

Portugal Learning Journey

March 25th to April 2nd 2016

A different travel experience in Portugal

Meeting local entrepreneurs and learning from their experiences

Diving deep into the regional development of the Naturtejo region



The Portugal Learning Journey brings you to the exciting Naturtejo region. You will experience the beautiful landscape of the Geopark region, which is a UNESCO territory, and it will also give you the opportunity to dive deep into the daily life of the locals. On your journey you will accompany local artisans or entrepreneurs and learn about their activities like producing goat cheese, herbal essences, liquors and creative arts, such as metal art or weaving. You will have dinner with families and enjoy the taste of rural gastronomy in regional restaurants. You will discover the challenges communities face nowadays (for example desertification, unemployment, demotivation, or social isolation) and see innovative impulses for the regional development to face these challenges. Last but not least you may share your wisdom and insights with the people and support their effort of sustainable change in their region.



Objective and specialities of this learning journey:



This is a prototype learning package developed by ThinkCamp and INATEL within the SenTour project. The objective of this package is to motivate seniors from different cultures and backgrounds to travel together to an extraordinary destination, to learn new skills from the locals and to be actively involved in the sustainable development of the destination.

- Be part of the local community; eat with families and in local restaurants & sleep in traditional Portuguese houses.
- Accompany one of three local artisans or entrepreneurs in their daily life and learn how to produce goat cheese, herbal essences and liquors & creative arts, such as iron art or weaving.
- Travel in a small group of 8 to 15 people from different backgrounds and cultures, bring in your experiences and enrich the sustainable development of the region with your own ideas.



25.03.16 Friday	Flight to Lisbon Arrival dinner at 20:00 in Hotel near Lisbon
Day 1 26.03.16 Saturday	08:00 Breakfast 10:00 Transfer from hotel to monastery <i>Convento de Cristo</i> in Tomar (140 km 2 h) 12:30 Lunch break 14:00 Visit of <i>Convento de Cristo</i> and lecture about sustainability of monastic life 16:00 Transfer from Tomar to Idanha-a-Nova (160 km – 2 h) 18:00 Check-in at the accommodation and free time until dinner 20:00 Dinner with subsequent introduction of the region (at Idanha-a-Nova, district town)
Day 2 27.03.16 Easter Sunday	08:00 Breakfast and discussion of the day and the week 09:30 All-day sightseeing tour through the Naturtejo region; visiting the <i>Geopark Naturtejo da Meseta Meridional</i> , a UNESCO territory, the medieval village <i>Monsanto</i> & other interesting places in the region 12:30 Lunch 20:00 Dinner
Day 3 28.03.16 Monday	08:00 Breakfast 09:30 Workshops for the next 2,5 days on the following topics, from 9:30 to 17:30 Participants decide beforehand which workshop they like to attend: 1) Local goat cheese factory: cheese production, value chain 2) Quinta dos Trevos: iron garage, carpet weaving, handicrafts 3) Aromas do Valado: distilling herbs, nature products, liquors 12:30 Lunch with local entrepreneurs 19:00 Aperitif with review of the day 20:00 Dinner & good night drink
Day 4 29.03.16 Tuesday	08:00 Breakfast 09:30 Workshop Day 2 (people stay in the same group as the day before), from 09:30 to 17:30 12:30 Lunch with local entrepreneurs 19:00 Aperitif and review of the day 20:00 Dinner & good night drink
Day 5 30.03.16 Wednesday	08:00 Breakfast 09:30 Workshop Day 3 (people stay in the same group as the day before), from 9:30 to 17:30 12:30 Lunch with local entrepreneurs 19:00 Aperitif and review of the day 20:00 Dinner & good night drink
Day 6 31.03.16 Thursday	08:00 Breakfast 09:30 Free time in the morning, preparing the Open Space workshop 12:30 Lunch with people and representatives of the region 16:00 Kick-off speech of the mayor of Idanha-a-Nova 16:30 World Café and Open Space with aperitifs and snacks; Topic: “Ideas & innovations for the sustainable development of the region” 20:00 Dinner & good night drink
Day 7 01.04.16 Friday	08:00 Breakfast 09:30 Open Space meeting part 2 together with representatives from different organisations and companies of the region 12:30 Lunch with people and representatives of the region 15:00 Open Space 20:00 Farewell dinner and celebration
Day 8 02.04.16 Saturday	08:00 Breakfast and debriefing review 09:30 Departure, Transfer to Lisbon airport or Lisbon by bus (260 km – 3 h)

General Information

Date:	From Friday, March 26 th 2016 to Saturday, April 2nd 2016
Duration:	8 nights, 8 days
Costs:	1.200,00 Euro all inclusive
Meals:	In local restaurants and with families
Accommodation:	Rural accommodation, simple rooms
Language:	The program is conducted in English, the locals speak Portuguese and/or English, translation from Portuguese into German or English will be provided
Reservation:	Reservation through email to info@thinkcamp.eu You will receive your confirmation after a 30% down payment of 300,00 € The balance of 900,00 € is due latest March 1 st 2016.
Payment:	Bank transfer to "ThinkCamp gem. eG" IBAN: DE32 4306 0967 8205 0764 00 BIC Genodem1GLS Ref: your name, Portugal March 2016
Cancellation:	Fee of 50% of total costs for cancellations made between 90 and 30 days prior to the start of the program <ul style="list-style-type: none">• Fee of 100% of total costs for cancellations made less than 30 days prior to the start of the program and for no-shows

Package includes

- Air Transportation to and from Lisbon/Portugal, all transfers according to the program
- 8 nights in double rooms and breakfast
- Transfer from Lisbon airport to the Learning Journey locations
- Documentation of the journey
- All lectures, workshops, visits, tastings, meals incl. ¼ l wine and ½ l water
- Tour guide during the whole trip
- Travel, accident insurance and all taxes in Portugal

Not included

- Extra drinks
- sleeping in single rooms

SPECIAL OFFER FIRST COME FIRST SERVE

In the frame of the European Union SENTOUR project **10 persons' age 55 years plus may receive a free participation** for this prototype learning journey. It is on a first come – first serve basis. You receive a confirmation with the payment of a **deposit** of 300,00 Euro which is used for the flight booking. You will receive a repayment of this deposit at the end of the journey. In case of no show or cancellation from your side, you will **not** receive the deposit back.