

NAME OF THE PROJECT:

Move 2B Healthy

CONSORTIUM:

Portugal - Aguiar da Beira - Recreational Sports and Cultural Association of Aguiar da Beira (Consortium leader)

Poland - Dabrowa Gornicza - TECHNICZNE ZAKLADY Naukowe

Greece - Thessaloniki - STICKS

Latvia - Salaspils - Express Yourself

Czech Republic - Most - Change it!

Hungary - Budapest - Rákóczi Ferenc Secondary School

Portugal - Aveiro - Aveiro Viva - Association for the Promotion and social development

CONTEXT:

Youth from remote parts of European countries has rare – or even none – opportunities to participate in intercultural dialogue, common in Europe, and to develop their European citizenship alongside with other young people. It is due to the fact that the major intercultural centres are European capitals and big cities, located commonly in the littoral part of the countries. Therefore, it is difficult to promote the European citizenship as for them «Europe» is still an abstract concept, not part of a concrete personal experience.

There are still big disparities in relation to opportunities in remote parts and urban parts of European countries, so it is natural that youth feel that their geographic localization is an obstacle to their personal and professional fulfillment. So, it contributes to the desertification and aging of rural remote areas.

Therefore, we created this project in which outdoor education will be the utmost tool to young people from different remote parts of Europe to socialize: through the familiar sport that they all do, it is going to be easier to promote intercultural dialogue and the first steps in an inclusive European citizenship. Moreover, this project will allow us, as active associations in the youth field in remote areas, to share good practices and methodologies and strengthen our partnership which will be important for future cooperation in the youth field.

OBJECTIVES:

- a) Overcome geographic barriers in relation to the intercultural dialogue and European identity by promoting a meeting between youth from remote parts of different European countries;
- b) Promote healthy lifestyles and physical activity in the specific case of remoteness;
- c) Promote the cooperation between associations that are active in the youth field and improve social action with youth from rural areas, by exchanging good practices and by disseminating them;
- d) Contribute to the acknowledgement of both non-formal and informal learning;
- e) Strengthen the international dimension of the Youth field;
- f) Develop oral expression in English;
- g) Promote environmental conscience;

PARTICIPANTS:

60 participants (13-20 years old) from remote areas of European countries;

METHODOLOGIES:

Peer discussion, group dynamics based on outdoor and non-formal education, Exchange of cultural elements between groups of participants, reflection on the learning;

ACTIVITIES:

a) Advanced Planning Visit;

b) Preparatory local actions with participants to discuss the project, the learning potential and to define the cultural elements to share at the Exchange.

c) Youth exchange: 5 days in Aguiar da Beira, in which youth will share their culture and develop competences related to cultural tolerance by participating in non-formal and sport activities.

d) Meetings related to the preparation, monitoring and evaluation of the project;

RESULTS AND IMPACTS:

a) Booklet with the presentation of the Erasmus +, the Project and the results;

b) Development of European citizenship in youth from remote areas;

c) Development of a strong partnership between associations that work with youth from remote areas from European countries;

d) Development of personal and social competences;

e) Public presentation of the Erasmus + Programme and of the Project, which will contribute to an openness towards cultural differences.

LONG TERM BENEFITS:

This project will strengthen our work as youth workers in the Youth field and that we gain competences in relation to the management of both projects and partnerships. We believe that the competences we all gained – both the participants and project team – will contribute to social change in our communities in the development of a youth action even more responsible, active and European.