

Do you
Dance?

International Exchange - Call for Partners

Introduction

At Associação Social Recreativa Juventude de Vila Fonche/Juventude we work daily with children and youngsters and we try to motivate them to practice sports. However, we have witnessed a growing number of inactive and sedentary youngsters.

To combat the young sedentary lifestyle, which is currently considered the "disease of the millennium", we intend to create a youth exchange that will encourage all the participants to adopt a healthier lifestyle through the practice of sport.

Considering all the existing physical activities, we wondered: why not use dance as a regular physical activity, to improve life quality?

After brain storming, we decided that dance and physical activity are going to be the main theme of our exchange. Dancing is an activity that involves the individual in many physical, psychological and social aspects. If practiced regularly, it can combat sedentary lifestyles and improve the life quality of all its apprentices. Besides that is also good for the social interaction.

Goals

- Maintain and improve the physical condition as well as the quality of movement to perform daily activities;
- Promote social relations and develop healthy lifestyles, leading to an active aging;
- Instill a passion for physical activity in young people, in order to combat sedentary lifestyle.
- Improve the way they view life, given that physical exercise makes everyone feel more confident and thus raises their self-esteem;
- Encourage the practice of physical exercise as a way to prevent various diseases;
- Give notice that although exercise is very important, it is necessary to know that its excessive practice can lead to some health problems;
- Encourage physical activity combined with a balanced diet;
- 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;
- 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;

Methods

This program will be based on formal and non-formal educational methods. Throughout the week every participant will have the opportunity to change experiences and, in doing so, get in touch with different cultures and ways of living. Dance will be used as a main way of contact and communication between the youngsters. During the program the participants will be able to present their culture to others through different specific activities. There will be a day to every partner association in which the participants of the group will cook a traditional meal for every participant in the camp and there will also be a time for every association to teach their national traditional dance in a workshop. This kind of initiative will allow a wide range of multiculturalism through experience exchange and direct contact with products and realities of different cultures.

Every day we will have workshops about dance and its different routes so that every participant can learn more about this kind of physical activity. The goal we pretend to achieve with this array of activities is to fight sedentary lifestyle through dance.

In the end of this program, and as a final note for this international exchange, we intend to create a Flash Mob in Arcos de Valdevez. To develop this activity the young participants of the exchange will get in touch with a group of youngsters of the community and with them create a choreography in which a wide amount of people can participate (participants and local people).

This Flash Mob will, not only conclude this exchange, but will also have a great importance in the exchange of ideas and realities between participants and the local community. It will also be used to make the dissemination of the results.

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;

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Of age;

Good level of English.

Programme

This Youth Exchange will take place from the 14th to 20th August, 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. Dance 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 Portuguese culture as well as the exchange of experiences with the community. Besides that all the partners will be invited to organize a traditional night (including dinner) to share their own culture with others.

For the activities programme we will open a debate with our partners in order to construct it in a more participative way, giving answers to all the expectations and taking advantage of all the competences.

A Flash Mob about the theme will be organized and performed in the last days of the programme so all of you are also invited to give your own ideas :) It will be used as a mean of results dissemination and also to approach the local community, media and other stakeholders to this kind of projects and themes.

Venue

The activities will take place in Arcos de Valdevez.





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

<https://www.facebook.com/pages/Pousadinha/1413811092206808>

Conditions/Needed materials

The travel costs will be supported until de maximum allowed by Erasmus + according to the distance. The distance has to be calculated trough http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

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 and participation 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 shooting machine and / or camera that allows performing movie.

Contacts and Deadline

Deadline to partners: 11 April 2014

Contacts:

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