



# HANDS4YOU

YOUTH EXCHANGE

BRAGA -BARCELOS - PORTUGAL 2019

#HANDS4YOU

# CONTENTS



**03**

ABOUT HANDS4YOU

---

**04**

PARTNERSHIP

---

**05**

GOAL

---

**06**

ACTIVITIES

---

**19**

RESULTS

---

# ABOUT HANDS4YOU

The Hands4you project it was a youth exchange that arise from the slogan that SOPRO carries for more than 20 years, "Small Gestures that change the World", because we believe that a small gesture can make great changes and every gesture undertaken in this project it was special.

The project was aimed at young people with fewer opportunities, between 14 and 17 years old, and was held in Barcelos and Braga (Portugal) from December 3 to 13, 2019, involving 35 young participants and 14 leaders.

Hands4You it was a project funded by the Program ERASMUS + Portugal - Youth in Action .

JOANA MIRANDA





# PARTNERSHIP



Portugal  
SOPRO - Solidariedade e Promoção



Croatia  
Euro Perspektiva



Spain  
Asociación Estrella Azahara



Italy  
De La Salle Solidarietà Internazionale Onlus



Italy  
Progetto Domani: Cultura E Solidarietà



Portugal  
Colégio La Salle Barcelos



Uk  
Merseyside Expanding Horizons Ltd

## Testimony

The Youth Exchange program Hands4You has provided, in my opinion, an incredible opportunity for growth, discovery and fun in a dynamic and innovative learning environment. The experience was incredibly positive for the young people who participated from Italy and inspired them to reflect on themselves, their values and life goals and see the world in a completely different way than they had previously experienced in their lives. I believe that the impact of the program has been especially significant for these young people because this kind of intercultural exchange opportunities is not very frequent for young people from this social environment. Youth exchange opportunities are a valuable resource and this programme was really of excellent quality, in my opinion, thanks to the organisation and management by SOPRO and the active contribution of all partners and participants.

Eleonora Munaretto - De La Salle Solidarietà Internazionale Onlus

# GOAL

Promoting human rights education, with a focus on cultural diversity and active citizenship, through the creation and development of volunteer activities by the young participants it was our great challenge in this project.



**HANDS4YOU**





## ACTIVITIES

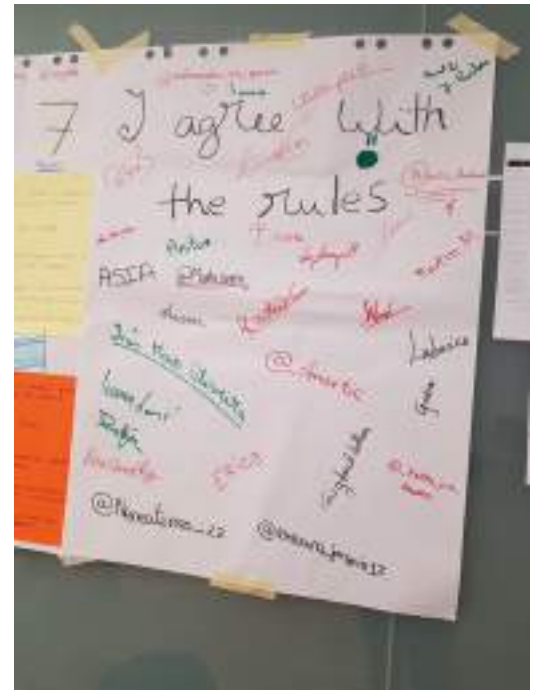
- Work team, Icebreakers, Energizers;
- Commemoration of the International Volunteer Day;
- Workshops about Humans Rigths;
- Presentation of Volunteer Projects;
- Volunteering;
- Street Performance;
- Municipality of Barcelos;
- Cultural Visits;
- Thematic Nights;
- Olther Activities.

### Testimony

*I believe that youth exchanges are an excellent opportunity for young people to develop new skills, to become aware of socially relevant issues and to discover new cultures and new habits of life different from those with which they come into contact daily. This exchange, in particular, enabled the different participants to be trained with the knowledge, attitudes, values and skills necessary both to defend human rights and to have the basic skills to implement their own workshops and training on human rights with other young people in their community.*

*I consider this exchange to have been extremely important not only for young people, thus providing them with an opportunity to become active citizens and agents of change, but also for leaders as they have managed to share different activities, methods and techniques in this way. with others, returning to their institutions certainly with new perspectives and points of view. As a leader, the impact of this project made me much more aware and motivated.*

**João Silva - SOPRO**



## Work team, Icebreakers, Energizers





## Commemoration of the International Volunteer Day







## Workshops about Humans Rights





## Presentation of Volunteer Projects





## Volunteering



# Street Performance



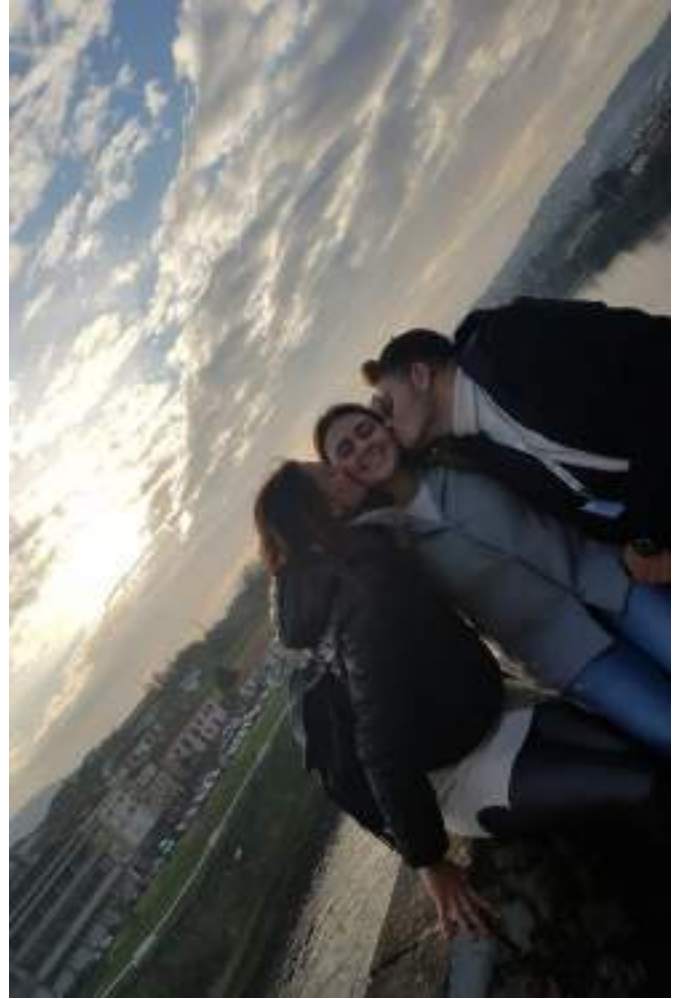
## Street Performance





### Municipality of Barcelos





## Cultural Visits





## Thematic Nights







## Other Activities

The last but not the least...





## Other Activities The last but not the least...



# RESULTS

- Further development of personal and social skills such as self-confidence;
- Development of skills at personal, social and soft skills levels promoting the personal development and growth of young people towards autonomy, stimulating their resilience and providing them with life skills;
- Respect for unity and diversity, reinforcing the feeling of a community and, therefore, a cohesive and, above all, tolerant Europe, demystifying national borders and instilling a more active spirit in young European citizens;
- Acquisition of skills for reflection, introspection, self-criticism, autonomy; determination; know hear; ability to work as a team;
- Greater mutual knowledge, interaction and relaxation of the elements of the different groups, promotion of multiculturalism and sharing personal experiences in order to foster feelings of belonging and union;
- Greater spirit of initiative, personal skills, ability to improvise, problem solving, acquisition of communication skills, reduction of language barriers and encouragement in the use of the English language among the young participants;
- Acquired skills to set goals, objectives, tasks, define work strategies and overcome obstacles;
- Acquired leadership skills and time management and team projects.





# TESTIMONY

"The curtain falls on what, at the moment, I can define with pride the most beautiful experience of my life. The Youth Exchange is not just a way to improve your mastery of languages, or an opportunity to make yourself new friends and get to know other cultures. The Youth Exchange allows you to better understand the ideas of people completely different from you, understand what the world view is from people from other countries. Volunteering is the key to everything, we are they were called in to carry out some voluntary activities and to represent their own associations of origin, all in order to compare and learn from the other. From the start, to the stop in Scampia where I gathered two other guys who accompanied me and they made this trip unforgettable, until I arrived in Braga, ready to take part in the # hands4you project, I had the feeling that this project was something more. it pushed me to reflect on issues and aspects of our life that seem to us automatic, almost "due", when its not.

We have certain rights because someone fought to give them to us, not for heroism, but because he believed in being able to change the world. Can't we change the world too? What do we have different from past generations? The biggest lesson I have drawn from this experience is that REALLY "Small gestures can change the world" ... I write all this while on the plane, returning home, and I feel like thanking all those who have been close to me in this adventure and that made it so special:

Thanks to @SOPRO\_ONGD, organizer of the project, thanks to Joana Miranda the backbone of the project, but above all a friend; thanks to Eleonora Munaretto, now become my second sister, and then I would like to thank all the guys I met, some I knew them little, with others we made a friendship that I hope will never end. All deeply distant and different but also all so close and equal, united by the sole objective of wanting to change. To all of you I say THANK YOU. #handsforyou "

*Alessandro Gualtieri*

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# THANK YOU!

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