

EUROPEAN SOLIDARITY CORPS

# ACTING LOCAL CHANGING GLOBAL



PORTUGUESE  
RED CROSS

PORTUGAL | 8 MONTHS



EUROPEAN  
SOLIDARITY  
CORPS



# GENERAL DESCRIPTION

## HOSTING ORGANIZATION

. Portuguese Red Cross youth

## PROJECT TITLE

. Acting Local, Changing Global

## PARTICIPANTS

12

## TIMELINE

July 2023 - June 2024  
(flexible dates)

## PLACEMENTS

- Braga, 3 participants
- Cucujães, 1 participant
- Bragança, 2 participants
- Guimarães, 2 participants
- Vale de Cambra, 2 participants
- Sanguedo, 2 participants

## COUNTRY

. Portugal



## CONTACT PERSON

**Helena Teixeira**

juventude4@cruzvermelha.org.pt

# PROJECT PRESENTATION

The **Portuguese Red Cross Youth** is going to host **eleven young volunteers** for **8 months** starting in July, August or September 2023 (the starting dates are flexible till september) in the cities of **Braga, Cucujães, Bragança, Guimarães, Vale de Cambra and Sanguedo** in an **European Solidarity Corps volunteering** called **Acting Local, Changing Global II**. During this 8 months, 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. 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 the volunteers to empower and enable others in order to promote diversity. They will be allowed to **implement their skills** to best effect whilst also being afforded the opportunity to develop new competences. As well as participating in the work already implemented here, the volunteers will also be encouraged to **develop their 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 the volunteer can participate, therefore they 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
- . Pocket Money
- . Portuguese Language Course
- . Local transport training opportunities
- . Travel Costs \*

***Totally 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

## Selection Process

- . The Candidates must send:
  - a ***Curriculum Vitae*** in Eng or PT\*
  - a personalized ***Motivation Letter*** in Eng or PT\*
- . The Candidates apply until the **15.07.2023**, by **11:59 pm**;
- . The Candidates will receive a form that they must fill in After they will be contacted with the results.

\*All documents must be submitted in PDF format

## Working Language

- . ***English***. Availability to learn Portuguese is also welcomed.

## 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.

# PLACEMENT 1



## BRAGA

### THE CITY

Braga is a city of huge beauty and heritage richness, which combines tradition with innovation, the memory to the youth, and creativity to conservatism. With over 2000 years of a very rich history, Braga possesses one of the oldest Sacro-Montes in Europe and is the representative of the Minho region, the Bom Jesus. In Braga, we can find the oldest Portuguese Cathedral and the Motherhouse of the Benedictines, the Monastery of Tibães (Mosteiro de Tibães).

Braga presents places that by their intrinsic devotion and beauty, impose themselves as mandatory benchmarks to visit. The Sanctuary of Sameiro (Santuário do Sameiro), the Bom Jesus and the Falperra, settling on an appealing religious basis, are surrounded by ravishing green spaces and paradise landscapes. The Roman legacy is another of the attractive factors of Braga, often called 'Portuguese Rome', due to its origin in the Roman city of Bracara Augusta. Known by its distinct churches, splendid XVIII century houses, gardens, nature parks and recreational areas. Braga's long history is visible in the splendor of its monuments, museums and churches. Living Braga is like taking a time travel inside modernity. Old city and of traditional religiousness - always imposing on its richness and majesty - goes hand in hand with the entrepreneurship and young spirit in vital areas such as culture, commerce, gastronomy, industry and services.

# BRAGA

## THE BRANCH

The Youth Department of PRC - Braga was created in 2005 our goal is to involve and empower young people, promote self-confidence, cooperation and proactivity in our beneficiaries. Our target audiences are children, adolescents and young adults, who participate in the organisation as volunteers, beneficiaries or leaders/agents of positive change. We develop our work in a perspective of peer-to-peer education, using non-formal education methodologies. Our action always has in mind the promotion of Human Rights, we develop activities considering 6 main areas of intervention: Health Promotion and Education; Intervention for Social Inclusion; Education for Development and International Cooperation; Employability, Entrepreneurship and Active Citizenship; Environmental Education and, lastly, Humanitarian Action.

### VOLUNTEER TASKS AND RESPONSIBILITIES:

- . Support in our charity shop,  
**Ponto Vermelho** (2/3 shifts a week)

### OPTIONAL TASKS

- . Assisting in the **International Mobility Project, JCV** in Action:
  - Assisting writing/implementing Erasmus+
  - Promoting Erasmus+ and European Solidarity Corps in high schools and universities
- . Supporting the **Youth Department Communication** team
- . Providing support in our **Foster Care for Unaccompanied Children** (1/2 weekends a month)
- . Support our **Social Kindergarten**
- . Other activities related to **volunteers' individual skills and interests**, as far as these are possible within the scope of the project
  - Example: Planning and implementing workshops (languages/music/arts)
- . Assisting with the **SAD project** (Serviço ao Domicílio) - working to support **vulnerable elderly** people with personal and home care
- . Assisting with **Equipa de Rua** - supporting homeless/addicted people in Braga
  - Other activities related to volunteers' individual skills and interests, as far as these are possible within the scope of the project.
  - ○ example: Planning and implementing workshops (languages/music/arts)

# PLACEMENT 2



## CUCUJÃES

### THE TOWN

The town isn't really a city but more rather a village. With an area of about 10,42Km<sup>2</sup> and not more than 10 705 habitants, it is a small yet urban village integrated in Porto metropolitan area. 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 and both are easily accessible through public transportation. Although Cucujães is located in a rather small environment, make no mistake: they are very much active and promote a lot of youth activities. If you fancy the sea waves, there is also a direct bus to Ovar (which is less than 20Km away) and its nice beach areas.

Despite being relatively close to nearby cities, the village lacks a good public transportation network.

# CUCUJÃES

## THE BRANCH

The Portuguese Red Cross - Local Branch of Cucujães is part of the worldwide International Red Cross Red Crescent Movement through the National Society, Portuguese Red Cross. On local level, the Local Branch offers support to the community focusing on 3 main areas of intervention: Social, Emergency & First Aid and Youth & Volunteering.

The work/ tasks at the Local Branch are mostly "hands-on" and practical and the volunteer will be involved in diverse tasks/ activities (not working merely with a specific target group or project but with many); which gives him/ her the chance to try new things and learn new competences. An openmind and adaptable attitude is required as plans/ priorities often change.

## VOLUNTEER TASKS AND RESPONSIBILITIES:

- . **Food Bank:** This includes picking up and transporting food donations, storing, and organising food supplies, and then distributing them to families and individuals in need, either at the headquarters or by delivering it to people's houses.
- . **Transportation:** If you are a driver, we might ask you to drive our beneficiaries to doctor appointments, social security institute or other places that might be necessary.
- . **Active Mix:** organising or supporting activities for a group of people with intellectual disabilities.
- . **Dia V:** Volunteers take part in environmental cleaning actions when we organise them.
- . **Permaculture Farm:** Volunteers help out at a local permaculture farm (harvesting and planting vegetables and fruits, cleaning and feeding animals, dealing with compost, etc).
- . **Social media content creation:** Taking photos, videos, and create digital content to feed the organization's social media accounts and the "new" website.
- **Cat shelter** - supporting the cat shelter, feeding the cats, cleaning the space and give a bit of company to the cats.

## PERSONAL PROJECT

- . The volunteer will also be encouraged to develop his/ her own **personal micro-project**. Something realistic, that can answer to the needs of the local community and that was fully created and implemented by the volunteer.



# PLACEMENT 3



## Bragança

### THE TOWN

Bragança (Mirandese: Bergância), also known in English as Braganza is a city and municipality in north-eastern Portugal, capital of the district of Bragança, in the Terras de Trás-os-Montes subregion of Portugal. The population in 2011 was 35,341, in an area of 1173.57 km<sup>2</sup>.

Of the 18 Portuguese historical district capitals, Bragança is the farthest from Lisbon, the national capital.

The seat of the municipality is the city of Bragança, which consists of the parish Sé, Santa Maria e Meixedo, and had a population of 20,309 in 2001.[16]. In the hierarchy of Portuguese urban communities, Bragança is only second to Chaves in the sub-region of the Alto Trás-os-Montes.[17]. Historically, the municipality has seen a demographic evolution. Between 1911 and 1991, there has been a 6.80% (1655 inhabitant) increase, mitigated by annual changes that both saw growth and decreases.[17]. For example, between 1981 and 1991 there was an exodus from the interior of the region of young people, resulting in a drop of population and birth rates (which only helped the coastal communities of Portugal).[17]. The city of Bragança has generally seen positive growth, being the capital of the region, and attracting a more youthful component. Sé and Santa Maria, the two primarily urban parishes, benefited directly from this, becoming the dynamic engine of growth in the territory, and developing into a pole in the interior northeast.[17]. Bragança pertains to an area referred to as the Terra Fria Transmontana (Cold Transmontana Lands). Within the NUTS nomenclature, Bragança is part of the Terras de Trás-os-Montes subregion, along with eight other municipalities. Its connection to this region are formalized within various associations, including the Associação de Municípios de Trás-os-Montes e Alto Douro (Municipal Association of Tr's-os Montes and Alto Douro), as part of the Associação de Municípios da Terra Fria (constituted by the municipalities of Bragança, Vinhais, Vimioso and Miranda do Douro), the Associação Comercial e Industrial de Bragança (Commercial Association of Bragança), the district Núcleo Empresarial do Distrito de Bragança (Business Nucleus of the District of Bragança), the Região de Turismo do Nordeste Transmontano (Tourist Region of Nordeste Transmontano) and the Parque Natural de Montesinho (Montesinho Natural Park). Bragança is also affiliated with the Associação do Pacto do Eixo Atlântico, along with 17 municipalities in the northwest peninsula, whose objective is to implement policy that strategically support socio-economic and socio-cultural objectives of the communities along the Portuguese-Spanish border region with Galicia. This is an important political relationship since 1999, as Bragança is of significant size to motivate economic activity in the northern portion of the Iberian Peninsula. Its peripheral place in the urban hierarchy of Portugal has contributed to the political, administrative and populational concentration of many regional and national associations, administrative delegations and regional directorates The neighbouring municipalities are Vimioso in the southeast, Macedo de Cavaleiros in the southwest and Vinhais in the west.

# Bragança

The Bragança Red Cross was created in 1978 and is based on voluntary work, nursing and social action. The Portuguese Red Cross in Bragança has 140 volunteers, with an average age of 21 years old. Youth is the driving force of humanitarian action of our organization.

## **Activities:**

Youth projects | Volunteering | Bragança Jovem Contigo! | Bragança Acolhe Contigo! | Bragança Sustentável Contigo! | Bragança Conta Contigo | Bragança Diversidades Contigo!

Name of Project: **Bragança, Jovem contigo!**

Intervention Area: Social Action / Health / Volunteering / Youth

Type of Beneficiaries Involved: Seniors

General Objective: To mitigate social isolation; To promote intergenerational encounters; To increase health promotion activities, using nursing screenings.

Project Summary: The Project "Bragança, young with you!" arises from the need to mitigate the social isolation of the senior population in the rural areas of the municipality of Bragança. The young volunteers of Bragança's CVP visit the villages periodically to promote intergenerational encounters, orientation and support to the most vulnerable.

## **VOLUNTEER TASKS AND RESPONSIBILITIES:**

Name of Project: **Bragança, Conta comigo!**

Intervention Area: Volunteering / Youth / Health

Type of Beneficiaries Involved: Users of the Mental Health and Psychiatry Department of the ULSNE

General Objective: Support and promote recreational and pedagogical activities in a clinical context.

Project Summary: Interventions in a clinical context with users of the Department of Mental Health and Psychiatry ULSNE, promoting recreational and pedagogical activities

Name of Project: **Bragança, Diversidades contigo!**

Intervention Area: Social Action / Health / Volunteering / Youth

Type of Beneficiaries Involved: Young People

General Objective: To accompany and support people vulnerable to gender identity expression

Project Summary: Support and accompaniment of vulnerable people regarding gender identity expression, LGBTQ+ community in the district, delivery of essential goods, psychological essential goods, psychological support, travel and accommodation for consultations.

Name of the Project: **Bragança, Sustentável contigo!**

Intervention Area: Volunteering / Youth

Type of Beneficiaries Involved: Children / Youth

General Objective: To raise awareness of climate change.

Project Summary: Interventions in school context, namely awareness raising actions and lectures about the mitigation of climate change. Activities in the local community, for example waste collection walks.

Name of Project: **Bragança, Acolhe contigo!**

Intervention Area: Social Action / Health / Volunteering / Youth

Type of Beneficiaries Involved: Refugees

General Objective: Welcome, integrate and accompany

Project Summary: As a host entity, we provide accommodation, ensure basic needs, support access to basic needs, support access to health care, education, social security, social and professional support in learning Portuguese language.

# 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.

# GUIMARÃES

## THE BRANCH

The Guimarães Branch of the Portuguese Red Cross is a familiar branch that works mostly on volunteering projects within the community, non-urgent transports, social innovation, health and social services. Volunteers will have a supervisor, but will also interact with coordinators and professionals of the areas they choose to integrate.

### PERSONAL PROJECT

ESC volunteers will be welcome to share their visions and initiate their **own project** and develop their ideas to provide new kinds of **support to the communities**.

### MAIN TASKS

Working on their **own projects**, supporting in **social media** and **event planning**.

## OPTIONAL TASKS:

These are some of the already existing areas that the volunteers can collaborate as well, if they feel motivated:

- . **Sick and elderly Hospital Volunteering**<sup>1</sup>, Continuous Care Unit<sup>2</sup>)
- . **Children and Youth in Need** (Fun Hospital<sup>2</sup>, intervention with children and youth in shelter homes<sup>2</sup>, free time activities during holidays for children from endangered neighborhoods<sup>2</sup>)
- . **Inmates**<sup>1</sup>
- . **Education and school intervention** (Healthy Habits Eating Game<sup>1</sup>, Alcohol consumption prevention<sup>1</sup>, Sun Exposure Prevention<sup>1</sup>, Youth First Aid, Violence and Gender Equality<sup>1</sup>, Sexuality<sup>1</sup>, Environmental Education<sup>1</sup>, Non-formal Education<sup>1</sup>)
- . **Homeless** (collaboration in our homeless shelter<sup>1</sup>)
- . Developing **activities for the Youth** Group<sup>1</sup>;
- . **Social support** (support to the social workers, organizing food and baby bank, organizing monthly baskets for those in need, managing donations<sup>1</sup>)

<sup>1</sup>Currently active

<sup>2</sup>Depending on COVID situation

# PLACEMENT 4



## Sanguedo

### THE CITY

Sanguedo is a Portuguese parish, located in the municipality of Santa Maria da Feira. The population in 2011 was 3,600.[1]. The total land area is 4.57 km<sup>2</sup>

Santa Maria is located in area that allowed it to be a crossroads of various peoples. Ancient Roman roadways connected Porto, Viseu, Lisbon and Braga and intersected the region, and was used until the 19th century. In addition, pre-Roman castros dotted the territory.

Eventually, nomadic tribes began to settle in the vicinity of the castle. This settlement soon became known as the Terra de Santa Maria. This name first appeared in 1117, in a donation by D. Teresa, who began to reside in the castle around 1120. The lands of Santa Maria included a vast territory that included not only the municipality of Feira, but also Ovar, Vila Nova de Gaia, Vale de Cambra and São João da Madeira, among others

The castle of Santa Maria da Feira, the ex-libris of Feira, is a testament to the military architecture of the Middle Ages. It is the fulcrum of the history of the region, and an important point in the Reconquista.

In the time of king Denis of Portugal, Feira already was the see of a julgado (old administrative division). This is testified by an ancient document called Foral Velho. It was awarded a new foral in 1514, when Manuel I of Portugal was the King of Portugal.

# Sanguedo

## THE BRANCH

The Red Cross of Sanguedo, located at Rua Padre David Fernandes Coelho, nº 104, 4505-644 Sanguedo, in Santa Maria da Feira, develops a set of activities, among which, the emergency pre-hospital and transport of non-urgent patients, social support for families in need, therapies in the area of physical and psychological health, recreational and recreational actions and youth volunteering actions, through the Local Youth.

### PERSONAL PROJECT

ESC volunteers will be welcome to share their visions and initiate their **own project** and develop their ideas to provide new kinds of **support to the communities**.

### MAIN TASKS

Working on their **own projects**, supporting in **social media** and **event planning**.

### OPTIONAL TASKS:

- Develop CVP's website
- Streamline social media
- Help sorting and preparing food baskets and cleaning the Solidarity Market
- Collection of food when carrying out campaigns
- Screening of donations (clothing, toys, others) at the Delegation, Casa das Profissões and Solidarity Store
- Cleaning, disinfection and maintenance of the condition of the vehicles
- Support for the Caps project
- Carry out minor interventions and restoration in the spaces (interior and exterior) of CVP (painting/organization of spaces, fixing shelves,...)
- Collaboration with the Youth volunteer team in the "Truz, Truz" project: Provide company to the elderly, go on short walks, do small tasks (going to the pharmacy, bakery, supermarket), teach how to use social networks (facebook and whatsapp, as a way of maintaining the link with families); carry out small house hygiene services, as well as small restorations (paintings)
- Create a small orchard in the House of Professions
- Create a small Deck terrace at Casa das Profissões (for outdoor leisure time)
- Garbage collection on the streets/garbage collection on the beaches
- Portuguese classes (through a protocol with a language institute, or with the collaboration of CVP volunteers);
- Partnership with Amicis
- About AMICIS - Association of Friends for an Inclusive Community in Sanguedo's mission is to promote the inclusion and social rehabilitation of people with disabilities and disability, through a response based on the proximity of community life, presenting itself as an alternative to institutionalization.
- Support the daytime team in activities with the disabled;
- Collaborate with the maintenance of the garden;
- Partnership with the Municipal Kennel of Sta Maria da Feira (animal hygiene, hygiene and maintenance of spaces)
- Partnership with the shelter "Obra do Frei Gil" - Residential Hostel (support in daily activities with children and young people; providing recreational activities with younger people)
- Partnership with the Parish Council of Sanguedo (collaboration with maintenance activities for green spaces, among other activities)
- Partnership with Juventude de Sanguedo (collaboration with the association's initiatives,...)

# PLACEMENT 5



## VALE DE CAMBRA

### THE TOWN

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.

# VALE DE CAMBRA

## THE BRANCH

Portuguese Red Cross has a local representation in Vale de Cambra. There are 2 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.

## VOLUNTEER TASKS AND RESPONSIBILITIES:

- . Take part and give some support for the **activities with the boys 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 may also 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.
- . **Youth First Aid**: We are developing also our skills (having some formation) in what concerns Psychological First Aid. One of our aims for this year is to start making this programo f psychological First aid with children in schools. So, it could be also one of the activities of the volunteers.
- . **Psychossocial help**: In collaboration with the City Council, we are now developing a response for the refugees that are arriving from Ukraine. We would be very happy to count on the volunteers to help in this new project.
- . Espaço de Promoção Pessoal e Social: The **Community Support Office** provides twice a week (Tuesdays and Thursdays afternoon) 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.



# APPLY NOW!

**JUVENTUDE4@CRUZVERMELHA.ORG.PT**

send your CV and Motivation Letter until the 15.07.2023, by 11:59  
pm



**EUROPEAN  
SOLIDARITY  
CORPS**

**CRUZ  
VERMELHA  
PORTUGUESA**

**Juventude**  
Cruz Vermelha Portuguesa