

ACTING LOCAL, CHANGING GLOBAL

General
description of
the
organization

Portuguese
Red Cross
Youth





HOSTING ORGANISATION

Portuguese Red Cross Youth

PROJECT TITLE

Acting Local, Changing Global

PARTICIPANTS

13 (with fewer opportunities)

TIMELINE

January 2021 - January 2022

PLACEMENTS

Cucujães / Fafe / Frazão / Guimarães / São João da Madeira / Torres Vedras / Vale de Cambra / Vila Nova de Gaia

COUNTRY

Portugal

CONTACT PERSON

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PROJECT PRESENTATION ESC



The Portuguese Red Cross Youth is going to host 13 [young volunteers with fewer opportunities](#) for 11 months (335 days to be more exact) starting in January/February 2021 in the local branches of Braga, Cucujães, Fafe, Frazão, Guimarães, São João da Madeira, Torres Vedras, Vale de Cambra and Vila Nova de Gaia, in an European Solidarity Corps volunteering project called:

Acting Local, Changing Global.

During this year, these volunteers will carry out different activities that aim to foster solidarity in children and youngsters, not only amongst themselves, but also towards every human being, regardless of nationality, gender or race. Volunteers will carry out activities in order to work effectively in the social inclusion of children and vulnerable young people living in these communities. At the same time they will develop their own personal and social skills. Our aim is to include the volunteers in the projects of these Portuguese Red Cross youth structures if they feel motivated, but also allow their participation when it comes to event planning, social media and communication activities and even motivate them to create their own projects and develop their ideas among our communities.

All the activities will deal with topics that are of prime concern in the youth field: health promotion and education, such as eating habits, alcohol and drug abuse, or promoting physical activity. They will also promote school inclusion especially through digital skills and non-formal educational activities. Volunteers will promote actions in schools; develop leisure activities; develop and help organizing sports and learning activities during holidays, free time, but also during school time, **always taking into account safety measures and national and international recommendations under the current pandemic context.**

As one of our volunteers you will be given the structure and support to completely shape your volunteering experience as you see fit. The organization will empower and enable you to empower and enable others in order to promote diversity. You will be allowed to implement your skills to best effect whilst also being afforded the opportunity to develop new competences. As well as participating in the work already implemented here, you will also be encouraged to develop your own ideas and personal projects to further enrich the organization in line with the six areas of intervention:

- Health Promotion and Health Education: adoption of healthy habits and behaviors as part of individual and social development of young people.
- Intervention for Inclusion and Gender Equality: inclusion of children and young people in situations of social exclusion through programs and projects based in different social realities.
- Education for Development and International Cooperation: promotion of Humanitarian Values and International Cooperation through social awareness, Human Rights and Children and Education for peace and development.
- Employability, entrepreneurship and active citizenship: skills development, entrepreneurship and the exercise of one's own role in society, especially through volunteering.
- Environmental education: adoption of environmental habits and attitudes through programs and projects that raise awareness towards a more ecological planet.
- Humanitarian education: adoption of civic behaviors and development of personal and social skills and attitudes that respect diversity and human rights, through projects and activities that raise awareness on humanitarian values for young people towards a culture of peace and non-violence.

The work carried out by the **Portuguese Red Cross Youth** and its different local branches is continuously developing, meaning new possibilities will constantly arise in which you can participate, therefore you will be required to be flexible in order to meet the changing needs of the organization as well as highly motivated to try new things and get involved.



GENERAL CONDITIONS

Financial Conditions

Accommodation, food, Portuguese language course, local transport and pocket money, youthpass, training opportunities are covered, according to the programme rules. 100% of travels cost will also be reimbursed by bank transfer according to the maximum budget approved by the European Commission for every country.

Working language

English. Portuguese online course will also be offered.

Selection process

- . You must send a Curriculum Vitae in Europass format;
- . Personalized Motivation Letter in English (It should take into account the motivation for joining this project);
- . All documents must be submitted in PDF format;
- . Partners should send response until the day October 4, by 11:59 pm;
- . Volunteers should send CV no later than October 4.

Profile of the volunteers

- . Between 18-30 years;
- . Genuine interest in youth work, social and educational issues;
- . Flexible and reliable;
- . Motivated to live in Portugal for the full year;
- . Ability to work in multi-lingual/multi-cultural environment;
- . Should be interested and predisposed in working with vulnerable and disadvantaged young people and children;
- . Able to work in a team environment but also able to take his/her own initiatives;
- . Genuine interest in being useful to others rather than just the will of "adventure";
- . Should be responsible, creative, curious, open-minded;
- . Should have good communication and empathy skills with children and young people;
- . Able to support and stimulate different types of leisure activity, from indoor to outdoor activities;
- . Competences in artistic expression and/or experience on sports or music field is very welcomed
- . True will to overcome the language barrier and learn Portuguese.

All information must be to send to

juventude@cruzvermelha.org.pt

PLACEMENT 1

VILA DE CUCUJÃES

The city:

Welcome to the smallest of all placements available! Vila de Cucujães is a village with rural surroundings and lots of tranquility. With an area of about 10,42Km² and not more than 10 705 habitants, Cucujães is a small village integrated in Porto metropolitan area in the North Region of Portugal. Vila de Cucujães is part of Oliveira de Azeméis municipality and belongs to the district of Aveiro. It is 42 Km away from Porto and 40 Km away from Aveiro.

The nearest beach is in Ovar (which is less than 20Km away).

Here's what's bad:

- There are only a few options regarding public transportation
- There aren't places to go out after work or in the nighttime
- The local population is getting older

Here's what's good:

- You will meet everybody faster and have the chance to create more meaningful relationships with people
- You are needed and can be useful here
- The locals are eager for diversity and genuinely want to learn about you and where you come from

Hosting:

You will be sharing a house with other international volunteers. The house will be equipped with all basic commodities and Wi-Fi. You will share the bedroom with another volunteer of the same gender.

The house will be within walking distance to the organization (less than 1 Km = 15 min walk).

Regarding food, volunteers will receive a monthly grant to cover their expenses and their meals can be prepared in their accommodation since it has a fully equipped kitchen.



The organization:

The Delegation of Cucujães is part of the Portuguese Red Cross and the International Red Cross and Red Crescent Movement funded with the same aim to operate in armed conflict or natural catastrophe on the principles of Humanity, Impartiality, Independence, Neutrality, Volunteering, Unity and Universality. The Delegation is very small with only 3 full time employees. You will be working as part of a team with other international volunteers from other European Solidarity Corps volunteering projects and also local volunteers. You can expect to be involved in the daily life of the organization helping out in what is necessary.

The main activities are:

- Food Bank: this includes picking up food donations, storing food donations in the storage room and distributing them to families and individuals in need.
- Social Store: this includes sorting clothing, toys and shoes donations dividing what can be distributed to families in need, what can be sold at the Social Store and what should go to recycling; You can join local volunteers and go to the Social Store to sell clothing items secondhand.
- Support to Refugees: There are many ways you can be involved in the process of integrating refugee families in the city (some ideas: help adults make their CV and apply for jobs, teach them how to use a computer, help kids with their homework, organize cultural events, teach them English...).
- Active Mix: this involves organizing activities and workshops for a group of people with disabilities that come to the organization headquarters once a week. They enjoy things like field trips, artistic activities, music/ dancing and playing games.
- Elderly Nursing Home: The Nursing Home is one of our local partners and you can expect to visit the elderly weekly. International volunteers prepare fun activities for them such as the Bingo Afternoons, painting and taking the elderly for a walk. If you feel comfortable, you can help out during meal time.
- School Visits: The local school is also one of our dearest partners and you can expect to visit the kids weekly. International volunteers usually help the children with their homework, play educative games with them, develop workshops about healthy lifestyles or First Aid and promote the Erasmus+ programme.
- Fundraising Activities: Along with the other volunteers, your help is essential during fundraising activities which can be street fundraisers, fundraising in events or others.

April/ May:

- Support to Pilgrims: This is a temporary service as we support the pilgrims on their way to Fátima Sanctuary. During this period we provide shelter, food, and First Aid treatments for those who are walking for many days.

July/ August:

- Youth Summer: Takes place during a few weeks of the Summer months and you are part of the team supervising the children. You accompany the group going to the swimming pool, to the beach and prepare fun activities to keep the children busy during the day!

The headquarters of the organization are opened to the public from 9 am to 6 pm with 1:30/ 2h period for lunch break.

During your volunteering service you are welcomed to come up with your own personal project dedicated to some talent you have and you want to put in practice or a specific cause that you support. We will do the best we can to help you make it happen!

Remember: Due to Covid-19, activities planned might have to suffer alterations specially those involving vulnerable risk-groups.

PLACEMENT 2

FAFE

The city:

Fafe is a town and Municipality in the District of Braga, in the North Region of Portugal. Fafe proper is a small, easygoing, friendly and safe town of roughly 15 thousand people. Fafe is located at the heart of the Minho region, in more than one sense. It is, on the one hand, a largely rural Municipality, hilly and green, geographically a transition point between the rougher interior of the country and the flatter coastal regions.



Fafe is conveniently located, near to the cities of Guimarães, Braga and Porto, and halfway between the Gerês National Park to the Northeast and the beaches to the West; all easily accessed from Fafe itself.

Gifted with good food, scenic nature and good people (if we may say so ourselves), and a richer history than may seem immediately apparent, living in Fafe can be an unforgettable experience.

Hosting:

Volunteers will be housed in an apartment convenient to the town center. They'll be provided meals at a local restaurant; also, we'll provide them with an additional stipend with which to buy food to supplement these meals.

The organization:

The Fafe Branch of the Portuguese Red Cross was established in 1979, and works primarily in the fields of social support and health and emergency services; it seeks to promote the autonomy, quality of life and wellbeing of the population.

We hope to involve the volunteers in our different activities, which include:

- Developing activities with the Red Cross's Youth projects - activities designed to promote healthy eating habits, responsible attitudes towards alcohol, etc;

- Creating and developing a project to be carried out in local schools, and helping to promote Youth Volunteer projects in local schools
- Participating in the “Colorir o Sábado” program, a fun pedagogic program with children from disadvantaged backgrounds;
- Helping in the food program for disadvantaged persons;
- Participating in the distribution of clothes and toys to disadvantaged families;
- Supporting UNIR, a program providing leisure activities and education to senior citizens;
- Volunteering at the hospital, providing support and companionship to in-patients;
- Participating in our events and celebrations;
- Helping in the creation of digital content about our projects and results;
- Supporting fund-raising activities.



PLACEMENT 3

FRAZÃO

The city:

If you want to build deep connections with local people and value a peaceful and safe environment, but still want to be close to a big city, Frazão is the right fit for you.

This small town has only about 4200 inhabitants, but that's not a reason for not being dynamic. Within its 5,35km², there is a Day Center for the Third Age, a kindergarten, a primary school, an elementary school, a Leisure Activities Center, a local park and five recreative associations that are essential for the well-being of our community and to which our branch partners up frequently.

Frazão belongs to the council of Paços de Ferreira, know as the "Capital of Furniture", and to the district of Oporto. The town is well connected by bus to the centre of Oporto, having more than 50 different options to get there during the day, and all taking between 30 minutes and 1 hour.

The volunteers will be hosted in a space annexed to the social support building of our organisation. Each volunteer will have their own room and share the common areas of the space with the other volunteers of the project. Regarding food, volunteers will receive a monthly grant to cover their expenses and their meals can be prepared in their accommodation or in the main building of our organization, since both have fully equipped kitchens.

The organization:

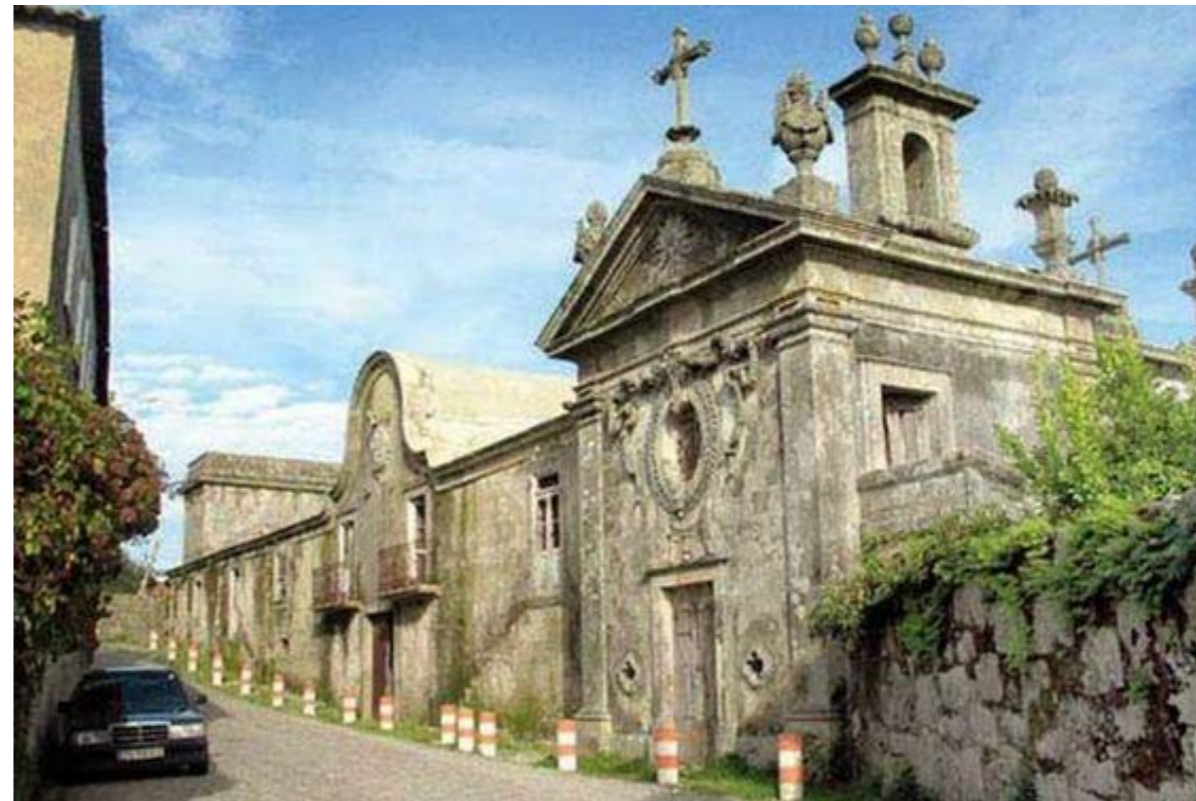
This local branch was founded on October 1993, always aligning our action with the fundamental principles of the International Red Cross and Red Crescent Movement: Humanity, Impartiality, Neutrality, Independence, Volunteering, Unity and Universality.

The organization is really open to new ideas of activities, so the volunteers are encouraged to create their own projects, according to their interests and competencies and, of course, respecting the Red Cross principles. The volunteers' activities may include:

- Information sessions on the Erasmus+ programme and the European Solidarity Corps, speciality targeting young people that are finishing high school or that are unemployed.



- Foreign Language Conversation Sessions based on non-formal education methods, both in English or in the volunteer's mother tongue.
- Organizing free workshops open to the local community on topics of the volunteer's interest. These workshops may include activities in music, cooking, photography, computer science, arts and handicraft. They can also be thematic workshops and focus on specific topics such as climate change, social inclusion, the promotion of healthy living, among others.
- Promoting leisure activities for children and teenagers, mainly during school breaks. The volunteers can create their own activities or cooperate with the town hall and/or the municipality in the activities they organize.
- Volunteers will have the opportunity to collaborate in our social store through the sorting of goods that are donated to our organization, organizing the store and helping clients. Second-hand clothes parties, fashion shows or other innovative ideas may also be organized by the volunteers.
- Volunteers will also be able to participate in food gatherings organized by the Food Bank on behalf of our delegation, as well as prepare the baskets that are constantly delivered to the most vulnerable families.
- A Facebook or Instagram page can be created specifically for volunteers to describe their experience with the European Solidarity Corps. This page will be a platform fully managed by volunteers, so that they may publish whatever they consider appropriate.



PLACEMENT 4

GUIMARÃES

The city:

Guimarães is often called the cradle of Portugal because of its ancient roots and the fact that our first king was born in the town. 50 km away from Porto's airport, with great bus and train connections with the rest of the country, it's a medium sized city, with around 150 thousand inhabitants, and it is estimated that 20% are younger than 30 years old, which makes it one of the youngest cities in the country. With a variety of museums, concert rooms and outdoor activities and events, Guimarães is a very active city when it comes to culture and social activities. On another hand, it has lots of parks and green spaces where you can relax and enjoy nature.

This, combined with the active historical center full of bars and restaurants and its medieval feel, has granted Guimarães many tourism and lifestyle awards.



Hosting:

Our volunteers will live within the historical center, next to one of the city's more emblematic squares, in a 3-bedroom apartment in walking distance to a huge variety of places of interest, supermarkets, bars, cafes and restaurants. The apartment is right next to the city's main cultural center and its gorgeous gardens, and a 5-minute walk away from the bus and train stations. Besides pocket money, volunteer will receive food allowance and a grocery basket every month.

The organization:

We are a small, familiar branch that works mostly on volunteering projects within the community. Our staff includes 2 psychologists as volunteer and projects' coordinators, a social educator and a communication and marketing intern, as well as a logistics and first aid coordinator.

ESC volunteers will be welcome to share their visions and initiate their own projects and develop their ideas to provide new kinds of support to the communities. Besides working on their own projects, supporting in social media and event planning, these are some of the projects that the volunteers can collaborate as well, if they feel motivated:

1. **Voluntariado Hospitalar (Hospital Volunteering)** - Support the ill in the local hospital: doing solidarity visits, supporting dependent and lonely patients, supporting families, etc. Volunteers will collaborate with medical, nurses and other staff in order to provide additional help to the patients that is more related to informal help and humanitarian action.

2. [Hospital Divertido \(Fun Hospital\)](#) - Red Cross Youth project where the volunteers develop ludic, cultural and pedagogic activities in the waiting rooms of the Pediatric Services. Volunteers can play with children, organize games, crafts, music and other recreational activities in order to make the waiting in a hospital and being ill not so difficult for them.

3. [Unidade de Cuidados Continuados \(Continuous Care Unit\)](#) - For patients who require special medical needs, our volunteers collaborate to humanize its services and provide the patients with an environment of companionship and support. The volunteers can keep the elderly company, read for them and provide some emotional support. Usually we also organize occasional parties and extra activities like crafts or music to contribute to make the elderlies' lives more interesting and stimulate them.

4. [Colorir o Sábado na Casa da Criança \(Colouring the Saturday at the Children's Home\)](#) - our youth volunteers visit a temporary shelter for children at risk every Saturday to promote leisure time, educational and cultural activities. Volunteers can take care of babies and toddlers or develop organized activities with the older children.

5. [Centro Juvenil de S. José \(St. José Youth Centre\)](#) - Developed at a Youth Center for youngsters at risk and it concerns two different objectives: to promote study time and orientate them in their school work and to promote leisure, cultural and educational activities on Saturdays. Volunteers can give support in particular subjects or contribute for the recreational activities on the weekends.

6. [Olhares em Perspetiva \(Perspective looks\)](#) - Developed in the local prison, aims to support the inmates through workshops to promote personal, social and professional skills and cultural and recreational activities. Volunteers can develop their own group sessions to carry out with the individuals and collaborate with the team in order to provide a variety of activities.

7. [Esvoaçar \(Flutter\)](#) - Provide the children of low income families with leisure, education and cultural moments, as well as raising awareness in the community (specially parents) for many different needs that arise (health, social inclusion, citizenship, human rights, environment, etc.). Volunteers can organise and develop activities with the children and their families in order to encourage beneficial habit and education, while facilitating social inclusion. This project is especially relevant during the school holidays.

8. [Jogo da Alimentação Saudável \(Healthy Eating Habits Game\)](#) - Developed in many branches of the Portuguese Red Cross, it aims, through non-formal education, to raise awareness amongst the children about the importance of eating healthy; Volunteers can be facilitators of the game that usually is done in schools, activity centers, holiday centres, etc.

9. [Copos... quem decide és Tu! \(Drinks... You decide!\)](#) - National project, for teenagers or young adults, to promote, in a non-formal way, responsible alcohol consumption. Volunteers can help develop sessions for teenagers and young adults in order to discuss, debunk myths and raise awareness for responsible alcohol consumption.

10. [#OMeuSol – Vive + o Verão! \(#MySun – Live more the summer\)](#) - National project, to prevent the malign effects of sun and heat exposure, using non-formal education methods. Volunteers can participate and help develop sessions with children and youth, using games and other non-formal education methods.

11. [Youth First Aid](#) - In partnerships with schools and other institutions, we develop sessions of first aid directed at youth. Volunteers can help develop first aid sessions for children and teenagers.

12. [Violence and Gender Equality](#) - Awareness campaigns with children and youth on violence and gender equality. Additionally, we also try to reach parents, teachers and other adults with sessions about children and youngsters mistreatment. Volunteers can help prepare and develop sessions for children, teenagers and adults.

13. [Y-Adapt](#) - Program directed to develop, with youngsters, strategies to adapt their communities to climate change; Volunteers can have training in this project and develop it with teenagers and young adults.

14. [Banco do Bebê \(Baby Bank\)](#) - Donations of baby products (cribs, carriages, hygiene products, etc.) to support mothers in extreme difficulties to provide them with the basics to guarantee the child's well-being. Volunteers can help manage stocks of products, organize baby baskets and deliver them to the families. They can also develop fund or product raising campaigns to support the bank.

15. Creative Community for Digital Inclusion - Project to promote youth participation in the community while bringing digital inclusion to most inaccessible places in the municipality; Volunteers can participate in the digital inclusion training sessions; They can also provide further monitoring and follow up to the trainees in order to help them adapt their knowledge to their daily life needs. They will also be allowed to participate in trainings and bootcamps on social innovation and entrepreneurship along with other youth volunteers.

16. Play4Equality II - Non formal education project that aims, through a boardgame, to promote awareness for gender equality, traffic of human beings and gender violence in schools. Volunteers can assist in the facilitating of sessions with the teenagers.

17. ConVIVER - Project to promote mental well-being of youngsters with monthly activities. Volunteers can not only participate but also create and develop their own sessions for other volunteers and youth.

18. Temporary Homeless Shelter - in a collaboration with the municipality, we are currently managing a temporary homeless shelter. Volunteers can help in many ways: distributing the meals in the centre, organizing activities for the development of the users' skills, and others.

19. General Social Support - Volunteers can help with managing and donating clothes, food or other things to those in need.



PLACEMENT 5

SÃO JOÃO DA MADEIRA

The city:

São João da Madeira is located in the North of Portugal, only a few miles from the cities of Aveiro and Oporto. With a historical industrial fabric that gave it the epithet of City of Work, São João da Madeira is an important enterprise and business centre of the country, but it's also recognized for its quality of life. With a quality hotel offer, with wide and meticulous avenues, São João da Madeira is a centre of modernity, innovation and industrial diversity, but also sport, culture and green spaces.



Hosting:

Our volunteers will live within next to the city center in a 4-bedroom shared apartment with other volunteers in walking distance to a huge variety of places of interest, supermarkets, bars, cafes and restaurants. Besides pocket money, volunteer will receive food allowance and a grocery basket every month.

The organization:

This local branch of the Portuguese Red Cross works in several areas in the "sanjoanense" community, mainly with people in socially and economically vulnerable conditions.

Areas of activity:

- Social support (donation of food baskets, clothes and furniture)
- Psychological support for victims of domestic violence
- Hosting and integration of refugees in community

- Awareness actions in schools (about violence in the relationship, gender equality, bullying...)
- Awareness campaigns (for example human trafficking, prevention of excessive sun exposure, parental competencies)
- First aid training and event support
- ...

The activities in which volunteers may be involved will take into account their interests and competencies. They will be encouraged to use their own ideas, creativity and experience, in order to develop their own projects or activities related to the work of the Humanitarian Center of São João da Madeira.

Project activities may include:

- Ponto Vermelho: a social entrepreneurship project that provides clothing, footwear, toys and others to the most vulnerable people in the city of São João da Madeira. It also includes the solidarity store section, in which various items are sold at a symbolic price, in order to benefit the most vulnerable population. The volunteers will do the selection of donated products - organization of the stock, contact with customers, marketing campaigns to promote the store and management of the facebook page.
- Creation and implementation of presentations about their countries of origin in schools and / or associations. Volunteers will promote their countries of origin to the school community and county associations. They will have an active participation as project coordinators.
- Development of conversation clubs in English, open to the local community, where volunteers will take on the role of monitors.
- Conducting music, cooking, photography, computer, arts and other workshops, open to the community. Volunteers will assume the role of monitors in the execution of these activities, being able to fully develop their own ideas.
- Holding fundraising events such as: intercultural dinners with gastronomic shows from the countries of the volunteers. As well as disseminating their countries of origin, volunteers will be responsible for coordinating this initiative.
- Participation in the institution's annual actions, such as food collection actions and Christmas wrapping.
- Communication and marketing content management - social networks, photographic material, poster design, promotional materials, video creation. The volunteers will have specific training so that, autonomously, they can manage the communication and marketing contents of the projects in which they participate.
- Organization of cultural events that promote community involvement, giving space to your ideas and creativity.
- Developing activities to disseminate your work as ESC volunteers. Volunteers will help promote ESC projects with their testimony by disseminating information about actions they take within the community through such means as facebook, instagram and informational actions in specific places.
- Participation in the projects of youth department of São João da Madeira, doing non-formal educational activities with children and other young people and also doing digital communicational activities.

PLACEMENT 6

TORRES VEDRAS

The city:

Torres Vedras is located in the west region, being the largest county in the Lisbon district, is surrounded by fertile land and the Atlantic ocean. Considering our opulent history, Torres Vedras has a large patrimony in the streets where history has been written, where we can find monuments like our castle believed to be of Moorish source, with his lovely garden and Santa Maria's Church.



The organization

During our six years of activities, the Red Cross branch at Torres Vedras has gained an important place in our community, considering our social assistance work, where we help around 80 families monthly, by donating food and essentials as hygiene products, clothes, shoes and toys for the children in this families. In terms of Human Resources, it has two techniques from the social area (a Sociologist and a Social Worker). The Red Cross is a voluntary aid institution, volunteering being one of the seven fundamental principles.

Our Delegation, in the scope of general volunteering, has 180 registered volunteers. The Emergency team of this Delegation is composed of 25 first responders, who provide first aid, are present at local events such as the Torres Vedras Carnival, the Pilgrim Support or the OceanSpirit Festival, as well as a great attendance at sporting events across the country, with emphasis on the soccer games of the men's and women's team. We consider it extremely important that all people of all ages have knowledge of basic first aid and, therefore, we want to highlight two projects that we have developed: The winning project "Orçamento Participativo 2015" of the Municipality of Torres Vedras where we carry out first aid sessions for children of the 1st cycle of schools, in which we train approximately 550 students from various schools from the municipality.

On the other hand, and after this experience, we found it appropriate to target these sessions to the elderly, people aged 65 and over. That is why we applied for "BPI Seniores 2016" and won the 1st prize. In this particular case, we involved and managed to reach around 600 elderly people from institutions in our municipality. These sessions consisted of theoretical and practical components. In addition to these sessions, we included five seniors in our emergency team who participated in the Ambulance and Transport Crew (TAT) course, as well as the operational skills modules. The five elements are very dynamic, participatory and present in the events we support.

We have experience in organizing sporting and cultural fundraising events, namely: Classic Car Tour, Solidary Hockey Cup, Fado Gala and Red Cross Ball.

The Delegation's youth team organizes their own projects and activities, such as: Solidarity Agenda, Easter Vacation Program for Children and Awareness of Sun Protection. This team has 50 young volunteers registered, this will mentor the activities of the European Solidarity Corps, with the support of the Social Worker who is also responsible for the local volunteer work of the Delegation.

When welcoming the volunteers, we intend to establish a "contract" where will be defined the number of hours of volunteering, the activities to be developed, indicating the people who will accompany the whole process. The host organization undertakes to pay monthly accommodation and food expenses, portuguese language courses and pocket money, as well as the proposed activities and tasks. We also emphasize that if a situation arises related to the health area, the monitoring will also be done by us.

With regard to the activities, we intend that the volunteers received participate in the actions and projects developed by our local structure.

We will start by integrating the volunteers into Portuguese language classes, ensuring that they learn it, either formally through courses, or through non-formal classes in partnership with the Torres Vedras City Council. Since this entity provides a volunteer to teach these classes, at the same time, we intend to create conversation meetings in the native language of the volunteers welcomed to be shared with the local community (such as creating a sharing moment open to the community, through workshops on music, cooking, photography, computers, arts and crafts, which is a way of integrating volunteers). Still in this context, we intend to create and make presentations about their countries of origin to local schools and associations.

One of the activities that we think is essential is the development of gatherings on different cultures, involving young people in our local community.

We also have, as one of the activities of the Delegation, the collection of food in supermarkets where we intend that the volunteers received also participate. The Delegation has intensified its work on partnership protocols, and in this sense we highlight some entities that collaborate with us and intervene in the youth area, namely: Câmara Municipal de Torres Vedras (City Council), Junta de Freguesia de Santa Maria, São Pedro e Matacães (Parish Council), Schools and Languages, Académico de Torres Vedras (Sport and Cultural association), Theater Group "A TEIA", School Groups, among others that we consider relevant in the course of the activities.

PLACEMENT 7

VALE DE CAMBRA

The city:

Vale de Cambra is a portuguese cosy little town with nearly 25 864 habitants. Located in the metropolitan area of Oporto, this county is characterized by the pleasant climate and friendly people. Well known by its industrial might, notably in metalworking, plastic packaging and factory automation, Vale de Cambra presents itself as centre of industrial development. You can stroll through the wonderful valleys and mountains, rivers, century old villages and archeological trails. The volunteers can benefit from all these peaceful features of this small town during their staying time.



The organization:

Portuguese Red Cross has a local representation in Vale de Cambra. There are two social responses which the volunteers may take part in, the Shelter's Centre receiving young people aged between 12 and 18 years and the Community Support Office whose mission is to identify community vulnerabilities and attend to their most pressing demands. The processes of orientation and supervision of those families are an absolutely primordial role of the Office. Volunteers will be an added-value on team promoting the experience sharing and reinforcing the team.

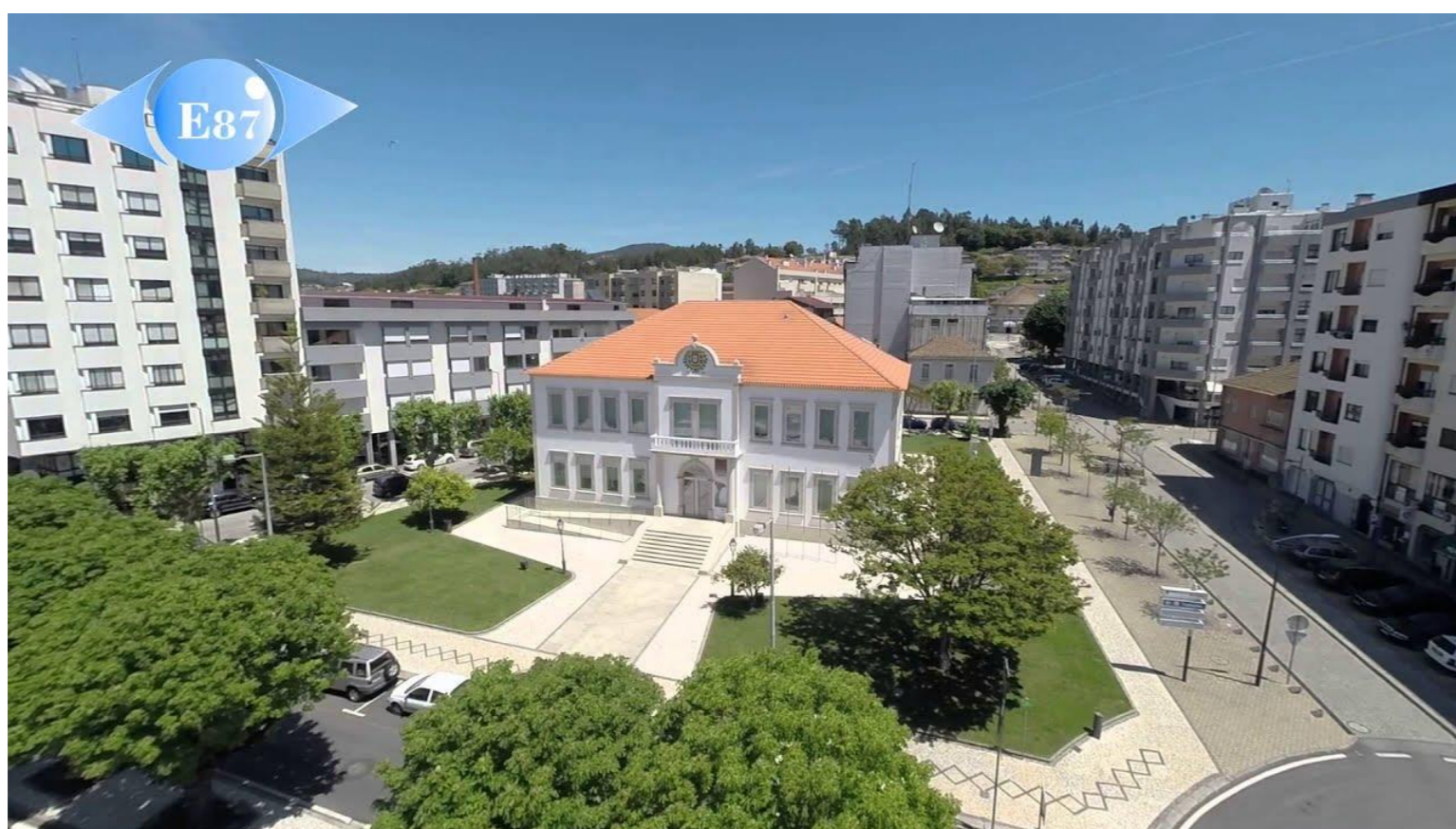
Providing support for the school activities in the Shelter's Centre: the young people living in the Centre is a population distinguished by learning disabilities, attention deficit and hyperactivity disorder, oppositional defiant disorder, among others. The specificity of the referred population makes all the help came from the volunteers welcome and precious.

Programs for development of personal and social skills: the volunteers will take part in the implementation of the programs whose pretend to stimulate the development of personal and social skills usually underdeveloped in this kind of population.

Food collection initiatives: every year our Portuguese Red Cross local branch takes part in food collection initiatives in order to help the sustainability of the institution. It will also be one of the tasks of the volunteers in their mission.

"O Meu Sol": It is a national project aiming to prevent malign effects of the sun and heat exposure. It also pretends to promote healthy behaviors in general population.

Espaço de Promoção Pessoal e Social: The Community Support Office provides once a week a moment in which some members of the community can develop ludic activities encouraging them to work up emotions, motricity, team work, among other skills.



PLACEMENT 8

VILA NOVA DE GAIA

The city:

Vila Nova de Gaia is a city in the North Region of Portugal. The city has a population of 178,255 (2001) and the municipality has an area of 168.46km² and a total population of 302,295 inhabitants (2011). Vila Nova de Gaia is the most populous municipality in the North Region. And contains: many cellars (locally known as "caves"), museums, public parks, schools, beaches, 17km of seaside, stores, shopping centers, gardens, and lots of other attractions.



Hosting:

An apartment – T3 (3 bedrooms)

1 kitchen

1 living room with TV

1 fully equipped kitchen

2 bathrooms

Internet

Free weekly laundry service

Free cleaning

Located next to the Red Cross Headquarters and 3 minutes from the main avenue of Vila Nova de Gaia

We have a canteen, with prepared meals and we provide a monthly fee for food costs trips to the social market - frequency to be agreed (weekly, biweekly, or as needed) and / or a basket with food items

The organization:

The Portuguese Red Cross - Delegation of Vila Nova de Gaia is composed of approximately 60 employees in many different areas of intervention: psychology , social work , social education, accounting, law , childhood education, nursing , and general services, where the contribution of auxiliary of general services, kitchen helpers , laundry operators , ambulance crews , among others, becomes central to the proper functioning of the institution.

... | Children's Center | Day Center and Social Center – old people| Home Support Service | Social Store | Social Market | Temporary Reception Center - homeless people | Social Emergency Shelter Center | Neurointervention Complex | Health Center | Community Center |Laundry | Support office for Unemployed People | Volunteering | Juventude – Youth Volunteering | Crisis Intervention Service | Support office for migrants | ...

This team is open to innovation and is focuses on the achievement of goals, with capacity to adjust and change. They are professionals who have a great field experience, intervention and social cohesion, and are linked to the volunteer projects of the Red Cross.

Activities that were previously undertaken by ESC volunteers:

Handcraft activities with children – Children’s Center;

Providing support in the social store and social market;

Posting in youth volunteers Instagram;

Learning of Portuguese language – Certified course;

Handcraft activities with old people, like yoga – Day Center and Social Center;

Language workshops for youth volunteers;

Promoting informal moments with young volunteers and the community;

Participation in the institution's annual actions (food gathering);

Participation in the activities of Juventude (Youth);

Promoting ESC at schools with youth students;

Participation in different trainings in Portugal.

Volunteers will be able to develop their own activities according to their skills and interests, while respecting their individuality and any cultural specificities.



Juventude cruz Vermelha Portuguesa

