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Physical and Cultural Activity for Life skills Development



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How can PAClife help young people from migrant or disadvantaged backgrounds to grow and develop?

In an increasingly complex world, as the one we live in, changes occur fast, especially at a young age. It is widely accepted that **physical and cultural activities**, including play, dance and sport, can help develop a range of useful life skills, such as the ability to meet deadlines and/or challenges, personal and collective goal setting, the ability to cope with success and failure, team working and the ability to receive and apply feedback. These **life skills** are transferable skills that can be applied in various life domains such as work, family and personal well-being. Therefore, PAClife aims to build resilience among **disadvantaged and migrant young people** and aspires to support them through the development and piloting of a **physical and cultural activity programme** that will help them acquire essential **life skills** in order to cope with and adapt to new situations and improve their life, and those of their family, friends and community.

To this end, PAClife project is intended to achieve the following objectives:

- Building young people's resilience through the development of a *physical and cultural activity programme*;
- Developing and evaluating resources promoting *life skills*;
- Supporting young people to *volunteer* in a local community setting working with children;
- Developing networks between Higher Education Institutions, local authority and community organisations working to support young people's health and wellbeing.

Key results expected during the project are a **Training Programme and a Collection of Methods and Cultural and Physical Activities** outlining the training structure and providing educators the necessary guide lines to carry out the activities with young people. During the project's lifespan, an **event to train 25 trainers** in the use of the tools with young people will take place. Once the training is completed, **partners will pilot the course with at least 50-75 young people** in their own countries. The young people will be then supported to undertake **volunteer placements** in the community working within settings to maximise the skills they have acquired working with children utilising physical and cultural activities.