



Go green
with Euca
this summer.

Sustainability Summer School

Infopack

📍 Ponta Delgada
Azores, Portugal

1 – 6 Sept 2024



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Activities

30 hours of training and workshops

All aboard!

Discover what is in store for you this September! Learn about the UN's **sustainability roadmap**, the importance of the **Agenda 2030**, how to transition from contamination to **regeneration**, and how to be **critical** of what you consume!

On top of that, visit **local organizations involved in sustainable projects** and **listen to inspiring testimonials** from entrepreneurs in the field.

Hop on!



Activity 1 – From Sweden to New York: Sustainability roadmaps & the importance of the Agenda 2030

Monday 2 September 2024
09:30 – 11:00

Activity 2 – SDGs: Does Sustainability Really Matter?

Monday 2 September 2024
11:00 – 12:30

Activity 3 – A Globalized and Contaminated World

Monday 2 September 2024
14:00 – 15:30

Activity 4 – From Contamination to Regeneration

Monday 2 September 2024
16:00 – 17:30

Activity 5 – How to Choose What I Consume: a Practical Guide to Sustainability

Tuesday 3 September 2024
15:00 – 18:00

Activity 6 – Your Impact Matters: how to be a changemaker in your local community?

Thursday 5 September 2024
14:00 – 18:00

Cultural activity

Whale watching with FUTURISMO

DATE: Wednesday, 4 Sep 2024

TIME: 14:00 – 17:00

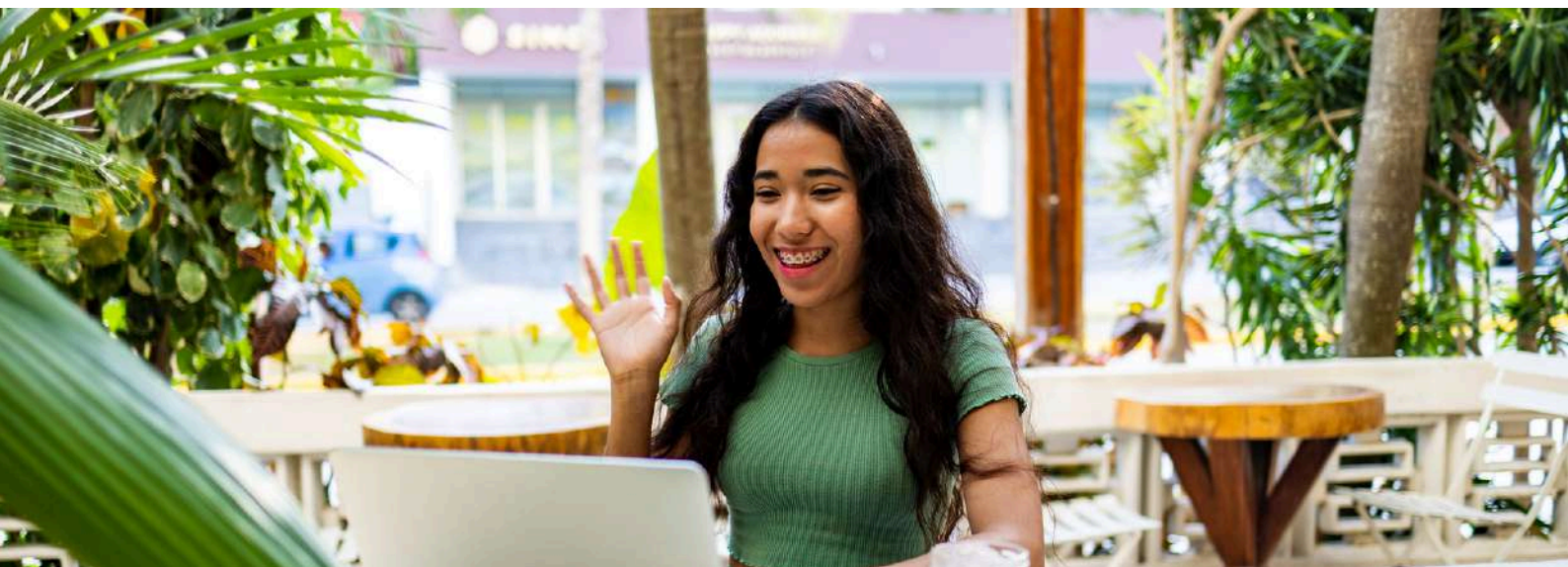
Embark on an unforgettable experience!

FUTURISMO – a renowned company in the Azores – will accompany us as we discover **different whale species** in their natural habitat.

With the assistance of experienced guides, you will explore the intricacies of the **marine life** that thrives in this unique ecosystem.

Dress comfortably, put on some sunscreen, and prepare yourself to explore a new facet of **marine conservation** while enjoying the beautiful waters of the Azores.





Onboarding session

DATE: Thursday, 22 Aug 2024

TIME: 16:00 – 18:00

Get ready with us and join the onboarding session! You will...

- Get to know the trainers
- Meet other participants
- Receive a detailed explanation of the agenda (activities, meeting points, free time, etc.)
- Clear all your doubts!



**Join us in
Zoom!**

<https://us06web.zoom.us/j/89046315787>



**Let's chat on
What'sApp!**

<https://chat.whatsapp.com/HqMHandmhToIuFcdB6mZvw>

Learning Outcomes



Identify how sustainability issues impact your immediate social, economic, and personal circumstances in order to work independently and take sustainable actions to achieve personal goals and stick to intentions.



Reflect on personal values, developing awareness and management of emotions, thoughts, and behavior to adopt a sustainable lifestyle. Learn how to navigate through open platforms and digital services using reliable data and documentation to support their sustainable consumption.



Practice sustainable consumption patterns like consumer choices to learn how to think and behave ethically by assessing the responsibility and impact of your actions.



Develop a better understanding of the cultural diversity within the Azores, its connection to Portuguese identity, and its rich biodiversity and ecosystem, including its volcanic origins and diverse landscapes.

Conditions

*What is
included &
what not*



✓ What is covered by the fee:

- **Accommodation expenses:** 5 nights in a shared room hostel
- **Meals included:**
 - 5 breakfast: all days
 - 2 lunches: 2 and 5 of September
 - 3 dinners: 2, 3 and 5 of September
- **Transport from the hostel to the venue and activities**
- **Workshops, trainings, lectures and visits**
- **Whale-watching tour**
- **Certificate of completion by EucA** – based on the European Sustainability Competences Framework (GreenComp)

✗ What is NOT covered by the fee:

- Flight from/to the Azores
- Travel from/to the airport to the hostel
- Extra meals
- Extra activities or expenses

*You'll arrive here!
(Azores airport)*



What to bring



DON'T FORGET



ID or passport



Student card



European health card ("Codice Fiscale" if you are Italian)



Get ready to pack



Notebook and pen



Rain Gear: A compact umbrella or raincoat for occasional showers



Clothing: Light, breathable clothing for daytime; a light jacket or sweater for cooler evenings



Footwear: Comfortable walking shoes for exploring the city and natural areas. Shoes that can be dirty for the volunteering activity at Lagoa do Fogo



Swimwear: For enjoying the beaches and thermal baths in your free time.



Agenda

1 – 6 September 2024

Event of 7 days, 6 nights.

Sunday, 1 September			
All day	Arrivals – Meeting point: Hostel hall at 21:00		
21:00 – 22:00	Welcome activity		
Monday, 2 September			
07:30 – 08:30	Breakfast (included)		
08:30 – 09:00	Reach University of Azores Complexo Científico (Room A.007)		
09:00 – 11:00	EucA training: <i>From Sweden to New York. Sustainability Roadmaps and the Importance of the Agenda 2030</i>		
11:00 – 12:30	EucA training: <i>SGDs Does Sustainability Really Matter?</i>		
12:30 – 14:00	Lunch at the University of Azores Canteen (included)		
14:00 – 15:30	EucA training: <i>A Globalized and Contaminated World</i>		
15:30 – 16:00	Break		
16:00 – 17:30	EucA training: <i>From Contamination to Regeneration</i>		
17:30 – 18:00	Closure and Evaluation		
18:00 – 20:30	Free time		
20:30	Welcome Dinner (included)		
After dinner	Free time		



Tuesday, 3 September

07:30 – 08:30	Breakfast (included)
09:00 – 9:30	Transport to Lagoa do Fogo
9:30 – 14:00	Visit Life IP Azores Natura project in Lagoa do Fogo + Volunteering activities
14:00 – 15:00	Lunch (packed lunch to bring - not included)
15:00 – 18:00	EucA training: <i>How to Choose What I Consume: a Practical Guide to Sustainability</i> - Venue at the University of Azores (Room A.007)
18:00 – 20:30	Free time
20:30	Cultural dinner (included)
After dinner	Free time

Wednesday, 4 September



07:30 – 09:00	Breakfast (included)
09:30 – 10:00	Reach the University of Azores Complexo Científico (Room A.007)
10:30 – 12:30	Lecture at the University of Azores & Visit the CIVISA - Azores Seismovolcanic Information and Surveillance Center
12:30 – 13:30	Lunch (not included)
13:30 – 14:00	Transport to Whale Watching port in Ponta Delgada
14:00 – 17:00	Cultural activity - Whale watching with FUTURISMO
After 17:00	Free time



Thursday, 5 September

07:30 – 09:00	Breakfast (included)
09:00 – 09:30	Transport to Venue – University of Azores Complexo Científico (Sala A.007)
09:30 – 12:30	<i>Blue Azores</i> lecture – Marine Protected Areas in the Azores: from designation to implementation
12:30 – 14:00	Lunch at the University of Azores Canteen (Included)
14:00 – 15:30	Practical Project: <i>Your Impact Matters: How to be a changemaker in your local community? (Part 1)</i>
15:30 – 16:00	Break
16:00 – 17:30	Practical Project: <i>Your Impact Matters: How to be a changemaker in your local community? (Part 2)</i>
17:30 – 18:00	Closure and Evaluation
18:00 – 20:30	Free time
20:30	Farewell dinner (included)
After dinner	Free time



Friday, 6 September

07:30 – 08:30	Breakfast (included)
All day	Departures

Speakers



Diana Cristina Pereira

Project Manager – LIFE IP AZORES NATURA



<https://www.linkedin.com/in/diana-pereira-031908202/?originalSubdomain=pt>

WHEN: Tuesday 3 Sep, 10:00 – 13:00

TOPIC: "Implementation of the IP Azores Natura: A Success Story"

DESCRIPTION: Throughout her career, Diana Pereira has worked in environmental fields with a focus on nature conservation, with the last 7 years dedicated to the technical and financial management of projects co-financed by the European Commission. She is currently the project manager of the LIFE IP AZORES NATURA project. Let her tell you their success story!



Fátima Viveiros

Research Fellow at the Center for Volcanology and Geological Risk Assessment



<https://www.linkedin.com/in/fatima-viveiros-viveiros-31727b23/?originalSubdomain=pt>

WHEN: Wednesday 4 September, 10:30 – 12:30

TOPIC: "Living in areas of active volcanism – the challenges of monitoring".

DESCRIPTION: Associate Professor at the Faculty of Science and Technology at the University of the Azores, Fátima Viveiros carries out research at the Institute for Research in Volcanology and Risk Assessment (IVAR), where she is coordinator of the Gas Geochemistry Scientific Unit. In her session, she will unravel the challenges of her daily job, and how it applies to environmentalism.

Speakers



Adriano Quintela

Operational and Information Manager @Blue Azores



<https://www.linkedin.com/in/adriano-quintela-phd-4443265a/>

WHEN: Thursday 5 September, 10:00

TOPIC: "Blue Azores – Marine Protected Areas in the Azores, from the designation to the implementation"

DESCRIPTION: Driven by a desire to reconcile the scientific community and the authorities responsible for decision-making, Adriano Quintela has participated in a variety of projects focusing on the linkages between natural, physical, and human systems in coastal and marine environments. With a degree in Biology and a PhD in Geography, he has focused his scientific research on Marine Spatial Planning.

In this session, you will discover the work of Blue Azores, an international program protecting, promoting and raising awareness of the rich marine resources of the Azores archipelago.

Meet the trainers!



Luca Di Pietro



Pursuing his Ph.D. in International Cooperation and Development, Luca defines himself as a European citizen because – thanks to a multitude of European opportunities – he has traveled around two continents!

He has been drinking a strange South American tea since 2016, Mate, and says that Messi (his new idol after the World Cup) also drinks it. In his spare time, he likes to use spreadsheets to manage trips between friends.



Julia Jaque



With a Master's Degree in Project Management and International Cooperation, Julia defines herself as a creative and as a citizen of the world. After having lived in five different countries, she finds ways to identify herself with all cultures.

Always excited to expand her horizons, she enjoys sharing her backpacking experiences with her students, seeking to inspire them while they figure out their own professional paths.

"Azores will be an incredible experience for exchanging knowledge and seeing different perspectives; let's discover it together!"

Logistics & Accommodation

The hostel and meeting point are located in [City's Hostel Ponta Delgada](#).

To travel from [Ponta Delgada Airport \(João Paulo II Airport\)](#) to [City's Hostel Ponta Delgada](#), you have several options: **taxi**, **bus**, or **rental car**.

Here's a detailed guide for each option:



By taxi:

- **Locate the Taxi Stand:** After exiting the arrivals hall, you will see the taxi stand outside the terminal.
- **Duration:** The taxi ride typically takes about 10-15 minutes.
- **Cost:** The fare is usually around 10-15 EUR, depending on the time of day and traffic.



By bus:

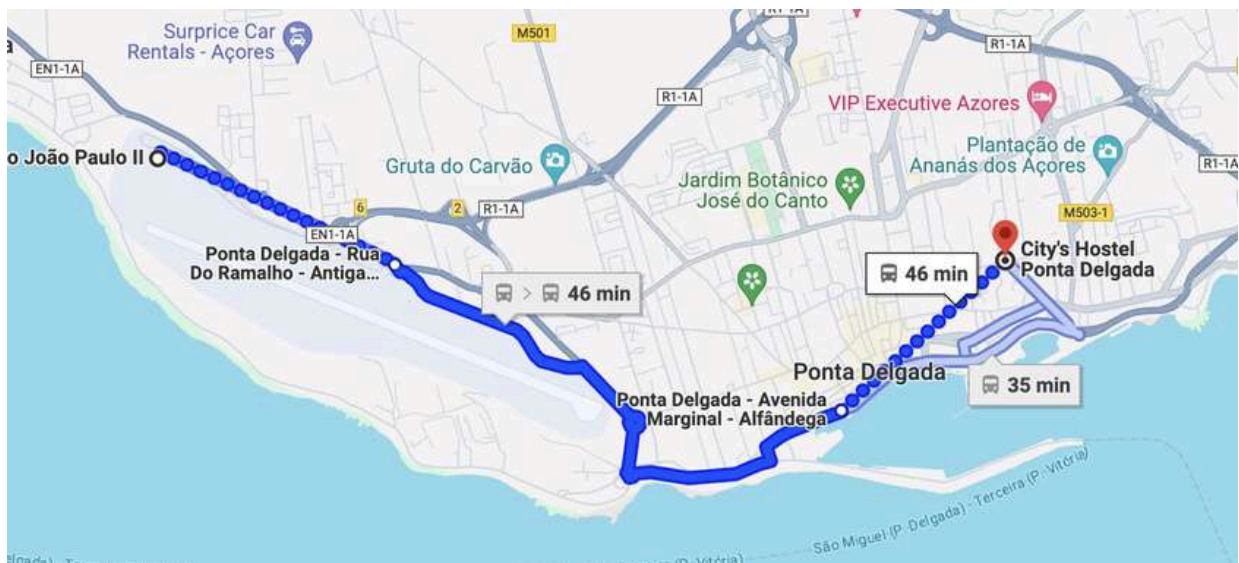
- **Airport Shuttle:** There is an airport shuttle bus that runs between the airport and various points in Ponta Delgada.
- **Schedule:** Check the current schedule at the airport or online, as it may vary.
- **Cost:** The fare is generally around 5 EUR.

Logistics & Accommodation



Public bus:

- Public buses also serve the airport but might require a transfer.
- **Route:** Take a bus heading to the city center.
- **Duration:** The journey might take 30-40 minutes, depending on the connections



The bus (**C200** or **C204**) from Ponta Delgada Airport (Ponta delgada Rua Do Ramalho Antiga Gare Do Aeroporto – Bus station) to the Center of Ponta Delgada runs **until 00:00 (12 am)**. After this time, consider taking a taxi.

Discover ▶ Ponta Delgada

Ponta Delgada is the capital city of São Miguel Island, the largest island in the Azores archipelago, Portugal.

Known for its **stunning landscapes, vibrant culture, and rich history**, it is an excellent destination for students looking to enjoy a unique experience!

The city's rich history dates back to the early 15th century, when Portuguese explorers first occupied the island.

Its striking architecture reflects the historical significance the city reached, with **charming cobblestone streets, baroque churches, and elegant 18th-century buildings** delighting visitors worldwide.

The local culture, deeply influenced by maritime traditions, instills life into a city that has become a hub of **cultural events, festivals, and traditional shows** uplifting Azorean music and dance.



Discover...

Don't miss the chance to explore!

This city uniquely blends history with modernity, showcasing its cosmopolitan character through diverse cuisine, vibrant arts, and renowned institutions.

Nature and outdoor activities

- 📍 **Lagoa do Fogo:** A stunning crater lake.
- 📍 **Sete Cidades:** Twin lakes in a volcanic crater.
- 📍 **Furnas:** Hot springs and botanical gardens.

Cultural Sites

- 📍 **Portas da Cidade:** Iconic city gates.
- 📍 **Forte de São Brás:** Historical fort with a military museum.
- 📍 **Church of São Sebastião:** Beautiful historic church.

Food and dining

- 🍴 **Local Cuisine:** Try dishes like Cozido das Furnas (volcanic stew), fresh seafood, and local cheese.
- 🍴 **Markets:** Visit Mercado da Graça for fresh and local products.
- 🍴 **Cafes and Restaurants:** Experience a range of options from budget-friendly to upscale dining.



Lagoa do Fogo



Forte de São Sebastião



Local Azores Market

Discover...

Cultural Etiquette

- ☞ **Politeness:** Greeting people with a "**Bom dia**" (Good day) or "**Boa tarde**" (Good afternoon) is appreciated.
- ☞ **Dress Code:** Casual but tidy for everyday activities; more formal for special occasions.



Language

- 💬 **Official Language:**
 - **Portuguese** is the official language of Ponta Delgada and the Azores.
- 💬 **Commonly Spoken Languages:**
 - **English:** Widely understood and spoken, especially in tourist areas, hotels, restaurants, and by younger people.
 - **Other Languages:** Spanish and French are also understood by some, particularly those working in tourism.

Weather

- ☀️ **General:** September typically enjoys mild and pleasant weather, which is ideal for outdoor activities.
- ☔️ **Rainfall:** Light to moderate rainfall can occur, averaging about 70–80 mm (2.8–3.1 inches) for the month.
- ☀️ **Sunshine:** Plenty of sunny days, with about 7–8 hours of sunshine per day.
- ☀️ **Sea Temperature:** The Atlantic Ocean is warm enough for swimming, with temperatures around 23°C (73°F).



Emergency numbers

Trainers contact:

- Luca Di Pietro:
+39 334 9821 703
- Julia Jaque:
+34 679 591 293

Local authorities:

- Ambulance / Medical Emergency: **112**
- European Emergency call: **112**
- Police: **110**

Healthcare

EU students should carry a European Health Insurance Card (EHIC). Others should have travel insurance

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