

# Information on International KA1 Course “STEAM”



Lisbon Coast - Costa da Caparica - (Portugal)

KA1 Erasmusplus Course  
[www.tlqcourse.tumblr.com](http://www.tlqcourse.tumblr.com)

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# 1 Venue

## 1.1 Address of the hotel

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



The hotel rooms and the accommodation are booked and confirmed.

The course starts on Sunday at 14.00 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](mailto:Daphne.Mervielde@eekhoutacademy.be) . We can take care of the additional hotel booking.

## 1.2 Address of conference room “Almada Mundo”

Praça Capitães de Abril 2ª e 2B  
Cova da Piedade, 2085-111, Almada (PT)  
[www.almadamundo.pt/contacto](http://www.almadamundo.pt/contacto)

## 1.3 Address of the school

Escola Secundária Emídio Navarro  
Avenida Rainha Dona Leonor  
2805-009 Almada  
Portugal



## 2 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:

### 2.1 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.

### 2.2 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.

### 2.3 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)

## **2.4 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.

## **3 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.

### **3.1 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 use the service of Uber taxi man Jorge Marquês who is a very reliable. He can drive you from the airport to the hotel and vice versa. The cost is fixed (€30 one trip) and he delivers a receipt. If you share the taxi, the transport becomes really cheap.

If you want to use this service, send Jorge an e-mail ( [marques.jorge.soares@gmail.com](mailto:marques.jorge.soares@gmail.com) ) containing: your name, number of people, date and hour of arrival and flight number.

### **3.2 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.

### **3.3 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 ☺

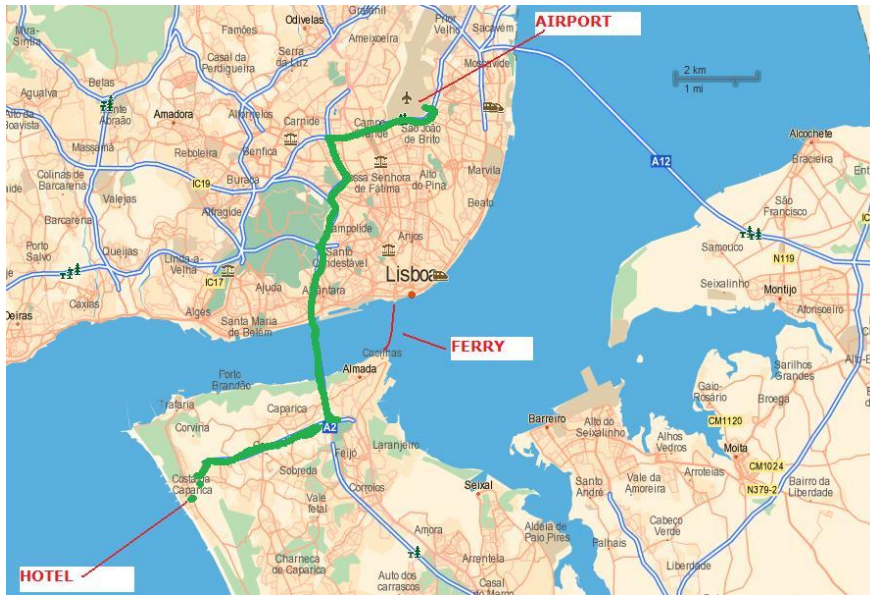
Crossing the bridge, you have a marvellous view on Lisbon, the estuary and both banks of the River Tejo.

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!



## 4 Programme

We meet on Sunday 22 October 2017 at 13.15 h at the lobby of the hotel and take the bus to the conference room “Almada Mundo”.

We provide the transport (bus and metro) for all activities that are a part of the official programme.

In case of full package: the midday lunches, welcome supper and farewell supper are included in the programme.

VENUE		
<ul style="list-style-type: none"> <li>– Hotel: Tryp Hotel Lisboa Caparica Mar, Avenida General Humberto Delgado 47, Costa da Caparica / Almada - Lisbon Beach (PT) <a href="#">Location</a></li> <li>– Conference room Almada Mundo: Praça Capitães de Abril 2ª e 2B, Cova da Piedade, 2085-111, Almada (PT) <a href="http://www.almadamundo.pt/contacto">www.almadamundo.pt/contacto</a></li> <li>– Secondary school Emídio Navarro: Avenida Rainha Dona Leonor, 2805-009 Almada, (PT) <a href="#">Location</a></li> </ul>		
SUNDAY 22/10/17		
13.15-13.45	Lobby hotel	Registration +course documents
13.45- 14.00	Bus	Transport to conference room “Almada Mundo”
14.00-16.15	Conference room	Introduction and Icebreaking activities; Official welcome by Lurdes Cruz, Most Hon. President of the Education and Cultural Council of Almada;
16.00-16.15	Bus	Transport to Cristo Rei
16.15 – 22.00	Cultural visit and	Visit to Cristo Rei and bridge
	Welcome supper	Fado restaurant Tricanita
22.00-22.15	Bus	Transport to hotel
MONDAY 23/10/17		
08.30-08.50	Bus	Transport to conference room “Almada Mundo”
09.00-0.30	Conference room	Course session
10.30-11.00	Coffee break	Pastelaria or coffee bar near conference room
11.00-12.30	Conference room	Course session
12.30-13.00	Bus	Transport to Lisbon - Belém
13.00-14.00	Lunch	Restaurant in Belem



14.30-17.00	Lisbon	Study visit to the bridge, MAAT and former electricity plant
17.00-17.45	Bus	Transport to hotel / People who want, can stay in Belém or Lisbon.
Free evening		
<b>TUESDAY 24/10/17</b>		
08.30-08.50	Bus	Transport to conference room "Almada Mundo"
09.00-10.30	Conference room	Course session.
10.30-11.00	Coffee break	Pastelaria or coffee bar near conference room
11.00-12.00	Conference room	Course session
12.00-13.15	Lunch	Restaurant near the conference room
13.15-13.45	Metro	Transport to school
14.00-16.30	School	Short welcome by principal and work session at school
16.30-17.00	Bus	Transport to hotel / People who want, can go to Lisbon
Free evening		
<b>WEDNESDAY 25/10/17</b>		
08.30-08.50	Bus	Transport to conference room "Almada Mundo"
09.00-10.30	Conference room	Course session
10.30-11.00	Coffee break	Pastelaria or coffee bar near conference room
11.00-12.00	Conference room	Course session
12.00-13.15	Lunch	In restaurant near the conference room
13.30-15.00	Conference room	Course session
15.00	Bus	Transport to hotel / People who want, can go to Lisbon
Free afternoon + evening		
<b>THURSDAY 26/10/17</b>		
08.30-08.55	Bus	Transport to school
09.00-10.15	School	Session at school
10.15 – 10.45	Coffee break	Teachers room school
10.45-11.00	Metro	Transport to conference room
11.00 – 12.30	Conference room	Course session
12.30-13.30	Lunch	In restaurant near the conference room
13.30-16.00	Conference room	Course session

16.00- 16.20	Bus	Transport to the hotel / 20 min. time in hotel
16.20-16.40	Bus	Transport to Fonte da Telha
16.40 -18.30	Cultural visit	Cultural visit to fishermen’s village on the beach: Fonte da Telha
18.45-21.45	Farewell supper	Beach restaurant Borda d’ Água on Praia da Morena
21.45-22.00	Bus	Transport to hotel
<b>FRIDAY 27/10/17</b>		
08.30-08.50	Bus	Transport to conference room “Almada Mundo”
09.00 – 10.30	Conference room	Course session
10.30-11.15	Conference room	Evaluation and certificates
11.15-12.00	Conference room	Extended brunch and ‘Keeping Contact’
12.00	Conference room	Official end
12.15-12.35	Transport	Transport to hotel / People who want, can go to Lisbon / airport.

## 5 Communication platforms

### 5.1 Open LinkedIn Group

[Erasmusplus International KA1 Courses](#)

### 5.2 Website with overview total course offer

[www.erasmusplus-ist.eu](http://www.erasmusplus-ist.eu)

### 5.3 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.

### 564 Facebook page Eekhout Academy International

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

## 6 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.

## 7 Cultural and practical information

**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 km<sup>2</sup>, 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

**Almada** is a city located on the southern margin of the Tagus River, on the opposite side of the river from Lisbon. The two cities are connected by the 25 de Abril Bridge. The population in 2011 was 174,030, in an area of 70.21 km<sup>2</sup>.



Crossing from Lisbon (North Bank) to Almada (South bank) by boat

Human presence in the area of Almada dates to the end of the Neolithic period about 5000 years ago. Lying across the river from Lisbon, the area of Almada was a crossroads for a succession of various peoples who traded along the Tagus, including Phoenicians, Romans and Moors.

The gradual development of settlement here made its greatest advance with the coming of Islamic civilization in 711, when Muslims constructed a fort at Almada to defend and monitor the entrance to the Tagus River.

During a long time, the river Tagus was the border between Christian and Muslim Portugal. Almada was conquered by the Christian forces of Afonso I with the aid of English, Flemish and German Crusaders in 1147.

The giant statue in cement of **Cristo Rei** was erected on an isolated clifftop' 133 m above the sea, overlooking the Tagus River. It was constructed in the parish of Pragal, part of Almada.

See Cristo Rei (Almada) <https://www.youtube.com/watch?v=YOFAVMRLfD8/>  
<https://www.youtube.com/watch?v=9HGT0zXW4TA>



The city includes two larger areas; Almada (at the River Tagus) and Costa da Caparica (at the Atlantic Ocean).

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.

## 8 Links

### **Lisbon airport**

<http://www.ana.pt/en>

### **Aerobus airport Lisbon**

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

### **Timetables: crossing the River Tejo**

<http://www.transtejo.pt/clientes/horarios-ligacoes-fluviais/ligacao-cacilhas-cais-do-sodre>

### **What visitors should know about Portugal ☺**

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

### **Lisboa and surroundings**

<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=JGgeZhJhfHs>

### **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=UtuoX4iUEi4>

### **Coast seen from a drone**

<https://www.youtube.com/watch?v=2jlvAMD4CqA&feature=youtu.be>

### **Monument of Cristo Rei (visit on Sunday)**

<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=WOOLipC\\_HCU](https://www.youtube.com/watch?v=WOOLipC_HCU)

## Aerial view of Lisbon

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

## 9 Participants

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