us in advance. Otherwise, we won't be able to take into account any special need.

17. Insurance

We will take out a specific insurance policy for the exchange activities, but general health insurance as well as travel insurance are your responsibility.

Participants should obtain the European Insurance Card or a Health Insurance, in case you are not entitled to obtain it.



REAL TIME TABLE EXCHANGE



| ACTIVITY PROGRAMME FOR A YOUTH WORKER MOBILITY | | | | | | | | |
|--|---|--|--|--|---|---|---------------------------|-------------------|
| ACTIVITY | A1 | | | | | | | |
| PARTICIPATING ORGANIZATIONS | ENZONAS, Associação de Caminheiros de Bragança (Portugal) – CABILDO DE GRAN CANARIA (Spain) ORDU UNIVERSITY (Turkey) – TEATRO METAPHORA, Associação de Amigos das Artes (Portugal) YOUNG EFFECT, Associazione di Promozione Sociale (Italy) – CILENTO YOUTH UNION (Italy) | | | | | | | |
| VENUE | | DURATION | | | | | | |
| CITY | COUNTRY | Start Date | End Date | Activity Duration | Travel Days | | | |
| Bragança | Portugal | 22/06/2023 | 28/06/2023 | 5 | 2 | | | |
| ACTIVITY PROGRAMME – “Hiking with the Devils” | | | | | | | | |
| TIME | Thursday (22/06/2023) | Friday (23/06/2023) | Saturday (24/06/2023) | Sunday (25/06/2023) | Monday (26/06/2023) | Tuesday (27/06/2023) | Wednesday (28/06/2023) | |
| 08.30 | TRAVEL DAY | Breakfast (accommodation) | | | | | | TRAVEL DAY |
| 09.30 | | Opening and receiving session. Presentation of the weekly plan and logistics of the week. Construction with the participants contract group, with the essential rules for building the good multicultural environment. | Hiking between the villages of Barrocal do Douro and Picote. Visit to the viewpoint of Fraga do Puio. | Hiking through the Douro Cliffs (International Douro Natural Park) guided by raptor-watchers | Visit to Martins cutlery factory in Miranda do Douro | Evaluation of the Exchange in partners groups and completion of a anonymous pie chart in the activity room. | | |
| 11.00 | | Snack (accommodation) | Snack (During the Hiking) | Snack (During the Hiking) | Snack (During the visits) | Snack (accommodation) | | |
| 11.30 | | | | | | | | |
| 12.00 | | Energizer. Identification of personal expectations of experience and learning | Hiking between the villages of Barrocal do Douro and Picote. Visit to the viewpoint of Fraga do Puio. | Hiking through the Douro Cliffs (International Douro Natural Park) guided by raptor-watchers | Visit to the Association for the Study and Protection of Asinine Cattle (AEPGA) in the village of Atenor. | Evaluation of the Exchange in partners groups and completion of a anonymous pie chart in the activity room. | | |
| 12.30 | | LUNCH (accommodation) | LUNCH (Picote) | LUNCH (accommodation) | LUNCH (Miranda do Douro) | LUNCH (accommodation) | | |
| 14.30 | | Visit to the inside of the Picote dam by walking | Activities and visits in Picote. Socialising with the local population. Stories about smuggling from another era. | Guided discussion: reflection on the role of the young person in the preservation of the natural and cultural heritage of a region | Reception by the Mayor of Miranda do Douro at the Town Hall | “Youthpass” Work Shop | | |
| 16.00 | | Snack (Dam of Picote) | Snack (Picote) | Snack (accommodation) | Snack (Miranda do Douro) | Snack (accommodation) | | |
| 16.30 | | Visit with the aim of getting to know the town of Barrocal do Douro | Activities and visits in Picote. Socialising with the local population. Stories about smuggling from another era. | Guided discussion: reflection on the role of the young person in the preservation of the natural and cultural heritage of a region | Semi-guided visit to places in Miranda do Douro | Final Reflection and youthpass delivery. | | |
| 19.30 | | DINNER (accommodation) | | | | | | |
| 21.00 | | European Tasting Party | Informal Conviviality | | | Farewell party of participants. | | |