

VOLUNTEERING PROJECT

MAKE A CHILDREN SMILE



Amarante, PORTUGAL | 26 August 2019 until 30 September 2019



Organized by **EQUAÇÃO, CRL**
Hosted by **Casa da Juventude de Amarante**
Financed by **EUROPEAN SOLIDARITY CORPS** from **EU**

EQUAÇÃO, CRL



Equação, Cooperativa de Comércio Justo, Crl, was founded in 2006 by a group of associations connected to Fair Trade & settled in the North of Portugal. Our aim is to promote Fair Trade in Portugal by retailing fair trade products and raising awareness near the consumer (especially youth), schools, public entities and companies. Today Equação's main activities are:

- PROMOTE THE MAIN PRINCIPLES OF FAIR TRADE (we do around 50 workshops in school per year);
- RETAIL FAIR TRADE PRODUCTS IN PORTUGAL (mainly organic food products from Asia, Africa and Latin America);
- SUPPORT EQUAÇÃO'S MEMBERS (in fair trade shops, markets, clubs in school, fairs and exhibitions);
- EDUCATION AND DEVELOPMENT PROJECTS (involving partnerships at national and European level with the aim to produce information for young consumers attending to schools and for public authorities about topics like: Sustainability, Ethical Finance, Responsible Tourism, Healthy Food, Education for Consume, etc.

ABOUT the PROJECT



“MAKE A CHILDREN SMILE” | (2019-1-PL01-ESC11-062695) is an volunteering project promoted by Fundacja Rozwoju Społeczeństwa Przedsiębiorczego and involving in total 12 European volunteers coming from 2 supporting partners from EU Program Countries (Greece and Poland). It will have 1 Activities of 37 days the first from 26 of August 2019 until 30 of September.

The project's main themes are Human Rights (as example: Graffiti about Fair Trade promotion), Health and well-being (as example: healthy food and lifestyles, outdoor activities), Environment (as example: organic farming, local products, organic harvesting grape,), Social Work (volunteering in disable, elderly and minors residential center), with the aim of supporting Equação and its members and local partners.

The main objectives are:

- Assure a regular volunteer's corps that can support Equação and its members and local partners in their activities and promoting the principles and values of Fair Trade (volunteering, solidarity and respect for diversity), Healthy lifestyles (mainly through food and sports) and Environmental sustainability (supporting organic farming, sustainable tourism, etc.);
- Develop and improve volunteer's personal, social and professional competences taking advantage from their NFE experiences that might be useful when facing the labour market;
- Open new horizons for local youngsters through the example & direct contact with European volunteers, in terms of mobility and participation in youth opportunities and promote intercultural dialogue and cooperation in the spirit of CES and European fundamental values.

PROGRAM of
VOLUNTEERING PROJECT
“Make a children smile”

ESC: MAKE A CHILDREN SMILE									
Activity dates		25/08/2019 -01/10/2019							
first week									
25	26	27	28	29	30	31	1	MEALS	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Arrivals	WHO WE ARE..	PORTUGUESE LESSON	VISIT CERCI DISABLE CENTRE	WORK IN THE WINE ORGANIC PRODUCER	GRAFFITI PROJECT PRESENTATION	ORGANIC CJ MARKET	FREE TIME	Breackfast, lunch and dinner in the Youth Centre from Monday to Saturday.	On Sunday breakfast will be in the youth center. Lunch and dinner it's up to the volunteers
	DISCOVER AMARANTE	VISIT SCM ELDERLY CENTRE							
	TEAM BULDING, RILES, PRACTICALITIES, PROGRAM	SPORT CENTRE	PRESENT CULTURAL AGENDA	NFE ROLE GAME	KAYAK	FREE TIME			
			PORTUGUESE LESSON						
second week									
2	3	4	5	6	7	8	FREE TIME TIPS		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
MONDAY MEETING	PORTUGUESE LESSON	CERCI DISABLE CENTRE	WORK IN THE WINE ORGANIC PRODUCER	PORTUGUESE LESSON	ORGANIC CJ MARKET	FREE TIME	Generally a work day starts from 9h00 a.m. and finish at 17h00 p.m. After 17h00 it's free time! :)		
	ELDERLY CENTRE	GRAFFITI MAKING	FAIR TRADE WORKSHOP	GRAFFITI MAKING					
VOLUNTEERS WEEK PLANNING MEETING	GRAFFITI MAKING		CULTURAL AGENDA MAKING	RESIDENCIAL CENTRE FOR MINORS	FREE TIME				
third week									

9	10	11	12	13	14	15	FREE TIME TIPS	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
MONDAY MEETING	PORTUGUESE LESSON	CERCI DISABLE CENTRE	WORK IN THE WINE ORGANIC PRODUCER	PORTUGUESE LESSON	ORGANIC CJ MARKET	FREE TIME	In this week you can still go to swim in the river! It's just in front of our youth center!	
VOLUNTEERS WEEK PLANNING MEETING	ELDERLY CENTRE	GRAFFITI MAKING		GRAFFITI MAKING	FREE TIME			
HORSES	GRAFFITI MAKING			CULTURAL AGENDA MAKING				
forth week								
16	17	18	19	20	21	22	FREE TIME TIPS	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
MONDAY MEETING	PORTUGUESE LESSON	GRAFFITI INAUGURATION	ORGANIZE TASKS AND RESPONSABILITIES FOR THE INTERNATIONAL WORK CAMP	WORK CAMP START	FREE TIME	VISIT PORTO AND GUIMARÃES	Take with you sport outfit! In Amarante we have many places where you can practice dance, sports and walks!	
	ELDERLY CENTRE							
VOLUNTEERS WEEK PLANNING MEETING	GRAFFITI MAKING							
fifth week								
23	24	25	26	27	28	29	30	1
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
VINDIMA ~ GRAPE ERVESTING LIXA	ORGANIC FARM CELORICO	VINDIMA ~ GRAPE ERVESTING MARCO DE CANAVESES	ORGANIC MUSHROOMS CELORICO	YOUTH PASS DAY	ALVÃO NATURAL RESERVE	FREE TIME	EVALUATION DAY	Departures
	KAYAK							

Welcome to



CASA da JUVENTUDE de AMARANTE



In 2008 Aventura Marão Clube, a local member and founder of Equação, started to manage the local youth centre & hostel called Casa da Juventude de Amarante (CJ). It is a study case project in Portugal as they are the only private body in the country managing public equipments (usually managed by the state itself). So, they created an initial strategy based on following elements:

- SUPPORT LOCAL YOUTH INITIATIVES IN ORDER TO APPROACH YOUNGSTERS TO THEIR VALUES AND PROPOSALS; DEVELOP MOBILITY AND PARTICIPATION PROJECTS UNDER EUROPEAN FRAME;
- OFFER ACCOMMODATION AND FOOD SERVICES THAT BRING ADDED VALUE: HEALTHY FOOD, TRAINING FACILITIES, FAIR TRADE WORKSHOPS, EU INFO POINT, ETC.

CODE of CONDUCT



This code of conduct is a free will agreement and reflects the wish and responsibility of all partners/volunteers involved. Under this code of conduct we agree to respect Erasmus+ and ESC rules and that our project should be based on clear, accountable and honest communication processes. All partners/volunteers should be ready for compromise and to discuss obstacles and different points of view but always respecting fundamental values and principals and actively cooperating under deadlines and tasks.

SHOW RESPECT for all other people on site by:

- Acting courteously to all people and respect different cultures and beliefs;
- Behaving appropriately whether supervised or unsupervised;
- Reporting any suspicious people or activities;
- Understanding that aggression either verbal or physical will not be tolerated for the facilities by:
 - Using all equipment considerately and carefully;
 - Smoking only in designated areas;
 - Using the waste bins provided and dropping litter;
- Not willfully damaging or defacing property for the environment by:
 - Keeping noise to a reasonable level and observing sensible sleep times;
 - Not harming or causing harm to animals, trees and plants;
- Leaving the site in the same condition you found it for the program by:
 - Being on time to start the program activities;
 - Not using the mobile phone during the project activity time;
 - Not being late for breakfast, lunch & dinner.

CO-EXISTENCE

There may be a considerable number of different people from all over the world, including children, using the site at one period of time. Please follow the guidelines given out by Equação, Crl team and be considerate and respectful to other users of the site, including staff members.

LITTER

Be aware that littering is forbidden. Help the staff on site keep the area clean and presentable at all times. This includes the grounds, accommodations, working and eating room. Use the bins provided and notify the staff if you need assistance.

SMOKING

It is not allowed to smoke inside the building. There are dedicated smoking areas outside so please only smoke in these areas. Smoking is forbidden in the bedrooms.

Drugs & alcohol

Drugs are not permitted at any Equação, Crl project. If someone is found to be using illegal drugs there will be action taken. Alcohol is not permitted if under 18 and no alcohol in the rooms. Alcohol is allowed in social time in the group areas and in the bar.

SERVICES

Laundry

Laundry service will be available for free in the youth centre.

Bike Renting

Wanna do some sports during your free time? You can rent us a bike! For prices and more info, you can ask at the reception.

Venues

For more info about the Youth Centre please visit our website at www.cj-amarante.org or speak to us directly :)

Wi-Fi connection

The site (CJ) is a bit limited for Wi-Fi and internet connection. The best connection point is the bar/reception area (Network CJAMARANTE and pass CJAmarante#).

Free Wi-Fi is provided in the house/apartment of the volunteers.

ABOUT AMARANTE



All visitors to Amarante will most certainly be impressed by two imposing natural features: the great Serra do Marão rising above the city in a series of majestic landscapes and the river Tâmega, the longest tributary of the river Douro, whose journey begins in Galicia and which flows through the heart of Amarante, giving added colour to the picturesque houses standing on its banks. Some historians have attributed the foundation of this transitional city linking the provinces of Minho and Trás-os-Montes to a Roman centurion by the name of Amarantus. In the thirteenth century, St Gonçalo, a Benedictine monk and popular saint, arrived in this area, where he eventually settled after completing a pilgrimage to Italy and Jerusalem, later becoming the city's patron saint. He is accredited with the building of a sturdy bridge over the Tâmega on the same site as the current one.

The bridge at Amarante perpetuates the memory of the local population's heroic resistance against Napoleon's troops, who invaded Portugal in the early nineteenth century. In view of its position as a major gateway to the region of Trás-os-Montes, the city was besieged by Marshal Soult, although he met with stiff opposition from the local inhabitants, who bravely withstood his fierce attacks for a fortnight, until finally surrendering when the French bombarded them with barrels of gunpowder. Amarante's sweets and cakes are extremely famous and easy to find in many of the region's cake-shops and cafés. Remember some of the names and make sure to taste them for yourself: papos de anjo, brisas do Tâmega, toucinho do céu, bolos de São Gonçalo, galhofas. At the first Saturday of June takes place the Festas do Junho in honour of the Saint Gonçalo, much sought after by old spinsters in search of a husband.

PRACTICALITIES

SAFETY AND PROTECTION OF PARTICIPANTS

If applicable, it is strongly recommended that young people and youth workers taking part in youth mobility projects are in possession of a European Health Insurance Card. This is a free card that gives access to medically necessary, state-provided healthcare during a temporary stay in any of the 28 EU countries, Iceland, Liechtenstein and Norway, under the same conditions and at the same cost (free in some countries) as people insured in that country. More information on the card and on how to obtain it is available at <http://ec.europa.eu/social/main.jsp?catId=559>.



ERASMUS+ VOLUNTEERING INSURANCE

Every volunteer must be enrolled in the Erasmus+ Volunteering Insurance foreseen by the Erasmus+ Programme, which complements the coverage by the European Health Insurance Card and/or national social security systems. Those volunteers who are not eligible for the European Health Insurance Card shall be entitled to receive a full coverage through the Insurance provided by the European Commission.

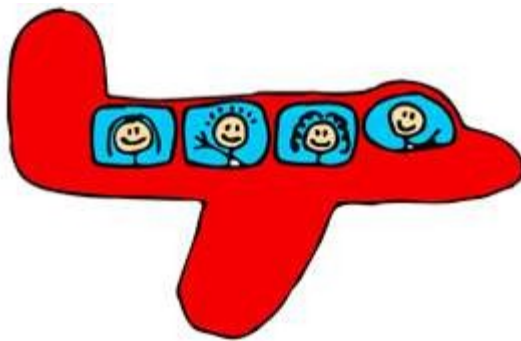
The coordinating organisation, in cooperation with the sending and receiving organisations, is responsible for the enrolment of the volunteer(s). This enrolment must be done before the departure of the volunteer(s) and cover the duration of the activity. Information about the coverage and support available through the insurance for volunteers, as well as instructions for enrolment, is available on the website of the Executive Agency.

POCKET MONEY

The "Pocket money" to the volunteer for additional personal expenses according to the ESC Guide 2018 is a contribution of 5€/day per volunteer.

TRAVEL COSTS

- **K.A.NE. (Greece):** The amount of travel grant in both ways is 360,00 EUR.
- **FRSP (Poland):** The amount of travel grant in both ways is 360,00 EUR.



FOOD AND ACCOMMODATION

Aventura Marão Clube together with Equação, Crl (local partner at Amarante) have a long experience with EVS and Volunteering Projects (we've hosted more than 1800 volunteers in the last years) and our policy for food and accommodation is the following:

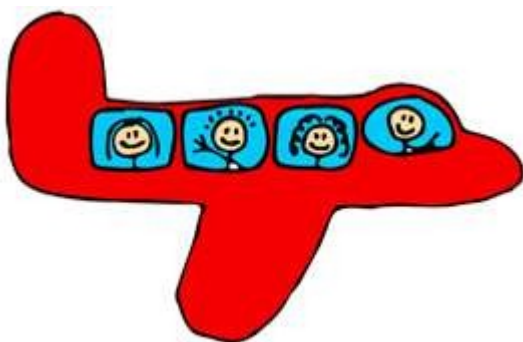


- Accommodation will be in our Youth Hostel, Casa da Juventude de Amarante | <http://cj-amarante.org/>. The hostel is well equipped (laundry is for free, wi-fi, coffe, ESC office). Volunteers might have to share rooms.



– Food (breakfast, lunch and dinner) will be given from Monday to Saturday (6 days per week) by our organization at the youth centre (Casa da Juventude de Amarante) where usually we serve meals to our volunteers (we run a vegetarian restaurant there). Food is vegetarian (including also eggs, milk, seitan, tofu, mushrooms, etc.). In one day of the week will be provided one non vegetarian dinner. Besides that we will give 35€/month to each volunteer to organize own meals at Sunday (we pay according to invoices given by volunteers).

HOW TO PLAN YOUR TRAVEL



Amarante is located nearby Porto's airport (choose this airport as destination and only Lisbon as last option). Aventura Marão Clube will organize the pick-up services between Porto's airport and Amarante (10€/person each way) – value included if under the maximum travel costs above indicated.

Please pay attention to the rules of Erasmus+ regarding travel costs. We have just a lump sum and if the travel cost is higher the participant or sending organization should support the difference between the lump sum and the real cost.

HOW TO PREPARE YOURSELF



IDENTIFICATION:

- ! ID card
- ! European youth card
- ! EU driving license (if you have)
- ! Recent Personal Pictures
- ! Copy of all the Documents
- ! Reference number of European Solidarity Corps

PRE DEPARTURE TRAINING:

- ! Organized by the sending organizations

ACTIVITY ARRANGEMENT:

- ! Read and understand ALL its parts
- ! Sign the agreement
- ! Bring the originals copies with you

HEALTH:

- ! Make sure to have all the needed medicines
- ! Inform sending and hosting organization if you have some special needs
- ! Inform the airport if you're having a big amount of medicine (If is the case)
- ! Translated prescriptions (If is the case)
- ! Medical health insurance (optional)
- ! Personal data of CIGNA insurance
- ! EU health card

DOCUMENT NEEDED FOR YOUR SERVICE:

The orphanage "Terra dos Homens" requires a declaration that you do not have any criminal history. This document is called **Criminal Record**. The orphanage hosts minor children, who require special attention and protection, for this reason is needed the Criminal Record.

OTHER:

- Contact list of the (hosting organization, sending organization, the mentor, emergency numbers: www.angloinfo.com/how-to/portugal/healthcare/emergencies)
- Read about the culture of the hosting country
- Extra money in the phone card to be able to use if needed
- Laptop
- Take with you 5 pictures that represent you (a picture of your favorite city, people, music band, etc.)
- Personal bath towel, hand towel and washcloth
- Clothes fitting the weather conditions and enough for the ESC period
- Swimsuit, flip-flops, towel and sunscreen cream (you can swim in Amarante river, we are close to the ocean and we have two public swimming pools in Amarante!)
- Presentation of the home country and yourself
- Assure that all the travel documents are prepared "boarding passes, id card, etc.". **Please do not lose those documents so the promoter can make all reimbursements**
- Good energy and a lot of motivation!



Miguel Pinto: *"I am a volunteer. That's how everybody sees my life story. If in 1997 European Voluntary Service changes my vision of the world, in 2008 Casa da Juventude de Amarante turns to be the floor to achieve my dreams. My mission is now to offer to others all that Portugal and Europe gave to me until today. All around I am the boss for some, the father for others and the heart of this project for the rest. At least I hope so! Ah, the only thing I do not negotiate is my passion: tennis! Only if you dare to challenge me for a match..."*



Marcella Serra: *"I could tell you a lot of things but I will try not to be like the usual Italian. I'm an energetic girl and someone that needs to have always something to do! Although I'm not Portuguese, I do feel like one. My experience in Portugal began in 2015 when I started my European Voluntary Service with Equação, CrI in CJ. Since the first moment I felt at home and this helped me to give my best for the project. Today I'm working here at CJ and the transition from volunteer to youth worker was natural and harmonious – only possible when you find the right place for you. I love nature and if you want to make me happy... just invite me to take a walk at river-side! I like to surprise and be surprised... so let's surprise each other! But, what I love most is to meet new people... because I believe all of you have something special to offer me."*



BAR AND RECEPTION SQUAD:


They will never leave you hungry!

Professionals to their bones, you can normally see them in different combinations behind **Bar do Girassol** and the reception.




Starting as interns (from Cercimarante, Rehabilitation or Employment centers) they are all as special as you can imagine:

Alfredo, Ondina, Rita, Tânia, Quito, Alice, Paulinho, Monica and Carlos make your life easier in CJ.

CONTACTS:

 Equação, crl Address: Casa
da Juventude de Amarante Avenida
General Silveira, 193
4600-017, Amarante
Portugal

 Social channels:
www.cj-amarante.org
www.facebook.com/cjamarante
www.instagram.com/casajuventude_amarante
www.youtube.com/cjamarante
www.vimeo.com/cjamarante

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 **SEE YOU SOON!**



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