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**Best Practices
for an ethical and
sustainable future
through rural tourism**

**Melhores Práticas
para um futuro ético e
sustentável através
do turismo rural**

www.futur.pt

Organização:  CAB

Patrocinador:  CITEL

Associação:  Associação Nacional de Turistas

Cooperativa:  Cooperativa

Associação:  Associação

Associação:  Associação

Associação:  Associação

Associação:  Associação

OPEN CALL

_PORTUGAL, NORWAY, SPAIN

1. Project Description

Social dynamics have weakened the economy of rural and mountainous areas in southern Europe, where traditional activities are no longer competitive in a globalized world. As a direct result, since the 60's this area of Portugal – Miranda Plateau - has suffered a great population decline. In this rural area, most of the people are elders and the young inhabitants who live here are isolated, deprived of the social contact that the cities provide, far from the stimuli and infrastructures that in their imagination are abundant elsewhere in Europe.

Thus, the project aims to respond to the needs of these and other young people who are in the same situation of geographic isolation and who also lack economical resources. In an environment of multicultural dialogue, young people will realize that the isolation problem they face is the reality of many other young Europeans and that this issue can be transposed through the participation in European initiatives such as the one proposed in this project and in other network projects.

The project aims to give young people the necessary tools so that through the resources of their land they can develop entrepreneurial ideas. However, like other economic sectors, tourism has impacts on the territory, which should be assessed in order to establish an appropriate and sustainable strategy for its development.

Through this project, young people will contribute for the establishment of guidelines for the pursuit of ethical and sustainable tourism while developing their social skills and European values of respect for human rights in an inclusive and multicultural environment.

Partner institutions will be responsible for the selection of 5 participants and one leader; CAB will be responsible for the selection of 9 Portuguese participants. Their selection will be made according to their place of origin and economic situation: young disadvantaged people living in remote or isolated places will be positively privileged.

During the mobility period non-formal teaching techniques will be used in order to encourage dialogue; walks with donkeys will also be carried out so that the participants can get to know the natural and cultural heritage of the region and thus develop an adequate sustainable tourism development strategy. It is thus expected that this project will have a high impact on their professional careers and that this educational experience will prove useful in the search or self-employment initiative. The project will also have a strong impact on the partner institutions by strengthening their capacities, increasing their scope of action, their visibility at European level and the increased contacts that this future working group will have. It is expected that the web page and facebook page will disseminate the project and also encourage other young people to participate in similar mobility initiatives. It is expected that the ebook produced as the main result of the project will serve as a strategic and contemporary model for a type of tourism that cares for the needs of nature conservation and the sustainability of local populations. This model will be adopted by the partner institutions, and it is foreseen that through its dissemination other European institutions will be reached.

2. Participant's Profile

Participants should be over 18 years old and under 30. Priority will be given to those who:

- live in rural and isolated/remote areas;
- have an economic disadvantage;
- are students or unemployed at the moment.



Participants should be Portuguese, Spanish or Norwegian or have a legal permit to live/work in these countries.

3. Goals of the Project

- Provide insightful and non-formal workshops to geographically isolated young people of Norway, Spain and Portugal about tourism potential in providing economic and environmental sustainability for isolated areas;
- Provide cultural exchange and a great mobility experience for the aforementioned participants;
- Develop an ebook on sustainable tourism which will include guidelines and orientations for stakeholders;
- Create contents for communication channels to disclose the project using text, video and photos

4. Learning Outcomes:

Participants will learn about the following topics:

- touristic planning
- sustainable development
- ecotourism and rural tourism marketing

Within this project, participants will learn how to use their critical thinking in an economic sector which poses challenges, risks but also opportunities. Social skills and tolerance between different cultures will also be promoted through informal learning activities such as hiking. Throughout the mobility period, media/online tools will be deployed and as such we expect to contribute to participant's media literacy.

In short, we expect the following learning outcomes through the project from a professional and personal perspective:

- Development of critical thinking;
- Encouraging entrepreneurship;
- Social Competences;
- Team work;
- Appreciation and respect for different cultures;
- New Technologies of Communication and Information.

5. About us

Promoters

Centro de Acolhimento do Burro (CAB) Donkey Shelter - Portugal

Antiga Escola Primária de Pena Branca

5210-172 Miranda do Douro

Portugal

T (+351) 273432899 | (+351) 966151131

Miguel Nóvoa - miguelnovoaa@aepga.pt

Sara Pinto - sarapinto.aepga@gmail.com

centroacolhimentoburro@gmail.com

CAB is a Portuguese NGO whose main goal is to rescue sick and neglected donkeys and to provide them basic veterinary care and the best welfare conditions.

Additionally, CAB is also devoted to the disclosure of traditional local culture and in the outreach for animal welfare practices. To achieve this mission, CAB is a partner in animal outreach programmes, participates in technical veterinary workshops as well as cultural events.



Partners

Asociación Cryosanabria – Spain

C/ Plaza El Castillo nº2

49300 Puebla de Sanabria

España

T (+34) 66990548

www.cryosanabria.blogspot.pt

Daniel Boyano - danielboyanosotillo@gmail.com

Cryosanabria is a Spanish non-profit organization whose main mission is to promote Sanabria's natural and cultural heritage, improving the knowledge about the mountains of this region and the Iberian Peninsula. Cryosanabria develops cultural events, guides, children activities related to traditional culture and technical workshops. It also promotes environmental volunteering actions, involving local youth.



Linking Tourism & Conservation (LT&C) - Norway

Sukkerheia 4 – Kolbjornsvik

4816 Arendal

Norge

T (+47) 90254755

www.ltandc.org

peter.prokosch@ltandc.org

Linking Tourism and Conservation (LT&C) is an innovative and effective shared network. It is designed to develop tools and incentives for replication of best practices and examples of sustainable tourism that supports the establishment and management of national parks and other types of protected areas. LT&C works with individuals, businesses, and governments to strengthen the benefits of both sustainable tourism and area protection and management.





6. Dissemination

CAB, Cryosanabria and LT&C should disclose the project through the following channels:

- E-book shares
- Traditional media (TV's, newspapers, radio)
- Organization's and project website
- Social media channels

7. Costs

This project is funded by the Erasmus+, Youth Exchange Program. Accommodation and food will be provided by the project.

Travel costs will be reimbursed according to the following limits:

Norway: 360€

Spain: 180€

Portugal: 20€

All transportation is covered except taxis.

Travel costs will only be refunded after we receive all related tickets and invoices (including boarding passes), by the end of the project.

8. Special needs, safety, insurance:

We encourage all participants to take an extra insurance, in order to cover aspects related with health, luggage and travelling. We also advise you to obtain an European Health Insurance card, which is free of charge. Please find more information about it here:

<http://ec.europa.eu/social/main.jsp?catId=559&langId=en>

9. What should you bring

- Laptop/tablet if you have one
- Cell phone
- Camera if you have one
- Binoculars (if you have ones)
- Hiking boots
- Comfortable and warm winter clothing
- Waterproof jacket
- Indoor shoes
- Personal toiletries

10. Accommodation

Accommodation will be provided at Centro de Acolhimento Juvenil do Barrocal do Douro, located at Douro International Natural Park, 20 Km away from Miranda do Douro.

This Centre is modern and will cover participant's needs: kitchen, hot showers, electricity, heating system, etc. Each room has bunk beds with a private bathroom.



11. How to get to the venue

The venue will be in Vimioso and Miranda do Douro municipalities.

Arriving to Porto or Lisbon by plane:

Please keep in mind that unfortunately we cannot fund extra accommodation in Porto or Lisbon, so you should plan your trip according to this information and your own budget.

You have 2 bus companies, where you can book online tickets to Miranda do Douro:

<https://www.rede-expressos.pt>

<http://www.rondonorte.pt/pt/>

Please book your seats online in advance and see carefully how to reach the bus station. If you find any difficulties about this topic while planning your visit please write us.

The meeting point will be at 19:30 in Miranda's bus station, at November 7th. If you can't make it on this date, write back to us and we will pick you up on the 8th at the same place.

Arriving or travelling by Spain:

You should arrive to the city of Zamora



By bus - <http://www.avanzabus.com/web/default.aspx>

By train - <http://www.renfe.com>

After you arrive to Zamora there is a local bus that travels from Zamora to Torregamones (8km from the City of Miranda do Douro). This bus will leave at 13h00 and will arrive to Torregamones approx. 1 hour later. You can pick the bus at the bus station located at Calle Donantes de Sangre, Zamora. The company is Auto Red and you have to buy the ticket directly in the bus. Tel bus station: +34 980 521 282 P.S: There is no bus connection between Spain and Portugal, so we could only pick volunteers at this village for the ones who choose this route.

12. Contacts

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