



# Setting our Boundaries! Bringing Unperceived violence into light

## ► KA1 Project

- Duration of the project: 1st June 2025 – 31<sup>st</sup> December 2025
- Leader of Consortium: CAAB – Cultural and Recreational Center of Aguada de Baixo  
Aguada de Baixo, Portugal
- Partner Countries: Portugal | Spain | Czechia | ?|

## 1. Context of the Project

Gender-based violence is a very worrying factor in Europe, with an increase in violence against women. According to data from the 2024 FRA/Eurostat report on the subject, in the EU-27, 31.8% of respondents reported having suffered violence (psychological included). This importance, in fact, is clear with the inclusion of Gender Equality as a sustainable development objective, with a joint effort being made to dilute differences in opportunities, income and treatment in the various sectors and promote the end of gender violence.

Focusing on young people, our priority, although they may experience gender disparity in other contexts, the truth is that it is more relatable to them in their relationships with others, whether intimate or otherwise. It is during adolescence that identity is established and romantic relationships are opened up, which is why it is the moment when gender is affirmed and the desire to be recognized and validated by peers becomes more intense. It is therefore urgent to equip them – regardless of their gender – with tools to stablish healthy relations, protecting themselves and others from any violent behavior, however unnoticed or validated it may be in society. In fact, in Portugal, according to the National Study on Dating Violence with young people, developed by UMAR with support from CIG in 2024, among young people aged 11 to 20, there is a widespread legitimization of violence in relationships: 54.6% of those interviewed

do not consider the control as a form of violence and 33.5% do not consider psychological violence as a violent act. However, 63% of the young people interviewed recognize that they were victims of a situation of violence.

We argue that it is urgent to equip young people with skills that allow them to recognize and avoid violent behavior in their relationships, understand how gender roles are social constructions and free them from dynamics of power and control, toxicity and stereotyping. This becomes extremely important when we identify the harmful consequences of these violent acts in adolescence: they can interfere with the normal development process, problems with body image, the appearance of anxiety and depressive symptoms, worse psychosocial functioning and deterioration of self-esteem and psychological well-being. As Well-Being and Health is another sustainable objective, as associations in the Youth sector, we cannot escape our social responsibility at this level and thus this project emerged: «Setting our Boundaries! Bringing Unperceived Violence into Light».

Objectives:

- a) Promote healthy and fruitful intercultural dialogue between 40 young people and 8 GL from different parts of Europe around gender roles and psychological violence for 7 days;
- b) Consolidate the European dimension, optimize intervention methodologies among young people and the project management processes of the organizations involved through the sharing of good practices;
- c) Train 40 young people and 8 GL to use short films as intervention tools, with workshops and “learning by doing” with the support of facilitators;
- d) Produce at least 6 short films related to psychological or gender-based violence in relationships;
- e) Empower young people for entrepreneurship, involving them in all phases of the project;
- f) Organize an event in the community during the exchange to address unrecognized violence in relationships, presentation of the short films and the project itself within the scope of Erasmus+;



g) Promote an event in each community involved to disseminate the learning of young people within the scope of the project and the Erasmus+ programme and to present the short films produced after the mobility;

## 2. Project Life Cycle

		JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Visibility of the Project		<b>Visibility of the project</b> Social Networks, Newsletter, Newspaper Articles,...						
Preparation Activities		Prep. A1	Preparation A2		Preparation of local event			
Local Activities			Local Sessions: 50 questionnaires per country;			Local Events		
			Virtual Activities					
Mobility Activities	Type	A1			A2			
		PV			YE			
	Date	7 jun			31ago-6SEPT			
	Participants	2pax			10pax+2			
Dissemination						Video of YE (preparation)	Online Dissemination of Shorts	
Evaluation		Partial Evaluation (PV)			Partial Evaluation (YE)	Partial Evaluation (local event)		Final Evaluation

## 3. Activities

### Preparatory Visit

**Dates:** 7 September (2 travel days – one before, one after) Águeda, Portugal

**Participants:** 1 youth worker/project manager + 1 young participant that will be part of the YE;



The purpose of this activity is to prepare the youth exchange, divide tasks, check logistics for the YE and discuss what is to be addressed in local sessions.

## Local Sessions

**Period:** July - August (frequency and timing decided by each organization according to participants' availability)

**Participants:** 10 young people (16-19) that are going to be part of the Youth Exchange and 2 group leaders (aged above 20 y.o).

Sections to be prepared during local sessions:

### A) QUESTIONNAIRES

Participants are going to question 50 young people from their country via google form 4 questions (closed answer) about gender roles and behaviours accepted or not during the relationship (the questions are going to be created during the Preparatory visit). During the exchange, they are going to present the results of their questionnaires.

### B) INTERCULTURAL NIGHT

The nature of it is going to be discussed during preparatory visit, however, usually participants share cultural aspects (dance, music, traditions, gastronomy) of their country with other participants.

*We will ask during the Preparatory visit if any group would like to prepare a presentation or dance or any other thing for the event in the community that will happen during the YE. In this event, the short movies are going to be presented.*

Please, take photos and videos of activities, so that they can also be used in project's visibility and final report.

## Virtual Activities

Before the mobility, participants will be asked to do the following:

- a) Facebook page – Present themselves to the group in a creative way;



- b) Prepare the presentation of the results of the questionnaires using digital tools;

During the mobility:

With the support of their group leaders and facilitator, participants will create 6 short films related to the topic of unperceived violence against gender or inside an intimate relationship (controlling clothes, asking for social media passwords, gaslighting,...). These short films are going to be presented during the YE to the community and also after, in local events, in each country.

After the mobility:

Participants will share among their contacts the short films and they will discuss as a group the need of creating subtitles. They will be responsible for the subtitles in their own mother tongue.

## A2 – Youth Exchange

**Dates:** 31<sup>st</sup> of August till 6<sup>th</sup> of September (plus 2 travel days – 30<sup>th</sup> of August and 7<sup>th</sup> of September), Águeda, Portugal

**Participants:** Total number: 10 + 8 group leaders = 10 young people (16-19 y.o) and 2 group leaders (above 20) from each community. These young people are from rural areas or away from large population centres and have the following characteristics:

- a) Little or no opportunity to discuss matters of European interest with other young people in Europe;
- b) Interested in developing their competence in a foreign language (English);
- c) Interested in the project's theme;
- d) Willing to have a more active participation in their community;
- e) Motivation and willingness to participate in all phases of the project (including local sessions).

**A few notes...**



**We made a commitment in application form to involve at least 40 % of young people with fewer opportunities in each group.**

**Please share with us how many participants with fewer opportunities you commit to involve in this project.**

**Selection of participants:** Participants must be informed of all project activities and must be willing to participate actively in local and international activities. Therefore, it is suggested that a learning contract be signed, in which their rights and responsibilities are clear, so that young people are aware of their involvement in the project. In addition, the gender balance should be maintained as far as possible.

In the exchange, young people will have workshops related to building and filming a short movie (initiative level), so no prior knowledge or experience needed. During the majority of the Youth Exchange, they will develop activities based on the NFE related to gender roles, unperceived violence, stereotypes. Types of activities to be developed:

*Energizers – Icebreakers – name games – group Building activities – workshops - intercultural nights – visit to places related to the projects’ topic – team challenges - peddy paper –reflection and evaluation activities.*

On one of the last days of the exchange, there will be a local event to the community of Águeda to show the short films created and also talk about the project. Participants should also think if they would like to make a presentation of some cultural aspect from their countries and let us know.

## Local Event

After the youth exchange, each group of participants is expected to share in their local community, in the form of an event, both their learning experiences and the films that were created during the YE. The target audience for this activity can be other young people, children, teachers, among others. The objective of this activity is to expand the impact of the project and promote the discussion about healthy relationships during adolescence and gender equality.







This activity should happen during October, 2025 according to each group's availability. Please, take photos and videos of the event, so that they can also be used in project's visibility and final report.

#### 4. Visibility and Dissemination

Visibility measures must be carried out throughout the project by all organizations, giving visibility to the Erasmus + program and the project itself. Therefore, the visibility of the project is foreseen after its beginning, in relation to its activities (Preparatory Visit, local sessions and Youth Exchange) and in relation to the local event.

Suggested visibility measures:

-  Content sharing on social media;
-  Share content on each organization's website;
-  Interviews and reports in the local, regional and national media;
-  Present the project on the European network of each organization;

Dissemination, also developed by all organizations, is related to the sharing of project results and is therefore developed after activities.

##### **Results to be disseminated:**

- a) Short movies created during the YE;
- c) Video that summarizes the YE (created by CAAB with photos and videos shared by participants and group leaders);
- c) Participants' learning;

##### **Planned dissemination measures:**

- a) Activity developed in the community (referred above);
- b) Sharing content on social media;



- c) Share content on the website of each organization;
- d) Interviews and reports in the local, regional and national media;
- e) Present the project on the European network of each organization;

## 5. Logistics & Budget

### Travel Expenses

We trust that the selection process carried by each organization is going to be in line with the project theme and that all participants are going to be motivated to be part of the plan of activities, as it is going to be clear and presented beforehand. However, in order to guarantee that participants don't use this opportunity just to travel and sightsee (as we heard from other organizations' experiences), we believe that the best solution is to reimburse (in hands) participants in the morning of the last day of activities, as long as they become part of all activities of the youth exchange. Therefore, each organization should make participants aware that the reimbursement is going to depend on their presence in all activities. In case any organization decides to cover their participants' travel expenses, we will also bank transfer the full amount on the last day of activities. Of course, we are aware of the specificity of each organization, so we can discuss this situation more thoroughly after the project is approved.

The reimbursement is going to be made taking into account the limits foreseen by Erasmus+ distance band and the presentation of expenses through invoices.

### Limit / Distance Band

You should calculate the grant taking into account the distance between your association's city/village to Águeda, Portugal. **Please inform us in which distance band your group is, when you send the PIF.**





Distâncias de viagem	Viagens ecológicas	Viagens não ecológicas
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

As you may understand, it is essential that you sign a participant's agreement with your group so that they understand this process and are aware of the logistics related to the reimbursement .

#### **Accommodation**

##### **► Preparatory Visit**

Participants will be accommodated in double rooms by organization and be provided with 5 meals a day: breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner.

##### **► Youth Exchange**

Participants will be accommodated in dormitories, by gender, in a hostel. They will be provided 5 meals a day: breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner.

There is going to be a common room (a «headquarters») where all the main activities are going to be developed.



## Consortium Commitment

We believe that this project is a great opportunity for us all to improve our capacity to act and make a change in our area of intervention, by capacitating ourselves, as organizations, as well as our youth.

In order to contribute to its success, we believe we should all be aware of our role as project partners and our responsibilities. We believe that if we all commit to the following objectives, it is going to be the project that we all imagined.

- ▶ Promote the visibility of the project and the ERASMUS + program in our local communities;
- ▶ Contribute to good practices for the development and optimization of all project activities, evaluation and identification of risks;
- ▶ Ensure, within our responsibilities, that the objectives of this project are achieved and that the impacts foreseen are guaranteed or optimized;
- ▶ Promote the dissemination of the results of the project in our partnership network and in our community, through the measures agreed;
- ▶ Guarantee the development of all the planned activities of the project, both locally and internationally;
- ▶ Respect the profile agreed in the consortium for Preparatory Visit and Youth Exchange participants in our selection process and ensure that they have the motivation and availability necessary to get involved in all phases of our project;
- ▶ Provide adequate space and support for the local sessions (before YE) and the local event (after YE);
- ▶ Respect the schedule of activities and tasks defined in the consortium;
- ▶ Contribute, in articulation with our participants and group leaders, to the partial and final evaluation of the project;



**QUESTIONS FOR POTENTIAL PARTNERS:**

- a) Please provide specific statistics from your country related to the issues addressed in this project.
- b) What do you think will be the impact of this project on the participants/ your organisation / local community?
- c) What dissemination means do you have in your disposal? (website, contact with media, social media pages) What reach to they have?
- d) Describe how S.O.B. meets the objectives and needs of your organization in specific.
- e) What can YOUR ORGANIZATION in specific bring to this project?