

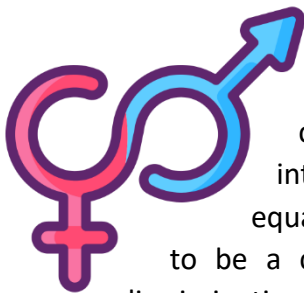
## INTERNATIONAL EXCHANGE

**"Look at The Same  
..... And See Different"**

**ARROUQUELAS**

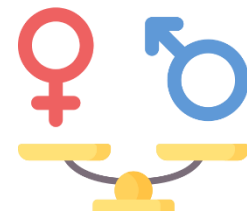
**PORTUGAL**

**AUGUST 2023**



Since the main objective of this International Exchange is to bring together 60 young people from different European program countries, with diverse cultural backgrounds, but with common interests to share knowledge and learn about the subject of gender equality, discrimination and social inclusion. Gender equality continues to be a current issue in European countries and, in many countries, discrimination against women is not even considered a relevant issue, but hidden behind cultural standards. Forms of gender discrimination are diverse, and differ in their severity. With this youth exchange, we want to enter into a dialogue with young people about gender equality and gender roles in their social environment, challenging young people with different perceptions of the role of men and women in the modern world and in the past. Non-formal education is, in our point of view, a provident tool to discuss this topic in an intercultural dimension, so that they can understand that, despite different values, we can create a bridge between different social groups creating a better mutual understanding. This local project gave rise to the idea of working more on the theme, giving it an international dimension, and we also want to involve other national partners. In order to strengthen equality between women and men, it is important to combat stereotypes that limit the full use of the potential of women and men. It concerns work life or how care responsibilities are shared in households. In many families, there is still a great division of tasks that must be done by women and men.

These are groups of young people, through camping/cantonment, which makes the project unique, which intends to be carried out in our village. This way of working has been positively referenced by our partners in previous projects. The indices identified in this theme: work, money, knowledge, time, power and health - and another satellite domain: violence against women.



"H<sub>2</sub>O" is located in Arroquelas, near the city of Rio Maior, where we have a Library, a Theater, a Cinema, A Soccer Stadium, Restaurants, Shopping Center, Garden, Health Center and Clinics.

Arrouquelas is at a distance of 30 km from Santarém, where we have a Hospital, University, Shopping centers and other services.

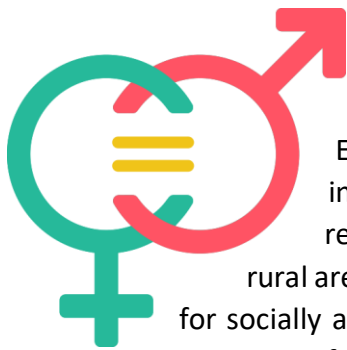
Our village is also 80 km from the capital of Portugal, Lisbon. Public transportation is not so good. There's no direct busses to Lisbon from Arroquelas, so if you want to go there at first you need to come to Rio Maior or Santarém and to take a shuttle from there to Lisbon. During working days there few buses per day to and from Rio Maior and Santarém, but there's no buses to and from Rio Maior and Santarém from Arroquelas on weekends.



ARROQUELAS

LISBON





We defined the following objectives for this youth exchange, which in general are intertwined with the objectives of the Erasmus + program itself: - Explore gender equity and inequality in the realities of youth work; - Explore sectoral policies that reflect and address the special needs of young people living in rural areas; - Share non-formal learning activities and creative exercises for socially assigned role models. - Promote the Erasmus + Program as an instrument of equity and gender equality. - Promote dialogue between participants from different countries, with a view to promoting mutual understanding and tolerance; - Increase young people's knowledge about gender equality in different dimensions; - Learn to respect each opinion and break stereotypes by carrying out assessment and discussion with young people from other countries; Methodologies: Camping/cantonment; Group dynamics; Thematic workshops; work in multinational teams and gender balance Artistic activities (leaflets/videos/brochures/acting/painting) Multi-gender sports activities; Thematic Sessions with guests (experts); Pedagogical Visits. Young people have many opportunities for activity and achievement, to make their lives more colourful and valuable, with positive consequences not only for them but also for the community, increasing youth participation in civic life, in particular with this theme.

