

EVS project “Volunteers for Inclusion” – 2017-1-PT02-KA105-004019

Dates of the activity: 01st October 2017 until 27th September 2018

Coordinating Organization: ProAtlântico – Associação Juvenil

Hosting Organization: Casa Pia de Lisboa – CED Santa Clara

Description:

Casa Pia de Lisboa (CPL) is a Public Institute under the tutelage of Ministry of Labour and Social Solidarity. The mission of CPL is to promote the rights and protection of children and young people, especially those who are in danger or at risk of exclusion, to ensure their full development, through acceptance, education, training and social and professional integration.

This project will take place in Centro de Educação e Desenvolvimento (CED) Santa Clara that is composed by a net of 6 foster homes located in Sintra, Cascais and Oeiras.

The main aims of the foster homes are:

- protection of children/young people from dangerous family situations;
- provision of basic living conditions, affection and safe environment;
- supply psychological care;
- make the diagnosis taking in consideration different issues (ex: health, social, educational, psychological, emotional, physical needs)
- definition of a Care Plan (Life Project) of each child/young person;
- privilege the child/young person integration, according to the community resources (attend to school, participation in sports, leisure, cultural and scouts activities);
- prepare the children/young people to the future: return to the family, adoption, longer stay in the hosting organisation or in other foster home;

Each foster home offers protection in maximum to 14 children and young people, under 18 years old that were victims of maltreatments inflicted by

their families (ex: negligence; physical, emotional and sexual abuses; moral-legal/educational maltreatments; drug/alcohol addiction).

Profile of the volunteer:

The project "Volunteers for Inclusion" requires that the volunteers must be very human, self motivated, proactive, creative, with handwork skills, with self-initiative, willing to take on new challenges, very flexible and ready to help in different tasks of the children/young people education and life.

A high motivation to work with children and young people and special interest on music, dance, theatre, sports, cooking, computers, handicrafts, gardening, history, can be an added value, since these areas their fields of interest and will be the way to reach their attention. So, is expected the volunteers have a positive attitude, patience and good listening capacity.

The volunteers must be open minded and tolerant to work with people with fewer opportunities with different backgrounds and affected by different problems (ex: education difficulties, coming from broken families/orphans, young people with mental illnesses, with low economic resources, high cultural differences, etc.).

Therefore is important to have good adaption to different realities and ready to live with different conditions and environments they are used to in their original country.

The volunteers should have motivation to help youngsters with fewer opportunities to discover special skills to increase their chances to be employed. The volunteers might have interest to run workshops to unemployed young people about the benefits of participation in non-formal projects from Erasmus + Program in order to improve their skills and help them to integrate the labor market.

Tasks of the volunteer

The role of the EVS volunteers will be to help the team of the receiving organization to create a home and safe environment, where the children feel protected and live in a healthy way. Therefore, the volunteers have to give a lot of care and transmit a feeling of confidence in their relation with the children.

This can be achieved by creating a good relationship with the children and earning their trust. Sometimes the children might show verbal or physical aggressive attitudes towards adults around them and have to be comprehended and at the same time everybody have to teach them rules, so they can learn values of respect, love, tolerance, etc.

Is expected the volunteers get to know all the children's daily routine: wake up, going to school, lunch time, but mostly back from school, playing time, dinner time, go to sleep and also during sleeping time, so sometimes work in shifts can occur. Is also expected the volunteers help in different fields of the working of the foster home.

Below are proposals of activities that have to be adapted according to each volunteer profile:

- Animate and implement leisure time activities (ex: sports, music, singing, dance, theatre, handicrafts, watching movies, thematic conversations, etc.)
- Accompany children in outside activities of the foster home (ex: go to the doctor, take children to/from school/playground/cultural places, etc.)
- Motivate children/youngsters to study (ex: English language tutoring, Maths ...) and to complete their objectives (ex: with creative methods like games, music, quiz, etc.) and assist them in computers (ex: internet search, Word, Excel, Power point, etc.) and search for jobs, trainings, occupation and leisure activities
- Propose and implement specific activities related to the period of the holidays/ weekends (ex: Christmas theatre play, build Carnival masks, games with Easter eggs, Summer camps, birthdays, etc.)

- Help with the meals
- Help children and youngsters to organize the house and the rooms
- Organisation of offers from the community

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

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

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

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

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 EVS.

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 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 Romania: 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 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 €150,00 (every 30 days) 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 suitable meal in the organization's facilities, which is based on a Mediterranean diet.

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 multiple 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 by the receiving organization that covers 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 in order to be reimbursed.

Send e-mail with CV, motivation letter and application form to applicationsportugal@proatlantico.com with the subject 7337 – Volunteers for Inclusion – Name of the volunteer.