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REBLOOM

INFOPACK

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The **Rebloom** project will take place in **Covilhã, Portugal**, from **October 13th to 22nd, 2025**, and aims to empower young people to become true agents of change in their communities. By promoting sustainability, community engagement, and the development of key skills to tackle environmental, social, and economic challenges, the project provides a **practical response to urgent needs in environmental recovery, economic revitalization, and community resilience**. Inspired by the devastating impact of the **2022 wildfire in Serra da Estrela**, Rebloom is firmly aligned with the United Nations Sustainable Development Goals (SDGs) and seeks to transform concern into concrete action.

Through a collaborative and innovative approach, Rebloom combines **non-formal education methodologies, digital tools, and hands-on activities**, offering participants a unique and transformative learning experience. Practical actions such as reforestation with native species, ecosystem conservation, and cleaning of affected areas will not only contribute directly to the regeneration of Serra da Estrela but also raise awareness of biodiversity and sustainable resource management. At the same time, the **project will foster active citizenship, intercultural learning, and social inclusion**, bridging local action with European cooperation to inspire a more sustainable and resilient future.

TRAVEL BUDGET

42 PARTICIPANTS | 7 PER TEAM

PORTUGAL 0€	LITHUANIA 395€
SPAIN 309€*	ROMANIA 395€
GERMANY 395€	ITALY 309€

*417€ → GREEN TRAVEL: TO BE CONSIDERED GREEN TRAVEL, THE ITINERARY NEEDS TO BE MORE THAN 50% OF THE KMS DONE BY GREEN TRANSPORTATION

CLUBE NACIONAL DE MONTANHISMO

The National Mountaineering Club Portuguese Alpine Club develops throughout the year different activities related to sports, motoring, environment and society with the promotion of activities for social groups identified with more difficulties in different areas.

At the environmental level the Portuguese Mountaineering Club develops throughout the year multiple walks and activities related to the Serra da Estrela Natural Park where it provides, to the participants of these activities, the opportunity of contact with the Fauna and Flora, promoting an environmental conscience that is necessary nowadays.

HOW TO GET TO COVILHÃ?

The meeting point for the arrival day, October 13th, will be at the **Covilhã bus station**. Participants will be greeted by the project team, who will organize transfers to take them to the accommodation. **A private transfer will be arranged according to arrivals in Covilhã to Serra da Estrela Youth Hostel.**

- **BUSES FROM LISBON** | <https://www.rede-expressos.pt/en>

- **BUSES FROM PORTO** | <https://www.rodonorte.pt/en/>

Participants must arrive at Covilhã bus station **no later than 19:00** on the arrival day (October 13th), and departures on the last day (October 22nd) must be scheduled **no earlier than 10:00**.

All itineraries have to be approved following the instructions by Clube Nacional de Montanhismo. **Tickets can not be bought without the approval.**

EXTRA INFO

TASKS FOR THE YOUTH EXCHANGE

Presentation of your country and your sending organisation.
Information about the situation of your country on the main topic.
Traditional foods and drinks for the cultural night.
Flag of your country would be great.

CULTURAL NIGHT

We will have a dedicated time where you can expose your customs, traditional dances and culture.

All the teams must prepare some presentations from their countries in a creative way.

We hope that your culture means something more than national food and drinks. Also bring the flag of your country. It would be nice if you also bring some small souvenirs with you (costs are not covered).

And don't forget to bring some traditional music for the intercultural nights.

WHAT TO BRING?

Towels

Warm clothes (The nights can be cold during the night)

Sports clothes and comfortable shoes.

Personal Hygienic Products (Shower gel, shampoo,...)

REIMBURSEMENT

Accommodation and Food:

These costs, along with activity expenses, are fully covered by the project budget. Staff provide meals such as breakfast, lunch, dinner and coffee breaks.

Insurances:

Activity insurance is covered by the hosting entity.

Travel insurance is recommended but can not be covered by the project.

Travel Reimbursement:

Travel costs will be reimbursed based on actual expenses with original documents. Use the cheapest transport options; taxis, private cars, ride apps, and first-class tickets are not covered.

Itinerary Approval:

Participants must get approval from the hosting entity before purchasing tickets, or else they will not be reimbursed.

Currency and Exchange Rates:

Reimbursements will be made by bank transfer in euros, with exchange rates calculated based on the European Commission's official rates on the purchase month.

Document Submission:

Keep all digital travel documents (invoices, tickets, boarding passes) and bring the physical ones with you. During the mobility, upload everything to a shared Google Drive folder (provided by the project team). If needed, submit the physical tickets in person or by post after returning home.

Travel Expenses Registration:

During the project, participants will need to fill out an Excel Sheet with their travel expenses, which will be reviewed by the organising team. This should match the documents uploaded in the shared folder on Google Drive.

Online Check-in:

It's encouraged to book flights allowing online check-in so that return boarding passes can be uploaded before leaving the project.

Travel days:

Participants can extend their stay by 1-2 days considered as travel days, before or after the mobility at their own expense.

ACCOMMODATION

Covilhã is a city in the center of Portugal, in the interior part of the country near to Serra da Estrela where is the accommodation.

Participantes will stay in **Serra da Estrela Youth Hostel**, you can see more about it in the following pictures. Remind that the project is developed during the summer season.

Participants will be divided in dormitories according to the gender.

Accommodation, local transportation and other activity costs are covered by the hosting organisation only during the project's dates.

@PousadaJuventudeSerradaEstrela



Participants' profile

Be open to learn more about the topic.

Aged between 18-30 years old.

To have fluent level of English.

Each organisation will have to ensure the gender balance of their team.

Leaders' profile

To be highly interested in the topic and to participate actively

No age limit

Have experience in Erasmus+ projects

To have a fluent level of English

PARTICIPANT AGREEMENT

As a participant in the project, you are expected to actively engage and contribute to the overall success of the activities.

Your behavior, attitude, and level of participation are essential in creating a positive and inclusive environment for everyone involved, and you commit to upholding these standards throughout the project.

RESPECT AND INCLUSION

Treat everyone with kindness, respect, and empathy. Embrace diversity and ensure all participants feel welcome, regardless of background.

ACTIVE PARTICIPATION

Engage fully in all activities with enthusiasm, sharing ideas and experiences, and be open to learning from others.

PUNCTUALITY AND COMMITMENT

Be on time for all activities and meetings. Stick to the schedule and inform organizers of any issues affecting your participation.

RESPONSIBILITY AND ACCOUNTABILITY

Take responsibility for your actions, follow all rules, and contribute meaningfully to the project.

COLLABORATION AND TEAM SPIRIT

Work well with others, respect group dynamics, and support your peers during team tasks and discussions.

HEALTH AND WELL-BEING

Take care of your physical and mental health. Inform organizers of any health concerns to ensure your comfort.