

Youth Exchange



Equality **has no** gender

Call for Partners



Introduction

We live in a society where gender stereotype affects lives of individuals and the equality of opportunities.

The EU and ONU are constantly encouraging measures aimed to combat social inequalities based on the gender differentiation. However, in western societies differentiation of gender still influences the development and equal opportunities in social, economic and professional fields.

To alert young people to this type of discrimination, we developed an exchange program meant to strengthen knowledge on this theme, encouraging young people to adopt and work together in their communities, measures and policies capable of eliminate social gender inequalities.

Goals

- Promote gender equality through life experiences by different entities;
- Promote equal opportunities of access and participation in the labor market;
- Raise awareness for the need to develop situations of gender equality and opportunities for all young people;
- Provide the local community the opportunity to participate in activities of social and community interest;
- Promote a conviviality space and sharing traditions, able to provide an understanding of cultural diversity;
- Understand the youth associative reality of participating countries and sharing of best associative practices;
- Ease social and cultural interactions ;
- Provide sharing moments, conviviality and learning that improve the participating associations work;
- Encourage Youth Exchange and cooperation between young people from different countries;
- Extend equality values of gender through non- formal education.



Methods/ techniques

Formation of work groups, outdoor activities, group dynamics(non-formal learning methods) always based on the project's theme.

Using these methods, young people will feel more motivated to participate actively in every activity, promoting the interculturalism, initiative and participation.

Activity program- aims to the personal and social development of the young participants in the project. The activities will be developed by some participants to others, therefore each participant is someone who teaches but also someone who learns.

During the Youth Exchange all the participants will be actively evolved through the supervision of some activities and exchange of experience. All the participants will have a say regarding the activities evolution, where opinions and suggestions will always be taken in consideration.

Participants

- **4 Participants;**
- Aged between 15 and 18 years old;
- Gender balance (2 girls and 2 boys);
- Willingness to actively participate in all phases of the project;
- Intermediate knowledge / good English;

- **1 lider;**
- No age limit (above 18);
- Good level of English.



Programme

This Youth Exchange has a duration of seven days, including the arrival day and the departure day. During the exchange non-formal education methods will be used and the active participation of the youngsters will be required. Workshops and dynamics will be held, where the participants will interact and develop personal and social skills.

During the program there will be leisure activities, aiming to the local knowledge and the discovery of Portuguese culture as well as the exchange of experiences with the community.

Venue

The activities will take place in Arcos de Valdevez.

The participants will be staying at the Pousadinha (Accommodation center belonging to the association).





Conditions/Needed material

- 70% of the amount paid for the trip will be refunded(after delivery of the invoice ticket and boarding pass);
- The food and the accommodation will be guaranteed by the organization, through funding of Erasmus +;
- All partners should be involved in all the phases of the program and should ensure a proper preparation of their group;
- Each participant must be accompanied by the European Health card and, if wanted, carry out insurance for the period corresponding to the duration of the exchange. Since the youth exchange includes the making of videos on the theme proposed all partners must bring a video or photo camera that allows recording movies.

To Apply

Deadline – 12 March 2014

Necessary (send by e-mail):

- PIC;
- Briefly describe your organisation;
- What are the activities and experience of your organisation in the areas relevant for this project?
- What are the skills and expertise of key staff/persons involved in this application?

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
08:00 - 09:00	Breakfast							
09:00 - 09:30	energizers							
09:30 - 12:00	Participants arrival	Identification of social and gender stereotypes *Game – equal opportunity for different social groups Androgyny. *Lecture about the theme and created stereotypes.	Breaking stereotypes. *Making of videos.	Viewing of videos: "Female and male" and "Gender animatic". Debate	Visit to the village of Soajo, pedestrian track and visit to the lagoons - Gathering of pictures	Compilation of videos and pictures gathered on the youth exchange	Departure	
12:00 - 14:00	Lunch							
14:00 - 18:00	Reception of participants. Visit to City Hall and tourism office.	"Mission Impossible"	Breaking stereotypes. *Making of videos.	Visit to Porto and riverside - Gathering of personal pictures	Dynamics "Combat the Difference " at Soajo.	Final Evaluation. Exhibition of pictures and videos elaborated during the exchange.		
18:00 - 20:00	Youth Exchange through a tale.		Sport Activities- Rugby			Preparation of going away multicultural party		
20:00 - 21:30	Dinner							
21:30	Participants presentation *Ice Breakers (dynamics).	Evaluation. Story creation with personal objects.	Free night	Evaluation Movie Night "Albert Nobbs"	Evaluation. "Coffee Table" group dynamic	Farewell multicultural party		