

# **EVS project “Together We Can” – 2017-2-PT02-KA105-004465**

**Dates of the activity: 01<sup>st</sup> October 2018 until 27<sup>h</sup> September 2019**

**Coordinating Organization:** ProAtlântico – Associação Juvenil

**Hosting Organization:** Santa Casa da Misericórdia da Merceana

**Sending Organization:** KANE

## **Description:**

With a long and intense history, Santa Casa da Misericórdia of Aldeia Galega de Merceana was one of the first twenty institutions of the kind founded in Portugal, by Queen D. Leonor, in 1499, with its compromise was printed in 1520.

In the beginning, this institution was a small inn near the chapel of N<sup>a</sup> Sr.<sup>a</sup> dos Anjos, in the old village of Aldeia Galega da Merceana. In 1616 it was relocated to a good building in the square of the old village, taking care of sick people. Because of this, they asked Queen D. Catarina for the creation of an hospital in their headquarters.

It was donated then, to this institution, the convent of Santo Antonio de Charnais, in Merceana. Also, after many years of private ownership, the building of the Misericordia Church of the XVI century was donated to the Santa Casa da Misericórdia in 1995.

In its history, it has had many services, such as a Centre of Child Care (1946), a hospital, until the creation of a nursing home (1980), Medical Clinic (1989), Day Centre, Home Support Service (1997), and Centre of Free Time Activities (2003). In 1998, the expansion of the facilities of the institution was approved and inaugurated in May 24, 2001.

Santa Casa da Misericórdia de Aldeia Galega da Merceana is based in Alenquer Council and reaches different types of beneficiaries through its different features and activities.

## 1 - Education Action

\*Nursery Rainha D. Leonor: develops wellbeing activities and development on a physically and emotionally safe environment for a group of 66 children aged between 3 months and 3 years old.

\*Kindergarden: An educative project that believes in the education and development of 3 to 5 year old children, giving them a naturally balanced environment so they can build their future and develop their self-esteem, independence, creativity and critical sense.

\*Occupational Center: develops school support and recreational-pedagogical activities, with a group of 20 students from schools

## 2 - Social Action

\*Home Support - Offers personal health care services to individuals and families in need because of illness or disability, reaching up to 40 beneficiaries.

\*Daily Center - Offers wellbeing services such as nourishment, laundry, personal hygiene, transportation, recreation activities; psychosocial support and fomentation of interpersonal relations, for a group of 25 senior citizens.

\*Nursing Home - infrastructure with capacity for 71 senior citizens, with a set of services for elderly people, such as: Laundry / Refectory / Lounge / Sociocultural animation / Physiotherapy / Psychology / Social Services, among others.

\*Food Bank: Food distribution to the most deprived families of the region, reaching up to 148 people every fortnight, including families and children.

\*Social Integration Income (RSI)- Integration plan developed by a multidisciplinary, reaching 150 families in precarious social and economic conditions.

\* Local Project of Social Development (CLDS 3G – Inter//Ação): Activities development for the community in 3 thematic axes; Axis 1 – Employment, training and qualification, Axis 2 - family and parental action for the prevention of child poverty and Axis 3 - Community and institutions' capacity building.

\*Local Network of Social Intervention (Rede Local de Local de Intervenção Social – RLIS): care and monitoring services for individuals or families in situations of vulnerability, social exclusion, or social emergency.

\*Refugees Reception: became a refugee reception entity through a protocol established between União das Misericórdias Portuguesas and the Portuguese Government.

### 3 - Health

\*Continuing Health Care - temporary or permanent internment of up to 30 chronically ill patients, with different degrees of dependency, in order to provide them with social support and Healthcare services.

\*Clinic: Health facilities prepared for the provision of quality Healthcare to the community, by offering several medical specialties consultants and complementary diagnosis Exams.

Volunteers will be integrated in the different equipments and services, except the clinic.

### **Profile of the volunteer:**

Being a volunteer requires commitment, sense of responsibility, seriousness and availability. The profile of the volunteer will have general requirements: proactive, motivated to work in a social environment, with sense of responsibility, like to work in a team, flexible, with communication ability, mature to work with social and economic disadvantaged community.

A high motivation to work with children, young people and elderly and special interest on music, dance, theatre, sports, cooking, computers, handicrafts, gardening, history, photography, arts, can be an added value, since these areas their fields of interest and will be the way to reach their attention.

The volunteer must have high motivation to work with the target to which SCMM is dedicated: children, youngsters, elderly, families, unemployed people and refugees.

It's also important that the volunteer:

- \* Has Good intercultural relationship;
- \* Is available to live in a rural area;
- \*Has capacity of analysis of issues connected with the target of the institution.

We will look for volunteers who are interested in working with a commitment to volunteering and had chosen our project because of the experience and development they will gain not only because it's in Portugal.

### **Tasks of the volunteer**

At the beginning of the project and considering that EVS volunteers probably won't be fluent in Portuguese, they will not be in charge of the supporting activities for the clients. They will support activities in different areas like:

1- Nursery, Kindergarden & Occupational activities center

- \*Promotion of games and leisure time activities;
- \*Give support to the educators inside classes, helping the children to do exercises, specially those with special needs;
- \*Help the students to do homework or to study some specific subject;
- \*Promote creative workshops like painting, singing, dancing, theatre, sports, etc;
- \*take part in events like parties, Christmas, School birthday, Easter, etc;

\*Going out of the in study visits with the children/young people and teachers;

\*Help in the meals.

## 2- Elderly Center

\*Support in activities like handicrafts, dance, games, gymnastics, etc;

\*help in meals time;

\*activities during holidays related to special events (eg: Christmas theatre play, build Carnival masks, games with Easter eggs, summer camps, birthday parties, religious events, etc.);

\*recreational activities (tours, walkings, parties, etc.).

## 3- Food Bank

\*Support in the reception/division of food donated;

\*Support in the distribution of food to poor families;

\*Organization of workshops to empower the families supported by the food bank.

## 4- Local Support to People with Special Needs

\*Support in a varied range of courses for youth and adults (techniques, languages, entrepreneurship, information technology, among others).

## 5 - Refugees

\*Acompainment of users in cultural activities and knowledge of the country / region;

\*Acompainment of clients to medical services and official services;

\*Development of entertainment and leisure time actions;

\*Logistical and administrative support.

## 6 - Continuing Care Unit

\*Development of activities adequated to the needs of the clients;

\*Visit to users;

\*Support in Daily Routines (like meals, phisioterapy,etc).

Volunteers are also invited to give ideas about activities they want to promote with the customers, like make presentation of their country of origin through a gastronomic activity, musical, or others, based on their own experience or sensitivity.

The activities will be done always under the supervision of the team from the institution.

The volunteers also have the chance to implement a personal project with a financial support from ProAtlântico.

Volunteers will also do tasks of Divulcation of Erasmus + (in schools, Universities, youth clubs and youth events):

- Organization of exhibitions, presentations and conversations with Portuguese young people or future volunteers to motivate young people to be more active or give visibility to their project;
- Inform young people about the volunteering experience as a EVS volunteer in Portugal and provide information about some aspects of the volunteer's country (ex: culture, language, cultural places, etc.).

In these activities, the volunteer must use the clothes provided to that activity (t-shirt, cap, etc).

All EVS volunteers are supposed to organize at least one intercultural event about their country and culture and participate in events promoted by other volunteers

### **Monitoring**

During the project the volunteer needs to make weekly evaluation to give to the mentor and make a monthly evaluation report to give to ProAtlântico.

### **Dissemination**

Each month, the volunteer must write a small article about his/her EVS experience and add some photos to be used in social media to promote this kind of projects.

### **Timetable**

The volunteers will collaborate 35 hours per week during 5 days a week (30 hours of activities + 5 hours for trainings, language support, mentorship meetings, reports, etc.). Although, the volunteers might work different hours per day.

The schedule will be defined by the hosting organization on arrival of the volunteer and it can change according to the activities.

The volunteers will have 2 consecutive free days each week that can vary from week to week according to the needs of the hosting organization. However, when the hosting organization has activities on volunteer's free days and the volunteers are asked to work, they might have to choose another free day, since the collaboration of the volunteers is important.

The volunteers have the right to take the Portuguese National official holidays as free days, when they match with working days.

It is not possible to work more hours in each day to have 3 days free each week. It is needed to work 5 days each week.

The volunteers have the right to take the Portuguese National official holidays as free days, when they match with working days.

The volunteers will have 2 days of holidays per month for the duration of the project, to be taken in agreement between the volunteers and the team. The volunteers can join the holidays or take them by month. The volunteers must discuss with the project supervisor from the hosting organization the dates of holidays at least one month before.

## **Conditions**

### **TRAVEL**

The volunteer is entitled to one return travel ticket between the sending and the receiving country. The sending organization will help the volunteer to

purchase tickets. If the cost of the ticket is more expensive than the amount of money approved, the volunteer will be responsible to cover the difference. An itinerary must be sent to ProAtlântico to get an approval before the ticket is bought.

Volunteers from Greece: 360,00 euros for both ways

The calculation of the travel cost of each country has in consideration the place of the sending organization. In case the departure place of the volunteer is different, a justification must be given, and a new calculation must be done using the distance calculator from European Commission, available at the official website:

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm).

The amount of the travel costs that can be reimbursed can be different. It can decrease, but it can't increase.

### **FOOD**

ProAtlântico – Associação Juvenil will provide 5€ per day to cover costs of food and extra expenses (ex: cleaning materials, ...) during non-working time. The volunteer can use the food money to buy own food, cook in the apartment, eat in a restaurant, etc.).

During working time the receiving organization provides a suitable meal in the organization's facilities, which is based on a Mediterranean diet. It is important to refer that this project doesn't provide Vegan meals.

It is not possible for the volunteer to get money instead of the food provided during the working time.

### **ACCOMMODATION**

ProAtlântico provides accommodation in an apartment, University residence, hostel, hosting family or at Casa Europa, in double bedroom with fully equipped kitchen, toilet and living room.

The costs with electricity, water, gas, TV and Internet are covered by the project. The volunteers will have towels and bed clothes for the entire period of the project.

It is not possible to get a single room. The rooms are always shared with another volunteer of the same gender.

It is not possible for the volunteer to find his own accommodation and get money for it.

Host guests and animals and Couch Surfing is not allowed in the accommodation provided by ProAtlântico.

ProAtlântico can help you to find a cheap place for accommodation for your friends or relatives.

### **LOCAL TRANSPORTS**

A monthly local transport allowance is provided to cover at least the costs between the accommodation and project place. The volunteer must ask for receipt and keep it safe to give to the receiving organization team to be reimbursed.

### **POCKET MONEY**

The volunteer will receive a pocket money for personal expenses of 4,00€ per day.

### **LINGUISTIC SUPPORT**

ProAtlântico guarantees that the volunteer will have linguistic support provided by a private teacher or another solution found by ProAtlântico.

The language support will last up to 40 hours. The classes are given in groups together with other volunteers.

Before the activity start, the volunteer is asked to make an online test. A new test will be made in the end of the activity to assess the level of learning of Portuguese language.

EVS is not a language course, so the language support provided is initial level to help volunteers in their integration in local community and in their

project. If the volunteer already have knowledge of Portuguese it will be possible to provide advance Portuguese support.

Learning Portuguese language will depend much of the volunteers work at home and in their daily contact with the local community.

### **HOW TO APPLY?**

Send e-mail with CV, motivation letter and application form to [applicationsportugal@proatlantico.com](mailto:applicationsportugal@proatlantico.com) with the subject 7427 – TOGETHER WE CAN – Name of the Volunteer.