



Seminar

# GREEN AND CIRCULAR ECONOMY: Fair Trade contribution!

21-28 october 2026 (travel days included)  
Amarante, Portugal



equação  
comércio justo • fair trade

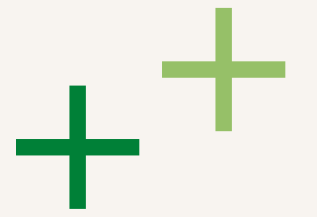


casa da juventude  
amarante



Agência Nacional  
Erasmus+ Juventude/Desporto  
Corpo Europeu de Solidariedade

# Who is EQUAÇÃO?



**Equação, Cooperativa de Comércio Justo, Crl** is a cooperative created in 2006 by a group of grassroots Fair Trade organizations with the mission of promoting **Fair Trade in Portugal** through the distribution of Fair Trade products and raising awareness among consumers, in particular the youngest, and schools (teachers and students), public institutions and companies. Based in Amarante, it currently has 9 cooperative' members and has coordinated dozens of projects, mainly European, involving hundreds of young people (local and foreign) in volunteering activities and international participation.

Main objectives:

- Promotion of **Fair Trade PRINCIPLES** in Portugal;
- Promotion of **SOLIDARITY** values by bringing volunteering and solidarity to the daily life of the community;
- Development of personal, social and professional **SKILLS** (young people, volunteers, employees, partners);
- **SUSTAINABLE** practices that seek to present life alternatives to participants and the community.

Equação received the **quality label for ESC and Erasmus+ accreditation for Youth!**

Strategy for the next decade:

- **SUSTAINABILITY**, valuing healthier, sustainable and participatory practices and principles (responding to environmental and climate changes);
- **GLOBAL EDUCATION**, promoting alternative approaches to individual development (personal/social/professional), collective (cooperation/dialogue) and global citizenship based on the values of our mission and activities;
- **LOCAL PARTICIPATION**, supporting initiatives by young people who want to transform their way of being as producers, consumers, activists or citizens attentive to the decision-making processes and the functioning of democratic life.

# Welcome to CJ AMARANTE

In 2009 our local member (Aventura Marão Clube) started to manage the local youth centre/hostel, **Casa da Juventude de Amarante** (CJ Amarante), a study case project as it was the first private body managing a public equipment in Portugal.

CJ Amarante's initial strategy was to **support local youth initiatives** to approach youngsters to our values, develop mobility and participation projects and offer accommodation and food services). Additionally, 'Equação' also utilized this space to coordinate volunteer projects and Erasmus+ projects.





# FOOD & ACCOMMODATION

Accommodation in the Youth Center (Casa da Juventude de Amarante).

We will provide food (breakfast, lunch, dinner and coffee-breaks) during the project at our vegetarian bar/restaurant.



# About AMARANTE

Amarante is a **historical city** in northern Portugal with a huge natural and building heritage, the city cultural and artistic tradition made Amarante a **Creative city of UNESCO** network. With 56 thousand inhabitants, Amarante is the municipality with the biggest area of the Porto district.

Download app Amarante Tourism  
<http://www.amarante.smiity.com/>



# HOW to reach us

Amarante is located around 60 km away from Porto. Which means the easiest way for you to reach us is by travelling to **Porto's Airport (OPO)**. From there we will arrange your transport to Amarante.



If possible, try to find a greener way to travel to/from Amarante.  
We have extra budget for **GREEN TRAVELS ;)**

# About the PROJECT

The **seminar “Green and circular economy: Fair Trade contribution!”**, organized by Equação, Cooperativa de Comércio Justo, Crl (Equação), aims to share policies, tools, and approaches that will support and inspire organizational managers, youth facilitators and technicians, and youth leaders to learn about and apply sustainable principles of organizational and project management, and to disseminate alternative approaches to individual and community development and global citizenship. It provides them with knowledge, attitudes, and skills in terms of the green and circular economy and related best practices, using Fair Trade as an example. This seminar will also address digital skills that will support the dissemination and visibility of the Erasmus+ Programme and other EU opportunities in our region, especially for young people.



## Place

Amarante, Portugal



## When

21-28 october 2026 (travel days included)



## How many

28 participantes (+18 anos) + 2 staff



## Potential Partners

Equação (Portugal) + 10 partners from program and partner countries



# Draft PROGRAM



| Activity program (draft) |                                                                                                                                                                                           |                                                                                                                                   |                                                                                                                                                                  |                                                                                                                                                                          |                                                                                                                                         |                                                      |           |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------|
| Day 1                    | Day 2                                                                                                                                                                                     | Day 3                                                                                                                             | Day 4                                                                                                                                                            | Day 5                                                                                                                                                                    | Day 6                                                                                                                                   | Day 7                                                | Day 8     |
| 21/10/26                 | 22/10/26                                                                                                                                                                                  | 23/10/26                                                                                                                          | 24/10/26                                                                                                                                                         | 25/10/26                                                                                                                                                                 | 26/10/26                                                                                                                                | 27/10/26                                             | 28/10/26  |
| Wednesday                | Thursday                                                                                                                                                                                  | Friday                                                                                                                            | Saturday                                                                                                                                                         | Sunday                                                                                                                                                                   | Monday                                                                                                                                  | Tuesday                                              | Wednesday |
| Arrival                  | DISCOVER<br>group and Amarante<br><br>PRESENTATION<br>program, fears,<br>expectations and<br>contributions<br><br>FUNDING<br>E+ and Youthpass<br><br>INTRODUCTION<br>to the project theme | FAIR TRADE<br>Workshop<br><br>GREEN and CIRCULAR<br>ECONOMY<br>Workshop #1<br><br>GREEN and CIRCULAR<br>ECONOMY<br>local Examples | GREEN FLAG<br>the example of local<br>administration<br><br>GREEN and CIRCULAR<br>ECONOMY<br>Workshop #02<br><br>GREEN and CIRCULAR<br>ECONOMY<br>local examples | CANOEING<br>on the Tâmega River<br><br>CELEBRATION<br>33rd anniversary of the<br>AMC cooperative<br>member<br><br>VISITS:<br>cultural visits (Porto<br>and/or Guimarães) | GREEN and CIRCULAR<br>ECONOMY<br>sharing best practices                                                                                 | GREENDEX<br>CO2 calculation and<br>offsetting action | Departure |
|                          |                                                                                                                                                                                           |                                                                                                                                   |                                                                                                                                                                  |                                                                                                                                                                          | PROMOTION<br>production of media content to promote the<br>project among young people, partners and<br>stakeholders (digital dimension) |                                                      |           |
|                          |                                                                                                                                                                                           |                                                                                                                                   |                                                                                                                                                                  |                                                                                                                                                                          | GREEN and CIRCULAR<br>ECONOMY<br>sharing best practices                                                                                 | CONCLUSION:<br>results, follow-up, and<br>evaluation |           |
|                          | Group building activities                                                                                                                                                                 | Intercultural night                                                                                                               | Free night                                                                                                                                                       | FOOD WORKSHOP<br>veggie food lab                                                                                                                                         | Games night                                                                                                                             | Farewell party and<br>Youthpass ceremony             |           |

# Our TEAM

**The Equação, Crl team is composed of its Executive Director and Facilitator, with active support from the project team of its local cooperative member (AMC)**



Miguel  
(Executive Director and  
Project Manager)



Marcella  
(Project Coordinator)



Inês  
(Project Coordinator)



Rita  
(Communication)

# Bar and Reception SQUAD



Alfredo



Ondina (Dina)



Tânia



Rita



Paulinho



Edite



Carlos



Margarida



Alice



Lurdes

**They will never leave you hungry! Professionals to their bones, you can normally see them in different combinations behind Bar do Girassol and the reception.**

# What to PACK TRAVEL TIME

- Your own hygiene products
- At the youth center we have towels that you can use (you have to leave a 5€ fee that will be given back to you when you return the towel).
- Take with you some cash. In some shops the international credit cards are not accepted
- Comfortable clothes and shoes
- Seasonal clothing



# SIMPLE RULES



## Drugs and alcohol:

Drugs are not permitted at any Equação project. If someone is found to be using illegal drugs, there will be action taken.

Alcohol is not permitted if you are under 18 and no alcohol is allowed during activities, including meals. Alcohol is also not permitted in the rooms or any other space inside the Youth Center except the bar.



## Smoking:

It is not allowed to smoke inside the building. There are dedicated smoking areas outside so please only smoke in these areas. Smoking is forbidden in the rooms, including the balconies.



## Litter:

Be aware what littering is forbidden. Help the staff on site by keeping the area clean and presentable at all times.

This includes the grounds, accommodations, working and eating room. Use the bins provided and notify the staff if you need assistance.



## Co-existence:

There may be a considerable number of different people from all over the world, including children, using the site at one period of time. Please follow the guidelines given out by Equação team and be considerate and respectful to other users of the site, including staff members.

# CODE of CONDUCT

**This code of conduct is a free will agreement and reflects the wish and responsibility of all partners involved. Under this code of conduct we agree to respect Erasmus+ rules and our partnership should be based on clear, accountable and honest communication processes. All partners should be ready for compromise and to discuss obstacles and different points of view but always respecting fundamental values and principles and actively cooperate under agreed deadlines and tasks.**

## SHOW RESPECT FOR

### **THE ENVIRONMENT BY**

Keeping noise to a reasonable level and observing sensible sleep times;  
Not harming or causing harm to animals, trees and plants;  
Leaving the site in the same condition you found it.

### **ALL OTHER PEOPLE ONSITE BY**

Acting courteously to all people and respect different cultures and beliefs;  
Behaving appropriately whether supervised or unsupervised; Reporting any suspicious people or activities; Understanding that aggression either verbal or physical will not be tolerated.

### **THE FACILITIES BY**

Using all equipment considerately and carefully; Smoking only on designated areas;  
Using the waste bins provided and not dropping litter;  
Not wilfully damaging or defacing property.

### **THE PROGRAM BY**

Being on time to start the program activities;  
Not using your mobile phone during the project activity time;  
Not being late for breakfast, lunch and dinner.

# EMERGENCY evacuation PLAN

**CJ AMARANTE** has an emergency evacuation plan to **ensure** that all people are able to evacuate the building in a timely and **safe** manner.



**EMERGENCY contact**

**112**

## In case of FIRE, you **MUST**:

Leave the room and follow the exit signs.

If you are the last person leaving and it is safe to do so, close the door of the room, do not stop to collect your possessions.

Immediately raise the alarm by operating the nearest fire call point and break the glass point.

Call the emergency services (112).

Give them the details of where you are and which building.

Call EQUAÇÃO project's manager/coordinator to report what you have witnessed.

Only attempt to extinguish the fire if it is safe to do so and if you are trained to do it.

# Follow US:



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<https://equacao.org/en>

