



INFOPACK - EUROPEAN
SOLIDARITY CORPS

SANGUEDO, PORTUGAL 2024

Are you interested in solidarity, interculturality and volunteering? Do you enjoy working with children and the seniors at a local community? Have you always wanted to experience the Portuguese culture and lifestyle?

WELCOME TO SANGUEDO

Dear Partners,

We are looking forward to have volunteers in Sanguedo. We will receive **6 volunteers on November 2023**.

In this document, you will find all the information that you need.

Any questions you may have, please, contact us:



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CONDITIONS

We will have 6 spots available for **334 days (11 months)** of mobility on these dates:

01/11/2023 - 01/10/2024

It includes:

120€ as food money and 5€/day for pocket money. We can provide the meals if you choose to!

You'll share the place on an open-spaced house

Any questions, please contact us via dsanguedo.juventude@cruzvermelha.org.pt

ABOUT SANGUEDO



Sanguedo is a little village located in the north of Portugal. It belongs to the city of Santa Maria da Feira that has around 140 000 inhabitants. Sanguedo is located at 30km from Porto and at 300km from Lisbon. It is 15 minutes away from Espinho - a city well known by its beach.



The average annual temperature is 19°C and it tends to rain a bit in the winter.



And, of course, it has us! Located right in the middle of Sanguedo, we count on around 100 volunteers. We work with pre-hospitalar emergencies, social support of families in need and, very recently, we also work with ESC and Erasmus+ programmes.

RELEVANT INFO



Type of project – European Solidarity Corps – Individual Volunteering ESC51



Hosting Organization – Cruz Vermelha Portuguesa – Delegação de Sanguedo



Individual volunteering – Activities for the integration of the volunteer in the community, linguistic support, development of entrepreneurial skills (related to the transformation of needs into ideas and actions). Creation and implementation of personal projects, socio-personal reinforcement activities and development of key competences, mentoring, promoting intercultural dialogue and learning from and with the local community.



Mobility – 334 days (11 months)



In each country, we have a specific supporting organization who is responsible for preparing the volunteer for the project, helping with the logistic process and documentation, clarifying doubts, supporting the volunteer through the mobility and during the follow-up.

We are in the process of selecting the countries/partners!

WHY ARE WE LOOKING FOR VOLUNTEERS?



Our volunteers (2023)



We need to create different social, cultural and educational initiatives and practices.



Volunteers are the best to promote solidarity, interculturality and diversity, with local youths and in local institutions and community!!



VOLUNTEER'S PROFILE

- ✓ Youngsters (preferably with fewer opportunities) between 18 to 30 years old;
- ✓ Motivated to participate in volunteer actions and activities that enable the development of skills key, experiences and learning;
- ✓ With the ability to influence positively the peer group and the community;
- ✓ With the ability to learn with new results and to adopt new behaviors;
- ✓ Empathetic and aware of the needs and challenges of communities;
- ✓ Aware of their role and to be able to participate in all phases of the volunteer activity in which they will be involved;
- ✓ Interested in participating and contributing to volunteer activities that are oriented towards priorities and values European countries promoted by Erasmus+ and the ESC.



You will need...

- ✓ To be registered in the Portal of the European Solidarity Corps;
- ✓ To sign the Voluntary Agreement before starting the mobility;
- ✓ To have CIGNA insurance (we take care of that part!);
- ✓ To present an ID card, CV and clean criminal record;
- ✓ To provide all the documentation we will request afterwards.





What we expect from you

- ✓ Promote social, cultural and educational practices tailored to the needs of local youth and the community;
- ✓ Promote solidarity, diversity and interculturality;
- ✓ Empower volunteers with new skills and learning based on Non Formal Education;
- ✓ Encourage the entrepreneurial, creative and proactive attitude of volunteers
- ✓ Raise awareness among the community and local organizations of the need to foster entrepreneurial attitudes towards the development of the region;
- ✓ Promote European social values, including solidarity;
- ✓ Promote local community participation in volunteer activities;
- ✓ Share best practices;
- ✓ Promote recognition of EU opportunities.



Also...

- ✓ Recognize the potential of volunteering in the personal and social development of participants;
- ✓ Recognize the potential of volunteering in the community;
- ✓ Empower volunteers with new skills and learning based on Non Formal Education;
- ✓ Encourage the involvement of social and public institutions in social, cultural and educational practices and promote new initiatives;
- ✓ Contribute to the improvement of situations of social exclusion; **AND ALSO...**
- ✓ Contribute to the improvement of the problems of social exclusion and discrimination and low social participation.



Non Formal Education



All the activities that you will develop will be based on **Non Formal Education**.



It is a learning which takes place outside of a formal education and training through learning activities and with some form of learning support.

Some characteristics:

- ✓ It has a participative and learner-centred approach;
- ✓ it is carried out by learners on a voluntary basis;
- ✓ It has a holistic and process-orientated approach;
- ✓ It is closely linked to young people's needs, aspirations and interests.



Take note that you will also use formal and informal education as complement!



Activities of the project

- 1. Preparation and development of the Volunteer
 - a. Get to Know each other and Team building activities
 - b. Linguistic support via Online Linguistic Platform
 - c. Implementing a personal project by volunteer's choice
- 2. Social and Personal reinforcement activities
 - a. Psychological support
 - b. Support for inclusion in the community
 - c. Weekly reflection and Mentoring
 - d. Promoting interculturality and solidarity via workshops and non-formal activities
 - e. Individual and group reflection



3. Intercultural dialogue and diversity

a. Promoting interculturality dialogue among youngsters at schools.

b. Working on a foster house: helping disadvantaged children with their schoolwork.

4. Culture and social inclusion

a. Activities such as: music classes, painting classes and pilates.

b. Inclusive school: curricular enrichment activities with children and senior at our senior university.

c. Working on a kennel and at a zoo in order to be involved with nature and help on the animal cause.



6. Solidarity and volunteering

a. Solidarity in the community with different actions (workshops, participation on campaigns for food collection at the supermarkets...)

b. Disseminating opportunities for Youth

7. Training and quality of life

a. Workshops on various topics relevant to the project

b. Activities at the Universidade Sénior



Please take note that these are some of activities that happened in the previous years, however we are open to suggestions on different activities, as long as they are framed in the ESC and the project goals and values of the organization.

You will have



Technical support - Supervision + Weekly meeting in the hosting organization to integrate information and share learning outcomes + support of the sending organization;



Financial support - Pocket money of 5€/per day every month + Food money (120€ per month);



Trainings/Education - On-arrival and mid-term training provided by the Portuguese National Agency +workshops promoted by the hosting organization, stakeholders and volunteers;



Mentoring - A mentor outside the organization to assist you in your daily life;



OLS - Mandatory online linguistic support to learn Portuguese;



Stakeholders - organizations and institutions where you will implement activities under supervision and with support but with autonomy;



A shared room: in a house with all the living conditions required by the Erasmus+ programme (rent, water, electricity and Wi-Fi for free).

European Solidarity Corps



The **European Solidarity Corps** is the new European Union initiative which creates opportunities for young people to volunteer or work in projects in their own country or abroad that benefit communities and people around Europe;

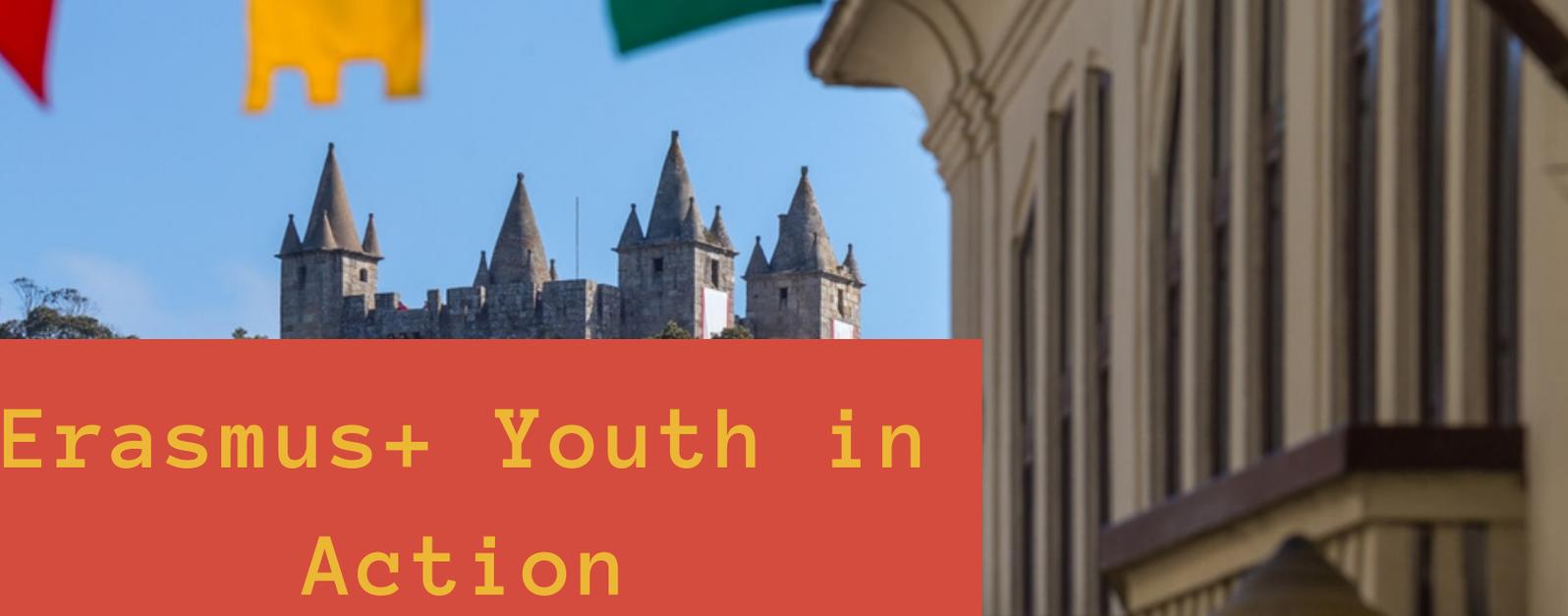


The European Solidarity Corps could be a new opportunity for you to engage in a meaningful activity that could prove to be a stepping stone into employment!



After participating in this ESC project you will be entitled to receive a certificate (Youthpass) that documents your participation. You could use this when applying for jobs or further learning.

Learn more
about here



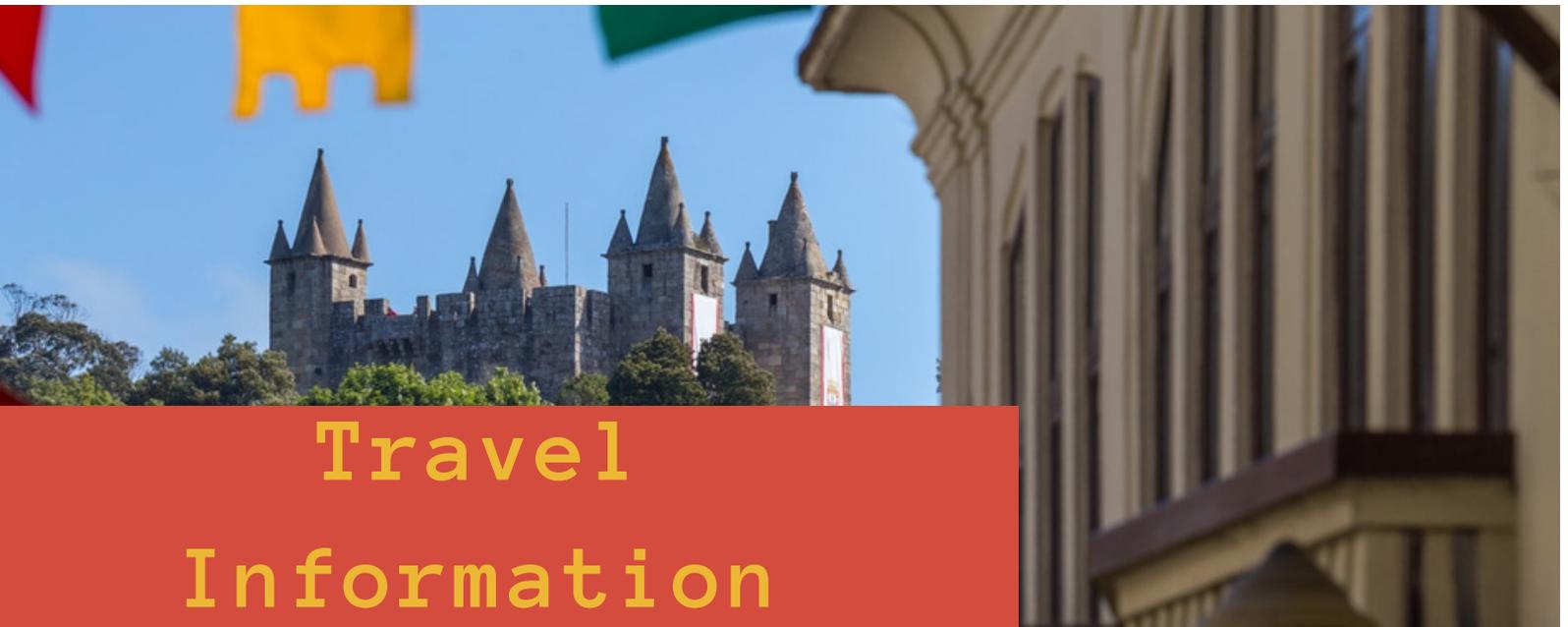
Erasmus+ Youth in Action

The Portuguese National Agency for Erasmus+ Youth in Action is responsible for managing the European Solidarity Corps Program.



Its mission has a structure that aims to ensure the management, in Portugal, of the Erasmus + Program in the fields of youth and sport, as well as to ensure the management and execution of the activities still in force of the "Youth in Action" Program.

Know more
about [here](#)



Travel Information

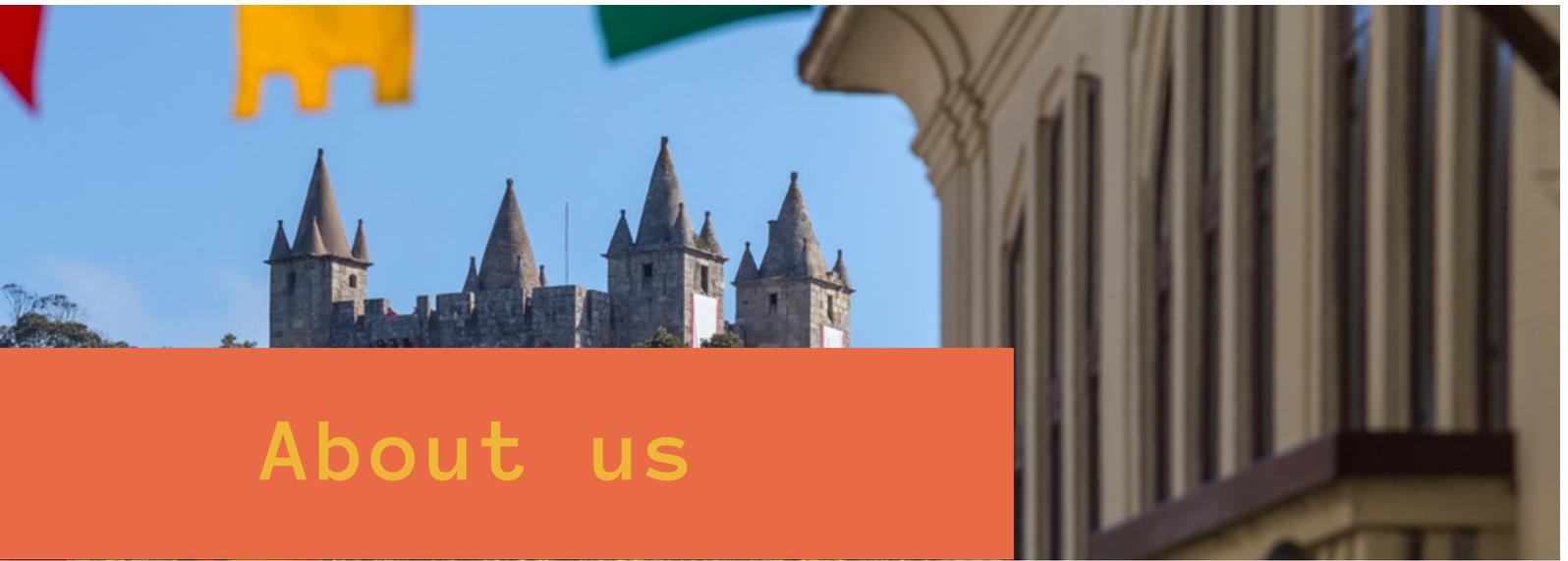
Remember to **keep your boarding tickets** (plane, metro, train). Take screenshots, if the ticket is digital. Be aware that the amount to be refunded has to follow a distance band.



Flights must always be approved by the hosting organization and the participant is responsible for searching for adequate flights to Airport Francisco Sá Carneiro in Porto (it is the closest one), respecting the mobility dates and the allocated budget provided by the Portuguese National Agency.



For the reimbursement, it is mandatory to present the travel itinerary, the original of the boarding passes and the invoice with Portuguese Red Cross VAT number **500745749**



About us

The Red Cross of Sanguedo works with: pre-hospitalar emergencies; transports of non-urgent patients to their doctor appointments and treatments, social support for needy families, therapies in the area of physical and psychological health and youth volunteer actions.

The Local Youth Corps, made up of a working group of 20 volunteers, promotes actions in the social area, aimed at the vulnerable population, as well as boosts exchanges with volunteers from other European countries, through the Erasmus+ programs and the European Solidarity Corps .

At the end of 2021, the Senior University of the Red Cross of Sanguedo emerged as a way to promote the active aging of the community and already has 35 students.

CORE VALUES OF THE RED CROSS

VOLUNTARY
SERVICE

HUMANITY

IMPARTIALITY

NEUTRALITY

INDEPENDENCE

UNITY

UNIVERSALITY



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