## Cistus - Portugal

*Young people working for young people*

**Cistus** is a youth centre in a small village placed in the middle of Portugal. It has 240 members doing different activities.

## Current Projects

### Centro de Informática do Tramagal

Providing an IT centre to the population in general, with internet and e-mail services.

### Efeito Borboleta

Portuguese rock music event. Brings alternative culture and some emerging talents to the the village.
**7th and 8th November 2008**

### OTL (free-time activities)

Plastic and Environmental activities with children.
**This summer**

## Cistus

*Past Activites*

### Contacts

**Cistus**
Apartado 28
2206-906 Tramagal
Portugal

**www.cistus.pt**

Fax: +351 241890342 Email:direccao@cistus.pt

CISTUS

**Associação de Apoio ao Desenvolvimento Local da Freguesia de Tramagal**

# What can you do for yourself?

Youth Centre for Local Development

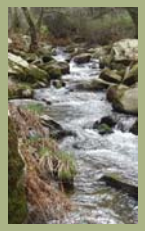
www.cistus.pt

Tramagal — Abrantes
**Portugal**

# Tramagal

*The Place*

Tramagal is a village with 4000 inhabitants in the middle of the country next to river Tagus - Tejo.
It exists since 1850 and the main activities have been agriculture and metal industry. Nowadays the strongest industry on the region is the automobile industry, with the production of trucks.
Nearby there is a very nice landscape and woods with rich biodiversity. Olives and wine trees are very common and belong to the culture of these people.



# Cistus

*The Association*

**What is the Youth Centre Cistus?**
Cistus is a place where young people can develop activities in several different subjects. It is a formal support to everyone that wants to develop projects.
It all started 10 years ago; a group of friends joined and formed this union. In the beginning with the purpose of studying and making activities related with the environment. Nowadays, it has small groups working in subjects like Environment, Internet & Computers and Sports.
Outdoor activities, exhibitions, children activities, peddy papers, challengers, workshops, presentations, team building games, photography and musical events are some activities that Cistus has organised. It is an open space for young people from all ages. However, the majority of the members are from 14 to 30.

**Why the name Cistus?**
It is the Latin name for a plant that is very common nearby our village, Cistus landanifer. Remember that it all started studying the environment…

**Where do you get the support?**
It is all related with people. As long as we have people to develop projects we apply for European and National funds. The members just pay 2.5 EUR (less than 18 year old) or 8 EUR per year. The Town Hall, the Regional Youth Institute and local industry have been a good help in the last year.

# Europe and so far…

*International Activities*

We have started youth exchanges and attending to seminars in 2001.
Slovenia, Italy, Holland, Belgium, Slovakia, Malta, Jordan, France and Macedonia are the countries we have had rich experiences in exchanges.
We have also received two exchanges, on 2002 and 2004.
An EVS volunteer was sent to Jordan for an year on 2005.
In 2006 a training course has been organized in our village about EVS programs.