EVENT DESCRIPTION SHEET

(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.

⚠ *Please provide one sheet per event (one event = one workpackage = one lump sum).)*

PROJECT	
Project name and acronym:	Empowering youth Participation for Inclusive and plural Communities — EPIC_IDEA
Participant:	RPCI - REDE PORTUGUESA DAS CIDADES INTERCULTURAIS CRL
PIC number:	890276186

EVENT DESCRIPTION			
Event number:	D10.1 (WP10)		
Event name:	National Youth Camp in Portugal		
Type:	Event		
In situ/online:	In situ		
Location:	Cascais, Portugal		
Date(s):	8th, 9th, 10th September 2025		
Website(s) (if any):	https://icei.it/en/progetti/epic_idea-empowering-youth-participation-for-inclusive-and-plural-communities/		
Participants			
Female:	32		
Male:	10		
Non-binary:	0		
From country 1 [Portugal]:	42		
Total number of participants:	42	From total number of countries:	1

Description

Provide a short description of the event and its activities.

The Youth Camp was the second nationwide activity planned for the EPIC_IDEA project. The main objectives of this event were to provide an opportunity to share experiences; to ensure training by promoting the development of skills in the areas of participation, anti-rumour, and future methodologies for young people; to define objectives, activities, and working methods for future actions; to encourage youth-led proposals for the future of the EU; and, finally, to prepare for participation in the International Youth Summit.

The Youth Camp brought together youth activists referred by national partner entities (Cascais, Santa Maria da Feira, Vila Verde, and Clube Intercultural Europeu [CIE]), between 15 and 20 years old.

The Youth Camp in Portugal was an exclusively in-person event, which took place in different venues in the city of Cascais.

It lasted three days, beginning with a networking lunch among the participants on September 8 and ending in the late morning of September 10.

For the organization of this meeting, several steps were taken by RPCI with the support of the Clube Intercultural Europeu. Several meetings were held with the national consortium and external experts to set up the program and logistics. Each city invited local youth activists to enroll in the event. All enrolled participants received an information pack about their stay and the program of the event.

Preparation for this event began immediately after the national event for youth workers. Over several months, the national partner organizations met to plan the event program, define the selection criteria for participants, deal with logistical issues such as food, transportation, materials, and accommodation, and distribute tasks. The following meetings were held for this purpose

-2025-04-02 Community of Practices
-2025-04-09 RPCI & Cascais Meeting
-2025-04-23 Partners Meeting
-2025-05-28 Partners Meeting
-2025-05-28 RPCI & CIE Meeting
-2025-07-08 Partners Meeting
-2025-07-29 RPCI & CIE Meeting
-2025-08-04 RPCI & Teatro ao Minuto Meeting
-2025-09-03 RPCI, CIE, Cascais, Teatro ao Minuto & Thays Prado Meeting
-2025-09-03 RPCI & CIE Meeting
-2025-09-03 Partners Meeting

It should be noted that the youth activists were selected according to a set of criteria agreed upon by the national partner entities:

-aged between 15 and 20
-engagement in local projects
-motivation to participate in the next stages of EPIC

A total of 42 people (32 girls/women, 10 boys/men) participated in the event, 17 people more than the stipulated target (25):

-3 RPCI (3 F)
-23 youth activists (16 F, 7 M)
-17 youth workers
-2 Clube Intercultural Europeu [partner/co-organization entity] (1 F, 1 M)
-12 municipal staff (10 F, 2 M) [Cascais 8, Santa Maria da Feira 2, Vila Verde 2]
-3 invited external experts (3 F)

Please, see below a detailed grid:

Youth Activists indicated by the different entities of the national consortium:

	Female	Male	Non-Binary	*Total*
Clube Intercultural Europeu	0	3	0	3
Cascais	9	1	0	10
Santa Maria da Feira	3	3	0	6
Vila Verde	4	0	0	4
Total	16	7	0	**23**

It should be noted that participated:

- 7 youth activists were between > 18 years old: 5 aged 18, 1 aged 19, 1 aged 20
- 16 youth activists between < 18 years old: 4 aged 15, 5 aged 16, 7 aged 17

Youth Workers (Clube Intercultural Europeu; municipal staff from Cascais, Santa Maria da Feira and Vila Verde; Experts)

	Female	Male	Non-Binary	*Total*
Clube Intercultural Europeu	1	1	0	*2*

Cascais	8	0	0	*8*
Santa Maria da Feira	1	1	0	*2*
Vila Verde	2	0	0	*2*
Experts	3	0	0	*3*
Total	15	2	0	***17***

It should be noted that:
- the youth workers were mainly municipal staff: 10 municipal staff, 2 employees from 2 different civil society organizations (B.Lab and Brejo Playroom), 2 actresses
- the invited experts were 2 actresses from a local theater group (Teatro ao Minuto) and 1 from a consulting firm on future thinking (Feminists Futures)

A personal and civil liability insurance was provided to cover a group of 14 youth activists, the ones who are not covered by other insurance contracts.

Considering the different origins of the participants, accommodation in Cascais was provided for all youth activists, youth workers, and the RPCI and Clube Intercultural Europeu teams. The accommodation was provided at Fundação O Século (an NGO working with young people), with gender-segregated dormitories, bedding, and access to bathrooms with towels included.

The consortium cities were in charge of transportation from the cities of origin to Cascais and back. The RPCI covered the travel costs of the CIE participants. Throughout the event, Cascais provided all transportation within the city.

The host city, Cascais, also offered the venues, the coffee breaks, and the costs associated with the participation of a local theater company (Teatro ao Minuto).

The cities cooperated in mobilizing motivated participants and in handling essential logistical issues. The activities of the event developed without any issues to mention. However, we should recognize one major cross-cutting constraint: the event took place on the end of the summer (in order to happen during the summer vacations of young people) and some logistics and bureaucracies were completed on the two months after the event, july and august, months in which typically is quite difficult to connect with people because of the summer holidays, namely the municipal staff, but also the service providers and the youth activists enrolled.

1) Program of the event,

Day 1 - September 8th

The program began with a networking lunch that sought to bring together all participants, some of whom did not know each other. The first day also focused on acquiring knowledge about anti-rumours, which was essential for the work planned for the following days and, ultimately, for the creation and implementation of local actions. The afternoon was divided into two working sessions: 1) facilitated by RPCI with the support of CIE, and 2) practical session guided by actress Bárbara Água from the Teatro ao Minuto theater company.
The presentation led by RPCI included the following content:
-definition of rumours
-causes of rumours
-pyramid of hate
-chain of discrimination
-othering
-Bennett scale
-anti-rumour strategy

Two exercises were carried out by CIE during this part of the workshop:
-”The Others”: in this game, participants were given labels (colored sticky notes with drawings) and asked to group themselves, without any criteria having been communicated beforehand. This activity was intended to open the way for reflection on how belonging and social identity can be affected by prejudice and discrimination - if, on the one hand, we tend to like people we consider more similar to us, on the other hand, we tend to stigmatize and avoid those we consider less similar to us.
-”Rumours in my city”: participants were asked to identify two rumours that concern them most on colored sticky notes, at least one of which should be a local rumour or one they have been the victim of. The purpose of this activity was to initiate individual and collective reflections on the local realities in which the project's anti-rumour actions will be implemented.

In this exercise, the rumours were identified and categorized:
-12 about localities, regions, Portugal/portuguese people (e.g: people from the north speak loudly; people from Alentejo are lazy; people from Braga don't close their doors; in Cascais, everyone is wealthy; Portuguese people like sardines)
-7 about specific people (e.g: blondes are dumb;Indian people smell bad ;
-8 about women (e.g: women don't know how to play soccer; women exist for having children; women are good at cooking; women can't drive)
-1 about men (men are rapists);
-5 about minorities and immigrant people (e.g. Black people can't swim; Muslims are terrorists; immigrants steal jobs)
-1 about white people (White people don't cook well);
-2 about youngsters (e.g: young people have no goals in life);
-13 miscellaneous, including rumours about people who have committed crimes, people who live in social housing, and specific professions (e.g: being a teacher is a profession with a future; mathematics are weird; sciences are for smart ones; people living in social neighborhoods are criminals; the sons of criminals are criminals too; everyone like pizza).

The practical component of the workshop, led by the theater company, consisted of an activity based on the Theater of the Oppressed (Paulo Freire). In this activity, participants identified main themes of concern and were divided into thematic groups according to their interests (Xenophobia, Gender Equality, LGBT, Racism, and Poverty) and asked to identify a rumour or common discrimination situation and create a scene that portrayed it. The groups then presented the scenes to the audience, who were asked to suggest alternative characters or lines that would lead the scenes to positive outcomes, in which the rumours or the discrimination were dismantled. In the evening, a shared dinner was organized at the local Church and the young people were invited to attend the concert being held that night in the "Festas do Mar" event, a municipal annual festivity.

Day 2 - September 9th

The second day focused first on acquiring knowledge about future thinking methodology and then on sharing best practices from cities.

The morning was led by futurist expert Thays Prado, supported by actresses Bárbara Água and Ana Morgado. In this workshop, Thays Prado introduced the youth activists to the plurality of the future and the individual and collective responsibility to create the future we want. She led a guided meditation on the future of the year 2035 and invited everyone to draw what they visualized in the meditation on a postcard. Then, in conjunction with the two guest actresses, the expert invited the participants to divide into small groups to share what they had reflected on in this exercise and then create a short scene with young characters projected into the year 2035, bringing in elements of the desirable future they had visualized in the previous exercise. The scenes were presented to the large group and at the end there was a free discussion about what we can do now, in the present, to make this future a reality and who would be responsible for doing these things. For example, one group created a conceptual scenario, a gear composed of humans, representing the cycle of obligations in which we are entangled—one person in the center spinning around and others around them, spinning around them. After many turns, a human element from the outer circle pulls out the human element at the core, thus breaking the cycle and opening up new possibilities for the future.

Thays Prado made a report after the event; she noted that over the course of the morning of work, the youth activists showed a significant change in attitude. While at the beginning, hesitation and a sense of uncertainty about the future as something negative prevailed, by the end, the young people were already showing more confidence that the future could be better than the present and awareness of their power to directly influence it. It was also possible to notice a slight difference in perspective, which was more focused on the individual at the beginning and more open to the collective and systemic at the end. Even though the expert recommended that participants have more contact with social, political, economic, and citizenship-related content so that they become more aware of systemic issues and their roles as citizens in contributing to the elimination of social inequalities and injustices.

The afternoon of the second day was dedicated to sharing practices among youth activists from the cities. RPCI asked the cities in the consortium to select, together with their youth activists, a best practice on participation or anti-rumours, in which youth activists played an active role. It was agreed early on that the presentations would be made by the youth activists themselves, with the aim of listening to their voices and empowering them. Three practices on youth participation were presented, one from each city in the consortium. We briefly describe these practices in point (3) of this report.

The afternoon ended with a guided tour of the murals in the Bairro da Torre neighborhood, created over more than a decade as part of the Infinito urban art festival. This festival is itself an example of participatory practices, where young adults play an active role. It was created and is organized by the local association Somos Torre, in cooperation with the neighborhood community, and has the financial and logistical support of the city of Cascais.

A social gathering was held at a central point in the neighborhood, where youth activists were able to interact with community leaders from the Bairro da Torre neighborhood.

Day 3 - September 10th

The third day focused on exploring another tool necessary for the implementation of local anti-rumour actions in the project: advocacy, and on applying the knowledge acquired during the days of the event.

In the first part of the morning, the CIE led a workshop highlighting the concepts of advocacy, campaigning, and lobbying, with illustrative examples.

In the second part of the morning, participants were invited to think about the practical application to local realities of the learnings acquired during the event. Youth activists were called to propose anti-rumours local actions, with the support of the youth workers. Large sheets of paper were distributed with a set of topics to be addressed:
-Participants & Context
-Title, Aims, Period of Implementation
-Description
-Challenges
-Impact

At the end of the workshop, each group presented their ideas to the others, with time for questions, answers, and suggestions.
Cascais divided the youth activists into two groups. One of the working groups proposed an action regarding cleaning two social housing neighborhoods in the city, in view of overcoming the neighborhood's street garbage. And the other one proposed an action about perceptions on life in social neighborhoods, in view of tackling discrimination against people who live in it. This group imagined a short film filmed in partnership with local artists, within an existing community project.
The Santa Maria da Feira working group proposed an action to tackle discrimination against migrants. The group thought of creating a mural in an urban area of the city and making a public event to present it to the community in general.
The Vila Verde working group proposed an action in the field of mental health of the youngsters. The group thought of spreading messages through local radio stations, social networks, and actions in schools and other CSOs.
The youth activists and the youth workers identified different challenges: the time, the bureaucracies needed, the community engagement, balancing time at school and the implementation of local action, and technical knowledge.

Next to this, RPCI presented the next steps of the project. RPCI remembered the main objectives of the anti-rumours local actions and also their number of participants and format. Later, called for the manifestation of interest by the youth activists to participate in the international event of Budapest and explained the aims of the event and the role of the youth activists in it. At the very end, RPCI scheduled the next National Community of Practices Meeting (Sep 23th, 5pm-6.30pm) and also remembered the date of the International Community of Practices (Sep 28, 9am-11am).

At the end of the event, RPCI called the participants to evaluate the 3-days event.
-In one word the participants shared that they felt, on the positive side, motivated, enthusiastic, confident, happy, grateful, sensitized, inspired, challenged, informed, ambitious, and on the opposite, pressured, integrated, capable, hungry, anxious, tyred, sad.
-The event was classified globally: Very Bad 1; Bad 1; Reasonable 8; Very Good 16; Excelente 2.
-The participants rated specific aspects (from very bad to excellent - 1 to 5): contents 3.8; working groups 3.9; debates 3.5; interactions/synergies 4.0.
-Regarding the anti-rumours contents, the participants felt: confusion 1; need to think a bit more 13; serenity 15.
-The participants were asked about how to apply knowledge acquired, they answered: in school; day-by-day actions; with family and friends; at work; on actions with youngsters; in my neighborhood.
-The participants were asked about things that could be different along the 3-days event: accommodation; more food; the working groups activities; the group dynamics; more ice-breaker activities; deeper debates; a week-long event instead of just three days; greater punctuality; theoretical explanations more suited to young audiences; respect for rest time; once the event was near the beach, meals could be on the beach.

2) Best practices of youth activists and cities

Cascais:
Youth activist Suse Vila Nova presented “Saving is investing,” a project that she implemented in Cascais with the support of the city, which aims to raise awareness about the importance of savings in the development of youngsters. This is part of the TAKE IT community project, which runs from December 2025 to June 2025.

Through non-formal education methodology, lectures, and workshops, it aims to develop financial literacy and autonomy among children and youngsters in the neighborhoods of Cascais.

Santa Maria da Feira:
Youth activist Inês Martins presented the Free your heART project, a Fine Arts and Photography Contest, which is open to all artists, regardless of age, nationality, or profession. It aims to encourage different talents and promote active participation in cultural and artistic initiatives. Free your heART was developed by a group of youngsters, the 2018-2019 Youth Council Team, and it is aimed at youngsters aged 13 to 25. This competition results in a selection of 30 works presented in a traveling exhibition format. The authors of the 30
selected works see their work recognized at a public ceremony, followed by the opening of the collective exhibition. They are awarded a culture kit and a gift card, which give the young artists the opportunity to visit museums, galleries, or artists' studios.

Vila Verde:
Four youth activists from Vila Verde jointly presented the Art Camp of the local youth group to which they belong (GIF J - Jovens do Gabinete para a Infância e Famílias), which is organized and supported by the city. The Art Camp was a 3-days event which brought together youngsters from the region, youth activists and sons and daughters of the municipal staff during school holidays and explored topics of social relevance, through different artistic expressions - Human Rights, Feminism, Environment, Work, among others.

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	01.04.2022	Initial version (new MFF).