Infopack



YOUTH exchange

04.07-17.07

"Heterotopia Tour" An ECO Idea(I) in Action

Funded by:



Organized in partnership by:











WHAT IS A "HETEROTOPIA TOUR" ABOUT?

AN ECO- INTERCULTURAL HUMAN EXPERIENCE, TO FIND EMPOWERMENT IN DIVERSITY!

Are you concerned about your future, about how your surroundings will change due to climate change alongside with a forecasted massive human crisis of Environmental Refugees? Are you anxious about your future job opportunities and about your own survival? Then this Youth Exchange is for you! If we as individual human beings don't change collectively what will be the future of the Planet we call Home?

The "Heterotopia Tour- An ECO Idea(I) in Action" is a journey for youth; in which we will tackle all these concerns you are facing at the moment, we will collectively work on ecological, creative and innovative solutions for our present and future crisis. This journey has been designed for those of you who want to experience first hand eco-community living, that want to be inspired and motivated by hands-on experiences, and wish to become the change you want to see in the World.

It will be a journey, in which you will get out of your comfort zone and where you will discover unexpected things about yourself and the others! You will get inspired by the activities you will experience during this youth exchange and get more motivated to explore and design your future life path! In this "Tour" you will meet not only different inspiring projects but also young change makers from diverse backgrounds and all this while you are experiencing eco-community living within a multicultural group.



AN OPPORTUNITY TO UPDATE OURSELVES INTO A MORE ECOLOGICAL LIFESTYLE!

"The Heterotopia Tour- an ECO-Idea(I) in Action" introduces you to an ecological lifestyle, a step by step guide with tools which you can bring back home and apply them no matter what context you come from. This Youth-Exchange is an opportunity to learn practical know-hows on how to reduce your ecological footprint, to distinguish what is essential for human development from what is unessential, to adapt and help mitigate climate change, to engage in collective environmental regeneration actions and to become a pro-active citizen. If you want to learn more about previous Heterotopia journeys and the creators behind the scenes, then check out this video website: https://Heterotopies.net

WHO IS THE COORDINATOR?

The Transdisciplinary Association NEW Loops (Nutrients, Energy and Water Loops) was created in 2014 by a multicultural group of friends of different fields of expertise, which had the same vision of creating a better environment for future generations, in the south of Portugal, Faro.

We devote our time to environmental regeneration, we work with non-formal education, permaculture and artistic expression to inspire and raise socio-environmental awareness, active citizenship, personal and collective accountability.

Get a glimpse of who we are and what you can expect from an "Heterotopia Tour" in this video:



Heterotopies Transmedia documentary

Check out more about NEW Loops on Facebook and webpage

Program

Timetable	Activities	Non-formal and informal learning methods used
	TRAVEL DAY 1 - SUNDAY	(– 04/07/2021: ARRIVAL DAY
15.00-20.00	Arrival of Participants	Receiving and hosting Participants, setting up tents
20.00-23.00	Welcome Dinner Party	Cosy welcoming Portuguese traditional food and music Prepared by NEW Loops team
	DAY 1 - MONDAY - 05/07/2021 WELC	COME AND GET TO KNOW EACH OTHER
8.00-9.00	Breakfast	Prepared by NEW Loops team
9.00-10.45	Welcome! Getting to know each other!	Morning Energizer and Ice breaking games
10.45-11.00	Coffee Break	Prepared by NEW Loops team
11.00-12.00	Getting to know the venue!	Comprehensive functional walk around the venue and Eco low tech Tour
12.00-13.00	Meet the hosting organization and introduction to the program	Round circle, meeting NEW Loops and its team, Intro to the program, question round
13.00-14.00	Lunch	Prepared by NEW Loops team
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	NGO's TEDx Talk	Each partner makes a humorous presentation of their organization inspired by TEDx Talks
16.00-18.00	More getting to know each other	Some more name games and Sociometry
18.00-18.15	Coffee Break	Prepared by NEW Loops team
18.15-20.00	Comprehensive introduction to the program	Reading the program together, discussing the time schedule and group tasks
20.00-21.00	Dinner	Prepared by NEW Loops team
21h00	Communication games	"The history of your name and who named you" and "Broken Phone" around the bonfire
	DAY 2 - TUESDAY - 06/07/2021: WHAT	is Youth Exchange and Solidarity Corps?
7.00-8.00	Introduction to Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.
8.00-9.00	Breakfast	Prepared by NEW Loops team
9.00-10.45	Energizer and Team building	Energizer and trust-each-other exercises with sharing circle about the experience
10.45-11.45	What is supposed to be is a youth exchange?	Viaje a la Sostenibilidad about Youth Exchanges and non-formal Education
11.45-12.00	Coffee Break	Prepared by NEW Loops team
12.00-13.00	What is the European Solidarity Corps?	Introduction to the ESC Programme of the EU, facilitated by Green School Village

13.00-14.00LunchPrepared by NEW Loops team14.00-15.00Free timeTake care of yourself- "ME" TIME15.00-16.00Introduction to Afternoon Free Open SpaceParticipants propose anything on the scheed debate to skill sharing16.00-17.00Good Practices on Community LivingNon-formal Session Facilitated by the Pa17.00-17.15Coffee BreakPrepared by NEW Loops team17.15-20.00Introduction to Family group reflection and Caring of People and SpaceIntroduction to what is the purpose of family caring tasks, dividing in groups20.00-21.00Dinner and Introduction to Expression boxGreek Dinner Prepared by the Greek Team and Anonymous expression box by NEW Loop21h00Night gamesNight games to better know each other prop participants21h00Night gamesNight games to better know each other prop participants7.00-8.00Morning free Open SpaceParticipants are free to share and organiz exercises such as yoga, Tai-chi ef8.00-9.00BreakfastInternational Fusion Breakfast prepared by the part9.15-11.00Consensus decision MakingQuick and simple exercise on collective dec Process Facilitated by New Loop11.00-11.15Coffee BreakPrepared By NEW Loops team11.00-15.00Free timeTake care of yourself- "ME" TIME13.00-16.00Afternoon Open SpaceParticipants propose anything on the scheed debate to skill sharing16.00-18.00Why compost matters?Practical workshop facilitated by Viaje a Ia S18.00-18.10Free timeTake care of yourself-	lule, from a Ima Nana groups and d The Famou ps team
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20.00-21.00 Dinner and Expression box Italian Dinner Prepared by Palma Nana team the expression box news!	and Reading
21h00 Night games Night games to better know each other prop participants	osed by the
DAY 4 Thursday- 08/07/2021: AN ECO IDEAL IN ACTION	
7.00-8.00 Morning free Open Space Participants are free to share and organiz exercises such as yoga, Tai-chi et	
8.00-9.00 Breakfast International Fusion Breakfast prepared by mixed group	

9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	Climate Emergency and how to mitigate Climate Change?	Open Circle Facilitated by School of the Earth
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	What is Permaculture?	Introduction to Permaculture design facilitated by Green School Village
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	Afternoon Open Space	Participants propose anything on the schedule, from a debate to skill sharing
16.00-18.00	Hands-on Permaculture	Hugelkultur and Tree planting
18.00-18.15	Coffee Break	Prepared By NEW Loops team
18.15-20.00	Family group reflection and Caring for People and Space	Family group Reflection and caring for people and space tasks
20.00-21.00	Dinner and Expression box	Spanish dinner prepared by Viaje a la Sostenibilidad and expression box news!
21h00	Night games	Night games to better know each other proposed by the participants
	DAY 5 - FRIDAY - 09/07/2021: ACTIVE	CITIZENSHIP ON CLIMATE MITIGATION
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-10.30	What is Active Citizenship?	Walking debate facilitated by Via Brachy
10.30- 11.30	Coffee Break	Prepared By NEW Loops team
11.30-12.00	Agroforestry	Walking & Talking session facilitated by NEW Loops
12.00-13.00	Hands-on Permaculture	Planting trees for carbon sequestration released by our flights; facilitated by NEW Loops
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.00	Afternoon Open Space	Participants propose anything on the schedule, from a debate to skill sharing
	Carbon acquestration	Planting trees for carbon sequestration released by our
16.00-18.00	Carbon sequestration	flights Facilitated by NEW Loops
16.00-18.00 18.00-18.15	Coffee Break	flights Facilitated by NEW Loops Prepared By NEW Loops team

11.00-12.00	Brunch	Organized By NEW Loops Team
11.00	Free Morning	Resting time
	DAY 7- SUNDAY- 1	1/07/2021: FREE DAY
21h00	Party Night	Lets have some Fun! Jam session and some dancing organized by the participants
20.00-21.00	Dinner and Expression box	French dinner prepared by the School of The earth team and expression box news!
18.15-20.00	Family group reflection and Caring for People and Space	Family group Reflection and caring for people and space tasks
16.45-18.15	Natural construction	Practical workshop on Natural Construction
16.30-16.45	Coffee Break	Prepared By NEW Loops team
15.00-16.30	Natural construction	Practical workshop on Natural Construction
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
11.15-13.00	Collecting plants and Natural Care	Practical Workshop facilitated by NEW Loops
11.00-11.15	Coffee Break	Prepared By NEW Loops team
9.15-11.00	Degrowth Movement and the 3R's (Reduce, Reuse, Recycle)	Practical Workshop facilitated by NEW Loops
9.00-9.15	Energizer	Morning Energizer proposed by the participants
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.
	DAY 6 - SATURDAY- 10/07/2021:	ENVIRONMENTAL PRESERVATION
21h00	Night games	Night games to better know each other proposed by the participants
20.00-21.00	Dinner and Expression box	Bulgarian dinner prepared by Green School Village and expression box news!

13.00-14.00	Self Managed, prepare your Picnic	Self Managed lunch, participants can prepare some food, picnic or sandwiches to take away
14.00-20.00	Free time	Just relax and enjoy some Nature
20.00-21.00	Dinner and Expression box	International Fusion cuisine and Reading of the expression box anonymous news!
21h00	Sharing Circle	Informal mid term evaluation around the bonfire!
DAY 8- MONDAY 12/07/2021: HOW TO CREATE YOUR OWN JOB AND BECOME A YOUNG GREEN ENTREPRENEUR		
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.

8.00-9.00	Breakfast	International Fusion Breakfast prepared by an international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-10.15	Why should you not (ever) stop Learning?	Open Debate Facilitated by Palma Nana
10.15-10.30	Coffee Break	Prepared By NEW Loops team
10.30-11.30	What is Green Entrepreneurship? How to tend towards being more sustainable in one's daily life?	Session facilitated by Via Brachy on how to create your own jobs
11.30-13.00	Natural construction and Natural Art	Introduction to the 4 practical working groups - facilitated by NEW Loops
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.30	Natural construction and Natural Art	Four practical working groups
16.30-16.45	Coffee Break	Prepared By NEW Loops team
16.45-18.15	Natural construction and Natural Art	Four practical working groups
18.15-20.00	Family group reflection and Caring for People and Space	Family group Reflection and caring for people and space tasks
20.00-21.00	Dinner and Expression box	International Fusion cuisine and Reading of the expression box anonymous news!
21h00	Free Night	Express and enjoy your freedom of choice!
D	AY 9- TUESDAY – 13/07/2021: BIOCLIM/	ATIC ARCHITECTURE & NATURAL BUILDING
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-10.15	What is Bioclimatic Architecture?	Session Facilitated by School of the Earth
10.15-10.30	Coffee Break	Prepared By NEW Loops team
10.30-13.00	Natural construction and Natural Art	Four practical working groups
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.30	Natural construction and Natural Art	Four practical working groups
16.30-16.45	Coffee Break	Prepared By NEW Loops team
16.45-18.15	Natural construction and Natural Art	Four practical working groups
18.15-20.00	Family group reflection and Caring for People and Space	Family group Reflection and caring for people and space tasks

20.00-21.00	Dinner and Expression box	International Fusion cuisine and Reading of the expression box anonymous news!
21h00	Free Night	Express and enjoy your freedom of choice!
	DAY 10- WEDNESDAY - 14/07/202	1: Natural Construction and Natural Art
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-10.15	Natural construction and Natural Art	Four practical working groups
10.15-10.30	Coffee Break	Prepared By NEW Loops team
10.30-13.00	Natural construction and Natural Art	Four practical working groups
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-16.30	Natural construction and Natural Art	Four practical working groups
16.30-16.45	Coffee Break	Prepared By NEW Loops team
16.45-18.15	Natural construction and Natural Art	Four practical working groups
18.15-20.00	Family group reflection and Caring for People and Space	Family group Reflection and caring for people and space tasks
20.00-21.00	Dinner and Expression box	International Fusion cuisine and Reading of the expression box anonymous news!
21h00	Free Night	Express and enjoy your freedom of choice!
	DAY 11- THURSDAY - 15/07/2021	Natural Construction and Natural Art
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-10.15	Natural construction and Natural Art	Four practical working groups
10.15-10.30	Coffee Break	Prepared By NEW Loops team
10.30-13.00	Natural construction and Natural Art	Four practical working groups
13.00-14.00	Lunch	International Fusion cuisine prepared by international mixed group
14.00-15.00	Free time	Take care of yourself- "ME" TIME!
15.00-17.00	Natural construction and Natural Art	Four practical working groups
17.00-17.15	Coffee Break	Prepared By NEW Loops team
17.15-18.15	Caring for People and Space	Caring for people and space tasks

18.15-20.00	Evaluation	Non-formal evaluation using Radar method and sharing Circle
20.00-21.00	Dinner and Expression box	International Fusion cuisine and Reading of the expression box anonymous news!
21h00	Free Night	Express and enjoy your freedom of choice!
	DAY 12 - FRIDAY – 16/07/2021: LAS	T DAY, EVALUATION AND OPEN EVENT
7.00-8.00	Morning free Open Space	Participants are free to share and organize morning exercises such as yoga, Tai-chi etc.
8.00-9.00	Breakfast	International Fusion Breakfast prepared by international mixed group
9.00-9.15	Energizer	Morning Energizer proposed by the participants
9.15-11.00	What are we doing for the guests' Dinner Party?	Collective Brainstorm
11.00-11.15	Coffee Break	Prepared By NEW Loops team
11.15-13.00	Dividing groups on tasks and presentations	Group Decision on which tasks they want to take and what they want to present creatively.
13.00-14.00	Lunch	International fusion cuisine prepared by international mixed group
14.00-16.00	Preparing for OPEN NIGHT DINNER PARTY	2 Hours to creatively prepare what participants would like to share with our guests!
16.00-18.00	Preparing the space for receiving the guests	2 Hours to prepare the space and finish all preparation
18.00-19.00	Closing Circle	Closing circle and games
19.00	OPEN NIGHT DINNER PARTY	Receiving guests and entertaining them with some activities prepared by the participants!
	TRAVEL DAY 2- SATURDAY	- 17/07/2021 - DEPARTURE DAY
7.00-10.00	Breakfast	Prepared by NEW Loops Team
10.00-13.00	Packing	Participants will pack their own stuff and help leave the space as clean as by arrival!
13.00-14.00	Good buy Lunch	Prepared by NEW Loops Team, Followed by a special closing ritual the Love Shower!
14.00-20.00	DEPARTURE TIME	

WHO IS PARTICIPATING?

You will be part of a multicultural community of 24 young people between 18 and 25 years old, plus 7 youth workers above 25 years old coming from Portugal, Spain, France, Italy, Greece, and Bulgaria.

Your MOTIVATION and COMMITMENT will be the keys of this project.

We are therefore looking for participants who are:

- really interested in the journeys' topics;
- ready to get out of your comfort zone;
- are able to understand and express themselves in basic English;
- interested in sharing your experience afterwards and spread the word in your communities and network at both local and global / European level.

As a participant, you will be involved in the project at every stage.

Before the youth exchange: You will prepare the journey with the support of your sending organization.

During the Tour: You will actively contribute to the group dynamics, get involved in the workshops offering your skills. You will be encouraged to take initiatives and responsibilities in our community living.

After the youth exchange: You will have to fill out the Erasmus+ Evaluation form and join a meeting by your sending organisation to share your experiences during the tour.



An intense experience

Be aware that the Heterotopia Tour is an atypical youth exchange, which will involve you at several levels at the same time. As a participant you will not only learn about new social and ecological concepts. you will also experience community living under basic living conditions. Therefore, make sure you are ready to live within a group of 31 persons for 14 days (incl. experience travel davs). community living and all the challenges that comes with it!



LIVING in NATURE

Our venue Ludo is located inside the Natural Reserve Ria Formosa! We will be camping with basic infrastructures such as an outdoor kitchen, solar showers and dry toilets. Normally in July we can expect warm temperatures during the day, but with sunset it can cool down quite a bit. We recommend you to check the weather forecast and be prepared for weather changes. In the Algarve the sun radiation can be very high. Be open for a wild and adventurous experience!! Our venue is still under construction. We will have very basic electricity and no Wifi in the venue, but you should receive a cell phone network.

Please, make your arrangements and inform your family, friends and partners that you will not be online for a couple of weeks.



We will adopt mostly a vegetarian diet, to keep in line with the values of the tour such as reducing our footprint. We will provide you with the basic natural hygiene products that are healthy for you and our environment, since the water of your showers will infiltrate directly into the soil. Products we will provide are: toothpaste, shampoo bar, soap and mosquito repellent; so you don't need to bring these things. If you decide to bring your own daily care products we ask you to choose consciously nature friend products! Since the



venue is not close to a town and we are dependent on cars to reach it, do not forget to take your medicines, tobacco and other personal things with you, as well as some cash for your personal expenses. This will allow us to minimize car travels and therefore reduce the journey's footprint as much as possible.

REACHING THE VENUE

How to get to Faro

- by plane: FAO-Faro International Airport (www.aeroportofaro.pt/en/)
- by train: Comboios de Portugal (www.cp.pt/passageiros/en)
- by bus: there are several bus companies: http://eva-bus.com/, https://www.rede-expressos.pt/, www.flixbus.com

How to get to our Venue Ludo (37° 3'11.66"N, 7°59'31.25"W)

To keep your ecological footprint low since the beginning of our tour we recommend you to arrive at our Venue Ludo by walking. It is a beautiful walk of 5.3 km from the airport through the forest of our Natural Reserve. But, if this is too much adventure for you, you arrive only in the night or you don't feel comfortable with it, someone from our NEW Loops team can pick you up. We will give you more information regarding this closer to the Tour.

Other things to consider

It is possible for you to arrive max. 2 days before or leave max. 2 days after the tour. You are invited to camp at our venue, but all costs of that extra stay are on you! According to the Erasmus+ Programme regulations, the financial contributions to your travel costs will be 275€/person, if you are coming from Spain, France or Italy or 360€/person if you come from Greece or Bulgaria. You will have to keep ALL travel documents (INVOICES and boarding passess) in order to get a reimbursement! For the specific procedure of

reimbursement, please ask your sending organisation. When you are planning your trip, please make sure that you arrive at the venue latest by 3pm on July 4th and you will not leave before 3pm on July 17th, as we do have welcome and departure activities on those specific days. Also on the first day you will set up your tent and on the last day you will have to pack your own belongings and we will clean up the space together.

SPECIFIC NEEDS AND MEDICAL CARE

During the program all your basic needs will be covered by the project, from the day of the arrival (04.07) till the day of the departure (17.07); You have no expenses in this period, however any expense incurred before or after these dates or linked to any extra activities for example on the free day (e.g. tourism) will not be covered.

Good to know: Alcohol and cigarettes are not included in the daily diet; Your drinks or other personal treats will be at your own charge!

In case you have a specific diet (vegetarian, vegan, gluten-free, pork-free...), allergies, any other specific needs or any medical condition please let us know before 15th of June, so we can fulfil your special needs! We will send you a google form in which you can indicate any special needs or other personal info. Last but not least you need to have health insurance that covers you in other European countries. Check out the European Health Insurance Card. We will have a first aid kit in case of emergency and we will drive you to the nearest hospital if you get sick or injured, but we will not cover your fees.

EXCEPTIONAL MEASURES - COVID19

Before your departure your organization will ask you to sign a term of responsibility regarding your own participation. This refers to the fact that each participant (young people or leader) has to accept all security measures recommended by the Portuguese General Directorate of Health (DGS) and will be held responsible for any consequences for themselves, which result from the non-compliance with these safety rules for all participants.

We will have a contingency plan that will be accessible to anyone interested in consulting and we will talk about it on the first day of the youth exchange.

Currently the sale and consumption of alcohol is regulated in Portugal and prohibited in public spaces after 8 pm. Thus, the consumption of alcohol during the exchange will also be regulated and, on the first day of the exchange, in a circle of group decision, the rules applied at the time will be shared and clarified and the discussion open for sharing comfort or discomfort in relation to the measures.

NEW Loops will provide alcoholic solution dispensers in common spaces and will have masks available if necessary, but each participant must be responsible for bringing their own masks.

CHECK LIST

Before coming, make sure you have carefully read the info-pack, and filled out the participant and footprint google forms, that you will receive from your sending organisation.

Make sure you bring with you:

- ID, boarding passes and medical insurance card
- print the map and instructions to reach our venue
- a note-book and a pen, to keep track of your experience
- Sun-blocking gear: hat and natural sun-cream (with high protection level, we recommend 50+)
- a tent, a sleeping bag and a mattress
- a canteen (refillable water bottle)
- a rain jacket and warm clothes for the evenings and nights
- working outfit (shoes, cloth & gloves: sturdy, they will get dirty at a point)
- summer clothes, swim gear (on the free day you might want to go to the sea)
- towels, toothbrush, etc.
- flashlight and extra batteries
- music instruments or other personal things you want to share with the group ...
- seeds (traditional seeds from your region).



CONTACT US

You may have questions to ask... Do not hesitate to contact your sending organisation or us directly!

France: Via Brachy - Caroline Ferrafiat - caroline.ferrafiat@viabrachy.org

Your contact from NEW Loops (**Portugal**) Cynthia Kazi: <u>cynthia.kazi@gmail.com</u> +351 914149870 Maria B.: <u>maria@newloops.org</u> +351 914554215 Joana: <u>joana@newloops.org</u> +351 913355223

We will do our best to answer as soon as possible!

We are looking forward to welcoming you in the Algarve. Warm greetings from your NEW Loops' team

