

FICHA DE PROJETO

Acrónimo:	BALANCE
Designação do projeto (PT/EN):	BALANCE - 2024-2-CZ01-KA220-YOU-000281787
Código do projeto:	2024-2-CZ01-KA220-YOU-000281787
Objetivo principal:	Cooperation partnerships in youth
Entidade financiadora/Programa de financiamento:	Erasmus+
Região de intervenção:	NUTS II - Alentejo
Investimento Total Elegível:	400.000,00 €
Custo total elegível (IPSantarém):	43.000,00 €
Apoio financeiro da União Europeia:	43.000,00 €
Apoio financeiro público nacional/regional:	-
Taxas de financiamento:	100 %
Entidade beneficiária:	Instituto Politécnico de Santarém
Investigador Responsável:	Pedro Jorge Richheimer Marta de Sequeira
Parceiros:	Azerbaijan State Academy of Physical Education and Sport; KAJAANIN AMMATTIKORKEA KOULU OY; UNIVERSIDAD DE LA LAGUNA; UNIVERSITE DE BORDEAUX; UNIVERSIDAD DE MALAGA; UNIVERZITA KOMENSKEHO V BRATISLAVE; OLES HONCHAR DNIPRO NATIONAL UNIVERSITY; UNIVERZITA KARLOVA.
Equipa:	Marco António Colaço Branco
Data da aprovação:	-
Data de início:	2025/08/28
Data da conclusão:	2027/08/27
Domínio científico e subárea científica:	-
Resumo (objetivos, atividades e resultados esperados) - em PT e/ou EN:	<p>The BALANCE project directly addresses the horizontal priority of Common values, civic engagement, and participation by encouraging young people to actively participate in their own well-being through healthier lifestyle choices, fostering a deeper understanding of how personal health ties into the larger social and civic framework. By incorporating European values such as solidarity, inclusion, and equal opportunity, the project promotes civic responsibility, equipping young people to become proactive in both their physical health and their engagement with the community. The project focuses on fostering</p> <p>a sense of shared responsibility for collective well-being, encouraging youth to advocate for health initiatives in their local communities, thus promoting a more engaged and healthier society.</p> <p>In addition, BALANCE aligns with the youth priority of promoting active citizenship, young people's sense of initiative, and youth entrepreneurship, particularly social entrepreneurship. The project's focus on empowering youth through educational tools, role models, and ambassador programs</p>

	<p>encourages young people to take initiative in their personal lives and communities. By nurturing an entrepreneurial spirit in addressing health-related challenges, the project equips youth with the skills and motivation to create or participate in community-driven health programs, potentially launching social initiatives or businesses that promote well-being and physical activity in their regions.</p> <p>Finally, the project responds to the youth priority of supporting the response of the youth field in Europe to the war in Ukraine. By providing inclusive health education resources and methodologies, BALANCE is designed to reach vulnerable youth, including refugees and those affected by conflict. Through an emphasis on mental health and resilience-building, the project offers tools that can help young people cope with the psychological effects of displacement or trauma, contributing to their overall well-being. The promotion of solidarity and shared values is especially important for youth who may have been uprooted from their communities, helping them integrate into new environments and find support in shared health and wellbeing activities.</p>
Link para página do projeto (outros Links):	-
Outras informações:	-