

**BLENDED INTENSIVE PROGRAMME**

**“Me in the World III”**

**6-10 May 2024**

**Coordinator:** Polytechnic Institute of Maia

**In-person mobility:** 35 hours (6-10 May 2024)

**Virtual mobility:** 5 hours (to be scheduled)

**ECTS: 3**

**Main target audience:** students with fewer opportunities

**Course description:**

Interventions in the field of disability or incapacity date back to the 19th century. At the end of the last millennium, policies for the integration and inclusion of people with disabilities and/or incapacity, as well as less favoured populations or those at risk of social exclusion, based on the concepts of equal opportunities and the rights of human beings, created new challenges for segregated educational institutions and even for society.

Based on the promotion of equality and inclusion, the aim of this project is to provide disadvantaged groups with fewer opportunities compared to their peers the chance to participate in an exchange programme, with participants being hosted at the Maiêutica Academic Campus. The project targets students in vulnerable situations due to personal difficulties or obstacles that limit or prevent their participation in transnational projects or attendance at higher education institutions abroad.

**Aims/learning outcomes:**

Assuming our social responsibility and the commitment as a signatory institution of the Diversity Charter, as well as our support and openness to the community, we consider it essential to provide a response and equal opportunities to this population, with the following aims:

- welcome students in vulnerable situations, due to personal difficulties or obstacles that limit or prevent their participation in transnational projects or higher education, and provide them with all the means to develop their skills;
- address a serious gap that exists in terms of support and equal opportunities for all students.

Through this programme, we aim to foster the development, enhancement, and quality of life of the target population while maintaining a strong and committed relationship between the promoting institution, the participating institutions, and society. It is understood that this person-centred process, shaped by the principles of self-determination, equity, and equal opportunities, will enable these young adults to make informed decisions about their life choices.

Our mission is to promote the following values:

- **Self-determination:** empowering individuals to make their own choices;
- **Respect:** ensuring dignified treatment for all and respecting their rights;
- **Valuation:** appreciating, recognizing, and providing opportunities for personal development;
- **Cooperation:** fostering a strong team spirit and encouraging collaborative work for the benefit of participants;
- **Rigour:** maintaining consistency and encouraging the entire team to uphold best practices;
- **Trust:** establishing transparent and credible relationships with the surrounding community to maintain internal and external connections;
- **Innovation:** developing innovative activities and projects that meet participants' expectations, interests, and needs;
- **Excellence:** ensuring continuous improvement and investing in the quality of services provided.

#### Programme:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10.00 – 12.30</b>	Treasure hunt	Swimming	Me in the world: sharing experiences	Do you know how to use Power BI?	Porto walking tour
<b>Lunch</b>					
<b>14.00 – 16.30</b>	Football	Downtown Porto	Adventure world: slide and rappel	Team building: games	Let the games begin
<b>16.30 – 17.30</b>	Daily assessment	Daily assessment	Daily assessment	Daily assessment	Daily assessment
<b>19.00</b>	-	-	-	-	Porto by night

#### Teaching methodologies:

Through training based on participatory and interactive methodologies, participants will evolve both personally and professionally, developing their sense of initiative, respect for diversity, and the need to act in a spirit of solidarity and tolerance.

**Assessment:**

Assessment will be an essential part of the project and will be conducted on two levels:

- Among the participants: daily assessments of the learning topics and progress of the project will be conducted. This will provide organisers with the opportunity to adapt the programme according to the participants' needs. The daily assessments will be conducted orally.
- A final evaluation to determine whether the original learning outcomes were achieved will take place at the end of the project. This final evaluation will include a questionnaire/evaluation form to assess the technical and methodical aspects of the project, as well as an oral reflection session to share impressions among the participants.

**Description of the different phases of the project:****Preparation:**

- Meeting with participants
- Motivating and preparing participants for the project
- Assisting partners in preparing for the mobility
- Meeting with the teachers who will participate in the Erasmus mobility

**Dissemination activities:**

- Sharing the project results on our social networks;
- Each group will be responsible for organizing an activity in their institution after the youth exchange to share the project results;
- The organizing partner will arrange an online meeting after the youth exchange to review accomplishments and identify areas for improvement in the next project.

**Workload:**

- **In-person mobility:** 35 hours
- **Autonomous work:** creation of a video depicting the activities conducted throughout the week to be posted on the social networks of the host and partner institutions;
- **Individual report:** reflections on the in-person mobility period (serving as the final assessment for each participant);
- **Virtual mobility:** 5 hours - following completion of a questionnaire assessing the technical and methodical aspects of the project, an online session for participants to share their impressions will be conducted.

**Contact**

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