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GENERAL DESCRIPTION OF THE INSTITUTION

Hosting Organization: Juventude Cruz Vermelha Portuguesa

Protect Title: Acting Local, Changing Global

Participants: 5

Time Line: June 2019 – June 2020

Local: Guimarães/ São João da Madeira / Vila Nova de Gaia **Country:** Portugal

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PROJECT PRESENTATION ESC

The Portuguese Red Cross Youth is going to host five young volunteers for 12 months starting in June 2019 in the cities of Guimarães, São João da Madeira 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. Volunteers will promote actions in schools; develop leisure activities; develop and help organizing sports and learning activities during holidays but also during school time.

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:



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- 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.

This is a description was adapted from a former volunteer, Andrew Miller from the UK.

GENERAL CONDITIONS

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



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Working language: English. Availability to learn Portuguese is also welcomed.

Profile of the volunteers:

- + between 18-30 years
- + genuine interest in social and educational issues
- + motivated, flexible and reliable
- + 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 the will of "adventure"
- + should be responsible, creative, curious, open-minded
- + should have good communicative skills
- + creating empathy with children and young people
- + able to support and stimulate different types of leisure activity, from indoor to outdoor activities.
- + competences in artistic expression
- + experience on sports or music field is very welcomed
- + true will to overcome the language barrier and learn Portuguese.

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 May 9, by 12:00 pm
- + · Volunteers should send CV no later than May 12

All information must be to send to juventude2@cruzvermelha.org.pt



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Placement 1 – Guimarães

The City

Guimarães is considered the cradle of Portugal because it is assumed that the first king was born in this town.

It is a city with vibrant activities, both social and cultural. At the same time it is an ancient city with historical roots and a great value to the country. The city still has a medieval touch to it, that harmonizes with less old buildings and the young atmosphere of its historical centre.

The volunteers will be accommodated in a shared apartment near the city centre and in walking distance to the headquarters and most of the project locations.

The Organization

They are a local branch of the Portuguese Red Cross. As part of the International Red Cross and Red Crescent Movement (IRCRCRM), their mission is to prevent and alleviate human suffering, through the power of volunteer work and promote peace and the respect for human dignity across our community, while protecting the lives and healthcare of the population.

The Guimarães' Branch was founded in 1980 with the intention to bring more comfort and dignity to those who are in need in this area. They try to do so through volunteering, while respecting, at all times, the fundamental principles of the IRCRCM: Humanity, Impartiality, Independence, Neutrality, Volunteering, Unity and Universality.

Currently they have 2 people in the staff coordinating projects and managing volunteers. At the moment we have around 120 volunteers that collaborate with them regularly. They also have occasional internships in areas like Psychology and Social Education.

Amongst other work in social support and inclusion, they currently develop the following volunteer projects:

Voluntariado Hospitalar (Hospital Volunteering) – aims to support the ill in the local hospital: doing solidarity visits, supporting dependent and lonely patients, orientating patients, supporting families, etc.

Hospital Divertido (Fun Hospital) – it's a Red Cross Youth's project where the volunteers develop animation and ludic, cultural and pedagogic activities in the waiting rooms of the Pediatric Services.

Unidade de Cuidados Continuados (Continuous Care Unit) – in a partnership with a Continuous Care Unit for patients who require special medical needs, the volunteers collaborate in order



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to humanize its services and provide the patients with an environment of companionship and support.

Cuidar em Casa (Caring at Home) – intervention groups with informal caretakers and psychoeducational support, in order to prepare the families to take better care of their elderly and, at the same time, prevent the burn out of the caretaker.

Colorir o Sábado na Casa da Criança (Colouring the Saturday at the Children's Home) – youth volunteers visit a temporary shelter for children at risk every Saturday. The main objective is to promote leisure time, educational and cultural activities.

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.

Olhares em Perspetiva (Perspective looks) – developed in the local prison, aims to support the inmates in various areas, through workshops to promote personal, social and professional skills and cultural and recreational activities.

Digital + (Digital Inclusion Project) – aims to present and instruct elderly on new technologies, providing them with access to many different means of communication as well as social media and some specific software.

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 right, environment, etc.) while facilitating social inclusion.

Jogo da Alimentação Saudável (Healthy Eating Habits Game) – developed in many branches of the Portuguese Red Cross nationwide, it aims, through non-formal education and fun activities, to raise awareness amongst the children about the importance of eating healthy;

Copos... quem decide és Tu! (Drinks... You decide!) – another national project, directed at teenagers or young adults, to promote, in a non-formal way, responsible alcohol consumption.

#OMeuSol – Vive + o Verão! (#MySun – Live more the summer) – also a nationwide project, its intention is to prevent the malign effects of sun and heat exposure, using non-formal education methods.

Youth First Aid – in partnerships with schools and other institutions, we develop sessions of first aid directed at youth.

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.



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CVP nas Escolas (Portuguese Red Cross at School) – they visit schools with the intent to explain the work that the Portuguese Red Cross develops, as well as to promote the idea of volunteer work amongst the students.

Loja Social (Social Store) – a store of second hand and new products (clothes, textiles, toys, etc.) that we provide at a very low price for people with lower incomes; additionally, we donate items to families in extreme situations.

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.

Their aim is to include the volunteers in any of these projects 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.

On the other hand, the local branch is also getting involved in new activities and starting new projects at the moment, and they would love their new volunteers to join them in this journey.

Placement 2 – São João da Madeira

The City

São João da Madeira has an area of about 8 km and 22 thousand habitants. It belongs to Aveiro district and integrated at Porto metropolitan área. It is known for its shoe industry and different companies. It is also known for this incubator of creative businesses – “Olive Creative Factory”. It presents a great cultural diversity with different spaces and events going on throughout the year.

It also has numerous green areas, such as the urban park or Ferreira de Castro park, and different leisure areas and outdoor gyms fully equipped. The public transports are also available without limitations.

Finally São João da Madeira is known for its life quality and was distinguished in different studies as one of the best cities to live in Portugal.

The Organization

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



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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 activities of the summer project #OMeuSol lives | Contra | Correntes. The volunteers will have specific training in these areas and will participate in the activities as monitors.



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- Creation of a blog, where they describe their experiences as ESC volunteers. Volunteers will be responsible for creating a blog, which should reflect the day-to-day of their ESC project (learning, concerns, experiences, among others) at the Humanitarian Center of São João da Madeira.

Volunteers will be involved and encouraged to participate in the organization, planning and development of these activities, and the tasks to be performed by each one will be defined. The moments of dialogue and sharing will be privileged, as well as the monitoring and support throughout the 12 months.

Placement 3 – Vila Nova de Gaia

The City

Vila Nova de Gaia, or simply Gaia, is a city and a municipality in Porto District in Norte Region, Portugal. It is located south of the city of Porto on the other side of the Douro River. The city proper had a population of 178,255 in 2001. The municipality has an area of 168.46 km² and a total population of 302,295 inhabitants (2011), making it the most populous municipality in Norte Region. Gaia together with Porto and 12 other municipalities makes up the commonly designated Porto Metropolitan Area.

The city contains many cellars (locally known as "caves") where port wine is stored and aged. These cellars have become a major tourist attraction.

Besides its museums and public parks, Vila Nova de Gaia is the Portuguese municipality with the biggest number of Blue Flag beaches in 2009 and in 2010: 17 beaches along 17 km of seaside. Praia da Granja is a FEE Blue Flag beach in the parish of São Félix da Marinha. This area was a farm in the 18th century belong to the Grijó Monastery and used as a rest place of monks and priests.

The Organization

The Portuguese Red Cross - Delegation of Vila Nova de Gaia is composed of approximately 60 employees. They have the support of employees in many different areas of intervention , such as 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. Where the participation of our volunteers is of utmost importance to collaboration in general support, in the team for help and day care.

The team assigned to this project is a multidisciplinary team, open to differentiation and innovation. It focuses on the achievement of goals, with capacity to adjust to change and to new professional challenges and to engage in the development and technical upgrade.

This team consists of professionals in the fields of psychology, social education, social work, business and law. They are professionals who have a great field experience, intervention and social cohesion, and are linked to the volunteer projects of the Red Cross.

Their aim for this project is an exchange of experiences and sharing of knowledge, so that together can be formulated good working practices, a separate intervention that will work



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with children and young people in their Early Childhood Center / Community Center, where they can perform different activities as well as planning and organizing actions and youth projects. With our seniors will perform socio-cultural animation activities where they can get to know some of your country, encourages them, and promote active aging. Regarding their tourist side, volunteers will accompany their team for cultural tours in the city of Vila Nova Gaia and Porto, knowing our culture, and making known to potential customers. Since the volunteers will be able to develop activities to improve the proposed activities according to their skills and interests, while respecting their individuality and any cultural specificities.

