



Associação de Defesa do Património de Mértola

CALL FOR PARTNERS

We would like to invite you to become a partner

in the project:

“On Moving” –Participation, Inclusion and Citizenship Physical Activities Training

YOUTH IN ACTION PROGRAMME

Action 3.1. (Training and Networking)

The **Participation, Inclusion and Citizenship Physical Activities Training** project aims to strengthen capacity and qualification of youth workers and organizations to develop quality activities, giving them tools to develop, in their organizations, activities, initiatives and projects that contributes to the promotion of healthy behaviors and lifestyles as well as to foster social inclusion and the active participation of young people in society using sports and physical activity practices as a tool and instrument.

A) General Information about the Call

Partners: Four Partners (2 European Union countries + 2 Neighbor countries)

Timetable: Application submission final date – 1 October 2012

B) ADPM- Associação de Defesa do Património de Mértola - Mértola Heritage Preservation Association

A brief framework of ADPM: ADPM was founded in 1980, its main goal based on the conciliation between natural resources preservation and socio-economic development as a strategy for rural areas sustainable future. This implies a multiple sectors activity based approach. To fulfill this need, it was crucial to build a multi-disciplinary team, pushing together both collective purposes and project, mostly focusing on working to and with the local communities.

ADPM main intervention areas: Local development; Rural extension; Environmental education for citizenship; Education and adults training; Promotion of environmental, cultural and scientific tourism; Social intervention; International cooperation; Services provision.

ADPM offices: Extension and Rural Environment; Education and Training; Social intervention; Transnational Cooperation; Local Development; Free intervention.

ADPM is a Portuguese state Certified Training Institute.

C) “On Moving” –Participation, Inclusion and Citizenship Physical Activities Training

“On Moving” is sustaining in non formal learning activities and combines:

- Theoretical inputs about healthy life styles and it influential agents (health, physical activity, harmful substances and live stressed), personal and social development and citizenship values,
- Practical sports activities, fun and distraction to the preventive health;
- Good nutrition, weight control, marketing/adverting campaigns and mental exercise workshops;
- Exchange, discussions, role playing.

Objectives:

- To identify the concepts of quality of life and lifestyles in today's society at national and European level;
- To understand the importance of healthy lifestyles to the quality of life;
- To relate healthy lifestyles, quality of life, and personal well-being (individual and collective);
- To identify the importance of healthy behaviors for participation, social inclusion and active citizenship;
- To identify and encourage new ideas of how and what youth workers can do, in community contexts and at a national and European levels, to develop and promote healthy lives styles as a usual practice;
- Facilitate programs and information access and contents dissemination, in the field of healthy life styles;
- Give to the participants tolls that enable them to make future common initiatives, share and disseminate work and good practices, promote and implement, in their communities, projects that promotes healthy live styles, in Youth in Action program context; strengthen national and European networks between cross-sectorial organizations and providing platforms to future actions.

Expected results:

- strengthen capacity and qualification of youth workers and organizations to develop quality activities
- Exchange between people active in the field of youth initiatives and youth work.
- New cooperation's and international future projects.

Products:

- Pedagogical manual with training course contents; methodology and conclusions.

When

April 16th to April 20th 2013

Where

ADPM training meeting centre, Mértola, Portugal

who

- 20 representatives of YIA countries + Neighbor countries

- Min. 18 years old
- All participants should be youth workers and/or trainers on a professional level or volunteers.
- Participants should have some competences/skills about the project theme, interest and willingness to share them with an international group and be available to a participate and interactive learning process.
- Participants should have some competences/skills and be happy to share them with the international group.
- Working language is English.

Travel expenses, board, lodging and program costs:

- 70% of the travel costs will be reimbursed. Board, lodging and program costs are provided and paid by the host organization. No participation fee.

For more information, please contact:

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ADPM – Associação de Defesa do Património de Mértola