

# DISSEMINATION AND IMPACT PACK



GRUPO DE EDUCAÇÃO ETIC

**Erasmus+**

Enriching lives, opening minds.

# DISSEMINATION AND IMPACT PACK

This document gathers evidence of the dissemination actions carried out by ETIC and EPI within the framework of Erasmus+ Project No. 2023-1-PT01-KA121-VET-000116224.

It constitutes an essential part of the project's communication strategy, with the primary aim of ensuring visibility of the results achieved, promoting their sharing with different audiences, and guaranteeing the sustainability of the practices developed.

Throughout the implementation of the project, several initiatives were undertaken to publicise its objectives, activities, and outcomes. This pack documents those initiatives by compiling visual and written records, promotional materials, references on digital platforms, as well as testimonials and impact indicators.

Its purpose is to demonstrate the reach and relevance of the actions carried out, not only among partners and direct participants, but also within the wider educational community and society at large.

In addition to complying with the dissemination requirements established under the Erasmus+ programme, this pack contributes to enhancing the

value of the work undertaken, fostering knowledge transfer, and creating the conditions for the project's practices and methodologies to be replicated in other contexts.

It therefore serves as a supporting instrument for the continuity and valorisation of the results achieved, reinforcing the project's impact beyond its formal duration. The Erasmus+ programme plays a fundamental role in the internationalisation

of ETIC, promoting the exchange of good practice and pedagogical innovation. The dissemination of results and impacts is essential to consolidate the value of the project, strengthen partnerships, and broaden the benefits generated for the educational and creative community.



# VET SKILLS COMPETITIONS 2024

## Berlin, Germany

February 2024

Host: **Mediencollege Berlin**

In February 2024, three students took part in the VET Skills Competitions held in Berlin, accompanied by a teacher, Rui Lança. This initiative lasted one week and brought together young participants of various nationalities from different schools and creative fields, fostering collaborative work among German, Spanish, Italian and Portuguese students.

The central theme of the competition was “THE WALL”, a challenging concept exploring the relationship between democracy and the democratic values of the European Union. This topic encouraged deep reflection among participants on the role of “walls” — physical, social or ideological — in European history and contemporary society, prompting them to think critically about the principles of freedom, solidarity, inclusion and diversity that underpin democracy.

Beyond the technical dimension related to each participant’s creative field, such as design, visual communication or multimedia, the competition

also had a strong impact on the development of soft skills. Teamwork in a multicultural environment, communication in foreign languages, adaptability, critical thinking and time management were key competences strengthened throughout the week.

This experience represented a valuable contribution to the holistic development of all participants, enabling them not only to apply their technical knowledge in real and international contexts, but also to reflect on fundamental issues affecting our society. The opportunity to collaborate with peers from other countries around a theme with strong

symbolic and historical significance led to a shared reflection on Europe’s past, its current challenges, and the future of democracy in Europe.

Participation in this competition was undoubtedly a significant asset in the students’ educational journey, reinforcing the importance of initiatives that promote intercultural dialogue, active citizenship, and the appreciation of the democratic principles that unite European peoples.

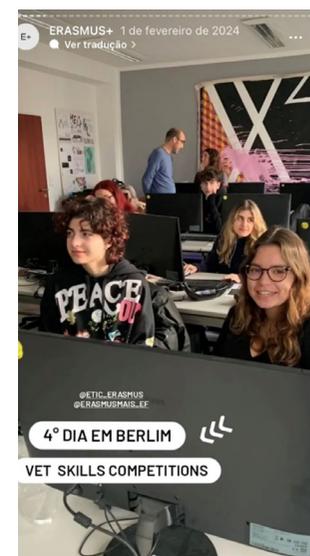
## [Testimonials from the participating students](#)



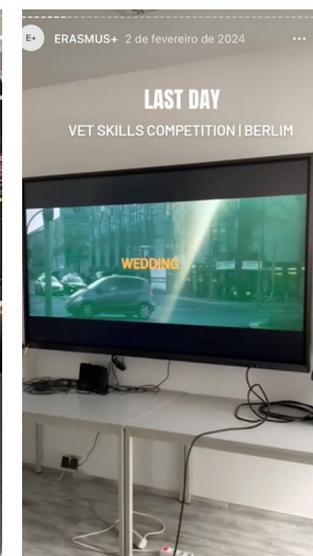
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# ERASMUS+ INFORMATION SESSIONS

Erasmus+ Information Sessions were organised for students interested in taking part in international mobility opportunities under the Erasmus+ programme. These sessions aim to inform and prepare students for the application process, explaining all the stages involved, the requirements, and the opportunities available.

Alongside the Erasmus+ team, former participants are invited to take part and share their experiences, challenges and key learning moments from their mobility period. Their first-hand accounts play an important role in inspiring students and offering an authentic and motivating insight into what it is like to live and undertake a traineeship in another European country.

The sessions also highlight the broader aims of the Erasmus+ programme. Beyond the international experience itself, Erasmus+ seeks to support young people's personal and professional development while promoting core values such as active citizenship, respect for cultural diversity, inclusion and diversity, digital transforma-

tion, sustainability and climate action.

These sessions are an important step in helping students understand the value of the programme and the transformative impact that an Erasmus+ experience can have on their growth. They also demonstrate ETIC's commitment to preparing students to become globally minded, aware and active citizens, contributing to a more united and supportive Europe.



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# ERASMUS+ APPLICATION GUIDELINES

The Erasmus+ Application Guidelines (ETIC and EPI), available to all students interested in participating in the Erasmus+ programme, are key documents that guide the entire process in a clear, structured and accessible manner.

These guidelines bring together all the information required to formalise an application, including eligibility criteria, required documentation, deadlines, and the evaluation and selection procedures. Their purpose is to ensure transparency and equal opportunities for all students, enabling each applicant to clearly understand every stage of the process and what is expected of their involvement.

The requirement to submit a creative project is intended to encourage a deeper, more personal and committed approach from candidates, fostering critical and conscious reflection on their role as European citizens and as agents of change in a globalised world.

Another essential aspect of the guidelines is the recognition of participants with fewer opportunities. This principle, aligned with Erasmus+ guidelines, ensures that students facing economic,

social, physical or other barriers have equitable access to the programme. Specific support mechanisms are considered in order to promote genuine inclusion and equal opportunities for all.

## ETIC

[Erasmus+ Traineeship Application Guidelines](#)

## EPI

[Erasmus+ Curricular Placement Guidelines](#)



# APPLICATIONS AND PRESENTATION OF CREATIVE PROJECTS

In the Erasmus+ application process, one of the key evaluation criteria is the submission of a creative project that clearly and originally reflects some of the core objectives of this European programme. This project is not limited to the candidate's area of study, but should also demonstrate critical and constructive reflection on topics relevant to the European Union, as well as on the skills and knowledge the candidate aims to develop during their Erasmus+ experience.

Creativity in this context is not understood solely as artistic expression or visual innovation, but as the ability to propose an idea, initiative, or action that engages with European values and the pillars of the Erasmus+ programme, such as inclusion, active citizenship, environmental sustainability, and cultural diversity, among others.

To ensure broad and informed participation, the entire application process is widely promoted within the school. This outreach work aims to spark curiosity and encourage students to learn more about the programme, reflect on their own interests and ambitions, and, above all, understand the transformative impact that an Erasmus+ experience can have on their personal and

professional development.

More than simply demonstrating what they already know, candidates are invited to show how they wish to grow — as students, as professionals, and, above all, as conscious and active citizens in an ever-evolving Europe.

QUERES CANDIDATAR-TE A UM ESTÁGIO ERASMUS+?  
NA ETIC PODES!

ERASMUS+ VIBE

BECHEROVKA

+INFO EM ETIC.PT/ERASMUS CANDIDATURAS DE 1 A 15 JUNHO

GRUPO DE EDUCAÇÃO ETIC epi etic Erasmus+

Below, we share some of the projects submitted by participants during the application phase:

[Alexandre Santos](#)

[Tiago Amaral](#)

[Ana Rita Torres](#)

[Catarina Roque](#)

[Maria Lança](#)

# CANDIDATE SELECTION

After the evaluation of applications and the publication of the selection results, we hold a meeting with all selected students, marking the start of a new stage in their Erasmus+ journey. This meeting is essential, not only to celebrate the selection, but above all to prepare, clarify, and support students for what will be a unique and transformative experience.

During this meeting, the entire process is explained, from administrative and logistical aspects to cultural and academic preparation. We make a point of emphasising that the school will be present at every stage: during preparation, throughout the mobility, and after their return.

This close and continuous support is one of the cornerstones of the Erasmus+ programme's success at ETIC. We believe that for the international experience to be truly enriching, students must feel secure, guided, and supported in all areas — professional, emotional, logistical, and cultural.

By committing to this approach, we reinforce our mission to provide an education that goes beyond the classroom, preparing our students to be autonomous, resilient, culturally aware, and ready to face the challenges of a European and global future.



## EPI Selected Students

[EPI | Meet the students selected for the Erasmus+ Traineeship](#)



## ETIC Selected Students – 1st Phase

[ETIC | Erasmus+ Traineeships for 20 students](#)



## ETIC Selected Students – 2nd Phase

[ETIC | Erasmus+: 12 students ready to embark on placements across Europe](#)

# NEWS CNN PORTUGAL

[“The day I voted for the first time was abroad.” Portuguese youth experience voting for the first time in the European elections – CNN Portugal](#)

Some students on Erasmus+ mobility made the news on CNN Portugal for exercising their right to vote abroad for the first time while participating in the programme. This symbolic moment marked not only their entry into civic life but also highlighted the transformative impact of the Erasmus+ experience.

In the report, the students shared reflections on Europe, democracy, and the future of the European Union, demonstrating how Erasmus+ fosters a strong sense of active citizenship and European identity. This experience reinforces that the programme is not only a professional opportunity, but also an experience that shapes young people into conscious, engaged individuals committed to European values.



# PARTICIPANT TESTIMONIALS

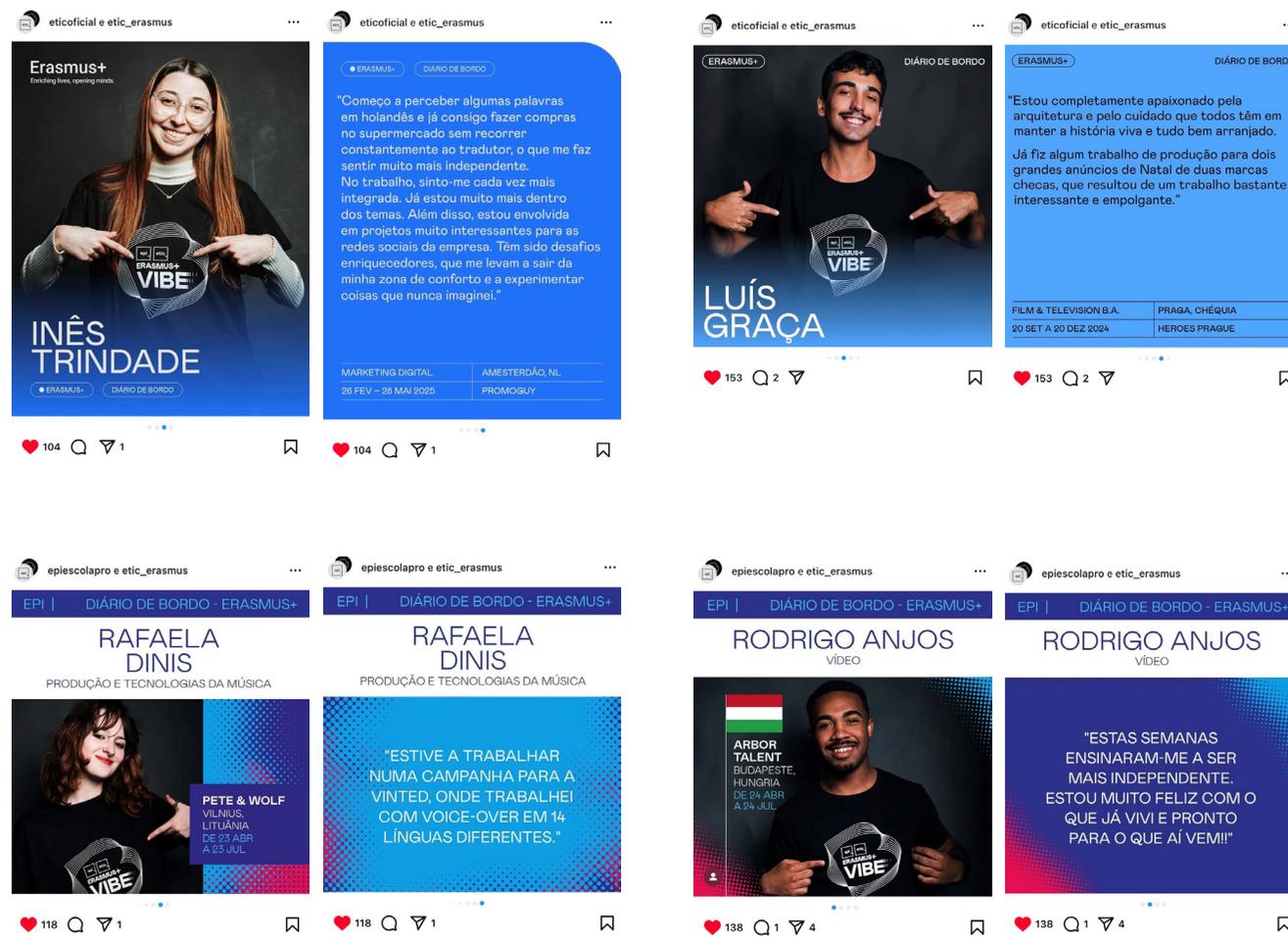
At ETIC, we place great value on the impact of international experiences undertaken by our students through the Erasmus+ programme. For this reason, participants share bi-weekly testimonials about their experiences, describing their journey, the challenges they faced, the skills they acquired, and the most memorable moments during their time in the host countries.

These testimonials are shared on ETIC's social media and institutional platforms to inspire other students, promote a culture of mobility, and give visibility to real stories that demonstrate the transformative value of Erasmus+.

Each contribution offers a unique perspective, highlighting not only the development of technical and professional skills, but also personal growth, exposure to new cultures, increased autonomy, and a strengthened sense of belonging to the European community.

Through these stories, ETIC reinforces its commitment to actively promoting the Erasmus+ programme, creating a continuous connection between those who have already experienced it and those aspiring to embark on the journey. These testimonials serve as a bridge between

generations of participants and a living reflection of the school's mission: to train creative, curious, and globally aware professionals.



To give visibility and continuity to these contributions, there is a dedicated page on the websites of both schools, where all participant reports from their Erasmus+ mobility are compiled.

These testimonials allow readers to follow the personal and professional growth of the participants, highlighting the transformation that occurs from the start of the mobility until their return. From the initial challenges of adapting and integrating into work teams, to the development of technical, social, and cultural skills, each testimonial reflects real and inspiring progress.

These platforms serve as a living archive of Erasmus+ experiences, accessible to everyone.

## PARTICIPANTS - EPI

 <p><b>GABRIELA BAPTISTA</b> Multimédia   Empresa: Torchenter PRAGA, CHÉQUIA De 24/04 a 24/07 "É uma concretização emocionante: não é só a realização de um sonho de longa data, mas também a oportunidade de alargar horizontes, aprofundar conhecimentos e estabelecer ligações internacionais. Estou entusiasmada e confiante que será um passo significativo para um futuro académico e profissional ainda mais promissor." <a href="#">Conhecer a experiência AQUI</a></p>	 <p><b>MARIA LANÇA</b> Multimédia   Empresa: Torchenter PRAGA, CHÉQUIA De 24/04 a 24/07 "Sinto que é uma recompensa de todo o trabalho e esforço que fiz para isso mesmo. E tenho quase a certeza que vai ser uma experiência bastante enriquecedora e vou aproveitar ao máximo, sempre representando a EPI da melhor forma." <a href="#">Conhecer a experiência AQUI</a></p>
 <p><b>PEDRO AGOSTINHO</b> Vídeo   Empresa: Lifereport PRAGA, CHÉQUIA De 24/04 a 24/07 "Vai ser uma grande experiência que a maioria das pessoas da minha idade não tem a possibilidade de</p>	 <p><b>JORGE CALDEIRA</b> Produção e Tecnologias da Música   Empresa: Music Monkey PRAGA, CHÉQUIA De 24/04 a 24/07 "É difícil explicar o que senti quando descobri que fui</p>

## PARTICIPANTS - ETIC

 <p><b>ALEJANDRA FERREIRA</b> Web Design   Groupon PRAGA, CHÉQUIA De 26/02 a 28/05 "Fazer Erasmus+ tem sido o meu objetivo desde que comecei o curso. Estou contente de ter a oportunidade de me enriquecer com novas experiências e conhecer mais do mundo. Estou confiante que a experiência me fará uma profissional mais completa." <a href="#">Conhecer a experiência AQUI</a></p>	 <p><b>ANDRÉ PALMEIRO</b> Operador de Câmara   Rocksteady Digital Agency VALETA, MALTA De 26/02 a 28/05 "Fiquei bastante grato por ter sido selecionado. Foi um ano intenso e terminar com Erasmus+ é o final feliz. Espero encontrar um lugar que me faça crescer a nível pessoal e profissional." <a href="#">Conhecer a experiência AQUI</a></p>
 <p><b>BEATRIZ DIAS</b> HN Cinema e Televisão   Helsinki Films MADRID, ESPANHA De 26/02 a 28/05</p>	 <p><b>BEATRIZ MIRANDA</b> BA (Hons) Digital Game Art   Nieko VILNIUS, LITUÂNIA De 26/02 a 28/05</p>

# MONITORING: A KEY PILLAR IN ERASMUS+ MOBILITIES

Monitoring is an essential element to ensure that everything runs smoothly during the implementation of Erasmus+ mobilities. Projects of this nature require not only careful planning, but also continuous and close support to guarantee the well-being of participants and the achievement of defined objectives.

For long-term activities, participants are responsible for submitting bi-weekly reports. These reports allow us to track the individual progress of each student, identify any difficulties, and understand how the experience is unfolding in each context.

In addition, we hold online meetings with participants every three weeks. These regular check-ins are crucial for addressing questions, promoting the sharing of experiences among peers, and ensuring that everyone feels supported throughout the mobility.

Whenever possible, this monitoring is complemented with in-person visits. A member of the Erasmus+ project coordination team travels to the host location to observe the placements on-site, meet with students, visit the host organisations, and ensure that everything is proceeding appropriately. These in-person visits are particularly important as they strengthen the connection between the school, the students, and the local partners, fostering a more cohesive and enriching experience.

In this specific project, we visited the eight students who were in Vilnius, Lithuania, allowing us to follow their journey closely and meet the host organisations. In addition, we also supported the EPI students undertaking mobility in Budapest, Hungary. As this was the first time students were sent to this destination, it was essential to ensure that their integration was smooth, safe, and well-structured.

These activities were shared with the wider school community and the public. Through this regular communication, ETIC regards the monitoring of participants at all stages of the project as a fundamental element for achieving the objectives of Erasmus+ and implementing its Erasmus+ Plan.



# MAXIMIZING THE IMPACT OF INTERNATIONAL EXPERIENCES:

## TRAVEL AND PARTICIPANT MEET-UPS

One aspect we always encourage participants to embrace is making the most of their international experience, not only in a professional context but also personally and culturally. In this spirit, we actively promote the idea of exploring the country where they will be staying during the three-month programme, as well as the possibility of visiting neighbouring countries.

This is a unique opportunity that is unlikely to present itself again under the same conditions — time, financial flexibility, a spirit of discovery, and the international network that the programme provides.

Most students embrace this opportunity with enthusiasm, using weekends and free time to explore new cities, cultures, and experiences.

Participants often organise trips together, even when placed in different countries. One illustrative example was a trip organised by students in Prague and Budapest, who arranged to meet in Vienna, a strategic location between the two capitals. They spent a weekend there, sharing not only the travel experience but also their local experiences, challenges, and learning moments.

These adventures are undoubtedly a key part of the richness of the international experience — they strengthen bonds, create lasting memories, and broaden participants' horizons in a concrete and transformative way.

The school also shares these experiences to inspire future candidates and participants. We want students to see this opportunity as much more than just visiting a single city or country. It is, in fact, a chance to explore multiple destinations, cultures, and ways of living in a short period, accumulating learning and memories that will last a lifetime.



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# ERASMUS+ FINAL PROJECT: GIVING VOICE TO TRANSFORMATION

Participating in the Erasmus+ programme is an unforgettable experience that leaves a lasting impression on everyone involved. Yet the true impact of this experience only becomes fully apparent at the end, when participants reflect on the journey they have undertaken.

For this reason, all participants are invited, upon completing their mobility, to present an individual project that gives voice to the personal and professional transformation that Erasmus+ has facilitated. This final project is not merely a testimonial, it is an authentic and creative expression of a journey of growth, discovery, and overcoming challenges.

More than simply describing an experience, the project should also inspire and vividly demonstrate the growth achieved across multiple dimensions: personal, social, and cultural. It is a way of conveying what living Erasmus+ truly meant — the challenges faced, skills developed, friendships formed, autonomy gained, and the new European awareness that has been cultivated.

This final moment also plays a key role within the school community. By sharing their experience, participants contribute to inspiring other students and promoting a spirit of mobility. The project thus becomes a bridge between those who have already experienced Erasmus+ and those who aspire to this opportunity.

Erasmus+ is not just a journey — it is a transformation. A story worth telling, sharing, and celebrating.



Below, we share some examples of final projects presented by participants; however, all projects can be consulted in their respective Journey Reports.

[MARIA MARQUES / Praga // ETIC](#)

[RODRIGO ANJOS / Projeto Final Erasmus+](#)

[DIOGO FERNANDES / Projeto Final Erasmus+](#)

[ANDRÉ PALMEIRO EM VALETA / Estágios Profissionais Erasmus+ // ETIC](#)

[BEATRIZ DIAS EM MADRID / Estágios Profissionais Erasmus+ // ETIC](#)

[FRANCISCO HENRIQUES / Projeto Final](#)

[INÊS TRINDADE EM AMESTERDÃO / Estágios Profissionais Erasmus+ // ETIC](#)

[MARIA MANTAS EM PRAGA / Estágios Profissionais Erasmus+ // ETIC](#)

# IMPACT AND EUROAPPRENTICES AMBASSADOR

ALEXANDRE SANTOS – HIRED BY NIEKO AFTER ERASMUS+ TRAINEESHIP  
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In this project, several students received offers to continue collaborating with the companies where they completed their traineeships, as a result of their commitment, talent, and the high quality of their work, demonstrating the real and lasting impact of the Erasmus+ experience on integration into the labour market.

An inspiring example is Alexandre Santos, who completed his traineeship at Nieko in Vilnius, Lithuania, and was invited to continue working with the company after the end of his placement. This shows how the Erasmus+ experience can transform

personal and professional paths.

His dedication and initiative also earned him the nomination as an ambassador for the EuroApprentices network, the European network of young Erasmus+ ambassadors in vocational education and training. In May 2025, he was one of five Portuguese participants selected to represent Portugal at the international ambassadors' meeting in Bucharest, Romania, where he shared his experience with young people from multiple countries and reinforced the role of Erasmus+ in promoting mobility, inclusion, and skills development in a European context.



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Alexandre's journey is proof that Erasmus+ is more than a mobility programme: it is an opportunity for growth, recognition, and connection to the wider world, opening doors, creating networks, and transforming the future of young people.

# VET SKILLS COMPETITIONS 2025

Verona, Italy

March 2025

Host: **ENAC Verona**

[EPI Students "Enriching Experience" at the VET Skills Competition](#)

In March 2025, EPI students participated in the VET Skills Competition in Verona, Italy, for one week, accompanied by a Citizenship teacher, Maribel Sobreira. The theme of this year's competition was overtourism, a phenomenon that has been gaining prominence in several European cities and is closely linked to sustainability and climate issues.

This phenomenon presents significant challenges for the sustainable management of tourist destinations and requires innovative solutions to ensure that tourism contributes to economic development without compromising environmental and social balance.

The choice of this theme proved particularly relevant, as the participating students came from various European schools located in highly touristic cities — such as Lisbon, Berlin, Verona, Madrid, and Faro — where overtourism is a marked reality requiring urgent reflection and action.

Participation in this competition allowed students to apply their technical knowledge in a practical setting, stimulating creativity and collaboration within international teams. Beyond technical skills, the activity provided an opportunity for deep reflection on a current and urgent European issue: the need to promote tourism models that respect the environment, encourage the preservation of natural resources, and combat climate change.

This experience was key in raising participants' awareness of the role everyone can play in building a more sustainable future, reinforcing values such as social responsibility, active citizenship, and commitment to the planet. The VET Skills Competition therefore contributed not only to the students' technical development but also to their growth as conscious young people, prepared to face the challenges of today's world.



Group picture before the  
final presentation 🚀

[@iespuertabonita](#) [@sfp.canossiana.vr](#)  
[@mediencollegeberlin](#) [@epiescolapro](#)

[testemunhos dos alunos participantes](#)

# EUROPE DAY

Every year, on the occasion of Europe Day, students on mobility actively participate in celebrating this significant date. To make the occasion even more special, students are invited to submit videos in which they personally and authentically express the importance of Europe Day and the reasons why they believe this celebration should be valued.

These testimonials reflect participants' understanding of the values that unite the European Union, such as peace, solidarity, cultural diversity, and cooperation. They are shared on our social media and digital platforms, allowing the students' voices to reach a wider audience.

This initiative promotes active engagement among participants, reinforcing their sense of European belonging and encouraging the development of a more conscious, participatory, and committed European citizenship.

It is, therefore, a moment of reflection, pride, and commitment to the values that underpin the European Union.



# NETWORK

## [Mediencollege Berlin](#)

Through various activities, including the VET Skills Competition in February 2024 at Mediencollege Berlin, a strong network has been established with this German school. This connection has enabled the development of new activities and the expansion of cooperation between the two institutions, opening doors to continuous exchange and collaboration opportunities.

One such opportunity resulted in a visit by Mediencollege teachers to ETIC. During this visit, Professor George Hoi, an expert in artificial intelligence applied to fashion design, delivered a masterclass to our students, enriching their learning with new perspectives and innovative knowledge.

Another opportunity arose when Mediencollege invited our animation teacher and tutor, Ricardo Toureiro, to Berlin as an external expert last May. For one week, he provided training in Unreal Engine, one of the most

advanced tools in animation and digital creation.

This exchange of knowledge and experience strengthens the spirit of international cooperation and contributes to the professional growth of both students and teachers, broadening the boundaries of knowledge and enhancing technical and creative skills in both institutions.

[Read more →](#)



[Städtische Berufsschule für Buchbindetechnik und Fotografie im BSZ Alois Senefelder](#)

[EPI | EPI Hosts German Students in Erasmus+ Exchange](#)

[EPI | Sustainability and Ageism: Two Causes Among Talents Ready to Act](#)

Although Job Shadowing activities could not be implemented in this project, a mobility carried out in the previous project helped establish a solid connection with the German photography school in Munich, Städtische Berufsschule.

In April 2025, we welcomed seven students from this school, who spent two weeks in Lisbon working alongside our students in Fashion Photography and the Analog Lab.

The German students, together with second-year EPI students, participated in studio and outdoor photography sessions and focused on capturing black-and-white analogue images, which were developed in the second week.

In addition to these practical experiences, our students were invited to participate in a photography competition

organised by the German school, an initiative that encouraged creativity and showcased the participants' talent. Several of our students received awards, recognising their artistic merit and further strengthening the connection between the two schools.

This participation contributed to promoting cultural and academic exchange, reinforcing international collaboration that enriches students' education and opens doors to future joint opportunities.

[Read more →](#)



# MERCHANDISING

At ETIC, we believe that international experience is essential for the personal, creative, and professional growth of our students.

We place great value on the Erasmus+ programme, recognising it as a unique opportunity for learning, cultural exchange, and skills development within a European context. Every participant in an Erasmus+ project represents an ambassador of creativity, innovation, and cross-border collaboration.

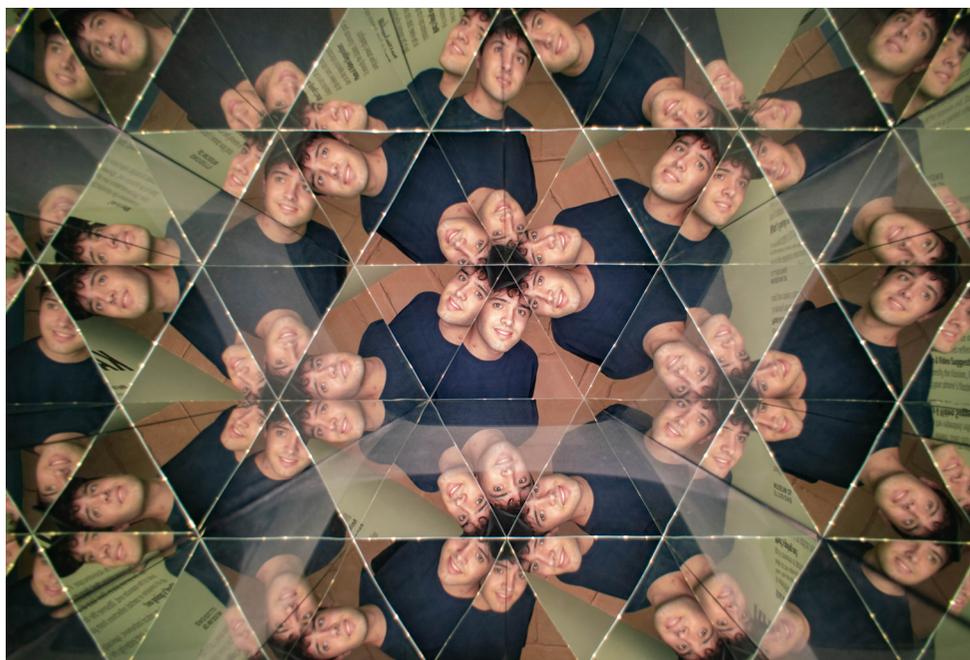
To celebrate and promote this experience, ETIC has developed exclusive merchandising dedicated to Erasmus+ participants. This collection was designed to reinforce the sense of belonging to the ETIC community while also highlighting the values of the Erasmus+ programme, a concept that connects design, identity, and international experience.

T-shirts, tote bags, notebooks, and other items have been created with their own visual identity, inspired by the spirit of Erasmus+ and ETIC's creative energy. These materials are not merely souvenirs; they are symbols of a transformative experience.



# RESULTS OF THE DIGITAL COMMUNICATION STRATEGY DURING THE PROJECT IMPLEMENTATION PERIOD

During the project implementation, EPI and ETIC developed an intensive communication and dissemination strategy across their digital platforms. In total, more than 160 pieces of content were published on the social media channels Facebook and Instagram, in both feed posts and stories formats. This content included videos, photographs, and graphic animations, designed to align with the content consumption habits of our target audience and maximise the impact of the message.



In parallel, over 280 pieces of content were published on the official websites of both institutions, distributed between news items and pages dedicated to the Report Journals, reinforcing the visibility of activities carried out within the framework of the project.

The content produced reached an estimated audience of more than 110,000 users/accounts across the various channels used in the Erasmus+ dissemination strategy, reflecting strong audience engagement and contributing significantly to the promotion of initiatives developed within the Erasmus+ context. All content produced and shared by ETIC and EPI as part of this project can be accessed on their respective official websites and on the Facebook and Instagram pages of each institution, where it remains publicly available and continues to support the dissemination of the project.



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AT ETIC,  
ERASMUS+ IS NOT JUST A  
PROGRAMME.  
IT'S A MOVEMENT.  
IT'S CULTURE.  
IT'S THE FUTURE.