



# BOOKLET

## EXPRESS U!

### A NEW CULTURAL ENGAGEMENT FOR SOCIAL INCLUSION

ERASMUS+ YOUTH EXCHANGE

# 1. INTRODUCTION

**Express U!** is an approved project from the Erasmus+ Programme (KA1), through the National Agency and Juventude em Ação. The main goal is promoting tolerance, social inclusion and diversity between the young people through culture, focusing on dance. The participants come from 5 different countries (plus the ones from Portugal), being: Spain, Italy, Latvia, Macedonia and Estonia. In total, there was 48 participants. This project takes place in Aveiro, a small city in the center Portugal.

The need for this project relates with the goal of DCTR of trying to find innovative ways of promoting social inclusion, in this case directly through dance. The participants have the opportunity to learn a lot about dance but also about communication, through the relationships they develop with the environment and with the others by doing some simple body exercises.

The work of **DCTR** is based on the connection between dance, education and technological innovation and one of the main goals of the organization is to promote and facilitate the access to art and culture.

## 2. GOALS

**MAIN:** Promote social inclusion, diversity and tolerance between young people through culture, especially dance.

**SPECIFIC:**

- Create initiatives and dynamics, based on the methodology of non-formal education (NFE), to promote social inclusion, diversity and tolerance in young people;
- Promote interculturality, dialogue and European values;
- Foster the importance of cultural and artistic expression in the personal, social and professional development of young people;
- Promote equal access to inclusive and participatory opportunities;
- Fostering skills development in young people through participatory methodologies and reinforcing synergies between the various existing methodologies;
- Raise awareness of the appreciation (by organizations, participating youth workers and society at large) of culture, especially dance, as a tool of excellence for promoting social inclusion, tolerance and diversity in young people;
- Promote the development and sharing of competencies, good practices and tools among participating organizations to implement transnational projects and initiatives aimed at the social inclusion of young people through culture and participatory methodologies.

### 3. PARTICIPANTS AND PARTERNS

This project counted with 5 partner organizations from 5 different countries (Spain, Italy, Macedonia, Estonia and Latvia). Each partner sent 8 participants with ages between 15 and 26 years and a Group Leader, the person responsible for the communications between DCTR and all the participants.

To the accomplishment of this project, DCTR established partnerships with the following European entities:

Country	Organization
Spain	Globers
Italy	SFERA ITALY
Macedonia	Youth Senate Strumica
Latvia	Express Yourself
Estonia	Avatud Uhiskond MTU

## 4. ACTIVITIES OF THE PROJECT

The project was divided into 2 main activities and all of them were based in non-formal education activities:

### 4.1. APV (27<sup>th</sup>-28<sup>th</sup> September)

The APV (Advanced Planning Meeting) counted on every Group Leader, accompanied by one of the participants that should also come to the Youth Exchange (YE) and the main purpose was to bring together all the partners and to plan in detail all stages of the project, especially the Exchange. This activity helped a lot in the creation of strong bonds between all and also helped the Group Leaders and the participants to know the city, informations that passed to the YE. This facilitated the integration of every participant in the YE.



Activity programme for the Advanced Planning Visit					
Venue		Duration			
City	Country	Start date	End date	Activity duration	Travel days
Aveiro	Portugal	27/09/2019	28/09/2019	2	2
Activity Programme					
Timetable	Activities	Description			
26-09-2019 TRAVELLING DAY					
DAY 1 // 27-9-2019					
MEETING POINT:					
AM	09H30	Presentation of the participants, organizations and project	Group presentation w/ ice-breaks Brief presentation of the project Brief introduction of each organization and its Group Leader		
	MORNING SNACK				
	11H	Presentation	Time to prepare the group presentation (total of 30 min; the presentations will have 10 min max.) Presentation of each country focusing on dance and social inclusion Learning some basic portuguese		
	12H	Visit to Aveiro's Theater	Visiting Aveiro's Theater		
PM	13H	LUNCH // Refeitório de Santiago			
	14H30	Energizer Presentations	Energizer Continuing with the presentations from each country Debate about the goals of the APV		
	16H	Goals setting Task definition, timings and responsibilities	Establishment of the plan for the exchange and its goals Debate and reflection about the specific goals (skills development) Think and debate about each partner's role, tasks, responsibilities and timing for every activity of the exchange		
	AFTERNOON SNACK				
	17H	Task definition, timings and responsibilities Strategy and activities plans	Debating the strategies of the exchange's activities. Development of the activities plan.		
	19H	DINNER // Refeitório de Santiago			
DAY 2 // 28-09-2019					
MEETING POINT:					
AM	09H30	Ice-breakers. Operacional, logistics, communications, risks prevention and conflicts resolution, monitoring and evaluation plans.	Talks about the communication between partners and participants, the dissemination and exploration of the results in the youth, community and stakeholders. Development of the operacional, logistics, communications, risk prevention and conflicts resolution, monitoring and evaluation plans.		
	MORNING SNACK				

	11H	Continuing w/ the development of the plans	Continuing with the development of the plans
PM	13H	LUNCH // Refeitório do Crasto	
	14H30	Visiting the places of the exchange activities	Visiting and talking about the places where the exchange's activities will happen and whether there's need to adjust those
	AFTERNOON SNACK		
	17H	Analyze and evaluation of the APV	Analyze and evaluation of the APV. Discussion of the details of the activities of the YE.
	19H	DINNER // Refeitório do Crasto	
<b>29-09-2019 TRAVELLING DAY</b>			

#### 4.2. Youth Exchange (6<sup>th</sup>-10<sup>th</sup> November)

The Youth Exchange was the main activity of the project and it focused on non-formal methods and learning by doing and sharing. This Youth Exchange helped to promote social inclusion and tolerance and also raised awareness of multicultural conscience. The Youth Exchange counted on dance activities but also on a lot of games and reflection moments.



Activity programme for the Youth Exchange					
Venue		Duration			
City	Country	Start date	End date	Activity duration	Travel days
Aveiro	Portugal	06/11/2019	10/11/2019	5	2
Activity Programme					
Timetable	Activities	Description			
5-11-2019 TRAVELLING DAY					
DAY 1 // 06-11-2019 // QUARTA-FEIRA					
BREAKFAST: 9 AM // MEETING POINT: ACCOMODATION					
AM	A	09H30	Presentation of the participants, organizations and project	Group presentation w/ ice-breaks Debate/Reflection about the goals of the project, parterns and activities plan. Get to know the Youthpass. Brief presentation of the project, DCTR and Aveiro	
	MORNING SNACK				
A	11H	Ice-break Country Presentations	Ice-break and Team Building Time to prepare the group presentation (total of 30 min; the presentations will have 10 min max.) Starting w/ the group presentations about the country in general with 3 curiosities about it and 3 main characteristics of the country's habitants (everyone has to participate!)		
		12h30	LUNCH // Refeitório de Santiago		
B	14H	Movement Workshop DCTR (João Almeida and Joana Pinto)	How do we communicate even if we don't speak the same language? How can we discover an universal language through the experimentation that goes from writing to movement of my own body to the movement of the group?		
AFTERNOON BREAK					
PM	B	16h30	<b>Energizer (DCTR)</b> Group Presentation Multicultural dialogue	Energizer Continuing with the group presentations about the country in general with 3 curiosities about it and 3 main characteristics of the country's habitants (everyone has to participate!)	
			19H	DINNER // Refeitório de Santiago	
A	20H30	Individual reflection. Time off	Individual reflection promoted by the group leadrs. Time off to informal conviviality, to get to know each other and the different cultures.		
DAY 2 // 07-11-2019 // QUINTA-FEIRA					
BREAKFAST: 9 AM // MEETING POINT: ACCOMODATION					
AM	A	09H30	<b>Energizer (YOUTH SENATE)</b>	Development of group spirit, cohesion, inclusion, sharing and trust.	

		<b>STRUMICA)</b> Group dynamics	
	MORNING SNACK		
A	11h	Movement Workshop DCTR (João Almeida and Joana Pinto)	How do we communicate even if we don't speak the same language? How can we discover an universal language through the experimentation that goes from writing to movement of my own body to the movement of the group?
	13H	LUNCH // Refeitório de Santiago	
	14H30	Visiting the city	Touring in Aveiro: Urban Art Game
	AFTERNOON BREAK		
B	17H	<b>Energizer (EXPRESS YOURSELF) Dances of the World Class</b>	Energizer Dances of the world (45/50 min)
B	18H	Issues and NFE Visiting the city	Bohm Method (on dialogue) Talk about the importance of NFE in the development of social and personal skills in young people
	19H	DINNER // Refeitório de Santiago	
A	20H	Individual reflection. Intercultural Night	Individual reflection promoted by the group leaders. Time off to informal conviviality: intercultural nigh with traditional dances and typical snacks (at least two) from each country
<b>DAY 3 // 08-11-2019 // SEXTA-FEIRA</b>			
BREAKFAST: 9 AM // MEETING POINT: ACCOMODATION			
A	09H30	Energizer (SFERA) Activity (GLOBERS) Team building	Energizer Activity: Globers (game) Debate about the interculturality and the importance of the intercultural dialogue in social inclusion and diversity.
	MORNING SNACK		
A	11H	<b>Equality (AVATUD UHISKOND MTU)</b>	Activity of Avatud Uhiskond MTU: Sharing European Values
	13H	LUNCH // Refeitório de Santiago	
A	14H30	Interaction with the community (YOUTH SENATE STRUMICA)	Activity of YSS: Game in the city
	AFTERNOON BREAK		
A	17H	Youth, less opportunities and culture (EXPRESS YOURSELF)	Activity Express Yourself: Role-play
	19H	DINNER // Refeitório de Santiago	

	A	20H30	Individual reflection. Time off	Individual reflection promoted by the group leaders. Time off to informal conviviality, to get to know each other and the different cultures.	
<b>DAY 4 // 09-11-2019 // SÁBADO</b>					
BREAKFAST: 9 AM // MEETING POINT: ACCOMODATION					
AM	A	09H30	<b>Energizer (AVATUD UHISKOND MTU)</b> Dance Class Group dynamics	<b>Energizer</b> Dances of the world (class 45 min) Group dynamics: Interaction, dialogue and reflection about the importance of respecting diversity, promoting social inclusion and european values	
	MORNING SNACK				
		11H	Getting to know the city	Touring in Aveiro: Tasks game.	
		13H	LUNCH // Refeitório do Crasto		
PM	A	14H30	Group dynamics, social inclusion and community <b>(SFERA)</b>	Activity: Sfera Address the issues of social inclusion and diversity in the communities, in group.	
	AFTERNOON BREAK				
			17H	Dissemination Team Building	Planning the dissemination of the project Team building
			19H	DINNER // Refeitório do Crasto	
	A	20H30	Individual reflection.	Individual reflection promoted by the group leadrs. Time off to informal conviviality, to get to know each other and the different cultures.	
<b>DAY 5 // 10-11-2019 // DOMINGO</b>					
BREAKFAST: 9 AM // MEETING POINT: ACCOMODATION					
AM	A	09H30	<b>Energizer (GLOBERS)</b> Movement Workshop DCTR (João Almeida and Joana Pinto)	<b>Energizer</b> How do we communicate even if we don't speak the same language? How can we discover an universal language through the experimentation that goes from writing to movement of my own body to the movement of the group?	
	MORNING SNACK				
	A	11H	Evaluation	Evaluating, in group, the dynamics, issues developed and the experiences associated with. Thinking about the participation in the project and its importance to promote social inclusion, diversity of social, cultural and sports initiatives under the diversity and social inclusion in youth, through culture.	
PM		13H	LUNCH // Refeitório do Crasto		
	A	14H30	Youthpass Evaluation	Deliver of the youthpass. Thinking about the eight key skills developed. thinking about each one's path until the moment and the what changed after participating in this project.	
AFTERNOON BREAK					

		17H	Group dynamics	Goodbye activities
	A	19H	DINNER // Refeitório do Crasto	
		20H30	Informal interaction among all the participants	Goodbye party
<b>11-11-2019 TRAVELLING DAY // BREAKFAST 8H30 AM</b>				

Link para todos vídeos e fotografias do projeto, incluindo as sessões de disseminação dos parceiros e redes sociais: [https://drive.google.com/drive/u/1/folders/1f\\_1FNaBZc-DOMbG4FLK7IfI6b4KXOf1](https://drive.google.com/drive/u/1/folders/1f_1FNaBZc-DOMbG4FLK7IfI6b4KXOf1)

## 5. CONCLUSIONS

This was the first Erasmus+ project of DCTR. After the end of the project and after the evaluation, we can say that we reached the goals that we set in the application.

Overall, the participants expressed satisfaction with the exchange, with emphasis on the fact that many felt that activities were suitable for everyone, especially given that the ages of the 48 participants varied widely. Another aspect noted as very positive was the fact that the staff was able to promote a safe environment, meeting the main objective of this project, to promote social inclusion, tolerance and diversity among young people. It should be noted here that it has also been mentioned several times in the comments on the questionnaire (as can be seen from its strengths) that one of the best aspects of “Express U!” Was that everyone had the opportunity to participate and was treated as equals.

The professionals who gave the dance classes and the dance lessons themselves were one of the aspects most emphasized by the participants in the comments, as well as the gradual evolution of the project, day after day. Other things to improve, especially given participants' suggestions, are the lack of team building activities and ice-break activities (especially designed to learn the names of other participants) and the fact that for many there were too many classes dance / games and few debates / discussions.

For the first project, we consider it as a success and we value EU values even more and the pertinence of projects like this one. Therefore, we feel that we can do a lot more and we that’s why we started already to promote even more activities in the programs of Erasmus+. This project was really helpful for DCTR and its staff; we gained a lot of skills and experience in this area.