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:	D14.1 (WP14)		
Event name:	Anti-rumours actions at local level in Portugal		
Type:	Event		
In situ/online:	In situ		
Location:	Cascais - Santa Maria da Feira - Vila Verde		
Date(s):	13th November, Cascais 27th November (two sessions in one day), Vila Verde 29th November, Santa Maria da Feira		
Website(s) (if any):	https://icei.it/en/progetti/epic_idea/		
Participants			
Female:	152		
Male:	102		
Non-binary:	1		
From country 1 [Portugal]:	255		
Total number of participants:	255	From total number of countries:	1

Description

Provide a short description of the event and its activities.

Anti-rumours actions were carried out in November 2025 in Cascais, Santa Maria da Feira and Vila Verde. These actions reached a total of 255 people (mainly children and young people), which significantly exceeded the expected number of individual direct participants, 151.

The actions aimed to mobilise youth activists by engaging them in creating and implementing local initiatives that would allow them to take on a leading role, reinforce positive interactions and idea-sharing among peers, and foster critical thinking and awareness of EU values. The actions also aimed to promote diversity and inclusion, and combat stereotypes and prejudices, through creative and artistic approaches.

Anti-rumours actions at local level in Portugal resulted from a set of proposals conceived and presented by youth activists who participated in the National Youth Camp. As mentioned in the earlier deliverable, dedicated to the National Youth Camp in Portugal, during the camp, youth activists were called to consider how the knowledge acquired during the event could be applied to local contexts and to propose anti-rumours local actions, with the support of the youth workers. These proposals were then taken to the cities, where youth activists discussed them with their working groups to improve them.

The working groups comprised people aged between 15 and 20 years old.

Several measures were taken to organise these anti-rumours actions:

1. RPCI held monthly meetings to plan the next steps of the project. Together with the three participating Cities and our social partner, Clube Intercultural Europeu, we defined objectives, monitored progress and presented the available budget to support the actions.
2. RPCI created a template to help youth activists build their local plan. Using this template, the youth activists of the working group identified the target audience, partner entities, implementation date, main objectives, methodologies, artistic expressions to be used, required resources, budget, expected challenges and impact.
3. The youth activists and the cities met regularly to discuss and decide on the action plan, based on their concerns and priorities. RPCI was present at least once at the first preparatory meeting in each city. The remaining preparation was made by the cities with the local young people engaged.
4. During the preparatory phase, with the support of the Cities, the youth activists met several times between October and November, both in person and online. RPCI communicated with the working groups via WhatsApp groups created for this purpose (Cascais and Santa Maria da Feira), as well as through municipal staff and youth workers from the three Cities.
5. RPCI reviewed the communication materials produced.
6. Youth activists from the three Cities implemented anti-rumours actions at local level through various artistic expressions aimed primarily at other young people, with the support of RPCI and the Cities.
7. RPCI and Clube Intercultural Europeu provided feedback to the youth activists who led the implementation of the actions.

The plan of the actions and the nature of the artistic expressions through which they were developed, and the communication materials produced, varied between cities. This was influenced by different contexts, the diverse backgrounds of the youth activists, and their different priorities.

Cascais

Preparation

At an early stage of the process, and with the support of the Clube Intercultural Europeu, Cascais organised an initial meeting bringing together youth activists from two different neighbourhoods. The purpose of this meeting was to foster joint reflection and brainstorming around two autonomous actions planned in the framework of the National Youth Camp. These actions initially focused on addressing the widespread perception that São Domingos de Rana is an unhealthy and neglected area, and that residents of the Cruz Vermelha municipal housing neighbourhood are associated with delinquent behaviour.

During this first joint exchange, it became evident that the young participants shared common experiences of social stigmatisation linked to living in municipal housing contexts. As a result, the youth activists collectively decided to merge the two initial ideas into a single action addressing the broader rumour that young people living in municipal housing are deviant or socially problematic.

Participants agreed to individually collect personal testimonies, everyday observations and concrete examples of discrimination encountered in public spaces, educational settings and social interactions. The youth activists recognised that developing a shared narrative across different neighbourhoods would strengthen the coherence and impact of the action, contributing to a more comprehensive approach to addressing rumours. This collective framing was identified as a strategic choice.

The group decided to produce short audiovisual materials aimed at exposing prejudices against people living in municipal housing, while simultaneously highlighting positive behaviours and inclusive practices. The videos were conceived as accessible, easy to produce and easy to disseminate, allowing them to reach a broad audience. These materials were designed to support a public awareness-raising action.

The youth activists from Cascais met a total of five times during the preparation phase. This included three online working sessions, primarily organised in small groups of approximately six participants to develop the action plan, and two in-person sessions dedicated to filming. Approximately thirteen youth activists participated in the in-person meetings, including members of the core working group as well as additional participants recruited as

performers or extras. While no formal digital voting tools were used, decision-making during online preparatory meetings relied on open discussion and informal consensus-building mechanisms.

The videos were entirely created by the youth activists, who were responsible for scripting, character development, storyboarding and planning the recordings. To support this process, a local artist was hired. This choice was strategic, based on the artist's strong links to the local community, technical audiovisual expertise and experience working in intercultural contexts. The artist facilitated the scriptwriting session, supported the filming process and carried out the post-production work.

Following the completion of the two videos, the youth activists, in collaboration with youth workers, prepared a public presentation to introduce and contextualise the action.

Implementation

Following the preparatory phase, on November 13th, the awareness-raising action was implemented through a public event held simultaneously with a community celebration organised by one of the groups to mark the anniversary of the B.Lab Project. During the event, two representatives of the youth activists presented the videos, introducing the overall project framework, outlining the concept of rumours and their social impact, and explaining the participatory process that led to the development of the action. They also shared reflections on their personal and collective learning experience.

The presentation was followed by an open debate, facilitated by the youth activists, which encouraged participants to share experiences related to neighbourhood stigmatisation and to reflect on how such narratives can be challenged through educational, cultural and community-based initiatives. After the formal presentation, the videos continued to be projected throughout the community event, further increasing their visibility.

The session was attended by a wide range of institutional and community stakeholders. These included representatives of the Municipality of Cascais, both territorial technicians from Alcabideche, Galiza and São Domingos de Rana and the Councillor for Youth; the Parish Council of Alcabideche, represented by its President, Vice-President and advisor; the Portuguese Institute for Sport and Youth; the Ajuda 2020 Project, with the participation of more than ten young people from Bairro Casalinho da Ajuda in Lisbon; the Residents' Association of Bairro da Cruz Vermelha; the Aproximar Cooperative for Social Solidarity; as well as representatives of partner organisations, youth workers, families and members of the local community. People between the ages of 10 and 50 participated in this action.

Observations
The anti-rumours action implemented in Cascais illustrates the value of context-based youth participation in addressing territorial stigma. Through a participatory process grounded in lived experience, youth activists transformed individual experiences of discrimination into a collective narrative with strong community relevance. The use of audiovisual tools supported engagement, accessibility and dissemination, while reinforcing collaboration between youth activists, local initiatives and partner organisations. The action demonstrated coherence with ongoing local projects and showed clear potential for integration into future inclusion and anti-discrimination initiatives.

Santa Maria da Feira

Preparation
In Santa Maria da Feira, the youth activists engaged in a structured and participatory planning process to define the scope and format of their anti-rumours action. The group consisted mainly of youth activists with prior involvement in the EPIC_IDEA project, including participants in the Youth Camp, which ensured continuity and a shared understanding of the project's principles and objectives. The working group was small but consistent and committed, with five regular members.
The preparation phase combined in-person meetings with online coordination, allowing for inclusive participation and flexible engagement. WhatsApp played a central role as a working and decision-making tool, enabling continuous communication and using polling functions to facilitate discussions and reach consensus efficiently.

During the initial meetings, the youth activists discussed collectively the rumours that most concerned them in their local context. Issues related to migration and disability emerged as particularly relevant. While acknowledging the importance of addressing these specific topics, the group unanimously agreed to organise a tote bag workshop that should include an open discussion on the rumours that participants themselves considered most meaningful. This approach aimed to ensure that the creative outputs would be personally relevant and grounded in the lived experiences of the young activists.

During the brainstorming phase, two main action formats were proposed: a tote bag painting workshop and the creation of a mural in a cultural forum. After collectively assessing feasibility, resource requirements and levels of youth ownership, the group voted unanimously for the first alternative. The decisive factor was the intention to retain full responsibility over all stages of the process, ensuring an active and leading role for the youth activists, rather than a primarily supportive role in an artist-led mural.

To support the implementation of the action, a young local artist with experience in textile painting and youth engagement was invited to collaborate. A structure for the session was developed by two youth activists (Helena and Inês) and shared via WhatsApp group to receive feedback.

Communication was also youth-led. A promotional poster was designed by one of the youth activists (Helena) and disseminated locally with the support of municipal channels and the personal networks of the group. Registration was made easy by a QR code that linked to an online form managed by local youth workers.

Implementation

Following the preparatory phase, the anti-rumours workshop was implemented on November 29th at CIRAC, a cultural forum located in Paços de Brandão. The venue was strategically selected due to its long-standing collaboration with youth-oriented and intercultural initiatives, as well as its capacity to attract a diverse audience through the multiple artistic and educational activities regularly hosted on Saturdays.

Twenty-five people attended the session at CIRAC, most of them were children and young people. The workshop brought together a heterogeneous group of participants, including youth activists previously engaged in EPIC_IDEA, children and young people who registered for the session, parents accompanying children and art students attending activities at CIRAC. Municipal staff from Santa Maria da Feira and members of the CIRAC team were present throughout the activity, providing institutional and logistical support. People between the ages of 4 and 46 participated in this action.

Two representatives from the Santa Maria da Feira youth group led the session. They started with an icebreaker and introduced the concept of rumours and their impact. They then led a brainstorming session on anti-rumour messages. The creative phase of the workshop, which focused on painting tote bags, was led by a young local artist who helped participants translate their reflections into visual messages.

During the facilitated dialogue on rumours, participants identified a wide range of prevailing stereotypes and misinformation affecting their communities. These included rumours based on distrust of people with migrant backgrounds, negative generalisations about young people (such as perceptions of incompetence or selfishness), gender stereotypes (such as the assumption that men are incapable of managing domestic responsibilities and that women are naturally predisposed to caregiving roles), and discriminatory rumours targeting Roma communities and women. The illustrations developed during the workshop reflected the diversity of the rumours identified, with many also focusing cross-cutting topics like fact-checking and active listening as key tools for interrupting the circulation of rumours. Messages encouraging solidarity, generosity and social cohesion reinforced the anti-rumour approach further by addressing the underlying mechanisms through which misinformation is reproduced and normalised.

Each participant painted from one to five bags. Participants were invited to keep one bag for personal use and offer the rest to local community members in the street in exchange for a brief discussion about rumours in general or the specific rumour addressed by the message on the tote bag. This outreach component was intentionally designed by the youth activists to include a “street dimension”, ensuring that the anti-rumours messages would reach a wider audience beyond the workshop setting.

While the first steps of the activity mainly engaged children and young people, the action extended to other target groups, in public spaces. As they went out into the street, the participants approached people who were on their own or in small groups. The participants of the workshop took the tote bags they had created to cafés, a butcher shop and the local market, using them as conversation starters to raise awareness and promote reflection among community members.

Observations

Following the workshop, surplus painting materials and tote bags remained available. In response, the youth activists, in coordination with the municipality, agreed to replicate the action in the near future. A local school in the same parish, characterised by a strong presence of students with migrant backgrounds, was contacted to host the next anti-rumours workshop. This future activity will follow the same structure and methodology as the session implemented, reinforcing continuity and sustainability.

The anti-rumours action in Santa Maria da Feira highlights the effectiveness of creative, youth-led approaches in promoting reflection on stereotypes and discrimination. By allowing young people to define both the thematic focus, the process strengthened ownership and active engagement.

The combination of artistic expression and community outreach enabled the translation of abstract concepts into accessible messages embedded in everyday contexts. The action reinforced local partnerships and demonstrated continuity potential within broader local strategies for inclusion and intercultural dialogue.

Vila Verde

Preparation

In Vila Verde, the preparation and implementation of the action was led by young people from the GIF J – Office for Children and Families *Youngsters* - composed of five regular members, who had already been actively involved in previous phases of the EPIC_IDEA project. The group took advantage of its regular monthly meetings as a space for collective reflection and planning. Three dedicated meetings were held with the specific aim of identifying group priorities and defining the focus and format of the action to be developed within the EPIC framework.

At the outset, the young participants critically assessed whether the action developed in Cascais would be relevant to their local context. Through discussion, they concluded that addressing a different thematic focus

would be more meaningful and timely for Vila Verde. The group agreed that working on rumours affecting Roma people would be both socially relevant and closely connected to realities observed in their territory.

This decision led to further reflection on the importance of centring the voices and lived experiences of Roma people themselves. In this context, the group identified an opportunity to reconnect with a long-standing collective ambition: the creation of a podcast regarding social issues. The podcast format was seen as an accessible, youth-friendly and sustainable tool, capable of amplifying marginalised voices and fostering dialogue beyond the immediate local context.

The young people collectively decided to invite two Roma women to participate in the first episode: one woman from Vila Verde and one nationally recognised Roma activist. The objective was to explore the rumours commonly associated with Roma communities and to understand how such narratives had directly impacted their personal and social trajectories. The youth activists developed the script and interview structure.

As part of the preparatory phase and the production of educational materials, the podcast was recorded remotely, with two members of the group, Luiza and Inês, conducting the interview. The guests interviewed were Susana Silveira (founder of the Costume Colossal Association) and Filipa Matos, both Portuguese Roma women, whose testimonies offered first-hand insights into discrimination. Both interviews focused exploring the prejudice and stereotypes Roma people face from a young age, both on social and professional settings. The interview also sought to dispel prejudices by asking guests to highlight positive aspects of Romani culture. During the recording process, another young participant from GIF J, Rita, contributed through an artistic performance, creating an illustration inspired by the conversation and filming the creative process.

All creative decisions related to the podcast were taken collectively by the group. This included the choice of the podcast's name, its visual identity/logo design, and its jingle as well. The last two were developed by one of the young participants, Guilherme. The artistic dimension of the project was intentionally integrated as a way of reinforcing youth ownership and expressive diversity.

Implementation

Following the preparatory phase, the podcast produced by the GIF J group was subsequently mobilised as a core educational resource in two anti-rumours awareness-raising sessions implemented at Vila Verde Secondary School on November 27th, 2025. These sessions were designed and facilitated by two young members of the group, Luiza and Inês, reinforcing the peer-led nature of the initiative and the central role of youth as educators and change agents. The sessions were attended by students between the ages of 15 and 18 and accompanied by education professionals responsible for the respective classes, aged between 30 and 50.

The sessions were structured around guided listening moments, during which selected excerpts from the podcast were presented to students, followed by facilitated discussions. The testimonies shared by the two Roma women served as a concrete entry point to explore how rumours and stereotypes are constructed, reproduced and internalised, as well as their tangible impact on individual life trajectories, access to opportunities and social participation. Particular attention was given to creating a safe and respectful space for dialogue, enabling participants to express opinions, ask questions and reflect critically on their own perceptions.

The sessions were highly participatory, with students actively engaging in debate and sharing personal reflections. Several participants, including young people with migratory backgrounds, contributed their own experiences of being targeted by stereotypes or rumours, allowing for meaningful connections to be drawn between different forms of discrimination. This exchange reinforced the relevance of the topic within the school context and highlighted the transversal nature of rumours across different social groups.

At the time of reporting, the podcast's introductory episode (episode zero) has already been made publicly available, and the first full episode is scheduled for release before the end of the year. The preparation, finalisation and dissemination of this episode are being carried out with the support of the Municipality of Vila Verde, which has accompanied the young people throughout the entire process, providing institutional backing and reinforcing the initiative's local anchoring.

Beyond the school-based sessions, the podcast is envisioned as a reusable and scalable resource, with potential to be integrated into future educational activities, community discussions and awareness-raising initiatives. Its digital format facilitates broader dissemination and positions the action as a sustainable contribution to ongoing anti-rumours and inclusion efforts within the territory.

Observations

The action implemented in Vila Verde demonstrates the relevance of adapting anti-rumours work to local priorities and social realities. By focusing on rumours affecting Roma communities and centring first-person testimonies, the initiative achieved strong authenticity and educational value.

The use of a podcast as an awareness-raising and educational tool supported youth ownership, creative expression and continuity beyond the initial action. The initiative shows potential for further use in both formal education settings and community-based activities.

Global remarks

The anti-rumours actions implemented at local level in Portugal demonstrate the added value of youth-led, context-sensitive approaches in addressing stereotypes, prejudice and discrimination. By engaging young

people not only as participants but as designers, facilitators and communicators, the actions reinforced youth agency and strengthened their role as active contributors to inclusive and plural communities.

Across the three cities, youth activists addressed recurring rumours targeting similar social groups, including people with migrant backgrounds, young people, Roma communities and women. These rumours were characterised by generalisations, emotional biases and a lack of verified information, reflecting common mechanisms of misinformation at local level. This confirmed the relevance of critical thinking, fact-checking and dialogue.

The engagement of the youth activists as leaders of the initiatives functioned as an effective mechanism of informal dissemination, contributing to the amplification of impact within the territories. Through peer-to-peer engagement, school-based activities and community-oriented actions, the initiatives reached diverse audiences and fostered dialogue across social, cultural and generational boundaries.

The integration of artistic and creative methodologies proved particularly effective in translating complex and abstract concepts—such as rumours, stigma and prejudice—into accessible and relatable formats. These approaches facilitated engagement with heterogeneous audiences and supported critical reflection in both formal and non-formal educational settings.

At the local level, the actions reinforced existing partnerships between youth groups, municipalities, schools and civil society organisations, contributing to sustainable local collaboration. The adaptability of the methodologies, combined with strong youth ownership and the use of locally available resources, highlights the high potential for replication and integration of these actions into future initiatives focused on inclusion, citizenship, intercultural dialogue and anti-discrimination.

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