



**T4all**

**PORTO  
2019**

**2<sup>ND</sup>-6<sup>TH</sup> SEPTEMBER**

**INVITATION  
PACKAGE**





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## MESSAGE FROM THE OC

Dear IFMSA family,  
Dear students around the world,

Every year, due to our will to continuously develop our capacity building and at the same time offer students the chance to develop themselves the same skills, ANEM is driven to organize a new edition of our SRT, Training 4 All (T4All).

This edition will be hosted between the 2nd and the 6th of September in Oporto, in Pousada da Juventude do Porto (Youth Boarding House), facing the amazing Douro River.

We want students around the world to be equipped with an impactful activity that provides them with more information, tools and critical sense to be active advocates on different subjects. T4All provides you with an incomparable experience since it brings together five different training fields plus a fascinating and refreshing environment that has been largely appreciated by those who have already taken the experience. In this edition, we intend to create and inspire trainers and (future) officers on General Training Skills, Medical Education, Public Health, Exchanges and Sexual and Reproductive Health and Rights issues.

Portugal is a country well known for its warm and welcoming people and unique landscapes but you may ask "Why Porto?". Porto is a place of outstanding beauty, culture and innovation, but at the same time, it has one of the richest histories in Portugal.

T4All is a unique place! It's not just an activity, it's the opportunity for you to discover your true potential, for you to challenge yourself and for you to meet students that are as motivated as you to change the world!

**Come and see what Training 4 All has reserved for its participants!**

Warm Portuguese hugs,

*Co-Heads of The Organizing Committee (OC)*



## THE SRT

*A Sub Regional Training (SRT) is an international meeting supported by the IFMSA, where members and motivated students from a (sub)region or sometimes even further away can meet and participate in trainings, workshops and small working groups. It can also be recognized as an IFMSA Activity.*

### Goals:

- Motivate participants and make them feel part of the IFMSA;
- Share experiences, projects, and problem solving techniques;
- Deliver trainings in different topics;
- Work together to solve problems that officers might encounter through SWGs;
- Find out ways of collaboration with the rest of the NMOs in the region;
- Provide the members with further information about the IFMSA and the participating NMOs;

<https://ifmsa.org/sub-regional-trainings/>

Every year, ANEM-Portugal organizes its famous SRT, **Training4All (T4all)** and we are once again highly motivated to promote this moment of capacity building and intercultural learning. We organize T4All every year driven by the passion of **capacity building** and the vision that we are helping the Federation to increase its impact, helping it engage more members and develop its work on strategic priorities. Therefore, we want our students and international students to be equipped with an impactful activity that provides them with more information, tools and critical sense to be active advocates



Facebook Page: <https://www.facebook.com/pormsic.t4all/>



## THE TRAINING SESSIONS PLAN

As we want you to have a solid learning experience, we have consulted your Trainers and Standing Committee's Directors in order to carefully plan this edition's following agenda:

	Day 1 (2nd)	Day 2 (3rd)	Day 3 (4th)	Day 4 (5th)	Day 5 (6th)			
08:00	Arrival	Breakfast						
09:00		Trainings	Trainings	Trainings	General Trainings			
10:00								
11:00								
12:00								
13:00		Lunch						
14:00		Trainings	Trainings	Trainings	Closing Ceremony			
15:00					Departure			
16:00								
17:00					Buffer time			
18:00								
19:00	Social Program (if needed TNT additional time)							
20:00								
21:00	Dinner							
22:00								
23:00								

The final agenda will be sent later in the process after your Trainers and the OC design each Training according to your need.

**Will there not be breaks during my training sessions?** Worry not. According to the track you choose, your Trainers will be responsible for including and adapting breaks to your Training Agenda.

**What can I do during the free evenings?** Each training has its own specific agenda according to the needs of each Trainer and their Trainees. Your OC will make sure to provide you with social and cultural options, so that you can explore the portuguese coast in case you don't have sessions in the afternoon.





## TRAINING TRACKS



### PHLT – PUBLIC HEALTH LEADERSHIP TRAINING ON MENTAL HEALTH

Nowadays, Public Health addresses a wide range of subjects in which we work with students on a daily basis, either by raising awareness through campaigns, policy making or educating local communities and our peers. In Public Health, one of the major threats is Mental Health and globally, people suffering from mental illness are twice as likely to experience stigma as people suffering from physical disabilities. Join the PHLT sessions and let us provide you with a wide range of competences needed to boost Public Health in your home country, raise awareness on Mental Health and give you insight and tools needed to design and monitor the impact of your activities.



### TNT – TRAINING NEW TRAINERS

No one is born knowing how to speak, ride a bike or cook, let alone how to be a doctor (unfortunately). Likewise, Trainers need to be taught the way, how and what to do before delivering sessions. TNT represents the fundamental and pivotal Training of our Federation. It helps their participants to realize their true potential, not only as a team player, but also as an individual. Challenge yourself to join us at this emotional rollercoaster and we promise you won't be the same person afterwards.



### PRET – PROFESSIONAL AND RESEARCH EXCHANGE TRAINING

Exchanges are more than a program. It is a worldwide connection that allows us to connect the world and grow academically and personally. With this Training you will become the perfect officer to deal with international matters. Everything from the exchanges program organization, platforms and work will be covered. But also multicultural learning and how to deal with people that come from different backgrounds. Incomings, outgoings, AQ, PET, CA, CC, AF? After this Training, such expressions will carry no more secrets for you. Join this Training and make a change!



### B.E.A.S.T.

We live in a world in which millions of human beings still experience stigma, discrimination, rejection, and violence regarding their gender, their sexual orientation and their sexuality in general. Legal discrimination in housing, employment, civil rights and other social conditions still plague our world and affect the health of LGBTQ+ people in many ways. Taking in consideration this urgent problem, we want to give students the chance to be empowered and capacitated in subjects regarding Sexual Orientation and Gender Identity and to give them the tools to be an active advocate in their daily life.



## AMET - ADVOCACY IN MEDICAL EDUCATION TRAINING

Medical Education has been continuously evolving over the past decades due to the constant shifting of medical students' needs and priorities. However, we currently face several differences between our Medical School's ability to adapt to those changes within the fields of educational paradigms and medical curricula. In the middle of all this change are medical students and they are the ones that can advocate on a local level for better conditions, a more socially accountable and diverse curriculum that can prepare them for their future role in the society.

You may know you are not happy with the system pre-designed for your undergraduate path, but do you know how to be an active, informed player in its change? Join AMET sessions to discuss hot topics, ask hard questions and learn from the best!



## THE CITY OF PORTO

"Why Porto?" you can ask! Porto is a place of outstanding beauty, culture and innovation. But this is not a new city. It is an ancient port steeped in history and tradition - Porto's centre was designated as UNESCO World Heritage Site in 1996. It is a **highly atmospheric place** that has become known for **its monuments by renowned architects**. This is the city that **originated and named Port Wine**, and gave birth to one of world-famous fictional character, **Harry Potter**.

But there's more to Porto than just the centre. When the weather allows, Foz and Matosinhos are marvellous seashores where the beaches are perfect for a dive in the sea or to stroll along after dining.

Discover the town that embraces the Douro River! Discover the town that has already won the prize for Best European destination 3 times in the last seven years!



Get inspired checking this promotional video:  
<https://www.youtube.com/watch?v=yHJaSZjI-E>





## THE FACILITIES

Your accommodation will be provided in Pousada de Juventude do Porto (Youth Boarding House).



Pousada de Juventude do Porto is located near Douro River, a peaceful and inviting setting where you can enjoy an amazing sunset!

It is a modern building fully equipped with every service you would need for an amazing stay. Do you want to enjoy breakfast by the river? This is your chance! Also, you are two steps from the history and culture of Porto city centre with easy access to restaurants, nightlife and other attractions.

### For more information:

GPS 41°8'53,55"N | 8°39'32,25"W

Rua Paulo da Gama, 551 | 4169-006 Porto, Portugal

<https://pousadasjuventude.pt/pt/pousadas/porto/>



## SOCIAL AND CULTURAL PROGRAM

The OC will provide the participants with very special nights and some activities during the day, in a fantastic cultural and social program!

The late afternoons will always be a time to relax, make new friends and enjoy some activities dynamized by the OC, either around the city, in the river directly in front of the Pousada or around the Pousada's facilities.

Every night the OC will organize a social program, including the amazing **National Food and Drinks Party (NFDP)**, for which we expect you to bring the best delicacies and products of your country! You will have the opportunity to experience the nightlife of Porto, and a marvelous sightseeing by night!

Be ready to be surprised.

Believe us, T4All will be some of the best days of your life!



## THE REGISTRATION

The registration process does not require any certification from your NMO, so you simply have to fill in the registration form [here](#).

Registration will happen in two different moments: early and late.

**Early registration fee (130€):** 19th may to 16th june

**Late registration fee (150€):** 30th june to 21st july

This **price includes** a welcome package, accommodation during the event, Training sessions, full boarding (3 meals a day and some coffee breaks, excluding the arrival and departure day that will feature dinner and lunch, respectively), social program and transport to and from the Porto airport. For you to remember this for the rest of your life we will have professional photographic coverage!

Regarding cultural program some specific extra charges might be required upon sign up for activities.

**Early registration** will open on 19th May and will close on 16th June. During the registration, you will be able to **choose the Training Sessions** you want the most. After the registration is closed, the Trainers of your chosen Training will **evaluate your application** and decide if you fill the criteria to participate in the Training. After this, if you are accepted, you will be sent by email the **final confirmation**. After you receive the confirmation (and please bear in mind that we will be strict regarding this), you will have **seven days to proceed to the payment** by bank transfer and to send the bank statement to the OC (further information will be provided). Failure to do so will imply the cancellation of your registration. If this happens, but you still want to attend T4All, you will need to register again and your previous registration process will reset, as long as it is done while registration dates are still open.

**Late registration** will start on the 30th of June and it will close on the 21st of August. Selection of the candidates filling the spare vacancies, during the late fee applications, will occur by the same method as the early fee. During this phase, in the next few days after you register, a confirmation email will be sent to you stating if you were accepted for the Training of your choice. After you receive the confirmation you will have seven days to proceed to the payment, on the same terms defined for the early phase fee.

## ANEM-Portugal bank information

- **Name:** ANEM
- **Address:** ANEM-AEFMUP Alameda Prof. Hernâni Monteiro HSJ Piso 01 4200-319 Porto
- **IBAN:** PT50 0035 0651 00515859530 17
- **BIC SWIFT:** CGDIPTPL





## THE TRANSPORTATION

The OC will assure your transportation on the arrival day from Porto International Airport to Pousada de Juventude do Porto (hours to specify) and it will take approximately 20 minutes by bus. The OC will also assure your transportation on the departure day from the venue to the airport (hours to specify). After the registration is closed, participants will be notified by e-mail with more specifications concerning transportation.

We highly recommend participants to arrive in Porto, at the Francisco Sá Carneiro Airport. If this is not the most viable option for you, you can also arrive at the Humberto Delgado Airport, also known as Lisbon Airport or Portela Airport. Should you choose this, you will have to catch a train at Oriente Train Station ([CP website](#)) in Lisbon and reach São Bento station in Porto. The OC will try to pick you up there, but if this is not possible you will have to go by bus until the venue.

Nevertheless, if you have any issues regarding this topic feel free to contact The OC and we will clarify your doubts.



## VISAS

Portugal is part of the Schengen countries, which means that the following countries do not need VISA:

Andorra	Antigua e Barbuda	Argentina
Australia	Austria	Bahamas
Barbados	Belgium	Brazil
Brunei Darussalam	Bulgaria	Canada
Chile	Costa Rica	Croatia
Cyprus	Czech Republic	Denmark
El Salvador	Estonia	Finland
France	Germany	Greece
Guatemala	Holy See (Vatican City)	Honduras
Hungary	Iceland	Ireland
Israel	Italy	Japan
Latvia	Lichenstein	Lithuania
Luxembourg	North Macedonia	Malaysia
Malta	Mauritius	Mexico
Monaco	Montenegro	New Zealand
Nicaragua	Norway	Panama
Paraguay	Poland	Portugal
Romania	Saint Kitts and Nevis	San Marino
Serbia	Seychelles	Singapore
Slovakia	Slovenia	South Korea
Spain	Sweden	Switzerland
The Netherlands	United Kingdom	United States of America
Uruguay	Venezuela	

All the others have to apply in the Portuguese Embassy for a Visa, according to the rules. In case you have any doubts or problems please approach the OC. If you need an Invitation Letter one will be provided.



## OTHER IMPORTANT INFOS

### Clothing and Weather

During September you will find Summer weather in Portugal, with sun and temperatures ranging from 25°C to 35°C. We advise participants to pack comfortable, fresh and light clothes for each day of T4All. For night time, we recommend you to bring one or two warmer sweaters or jackets to make sure you do not get cold.

### Damage & Responsibilities

Any damage made by the participants at the venue or happening during the event will be of their full responsibility, with no involvement of ANEM-Portugal.

### Health System

To have access to the Portuguese Health System, participants shall present their European Health Card. Each participant shall ensure its possession prior to their arrival. If you are not from Europe, please contact the OC or your National Health Administration in order to clarify your specific situation.

### Contacts

Portuguese National Emergency Number is 112

Portugal's calling code is +351

Pousada de Juventude de Porto (Boarding House):

- (+351) 226 163 059 / 925 664 983
- Rua Paulo da Gama, 551, 4169-006 Porto, Portugal

### Participants' Buddies Numbers

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**Head of The OC:** José Sobral Abrantes +351 917 172 432

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**OC:** André Fontoura +351 915 465 040

**OC:** Ana Rita Antunes +351 915 017 364



## THE ORGANIZING COMMITTEE

### HEAD OF THE OC



JOSÉ GANICHO



JOSÉ ABRANTES

### PUBLIC RELATIONS & COMMUNICATION

#### COORDINATOR



INÊS FRANCISCO VIVA

#### SUPPORT PERSON



AISHA AHMAD

#### SUPPORT PERSON



MIGUEL FERREIRA

### SOCIAL AND CULTURAL PROGRAM

#### COORDINATOR



ANDRÉ FONTOURA

#### SUPPORT PERSON



CATARINA NUNES

#### SUPPORT PERSON



BEATRIZ FANECA

### LOGISTICS AND PARTNERSHIPS

COORDINATOR



RITA ANTUNES

SUPPORT PERSON



INÊS MELO

SUPPORT PERSON



ANDREIA OLIVEIRA

### CAPACITY BUILDING SUPERVISOR



ISABEL FERNANDES

### TREASURER



JOÃO DINIS MARTINS

### TRAINING SUPPORT PERSON

TNT



VASCO MENDES

AMET



CAROLINA CAMINATA

PRET



DIOGO CRUZ

### TRAINING SUPPORT PERSON

PHLT



ELISABETE NETO

B.E.A.S.T.



NUNO RUA



