



## #57 A NOSSA MANEIRA

Developed by: Erasmus+ project – European Commission

Year and country: 2015, Portugal, Austria, Italy, Greece, France

Type of project: Youth Exchange

<http://ec.europa.eu/programmes/erasmus-plus/projects/eplus-project-details-page/?nodeRef=workspace://SpacesStore/a6992b0f-3bd3-4f0e-b4d3-fe4a6cbf8baf>

### Synthesis of the case study

The Project "À Nossa Maneira" is a youth exchange program that took place in the city of Covilhã, from July 21 to July 30, 2015, in central Portugal. In it, 44 young people from five different countries (Austria, France, Greece, Italy and Portugal) between ages 14 to 18 years participated. This project was a youth exchange program created to promote inclusion and combat gender stereotypes through the practice of physical and sporting activities.

### Objectives / Challenges

The goals of the youth exchange program "À Nossa Maneira" consist mainly in:

- promoting the practice of sports and traditional games as tools to acquire habits towards a healthier life;
- promoting inclusion combat and debunking gender stereotypes through the practice of physical and sporting activities;
- encouraging the practice of physical exercise "In our own way", showing that it is possible regardless of our physical condition or social context.

### Target

This youth group is characterized for being drawn out of disadvantaged socio-economic contexts: in situations of failure and/or dropout they tend to isolate themselves, restrict their social interactions, relying rather on social networks and online games, therefore sharpening situations of exclusion.

### The deliverable (What did they do specifically?)

The program consisted in the presentation of a small audio-visual document previously prepared by each of the groups, which allowed all of the participants to get to know the characteristics and traditions of all the nationalities present, followed by an intercultural dinner. The group later presented to the local community a traditional game of each country, conducted a camping Trip in Serra da Estrela (an emblematic location of the center area of Portugal), and practiced team sports (kayaking, climbing, abseiling, guidance paths, hiking). This exchange program included a visit to the Center for Sport at the University of Beira Interior with an opportunity to debate and meet with athletes with physical disabilities, also being interviewed by the local radio to publicize the project to the local community.

#### Contact information

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