



EMBRACE YOUR ABILITIES YOUTH EXCHANGE 11 - 17 APRIL 2021 (ONLINE)



ABOUT

In 2018, Braga was named the European City of Sport. This led us to question the extent to which sport is inclusive. It has become clear that most sports available to the general public do not have an option to include participants with disabilities.

It has never been more important to discover new ways to improve our health and it's widely accepted that an increased uptake of sport and physical activity is an effective way to increase our wellbeing. It is important to promote equality and eradicate discrimination in the world of sport in order to allow everyone to participate. This is how our idea came to be.

The 'Embrace Your Abilities' youth exchange aims to raise awareness on current discrimination issues present in sports and methods which can be implemented to eradicate them.



Erasmus+



GOALS

This Youth Exchange will promote a dialogue and discussion to motivate the participants to think on how to make sports and activities more inclusive.

We aim to create a platform to build multi-cultural partnerships and to improve their critical thinking skills and sense of initiative. Participants will be encouraged to actively engage with their local communities to improve inclusion in sport, to enhance their personal skills and their intercultural awareness, to engage with Erasmus + projects and values and finally, to promote equality.

'Embrace Your Abilities' will highlight how hugely important it is to remove any barriers and discrimination issues in the world of sport.

**DUE TO COVID-19, THE YOUTH EXCHANGE
WILL HAPPEN IN ONLINE FORMAT.**



RED CROSS YOUTH

The Red Cross in Braga was created in 1870. Our mission is to improve the conditions of vulnerable people by mobilizing the power of humanity, while respecting our fundamental principles.

The Youth Division of PRC - Braga was created in 2005 and has since been working with young people from local communities. Our main goal is to provide opportunities to people with fewer opportunities. Our activities are developed through of non-formal education methodologies and peer-to-peer education.



PARTICIPANTS PROFILE

- Aged between 18-30 years old at the time of the activity
- Young people with fewer opportunities whether it be due spacial needs, reduced mobility, socio or economic obstacles, etc.
- Actively take part in all activities, sharing their experience and contributing to the quality of the project
- Willing to help plan and prepare for the youth exchange
- Motivated to learn about other participant's perspectives
- Willing to work in disseminating the results and findings of the Youth Exchange.

COSTS

- There are no costs associated with participating. However we need participants able to be present in all activities and willing to participate actively.

HOW TO APPLY

APPLICATION LINK

https://docs.google.com/forms/d/e/1FAIpQLSdxxejluEvoevuPgRuBGj6i2HFItPUoZSEEk3zezF5McH92ew/viewform?usp=sf_link

**PARTICIPANTS HAVE TO BE FROM GREECE,
ITALY, LATVIA, LITHUANIA AND PORTUGAL**

If you have any questions contact us:

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SEE YOU SOON!

