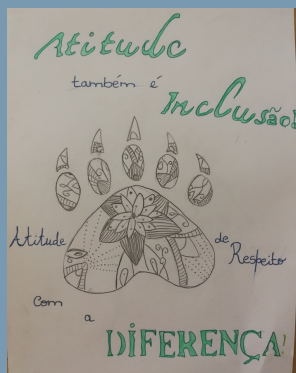


BUT...WHAT IS...

Inclusion?

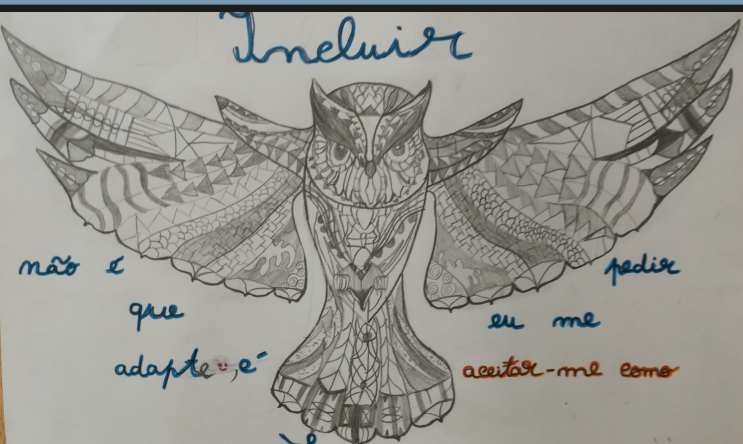
Actions that guarantee the equal participation of everyone in society, regardless of the conditions they face or their individual or cultural differences.

or in short...



TO INCLUDE IS...

- HELP
- ADAPT
- SOCIALIZE
- COMMUNICATE
- COOPERATE
- UNDERSTAND
- ACCEPT



Short Movie «Learn to Try»



Watch our short on youtube, in our channel (CAAB Centro)!

A short-movie about inclusion that was thought, produced, interpreted and edited by us!

The first step towards inclusion is a sincere attempt to accept the differences of others and ours, in an attitude of dialogue and cooperation.

Our mural about Inclusion

After activities based on non-formal education, our members conceived and executed our mural, where a desire for peaceful coexistence in difference is visible.



INCLUSION



With the support of IPDJ, I.P.



Centro Cultural e Recreativo de Aguada de Baixo

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CAAB WERE IN AGUADA DE BAIXO



CAAB youth did an orientation activity on inclusion in Aguada de Baixo and spoke to the community about inclusion in our village. They had the opportunity to contact directly with other generations and speak in a structured way on this topic. Here are their conclusions:

PEOPLE WERE OPEN TO DIALOGUE

Although with some shyness, everyone collaborated with our young people in their tasks.



THERE IS DISCRIMINATION

Although aimed mainly at an ethnic minority, some people shared that they have already suffered discrimination for coming from another region or for their physical appearance.

DIFFICULTY IN THINKING ABOUT SOLUTIONS

Thinking about activities that bring together different cultures in the community is difficult and all interviewees found it difficult to think about strategies.

CAAB WERE IN ÁGUEDA



With the European volunteers from the Águeda Youth Center, our youth took part in an activity in which they had to imagine a perfect country, with the values they cherish the most.



Common values that were in all countries:

- Sustainability
- Interculturality
- Dialogue
- Health
- Education



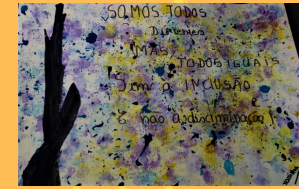
It was an important exercise of reflection, imagination and creativity, which allowed them to reflect in groups about what kind of world they would like to help build.



CAAB STAYED IN HOME

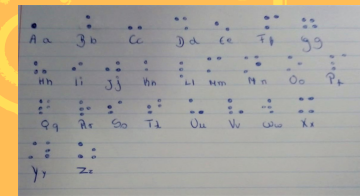
During the quarantine, we did not stop even though we stayed at home. Members participated in challenges about inclusion where they had to search for information, create content and be creative and imaginative.

Here are some of the results of these challenges:



In northern Europe, one of the prejudices towards the Portuguese is that we are disorganized, lazy and corrupt.

THE BRAILLE SYMBOL SYSTEM IS UNIVERSAL.



In Roma community, age is a value. As it is the elders who transmit knowledge and wisdom, they are respected for their life experience. In many disputes between members of the Roma people, it is customary to turn to an older person to resolve the conflict.

IN ÁGUEDA, THE LARGEST NUMBER OF IMMIGRANTS COME FROM BRAZIL AND UKRAINE.

