

INFOPACK



new community art



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new community art

Short term joint staff training event I
Lisbon, Portugal, 17-21 September 2022

Culturavirus - the art of new communities

(2020-1-PL01-KA227-ADU-095915)

Dear Participants,

We are happy to welcome you to Lisbon at our third mobility in the frame of **Culturavirus** project. Below you will find all the necessary information on our meeting and stay. We did our best to suggest the programme that answers your needs and we are looking forward to experiencing it with you!

Sanja, Sonja and other participants of the project

WHAT IS INSIDE THIS INFOPACK

- Aims of the mobility
- Programme of the meeting and addresses
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ABOUT PROJECT

Culturavirus project, financed from the European Union's aims at exchanging knowledge and experiences within three organizations active in the local communities. It will be focused around cultural, innovative and inclusive activities and approaches. The participants will take part in 5-days-long study visits to find out on the best practices of work in their communities, meet local workers and activists. The first visit is in Zagreb (16-20 May 2022), the second in Poland (21-25 July 2022) and the third in Portugal (17-21 September 2022). Participation in the project is free of charge. The funding will cover travel costs, board and lodging within the accepted flat rates.

AIMS OF THE MOBILITY

The aim of this training event is to provide a space for us to share insights on our organizations and our values, get inspired and learn about organizing and creating connections in order to support our communities. At this meeting we want to:

- know each other and our organizations better
- get inspired with practices used by Lisbon's independent scene working in culture, peace building, intercultural dialogue and youth activities
- learn about new methods of work that could be applied in our daily work
- exchange on topics of migrant/refugees integration, artistic residences, communication and promotion of our activities, engaging new publics
- create new alliances and foundation for future collaborations
- discover Lisbon and its independent cultural scene

DURING THE MOBILITY

- take care of your own learning process, but also let others follow their own learning
- open yourself for different cultures, attitudes, ideas
- explore, communicate, ask, share, doubt - this will be a time and space for that!
- be ready to be surprised
- come up with ideas for future collaborations
- take notes, photos and feel free to share them with others
- just be with us and enjoy direct meetings with people!

PROGRAMME OF THE MEETING AND ADDRESSES

Date	Time	Item & aims	What is inside	Adress	Remarks
16.09.2022 (Friday)					
16.09.	until 11pm	Welcome to Lisbon!	arrival of PL and CR participants	Hotel Excelsior Lisboa R. Rodrigues Sampaio 172, 1150-282 Lisboa	You can easily take the metro or the bus straight from arrivals. These are the options: https://bit.ly/3R4YKd5 If you take Uber or Bolt, check which one will give you the best price!
	19:00 - 21:00	Dinner	(optional) A seafood, mediterranean, portuguese restaurant with a lot of options! Check the link and the menu. https://www.zomatoportugal.com/r/8202011/floresta-do-salitre-aveni-da-da-liberdade	Rua do Salitre, 42 D Lisboa 1250-096	8min walking distance from the hotel
	21:00 - ...	Night out fun	Cinema do São Jorge, opening of Queer Film Festival	Av. da Liberdade 175, 1250-144 Lisboa	next to the restaurant
17.09.2022 (Saturday)					
17.09.	10:00 - 13:00	Kick off!	get to know each other agenda presentation&mobility expectations introduction to Mouraria presentation of MigranTour project	Associação Renovar a Mouraria Beco do Rosendo 8, 1100-555 Lisboa	23min walk or 15min with the metro to Associação Renovar a Mouraria (blue line - Get in Marquês do Pombal and get off in Restauradores)
	13:00 - 15:00	Lunch	intercultural community lunch with food from all over the world. There will be all types of cuisine plus the typical sardines. A kind of Arraial (Portuguese June festivities) will be recreated so you can be inspired to join us in June 2023!		friends and beneficiaries of ARM will cook (there will be vegetarian and non-vegetarian options). There is a contribution of 10€/person and you are welcome to bring something from your country (considering the limits of your luggage, naturally) and add to the multicultural table that will be set
	15:00 - 16:00	Performance + Talk	Musical performance by Aida Nasdeem, a refugee woman, musician and activist from Iraq		
	16:00 - 18:30	MigranTour	get to know the history of Lisbon and Mouraria through the stories of migrant inhabitants	around the streets of Mouraria	bring comfortable clothes and shoes; water; hat

	19:00 - 20:00	Relax Time	follow the portuguese tradition and fill the gap between 'end of the work day' and dinner with a cold drink with friends	Associação Renovar a Mouraria Beco do Rosendo 8, 1100-555 Lisboa	starting and finishing the day in our Mouraria neighborhood
	20:00 - 21:30	Dinner	(optional) have a quite unique experience at Lisbon's Chinese clandestine restaurant	R. do Benfornoso 59, 1100-074 Lisboa	7min walk from Associação Renovar a Mouraria (ARM)
	21:30 -	Night out fun	The most important cultural program in Lisbon: Fado! Maria da Mouraria is a place where you can listen to the most genuine fado encounter between musician and singer and the audience.	Largo da Severa 1 e 2, Largo Severa 2, 1100-588 Lisboa	next to the restaurant

18.09.2022 (Sunday)

	11:00 - 12:30	Free morning			
	13:30 - 14:30	Lunch	since we're having a free morning, you can check the List of Recommendations (LoR) and choose the restaurant according to your 'tourism itinerary'		
	15:00 - 16:30	Sirigaita	Sirigaita is an association in the center of Lisbon, Portugal. Its main aim is to promote activism, art and culture in a wildly diverse, multicultural neighborhood	Rua dos Anjos 12, 1170-016 Lisboa	26min walking or 15min with the bus
18.08.	17:00 - 19:00	Chapitô	this NGO located in the heart of Lisbon is a School of Circus Arts and a social project based on the principles of inclusion, solidarity and social justice and with what was considered one of the best 14 esplanades in the world	Costa do Castelo 7, 1149-079 Lisboa	we can walk for 20min (up!) or we can take the tram and beautiful pictures
	19:30 - ...	Dinner	a world of possibilities. You can choose to have dinner at the circus school spot or to wander around the city and find a place or even to go back to the hotel area and eat there. feel free to ask us for suggestions or check the list of recommendations		
	...	Night out fun	the city is always vibing and most of the times you know about the best events the day before. You can check the LoR or with us where's the fuss!		

19.09.2022 (Monday)

19.09.	10:00 - 13:00	ARM	ARM - its Projects&People	Associação Renovar a Mouraria Beco do Rosendo 8, 1100-555 Lisboa	23min walk or 15min with the metro to Associação Renovar a Mouraria (blue line - Get in Marquês do Pombal and get off in Restauradores)
	13:00 - 14:00	Lunch	diving in the many different cuisines in the neighborhood, in this case Nepalese and Indian cuisine	ODAAN: R. dos Cavaleiros 17, 1100-295 Lisboa	7min walk from ARM
	14:45 - 15:45	Casa da Achada - Centro Mário Dionísio	one of Lisbon's Cultural Hubs with the biggest community engagement, it holds exhibitions, book readings, film projections, debates, workshops and social events that celebrate the life and work of the artist Mário Dionísio. Casa da Achada's Choir is one of the comunitie's pearls!	R. da Achada 11, 1100-004 Lisboa	8min walk from the restaurant
	16:00 - 18:00	Urban Street Art Walk	a tour around some of the most iconic cartoons and grafitis with the urban street artist Nuno Saraiva	Mouraria and Alfama neighbourhoods	bring comfortable clothes and shoes; water; hat
	18:00 - 20:00	Visit to Cultural Centre Carpintarias de São Lázaro	using the space of an old carpentry, this cultural center hosts exhibitions, artist residencies, educational programs and many other cultural projects that impact the community	R. de São Lázaro 72, 1150-199 Lisboa	10min walk from ARM
	20:00 - 21:30	Dinner	from the place, to the people and the food, in O Terreirinho you will have the full typical Portuguese restaurant experience		10min walk from the previous place
	21:30 - ...	Night out fun	(optional) entirely optional but totally recommended, the Roda de Chôro - a 'cousin' of fado, morna and also of tango, this musical fusion - is an ecstatic moment where musicians play with each other, without rehearsal or pre-determination of repertoires and arrangements and the audience joins in and sings and dances along. An experience like very few	Bartô - Costa do Castelo no 1, 1100-179 Lisboa	5min walk from the restaurant
20.09.2022 (Tuesday)					
20.09.	10:30 - 11:30	Museum visit	(optional) guided visit to Museu do Aljube and it's permanent exhibition - <i>Resistance and Freedom</i>	R. Augusto Rosa 42, 1100-059 Lisboa	30min walk or 15min with the metro (blue line - Get in Marquês do Pombal and get off in Terreiro do Paço). Tip: you can go earlier

					and take some time in Terreiro do Paço, it's an important place!
	12:00 - 13:00	Take some air & pics!	enjoy the temporary exhibitions of the museus and/or freely walk around the streets of Alfama on the way to the restaurant		
	13:00 - 14:00	Lunch	you can check the List of Recommendations (LoR) and choose the restaurant according to your 'morning itinerary'		
	15:00 - 17:30	Changing (H)earth	get to know hands-on one of ARM projects - an Agroforest inside a school!	Escola Gil Vicente: Rua da Verónica 37, 1170-384 Lisboa	
	17:30 - 19:30	Relax time (time to talk and enjoy the view!)	Secret Garden is one of those places you will be happy to not have missed in Lisbon. Yes, it is a garden and it is almost secret. It's very hidden and it's one of the most beautiful viewpoint places in Lisbon	Secret Garden - Largo Monte, 1170-253 Lisboa	10min walk from the school
	19:30 - 21:00	Dinner	After a chat and a mojito (or two!), and while the sun is setting, enjoy one of the most traditional dishes of Cape Verde: cachupa! Especially cooked for us, Cachupa will be served with a meat and a vegetarian option. You may also take time to talk to the chef, Adi, a great friend of ARM and a handcraft artist	R. das Portas de Santo Antão 58, 1150-268 Lisboa	
	21:00 - ...	Night out fun	Stay in Secret Garden for a bit longer, listen to some live music at our friends bar or check some cool places at our LoR		
21.09.2022 (Wednesday)					
21.09.	10:00 - 12:30	More Projects!	Largo Residências is simply put <i>an experience of social rehabilitation of a 'dangerous neighborhood'</i> . It's a cooperative with a mission to contribute to local development, through cultural practices of social inclusion, and social businesses that ensure its own social and economic sustainability	Largo Cabeço da Bola, 1100-158 Lisboa	20min walk or take the bus for 10-15min (from the hotel)
	12:30 - 14:00	Lunch	at Largo Residências		

	14:30 - 15h	A very special kitchen	Cozinha Popular da Mouraria has a strong component of social intervention, using all the resources existing in the neighborhood in order to provide a vast meeting of cultures	R. das Olarias 5, 1100-012 Lisboa	15min walking or 10min with the metro (it's just one stop from Martim Moniz to Intendente)
	15:30 - 17:30	CIM	presentation of CIM (Mouraria's Innovation Center) and BIPZIP, a municipal public policy instrument, which aims to boost partnerships and small local interventions to improve the territories	R. dos Lagares 23, 1100-022 Lisboa	2min walk
	18:00 - 20:00	ARM	evaluation of mobility a chance to know more in depth the stories of our people (beneficiaries)	Associação Renovar a Mouraria Beco do Rosendo 8, 1100-555 Lisboa	5min walk
	20:00 - 21:30	Dinner	finish the mobility in Taberna Casa do Alentejo, a trip to the beautiful rural interior of Portugal through it's cuisine (Portuguese tapas style). The place is gorgeous and the food is delicious!	R. das Portas de Santo Antão 58, 1150-268 Lisboa	7min walk
	21:30 - ...	Night out fun	well... you know the drill already!		
22.09.2022 (Thursday)					
22.09.		Goodbye Lisbon	departure of PL participants	Aeroporto Humberto Delgado: Alameda das Comunidades Portuguesas, 1700-111 Lisboa	You can easily take the metro or the bus straight from arrivals. These are the options: https://bit.ly/3T1Lrvo If you take Uber or Bolt, check which one will give you the best price!

*Optional dinner/lunch - it means 1) that you are welcome to organize your dinner time with other participants, but that the organizers do not facilitate it, but only recommend the places that are worth going.; 2) a seat and meal will be reserved to you in the suggested place if you have said "YES" to that meal on the questionnaire sent to you before this mobility.

PRACTICAL INFORMATION

Currency

The Portuguese currency is **Euro**. You can find exchange offices all around the town (one very close to Associação Renovar a Mouraria), but they are usually open until 6 PM on weekends or 8 PM on weekdays – so keep that in mind!

Banks, ATMS, currency and exchange offices

The most **common banks** in Lisbon are Caixa Geral de Depósitos (CGD), Banco Santander Totta S.A, Banco de Portugal (member of the European System of Central Banks (ESCB)). There are also international ATMs all over the city. The fee is between 2 and 5 euros. **Tips for avoiding ATM fees in Portugal:** avoid Euronet ATMs in Portugal (and everywhere) and always choose transactions in the local currency instead of your home currency.

Transport around Lisbon

Lisbon public transport - <https://bit.ly/3d9Dm7R>

To ride public transport in Lisbon, you'll need to buy a non-refundable Viva Viagem card, which costs €0.50. You can buy and load your Viva Viagem card in any metro station from a ticket machine in cash (coins and notes) as well as debit and credit cards issued by major companies (e.g. Visa, MasterCard, Maestro). Zapping: pay as you go money that you load into your card and can use to ride the metro, tram, funicular, bus, commuter train, and ferry.

<https://www.metrolisboa.pt/en/>

From airport to the city

- **Aerobús:** The Aerobús is a shuttle service that links Lisbon Airport to the city center. It consists of two routes, one runs through the city center (final stop: Cais do Sodré) and the other runs through the city's financial district (final stop: Av. José Malhoa). The bus that connects the Airport to the center, departs every 20 minutes from 7:30 am – 9 pm. A one-way ticket costs € 4 and € 6 return. After validation on the bus, the ticket can be used for 24 hours. Tickets can be bought, often with discounts, on the [Aerobus website](#).

- Metro: Fast and inexpensive. The Metro's recent enlargement links the Airport with the heart of Lisbon. A single ticket costs € 1.50. You would need to buy the Viva Viagem or 7 Colinas card, and recharge it with the value you want.
- Local buses: The transport company Carris offers 5 bus routes between Lisbon Airport and the center. A one-way ticket costs € 1.85. With a Viva Viagem or 7 Colinas card loaded, the ticket is cheaper, and costs € 1.45.
- Taxi: A taxi is a comfortable and relatively cheap way of getting from the Airport to your hotel. It normally costs around € 20 to get to the city center. You can purchase a pre-paid ticket in the taxi rank, that way you will know the price before getting in the taxi and avoid possible surprises.

Restaurant suggestions for free time and dinners

- Lisbon TimeOut Market
- Oriental Market
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Important phone numbers

- Dialing code for Portugal: +351
- General emergency: 112
- Police: 112
- Fire brigade: 112
- Ambulance: 112

Internet

As we are all in the EU, calling your country and connecting to the internet is possible everywhere and your usual tariff is applied.

Hotel location

Hotel Excelsior Lisboa

<http://www.hotelexcelsior-lisboa.com/EN/hotel.html>

<https://goo.gl/maps/tna7aJnykkS9NPy69>

Some things to take home for your friends and family

- Pastéis de nata
- Pastel de Tentugal
- Queijadas de Sintra
- A bottle of Port Wine or Ginjinha (you can also buy the chocolate little cups)
- Canned codfish and sardines

BASIC WORDS IN CROATIAN WORTH KNOWING

- Obrigada - thank you
- Desculpe- sorry/excuse me
- Olá - hello, good bye (informal, to people you know)
- Bom dia - good day
- Boa noite - good night
- Adeus / Ciao - goodbye
- Saúde! - cheers

CONTACTS

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CULTURA VIRUS

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