



2025

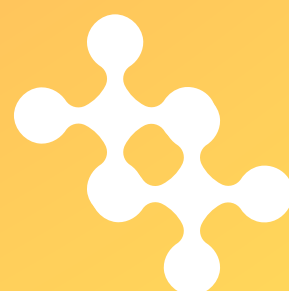
BOOKLET

FUTURO SOLIDÁRIO



Table of Contents

| | |
|-------------------------------|----|
| 1. Introduction | 01 |
| 2. The Project | 02 |
| 3. Financing | 03 |
| 4. Youngsters | 04 |
| 5. The Activities | 06 |
| 6. Results | 13 |
| 7. Testimonials | 14 |
| 8. Contact Information | 15 |



1 Intro- duction

Welcome to the official booklet of our European Solidarity Corps project Futuro Solidário, dedicated to advancing non-formal and informal education where the main focus is on addressing social isolation and loneliness.

Although we have a reference plan for various activities, our goal is for these meetings between young people and the elderly to flow naturally. In fact, the goal is to allow people the freedom to explore what they like and want. However, we consider it interesting to pre-define a set of activities because it may be valuable to engage the elderly and young people to try new dynamics.

The activities we have pre-planned explore different areas of action:

* Art

* Sports

* Heritage and
Traditions

* Civic education

* Digital Literacy

2 The Project



The aim of "Futuro Solidário" is to promote active aging, community development and to foster close relationships between young people (ourselves and others who want to join) and the elderly of Águeda, creating a positive synergy between those entering adulthood and those who carry within them a past and a history deserving of attention and care. Thus, besides seeing this project as an opportunity to improve the quality of life for the elderly in Águeda, we also see it as an opportunity for us to learn more about traditions, solidarity, empathy and to grow as individuals.

Moreover, we interacted directly with the elderly and worked closely with local organizations, which resulted in the development of a detailed plan to reduce the isolation of the elderly in Águeda.

Objectives

- * Promoting the active participation of young people and the organisations involved
- * Promoting active citizenship and youth entrepreneurship
- * Promoting social inclusion, diversity, equal opportunities and democracy
- * Accessibility of opportunities, because as a local project it facilitates access to participation and knowledge of other opportunities offered by the European Commission for young people
- * Getting closer to European values and identity
- * Social cohesion achieved by dynamising the community in favour of a common challenge that needs a collective response.

3 Financing ●



Futuro Solidário , project number 2023-3-PT02-ESC30-SOL-000173696 is an action from Solidarity Projects (ESC30-SOL) granted by Erasmus+ Youth in Action.

The European Solidarity Corps (ESC) is a European Union initiative aimed at young people, offering them opportunities to volunteer or work on projects—either in their own country or abroad—that benefit communities across Europe. Once registered, ESC participants can be selected to join a wide range of projects. These projects typically last between two and twelve months and usually take place in EU member states. All young people involved in the project are members of the European Solidarity Corps.

The Erasmus+ Youth/Sport and ESC National Agency is the mission body responsible for managing the Erasmus+ Programme in Portugal in the fields of youth and sport, as well as overseeing the remaining activities of the “Youth in Action” Programme. It also coordinates the Eurodesk information network in Portugal. The agency supports Youth Exchanges, European Voluntary Service, International Training, Strategic Partnerships, and Structured Dialogue events. It also provides support and information on the Sport dimension and the European Solidarity Corps under Erasmus+.

The Futuro Solidário project was funded by the European Solidarity Corps with support from the Portuguese National Agency Erasmus+ Youth/Sport and ESC.



**Co-funded by
the European Union**

4 Youngsters



Mariana Pereira

I'm 24 years old and I have a degree in Social Education from the Viseu School of Education. From a very early age, I knew that my profession had to involve helping people. I wasn't sure who, but I had that desire. During my volunteering experience, I fell in love with working with the elderly and this gave me the idea and the opportunity to take part in this project, which completes my ambitions of doing good and spreading joy to those who need it most.

Ana Pedro

I'm from Barrô, Águeda. I have a degree in Marketing from the Polytechnic Institute of Viseu and I'm currently doing a professional internship. In my spare time I enjoy reading, traveling and spending time with friends and family. The world of Erasmus+ was introduced to me by Psientífica when I was a small child of 10. As soon as I turned 13, I started taking part in Psientífica's youth mobility activities and since then I've been involved in almost every project. Meeting people from other countries, being able to have a dynamic attitude in our community is what fascinates me the most and so, whenever I can, I like to contribute to a different world together with my friends.



Ana Teles

I am Ana from Águeda and i have a degree in Office Management studies and business communication. She entered the world of Erasmus+ as a participant in a Youth exchange in Poland and it was there that she fell in love with solidarity and multiculturalism. She brings to this project a passion for organization and administration as well as communication and the ambition to help others.



Bárbara Resende



Hi! I'm Bárbara and I'm a 18 years old Psychology freshman at the University of Coimbra. My journey into the Erasmus+ world began through the Águeda Youth Center.

Inspired by the chance to connect with individuals who have experienced more of life and to contribute to shaping a better world, I embraced this project with heart and purpose. I'm also a member of the "Interdito" theater group and an active contributor to the Communication, Writing, and Image Department of the Coimbra Academic Association, she brings creativity, communication skills, and dedication. "I Keep in myself all the dreams in the world" like the poet Fernando Pessoa would say.

Luíz Nascimento

I'm Luiz, I'm 20 years old, I study in Coimbra and I'm Brazilian! I like to travel and spend as much time with my friends and family as possible. I bring to this project a lot of enthusiasm and commitment to the community that welcomed me so warmly.



The Activities



Capacity building

Futuro Solidário implemented capacity building sessions on important topics such as assertive and empathetic communication, debunking myths and prejudices about the elderly, what to do in case of a fall or other medical need and basic first aid.

Group dynamics to strengthen the cohesion of the volunteer group cultivating a sense of belonging to the group and contributed to a better understanding of Non-Formal Education; In parallel regular meetings were crucial to the development and adjustment of the project activities to the community interests and needs.



Implementation

During its implementation, Futuro Solidário focused on creating informal, meaningful interactions between young people and the elderly. These encounters aimed to build friendships, encourage intergenerational knowledge exchange, and reduce social isolation in both age groups. While flexibility was crucial during the project activities rooted in non-formal and informal education, stimulating participants socially and cognitively covered areas like art, traditional games, sports, and civic education.

Monitoring/ Evaluation and Dissemination

The evaluation of Future Solidarity was a fundamental component of its development. Through tools such as observation, satisfaction questionnaires, testimonial collection, the team was able to monitor progress, gather feedback, and measure the project's impact in a structured and meaningful way.

5.1 Capacity Building



Workshops

Group dynamics to strengthen the cohesion of the volunteer group cultivating a sense of belonging to the group and contributed to a better understanding of Non-Formal Education.



Capacity Building

Futuro Solidário invested in developing robust knowledge, essential for creating meaningful, adaptable, and inclusive learning experiences to empower volunteers and enhance both the immediate impact and long-term sustainability of the project.



Implementation

Group Reflections and Team Building activities were beneficial to the decision making process.

5.2 Implementation



Acrylic painting



Story Time

The elderly participants in the Futuro Solidário project took part in a creative painting activity where they used acrylic paints on small canvases. Guided by young volunteers, the session was a delightful opportunity for intergenerational exchange, as the elderly shared their experiences while expressing themselves artistically

This storytelling session not only provided an opportunity for the elderly to reminisce and relive cherished memories but also allowed the young participants to connect deeply with their experiences. The exchange created a strong emotional bond, stimulating the minds of both groups and fostering a sense of solidarity, respect.

5.2 Implementation



**Caminhada em
Águeda**



**O maior pai Natal do
Mundo**

Futuro Solidário hosted a group of elderly people for a festive afternoon, including a walk through the Christmas grounds in Águeda, along with plenty of shared moments, histories and memories.





Only Fall in Love

Awareness Campaign

This awareness campaigns held in the beginning of the year and in warm up to the month of love took the participants to the streets, distributing informative flyers to the local community. These flyers highlighted important safety tips, preventative measures, and resources to help reduce the risk of falling.



Raising awareness



Connecting



Inclusion

Na Semana dos Afetos celebramos o amor em todas as suas formas e nada diz "amo-te" como cuidar da segurança de quem mais importa! Deixamos aqui algumas dicas:

Tapetes? Só os voadores! Evite os soltos e escorregadios.

A **luz** do amor é linda, mas a da casa tem que ser forte e clara.

Corações aquecidos e pés bem calçados — confortáveis e com boasola.

Amor é apoio: instale barras nos locais-chave, como na banheira e escadas.

Faça check-ups de visão e audição – ver e ouvir bem é amar bem.

Movimento é vida — pratique exercício para manter o equilíbrio e a força.





Pocket Hugs in Águeda

On Valentine's Day, the Futuro Solidário team spread love and warmth throughout the city with a heartwarming Free Hugs campaign. Young volunteers and elderly participants joined forces to offer free hugs to passersby, turning the streets into a space of affection, connection, and joy.



Hydrogymnastics

This activity brought energy and laughter to the group. Facilitated by the young volunteers, this water-based session was designed to promote movement, well-being, and fun for the elderly participants. With music, smiles, and a great sense of teamwork, the municipality pool became a space of shared joy and vitality.



Carnival Dance

This traditional masquerade where both young volunteers and elderly participants dressed up in colorful costumes and masks, embraced the festive spirit of this beloved portuguese celebration. Set to lively music, the event was filled with dancing, laughter, and playful creativity.



Online Grandparents

Digital literacy empowers the elderly to stay connected, informed, and independent in today's digital world.



Digital Inclusion

Futuro Solidário team led digital literacy sessions teaching elderly participants how to use their phones and WhatsApp to stay in touch with distant loved ones. The activity promoted digital inclusion, emotional connection, and independence.



My father's watch Storytelling

On Father's Day, Futuro Solidário hosted a storytelling session where a heartfelt story was shared with the elderly, inviting them to reflect and share their own cherished memories. This emotional exchange encouraged connection, stimulated memory, and promoted a sense of purpose, key elements for healthy and positive aging.

6 Results



Future Solidarity drove meaningful social change by bridging generations and creating stronger community ties.

Youth Empowerment & Personal Growth

- **Skill Development:** Youth volunteers develop empathy, leadership, communication, and project management skills.
- **Entrepreneurial Spirit:** Leading initiatives boosts creativity, responsibility, and the ability to turn ideas into action.
- **Social Impact Awareness:** Volunteers experience firsthand the value of solidarity, inclusion, and social responsibility.
- **Loneliness Reduction:** Intergenerational bonds also help combat isolation among youth, creating a two-way support system.

Elderly Engagement & Empowerment

- **Reduced Isolation:** By building intergenerational friendships, elderly participants feel more connected, valued, and less lonely.
- **Active Aging:** Youth-led lifelong learning sessions help seniors stay mentally, socially, and emotionally active.
- **Mutual Learning:** Knowledge flows both ways—youth teach digital skills or literacy, while seniors share life wisdom, cultural heritage, and practical know-how.

Community-Wide Transformation

- **Challenging Ageism:** The project promotes respect and understanding across generations, helping dismantle age-based stereotypes.
- **Inclusive Mindsets:** Engaging the whole community encourages empathy, challenges prejudice, and nurtures a more cohesive and inclusive local culture.
- **Lasting Impact:** By changing how both youth and seniors are perceived, the project fosters sustainable social transformation in Águeda.

7 Testimonials

The atmosphere of the space and the Christmas spirit were extremely positive. I highlight the creativity and diversity of the proposed activities. We appreciate the effort and dedication put into organizing this special and enriching moment.

- Ana Laboutieres

.....

.....

These girls did an extraordinary job. I really liked the story; it was very moving.

- Mariana Pereira

.....

.....

Being part of this project was, above all, a privilege. It was wonderful to receive the warmth and affection of the elderly during our activities.

- Bárbara Resende





● **Let's
Connect !**

Contact Information

Phone

+351 234 623 012

Email

geral@psientifica.org

Website

www.psientifica.org

Social Media

@centrodejuventudededeagueda

Ebook

<https://heyzine.com/flip-book/a1cff58c88.html>