

REGISTRATION AND AUTHORISATION FORM (Informed Consent)

Participation in the SublimArte Project | Academic year 2026/2027

Registration date:

1. Identification of the young person

Full name:

Date of birth:

NIF:

Telephone:

Email:

School:

Class:

2. Identification of the legal guardian

Full name:

Telephone:

Email:

Relationship/legal connection:

3. Address of the young person

Address:

Postcode:

Locality:

4. How did you hear about the SublimArte Project?

☐

School

☐

Health Centre / Health Unit

☐

Social Services

☐

Community organisation / association

☐

Family member or acquaintance

☐

Social media / internet

☐

Other:

Specific organisation:

Referring professional, if applicable:

5. Other therapeutic interventions

Does the young person currently receive any therapeutic intervention?

☐ No

☐ Yes

If yes, tick the applicable option(s):

☐ Psychology

☐ Child and Adolescent Psychiatry

☐ Speech therapy

☐ Occupational therapy

☐ Special Education

☐ Other:

Organisation/professional currently providing support, if applicable:

6. Initial observations

Please provide only practical information that you consider important for welcoming the young person.

7. Availability

Please indicate the exact times when the young person is available. If there is more than one period on the same day, complete the additional periods.

Monday	1st period: from		to	
	2nd period: from		to	
	3rd period: from		to	
Tuesday	1st period: from		to	
	2nd period: from		to	
	3rd period: from		to	
Wednesday	1st period: from		to	
	2nd period: from		to	
	3rd period: from		to	
Thursday	1st period: from		to	
	2nd period: from		to	
	3rd period: from		to	
Friday	1st period: from		to	
	2nd period: from		to	
	3rd period: from		to	

Observations on schedules, transport or availability limitations

8. Project overview

SublimArte is an integrated service that aims to promote mental health by using art as a therapeutic pathway.

It is intended for young people aged 12 to 17 who live in the municipality of Sintra. It is for everyone: no artistic ability is required to take part.

We aim to encourage creative self-discovery, the development of positive relationships and a healthy understanding of emotions.

9. Activities

In a creative and welcoming space, the following activities may be offered:

- Art Therapy sessions
- Expressive activities in the Art Workshop
- Therapeutic groups
- VIS Space - Verbalisation and SublimArte Integration
- Artistic residencies
- Arts and crafts workshops

Location: Instituto S. João de Deus - Telhal premises

Transport: The Project has a van and driver who provide transport according to the designated meeting point and agreed schedule.

10. Participation conditions

- Young people aged 12 to 17 who live in the municipality of Sintra;
- Voluntary and free participation throughout the academic year, with a commitment to attend in accordance with the proposed plan;
- Attendance at activities will be determined according to the technical team's assessment and the young person's needs;
- The young person and legal guardian undertake to comply with the participation plan defined with the SublimArte Project team;
- After 3 consecutive absences without justification or prior notice, the young person's withdrawal from the project will be;
- The young person may end their participation at any time, provided the legal guardian gives at least one week's notice;
- Photographic and video records of the creative process will be collected;
- All personal data and shared information will be treated confidentially and in accordance with the General Data Protection Regulation (GDPR).

11. Consent for participation

I, as the legal guardian of the young person identified in this form, declare that I have been duly informed about the objectives, activities and participation conditions of the SublimArte Project.

I also declare that I understand the information provided and authorise the young person's participation in the SublimArte Project.

12. Consent for image use

Tick one option only:

☐ I authorise the use of the young person's image in photographs and/or videos for the purpose of promoting the SublimArte Project.

☐ I do not authorise the use of photographs or videos showing the young person's face.

Authorising or refusing image use does not affect the young person's participation in the SublimArte Project.

13. Place, date and signatures

Place:

Date:

Legal guardian's signature:

Young person's signature:

By signing, the legal guardian confirms the consent to participation indicated above.