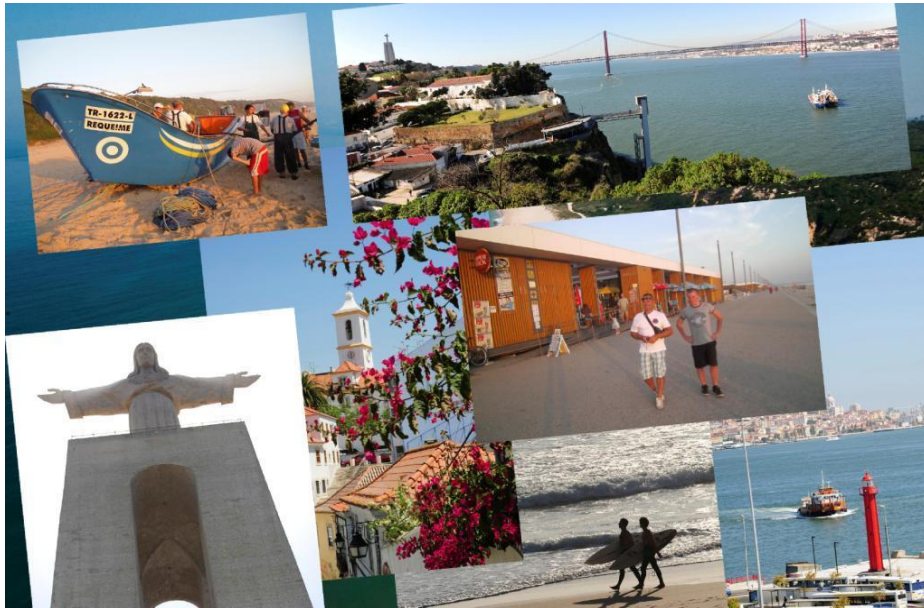


Information on International KA1 Course “Teach, Learn and Quality”



Sunday May 14th – Friday May 19th, 2017
Lisbon Coast - Costa da Caparica - (Portugal)

KA1 Erasmusplus Course
www.tlgcourse.tumblr.com

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1 Welcome

Congratulations and welcome at our KA 1 Erasmusplus course ‘**Teach, Learn and Quality**’.

This course will take place from Sunday 14 May until Friday 19 May 2017.

This course is the result of a partnership of secondary and vocational schools, advisory bodies, in-service training organisations and Ministries of Education from Finland, Portugal, Navarra and Catalonia (Spain) and Flanders (Belgium).

All course sessions are organised in one of the conference rooms of the 4-stars hotel Tryp Hotel Lisboa Caparica Mar, situated at Lisbon Beach – Costa da Caparica.

We aim at a friendly, informal but efficient atmosphere during the course. The dress code is: “no suits and ties needed”. When packing your suitcases, you can check the weather forecast: [weather forecast](#)

2 General structure of the programme and timing

2.1 Day 1

Sunday	
13.30-16.45	Official start, icebreaking activity, welcome, practicalities and introduction Introduction to the course and / or key note
17.00	Cultural visit by bus
20.00– 22.30	Welcome supper

2.2 Day 2

Monday	
09.00-12.30	Course + Coffee Break
12.30-13.30	Lunch in hotel on 8 th floor, panoramic view on Atlantic Ocean and river Tagus
13.30-16.15	Course + Coffee Break
Free evening	To plan individually

2.3 Day 3

Tuesday	
09.00-12.30	Course + Coffee Break
12.30-13.30	Lunch in hotel on 8 th floor, panoramic view on Atlantic Ocean and river Tagus
13.30-16.15	Course + Coffee Break
Free evening	To plan individually

2.4 Day 4

Wednesday	
09.00-12.30	Course + Coffee Break
12.30-13.30	Lunch, location still to decide
Afternoon + evening	Voluntary cultural activity: guided tour historic centre of Lisbon (guide = € 13) Free afternoon and evening

2.5 Day 5

Thursday	
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09.00-12.30	Course + Coffee Break
12.30-13.30	Lunch in hotel on 8 th floor, panoramic view on Atlantic Ocean and river Tagus
13.30-16.15	Course + Coffee Break
16.45	Transport by bus
17.00-18.30	Cultural visit
Evening	Farewell supper in typical Portuguese restaurant

2.6 Day 6

Friday	
09.00 – 10.30	Wrap up – summary / presentation own action plan
10.30 – 11.30	Communication, administrative documents, evaluation and ‘Keeping contact’
12.00	Official end / Checking out hotel

3 Venue

3.1 Address of the hotel

Tryp Hotel Lisboa Caparica Mar
Avenida General Humberto Delgado, 47
Costa da Caparica - Lisbon Beach
Portugal

3.2 Booking hotel

The hotel rooms and the accommodation is booked and confirmed.

The course starts on Sunday at **13.30 h** and ends on Friday at 12.00 h. If you would arrive a day earlier and / or leave later, please send a mail to Daphne.Mervielde@eekhoutacademy.be .

We can take care of the additional hotel booking.

4 Financial aspects

As soon as you receive our invoice, you should transfer the due amount. All information on the bank account (IBAN, BIC, legal names and address) is indicated on the invoice.

In the new programme Erasmusplus, a course provider publishes the total cost for the course as a whole. There is no distinction made anymore between the tuition fees, the accommodation fee and possible other costs. However some National Agencies still want to see this division. For us, this isn't a problem.

We apply a flexible cost structure:

4.1 Full package

€ 1250 = Participant uses all hotel accommodation offered by the course organizer.

The tuition fee covers: course material, use of the conference room, use of ICT in the conference room and the costs of the trainers.

The accommodation cost covers: the hotel rooms during the course period, the breakfasts during the course days, the coffee breaks, the refreshments during the course, the midday lunches during the full course days and transport for course activities planned by the organizers. This also includes the welcome supper and the farewell supper.

Participants, who stay with two people in a double room, obtain a reduction. Participants can book an additional night.

4.2 Lunch package

€ 945 = Participant doesn't sleep in the hotel and books another hotel on own behalf.

The tuition fee covers: course material, use of the conference room, use of ICT in the conference room and the costs of the trainers.

The accommodation cost covers: the coffee breaks and the refreshments during the course, the midday lunches during the full course days and transport for course activities planned by the organizers. This also includes the welcome supper and the farewell supper.

4.3 Course package

€ 785 = Participant doesn't sleep or lunch in hotel and books another hotel on own behalf and takes care him/herself of the lunches.

The tuition fee covers: course material, use of the conference room, use of ICT in the conference room and the costs of the trainers.

The accommodation cost covers: the coffee breaks and the refreshments during the course and the transport for course activities planned by the organizers. This also includes the welcome supper and the farewell supper.

The above mentioned prices cover the complete course period (Sunday afternoon 14.00 h – Friday midday 12.00 h)

4.4 Remarks

TRANSPORT

Transport that wasn't planned in the programme by the course organizers is not included in the total cost of the course: such as transport from your school/home to the airport, the airplane, transport from the airport to the hotel, transport to and within Lisbon, transport belonging to personal trips you would make...

WHAT IS NOT INCLUDED IN THE ACCOMMODATION COST

Here we give some examples: personal consumption of beverages and food at bar, extra ordered lunches or dinners, lunches or dinners during the free evenings, use of not-course related services in hotel such as massage, health care, cleaning and ironing of clothes, participation to excursions organized by hotel or a third party,...

WHAT'S AN ADDITIONAL NIGHT

When the course starts on Sunday (late afternoon) and ends on Friday (midday), there are 5 nights paid and covered by the accommodation fee.

If you would arrive earlier (Friday or Saturday) and / or leave later (Saturday or Sunday) we can book those supplementary nights (breakfast included).

The cost for additional nights could have been included in your funding application. That way the funding bears this cost.

5 Transport from airport to hotel

The Tryp Hotel Lisboa Caparica Mar is situated at 22 km from Lisbon airport just across the river Tagus at the beach side. The tickets for the airplane are to be arranged by each individual participant.

5.1 Taxi from airport to hotel

There is a taxi service at the airport that can drive you to the hotel. The normal price is about € 35. At night and during traffic jams, the driver will ask a significant higher price.

Due to the heavy traffic, it's particularly difficult to leave Lisbon between 16:30 and 19:00 h and to enter Lisbon between 08:30 and 10:30 h.

There is a possibility to rely on the service of Jorge Marquês who is a very reliable **UBER taxi man**. He can drive you from the airport to the hotel and vice versa. The cost is fixed and he delivers a receipt. If you want to use this service, send Jorge an e-mail (marques.jorge.soares@gmail.com) containing: your name, number of people, date and hour of arrival and flight number.

5.2 Aerobus, metro, ferry and taxi

The [Aerobus](#) is an easy way to travel from and to the airport. With regular daily departures, this service provides the connection between the main spots of the city and the stations of Entrecampos, Cais do Sodré and Oriente.

Line 1 takes you every 20 minutes to Cais do Sodré. A SIMPLE ticket can be purchased onboard (€3,5) or at the Tourism Office Counter at the airport's Arrivals public area. The RETURN ticket (€ 5,5) can be only purchased on board. For more information: tel: +351 21 361 31 93 or look on the web site.

The airport recently was connected to the [metro network](#). You can take the metro at the brand new station, located at exit of the arrival hall of the airport. Take the Red Line (Linha Vermelha) to the Alameda metro station (9th stop) where you change to the green Line (Linha Verde). Leave the metro at the terminus station Cais do Sodré (7th stop). The cost should be about € 1,85.

At the station of Cais do Sodre, you can take a ticket for the [ferry boat to Cacilhas](#) (south bank of River Tejo). A simple tickets costs €1,25. During working hours, there is a crossing every 15 minutes. The ferry takes 12 minutes to arrive on the other side of the river.

At Cacilhas, you can take a taxi for the last remaining 11 km. The cost should be about €12.

5.3 Rental car

The airport is connected directly to Costa da Caparica by the Ring of Lisbon, the North-South Connection (Eixo Norte – Sul) and the IC20. Bring your GPS ☺

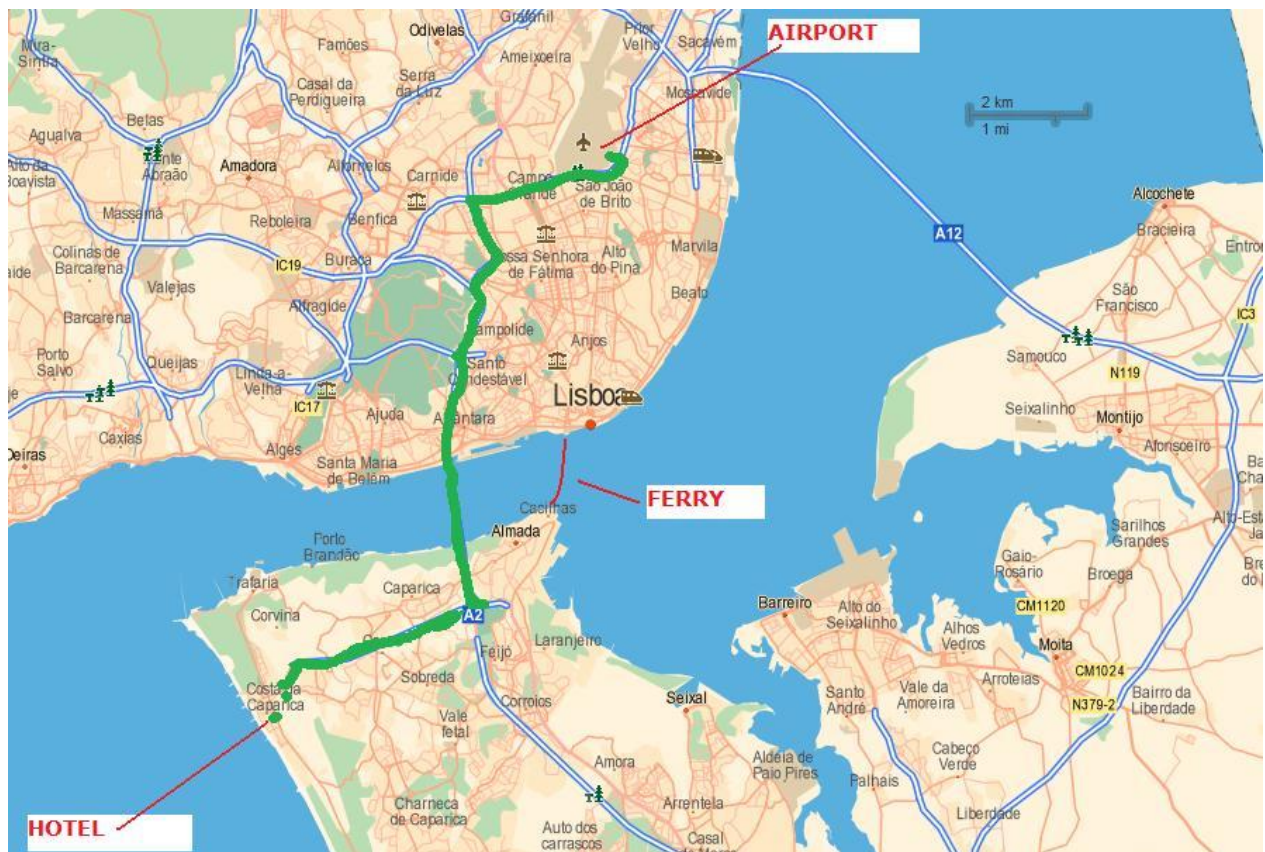
Crossing the bridge, you have a marvellous view on Lisbon, the estuary and both banks of the River Tejo.

A rental car is not so expensive. Sharing a rental car with 3 other people for all transport during the course, can be cheaper than relying on a taxi. You can check the prices on the internet.

NOTICE ON RYANAIR AND HERTZ:

Booking a Hertz rental car or a car of a Hertz derived brand (Hertz, Dollar, thrifty...) through the website of Ryanair or Hertz, can be very tricky.

It happens that at the moment of picking up the car at the Hertz office of the airport of Lisbon, the contractual clauses are changed and you'll have to pay an additional cost of € 0,30/ km!



6 Communication platforms

6.1 Open LinkedIn Group

[Erasmusplus International KA1 Courses](#)

6.2 Website with overview total course offer

www.erasmusplus-ist.eu

6.3 Website TLQ project

www.tlqproject.eu

6.4 Google Drive Folder

The course director will send you an invitation to join the Google Drive Folder of the course. This folder contains all information, presentations, background information and pictures of the course.

6.5 Facebook page Eekhout Academy International

<https://www.facebook.com/pg/EekhoutAcademyInternational>

7 Pre-task TLQ course

In preparation of the TLQ course you will receive a pre-task. The goal of the pre-tasks is to prepare yourself for the course and some of its work sessions.

You don't need to send these pre-tasks back to the course organisers, they remain personal documents.

It will be very useful, though, to bring the completed pre-tasks to the course.

8 Cultural and practical information

What visitors should know about Portugal☺ [Click here](#)

Lisbon (Portuguese: Lisboa) is the capital city and largest city of Portugal.

The urban area of Lisbon extends beyond the administrative city limits with a population of 3 million on an area of 958 km², making it the 9th most populous urban area in the European Union.

About 2.831.000 people live in the Lisbon Metropolitan Area, which represents approximately 27% of the population of the country). Lisbon is the fourth fastest growing destination city in Europe with 3.560.00 tourists in 2015.

Lisbon is the westernmost large city located in Europe, as well as its westernmost capital city and the only one along the Atlantic coast. It lies in the western Iberian Peninsula on the Atlantic Ocean and the Tagus River. The Tagus (Portuguese: Tejo, Latin: Tagus; Ancient Greek: Τάγος) is the longest river on the Iberian Peninsula: 1.038 km long, 716 km in Spain, 47 km along the border between Portugal and Spain and 275 km in Portugal, where it empties into the Atlantic Ocean near Lisbon

The Costa da Caparica belongs to the Almada council, located on the south bank of the river Tagus where magnificent sandy beaches stretch south for nearly 30 kilometres from Caparica to Cabo Espichel.

Big areas of eucalyptus, pine-trees and acacia-trees spread along the white, fine sands. But Costa da Caparica is more than beaches and huge areas of white sands, although this is the first thing you'll remember when you think of it.

Costa da Caparica also holds a market between Tuesdays and Sundays where fishermen's wives and farmers cry out their products There are exquisite fish restaurants where you can taste fresh and unusual dishes and beach cafes with all night animation. On the cliff above the beach with its brightly-coloured sardine boats, stands an old Capuchin Monastery originally founded in 1558.

During the summer months, you can hire a small tent on the beach to get some shadow when the temperatures are too high or take a ride on an open-carriage railway that runs for 10 km along the beaches of the Costa da Caparica.

9 List of participants

Nr.	Last name	First name
1	Molokáčová	Monika
2	Demeulemeester	Karel
3	Bossuit	Maaïke
4	Naessens	Ilse
5	Dhaene	Chris
6	Vandenbroucke	Céline
7	D'Hondt	Nadine
8	Provost	Valerie
9	Deprez	Marleen
10	Dewaele	Darline
11	De Smet	Bjorn
12	Lecluyse	Ann
13	Hannes	Christine
14	Bastiaensen	Steven
15	Verschueren	Patrik
16	Warmenbol	Micheline
17	Marchand	Eddy
18	Meekers	Patrick
19	Remmerie	Rika
20	Cosaert	Mieke
21	Leman	Isabelle
22	Gazdić-Buhanec	Gordana
23	Buhanec	Dorotea
24	Taecke	Frauke
25	Coussens	Eveline
26	Dedeyne	Dorine
27	Vanroose	Lieselotte
28	Giedraitienė	Lijana
29	Klimavičienė	Vilija
30	Girčius	Vytautas

10 Links

Lisbon airport

http://www.ana.pt/portal/page/portal/ANA/AEROPORTO_LISBOA

Aerobus airport Lisbon

<http://www.golisbon.com/transport/airport-shuttle.html>

Timetables: crossing the River Tejo

http://www.transtejo.pt/pt/horarios_tarifarios/horarios_detail.aspx

What visitors should know about Portugal ☺

<https://www.youtube.com/watch?v=XXw5fMIYGqg>

Costa da Caparica and Lisboa and surroundings

<http://www.strawberryworld-lisbon.com/lisbon/places/costa-da-caparica.html>

<http://en.wikipedia.org/wiki/Lisbon>

Life website on coast of Costa da Caparica

<http://www.hdbeachcam.com/costa-da-caparica-beach-cam>

Costa da Caparica

<http://www.youtube.com/watch?v=JG9eZhJhfHs>

<https://youtu.be/nsCxQdN9hFY>

Fishing of mackerel (Scomber scombrus) near Fonte da Telha

<http://www.youtube.com/watch?v=NS6Jc83t8Sw>

<http://www.youtube.com/watch?v=4LB9FkflaVo>

<https://www.youtube.com/watch?v=Utu0X4iUEi4>

Coast seen from a paraglide during low season or drone

<http://www.youtube.com/watch?v=O4KhDP2oI84>

<https://youtu.be/2jIvAMD4CqA>

Monument of Christo Rei (visit on Thursday)

<https://www.youtube.com/watch?v=YOFAVMRLfD8>

<https://www.youtube.com/watch?v=9HGT0zXW4TA>

Lisbon centre with fado music

https://www.youtube.com/watch?v=WO0LIpC_HCU

Aerial view of Lisbon

<https://www.youtube.com/watch?v=pLJfkZWrhRE>