EVENT DESCRIPTION SHEET

PROJECT	
Participant:	5 - GloUni - Global Development Uni
PIC number:	881089219
Project name and acronym:	Youth DemocrAID: Education, Debate, Action - Youth DemocrAID

EVENT DESCRIPTION			
Event number:	WP6		
Event name:	Implementation in Portugal		
Type:	Workshop, training		
In situ/online:	in-situ		
Location:	Lisbon, Portugal		
Date(s):	27/01/2025; 17/06/2025		
Website(s) (if any):	https://youthdemocraid.weebly.com/		
Participants			
Female:	44		
Male:	27		
Non-binary:	0		
From country 1 [Portugal]:	71		
Total number of participants:	71	From total number of countries:	1

Description

Provide a short description of the event and its activities.

The implementation of the Youth DemocrAID project in Portugal aimed to strengthen young people's awareness of their role within democratic societies, encouraging them to explore how their voices and actions can contribute to community life. The activities carried out under WP6 - Implementation in Portugal focused on creating a participatory learning environment where young people could reflect on democratic values, exchange perspectives and experiment with forms of civic engagement in a practical and meaningful way.

The workshops were held in Lisbon and coordinated by GloUni. A total of 71 participants from Portugal attended, comprising 44 women and 27 men.

The Portuguese implementation included five workshops conducted in January and June 2025, addressing the following topics:

- Introduction to Democracy and Citizenship (27/01/2025)
- Youth Leadership and Empowerment (17/06/2025)
- Community Action and Grassroots Initiatives (17/06/2025)
- Youth and Civic Engagement (17/06/2025)
- Political Participation and Advocacy (17/06/2025)

Active citizenship, individual contributions to communities, and civic participation in democracy framed the discussions throughout the workshops, which created spaces for open interaction and exchange among participants.

Students' active engagement, encouraged through non-formal and horizontal learning activities, formed the core of dialogue, with these activities carefully pre-designed by project partner organisations to foster participation, critical thinking, and peer-to-peer exchange.

The sessions were guided by a facilitator with extensive experience in youth work and participatory education, who supported the group in navigating discussions, encouraging inclusive participation and adapting the pace of activities to the needs of the participants. The facilitator supported the group in navigating discussions, encouraged inclusive participation and adapted the flow of activities to the needs and dynamics of the participants, making use of resources and methods co-developed within the project.

Each workshop followed a coherent learning pathway, beginning with a short introduction to the CERV Programme and the project framework and its core values, followed by moments of conceptual input and progressively more interactive activities. This structure allowed participants to first familiarise themselves with key ideas and then actively engage with them through practical exercises and group work.

Introduction to Democracy and Citizenship

The first workshop took place in Lisbon, and it brought together young people from the different schools in the region. The objective of this workshop is to increase the literacy of youths regarding civic values and democratic participation, and how young people can promote a change in their communities through increased participation.

To facilitate the learning process during this workshop, two Interactive Non-formal Activities have been included (using elements of the Youth DemocrAID methodology). The first activity was based on a quiz called "How Does My Democracy Work?" This was set up so that participants could gain an understanding of how their country's National Institutions work; how Elections are conducted; and how Political Parties are positioned on the Political Spectrum. Participants created Word Clouds, utilised Guided Questions to evaluate prior knowledge, and had an opportunity to ask any questions about what they may not have understood about different aspects of the Democratic Process.

The second Interactive Non-formal Activity focused on Media Literacy. The activity was designed as a Practical Exercise based on the activity called "Be a Fake News Content Creator" to have the participants investigate the spread of misinformation Online, the Impact that Algorithms have on the Exposure of content, and the differences between Reliable and Misleading Information in the Digital World. This activity fostered Critical Thinking Skills and encouraged participants to always check their sources and to be aware of what is taking place in their Digital Environment.

The final part of the Workshop was a Short Discussion on Freedom of Expression and Dialogue within Democratic Societies. Participants reflected on the value of respectful disagreement and the need to consider different perspectives when addressing public issues.

Overall, the session provided an accessible and engaging introduction to democratic participation, equipping students with practical knowledge and encouraging them to see themselves as active contributors to their communities.

Youth Leadership and Empowerment

In June 2025, GloUni held another workshop as part of a two-part series called the Youth DemocrAID project. The purpose of this workshop is to provide an overview of how young people can develop leadership skills and confidence in making decisions, as well as learn how they can contribute to their

communities through their potential. The workshop was delivered following the Youth DemocrAID Methodology, which incorporated ethical standards and underlying European Values found in the CERV programme.

Two activities from the Youth DemocrAID Toolkit were delivered to encourage active participation by the participants in the workshop. The first activity was called "Mission Impossible" (Icebreaker), where participants were put into small groups and completed a timed construction challenge that contained several unexpected obstacles. This activity developed teamwork, adaptability, and the ability to have shared leadership early in the workshop, developing trust among the group.

The second activity was called "Critical Decisions" (Leadership Simulation), where participants were again divided into small groups and discussed, analysed and presented their analyses for solutions to different real-life situations related to Conflict Resolution, Inclusion and Ethical Dilemmas. Each participant in the group had an opportunity to share and present their thoughts on the proposed courses of action, which resulted from their analyses.

The exercise strengthened critical thinking, responsibility, and collaborative problem-solving, while highlighting the challenges leaders face in complex situations.

The workshop concluded with a short group discussion reflecting on leadership, empowerment, and the challenges young people encounter when trying to participate in civic and community life. Participants shared insights from the activities and identified personal strengths they wished to develop further.

Overall, the workshop created an inclusive and motivating environment, offering young people practical tools for leadership and encouraging them to see themselves as active contributors to positive social change.

Community Action and Grassroots Initiatives

The third local workshop was also held in June 2025 and it sought to teach the concepts of "grass-roots activism". The participants learned that through their own actions at the level of the community, they can influence democratic change in their respective home communities. This session provided participants with a foundation of knowledge on grassroots activism while also offering them useful tools for determining the needs of their local community and developing a small-scale project that has a positive effect on the area.

The main part of the session focused on participants planning a local initiative. They did so in small groups, selecting one community challenge, utilising the structured planning template to outline a SMART goal, set out steps for achieving said goal, identify the resources required and determine who will be a stakeholder in the project. Groups presented their local initiatives to the others, received constructive feedback, and made comments regarding how to strengthen and/or scale the concepts presented.

In the final section, a practitioner shared their experience as an activist and/or NGO professional about the types of information that are most important when establishing a community project, what the most common obstacles to establishing a community project are, and how one can effectively build partnerships to maintain community engagement in their initiatives.

The workshop concluded with a resource-mapping exercise that encouraged participants to identify local organisations, potential funding sources, and individuals who could support the implementation of their ideas. This final activity helped them visualise concrete next steps and strengthened their confidence in turning concepts into action.

Overall, the session provided an engaging and practical introduction to grassroots activism, empowering participants to recognise their capacity to initiate meaningful change within their communities.

Youth and Civic Engagement

The local workshop was run by GloUni, held in Lisbon, regarding Youth and Civic Engagement as part of the Youth DemocrAID Project. The workshop discussed the fundamentals of Citizenship, Participation

and Youth in Community Development. Using Non-Formal Education Methods, facilitators helped participants analyse the different ways in which young people can engage civically, including voting, volunteering, Digital Participation and Community Organisation.

The icebreaker Counting Done Easily was conducted to develop participants' group dynamic and get them ready for the collaborative work ahead. This energising activity focused on developing participants' ability to work in cooperation, stay focused and coordinate with each other. Following the icebreaker activity, participants participated in the first core activity, titled My First Political Party, where groups of participants worked together to create a political party of their own, develop their party's core values and policies, and make a presentation about their political party's philosophy and priorities. This activity allowed for the practice of public speaking, as well as the opportunity for each participant to reflect on how political views and values are developed and expressed.

In the second activity, titled Political Compass, participants had the opportunity to gain a better understanding of the many different political ideologies that exist by developing a conceptual political compass that illustrates a two-dimensional model of political ideology. Using group work and discussion, participants were able to position several different political statements within the political compass, and each participant also completed a simplified quiz to help them identify their personal political perspectives. This activity enabled participants to see how different political beliefs exist in democratic societies and how complex and unique those beliefs can be within a democracy.

At the end of the day, the workshop concluded with a structured debate that allowed participants to discuss what they learned from the workshop, how their political viewpoints differ, and how young people can be more civically active in their communities. Throughout the day, participants were actively engaged, were curious, open, and showed a great willingness to participate in the day's activities. At the end of the workshop, there was a moderated discussion about how young people can contribute to the future of democracy in Portugal. Participants shared their personal experiences with obstacles they face in becoming engaged and provided suggestions for small ways they can help improve their communities.

Political Participation and Advocacy

The last workshop was also hosted in Lisbon on the topic of Political Participation and Advocacy. The purpose of the training was to develop their understanding of political participation as an essential part of a democratic society and provide them with skills for advocating their views and influencing public policy.

To promote team-building and utilise previously learned material, the workshop began with a collaboration-building Icebreaker called the Mind Game. Through this activity, participants built Acronym Crosswords from terms and phrases that represent political thought and advocacy. Through this process, participants worked together, shared ideas, and reflected on the major themes of democracy.

The first non-formal activity was Did You Know?, which included an interactive question-and-answer game with participants divided into two teams to answer questions about Political Systems/Civic Rights/Democratic Institutions. Participants gained an increased understanding of the importance of Political Participation while promoting friendly competition.

Next, participants engaged in Speed Debating by rotating debate tables, discussing current social and political issues to improve one's ability to state an argument, think critically and to have respectful discourse when discussing varying opinions. Finally, the Approaching Tomorrow activity invited participants to create a concise strategy for Advocacy based on their assigned topic & method of advocacy (i.e. petition, protest, social media) in small groups. Each group prepared and presented Concise Action Plans on its topic & providing an opportunity for the group to continue to practice making group decisions & communicating effectively as a team.

The session concluded with an open discussion for the participants to reflect on their experiences in engaging with Democratic processes as well as the various ways youth may participate in shaping the Democratic process.

Throughout all workshops that have been conducted within the framework of the Youth DemocrAID project, participants have shown high motivation, curiosity, and readiness to discuss democratic topics. These workshops successfully used non-formal learning methodology that mixed interactive activities

and open dialogues as methods; they were truly inclusive, where young people felt safe while expressing their opinions and working together with others. At the same time, a wide range of different topics was explored, such as civic engagement and grassroots initiatives, leadership, political participation, and media literacy, providing participants with practical knowledge and reinforcing self-confidence in active involvement within their communities. Overall, the workshops supported the development of more aware, engaged and proactive young people, strengthening their sense of responsibility and agency within society.

Following the event, all participants were promptly provided with essential project data and a link to access the EUSurvey platform.

Social media posts about the workshops implemented in Portugal:
Facebook Youth DemocrAID

Website articles:
https://youthdemocraid.weebly.com/news/workshops-in-portugal

EDS publication links:
https://you-net.eu/eu-projects-youth/youth-democraid/
https://youthdemocraid.weebly.com/news