

Infopack



Volunteering Activity

Project number: 2018-1-PT02-ESC11-005612

Barcelos – Portugal 2019



About Powerful Volunteers

Title of the project: **Powerfull Volunteers**

Type of the activity: **European Solidarity Corps - Volunteering Projects**

ESC stage duration: **12 months**

In this European Solidarity Corps - Volunteering Project called "Powerfull Volunteers". This project is prepared to receive 4 volunteers: 1 Italian, 1 Algerian, 1 Bulgarian and 1 United Kingdom, youngsters between **18 and 30 years old**, starting in **September 2019** and ending on **September 2020**. This group will work in team, helping each other in the tasks of all.

The Powerfull Volunteers is a Solidarity and Social Inclusion project, which aims to challenge and strengthen the local community, which will receive 4 volunteers from different cultures. This volunteers through non-formal education can develop activities in the environmental, agricultural, cultural, sports, literary, arts, scientific, multimedia and / or social areas using recreational, creative and pedagogical activities.

Volunteer Profile

This Volunteering Activity is prepared to receive 4 youngsters, who will work in team, helping each other in the tasks of all. The profile of the volunteer intended is someone with training in plastic arts, arts, crafts, sport activities. Someone to innovate in the daily activities of the Day Center with their knowledge.

- Organization of intercultural activities, workshops, exhibitions, lectures, creative spaces, painting, language club;
- Reflection activities on the themes of the European Union;
- Work on the importance of interacting on an equal basis, on valuing differences and stimulating intercultural dialogue;
- Support the daily tasks;
- Organize activities for promote Erasmus+.

Workplace

Volunteers will work 2 by 2. Two volunteers will stay at the Day Center of Areias de Vilar. One of the volunteers will work with small children (2/3 years) and another will develop activities with the elderly.

Other two volunteers will work in Perelhal with elderly. This people are in a situation of social isolation and they go every day to the Day Center to do different activities, like sports and manual activities. These people have autonomy and the volunteers will not do the work of the helpers. The goal will be to help with daily tasks and support and do new activities for the elderly.

- Participate in SOPRO's campaigns: Collection of school material and food in the supermarkets in 2 times for year, and other activities and campaigns that arise during this volunteering project.
- Other: support the activities of SOPRO, fundraising initiatives (helping to seek and compete for international applications), document, support for exchange activities, attend meetings of international volunteers destined for Mozambique and helps to establish international partnerships.
- Ideas own/projects and suggestions for support the organization of sports activities, cultural events, exhibitions traditions of their country.

Food and Accommodation

The volunteer will live in shared house/apartment with other volunteers in a double room, with shared living room, kitchen, laundry and social facilities.

Volunteer Allowance

80€ per month.

Pocket Money

5€ to multiply by the number of days

Travel budget – Airport OPORTO

The nearest airport is Porto Airport (Sá Carneiro) 50 km from Barcelos. This is the budget for the entire travel including (round trip) plane, train and/or bus. **This doesn't include taxis.** SOPRO will reimburse your actual costs, with the presentation of invoices of the trip. If there is any confusion or misunderstanding about how the budget and how financing works for the project, please email to us directly comunicacao@sopro.org.pt. **Before you book the plane tickets, please confirm the schedules with us.**

275€ Youth Exchange	Algeria, Italy, UK
360€ Youth Exchange	Bulgaria

The best way to come Barcelos, is when you arrive in Oporto Airport you must take the METRO to Porto Campanhã Train Station, and here you must buy the train ticket to Barcelos city.

METRO Schedule: <https://en.metrodoporto.pt>

Train Schedule: <https://www.cp.pt/passageiros/en/train-times/Train-time-results>

Please buy or tickets only for the trains IR – InterRegional, U – Urbano or R – Regional. **On the others trains we DON'T support the refund of the trip.**

We recommend that you save all tickets, receipts, boarding passes and travel documents, connected with your trip. **The absence of one of those documents in original version will make the reimbursements NOT possible.**

Travel refunds will be made when we receive all original tickets and receipts in paper, then we will make the transfer corresponding to the amount presented with invoices/receipts. Please remember that we need paper boarding passes, so **avoid to check-in with mobile phone!!!**

We will only reimburse the travel expenses of participants who are present whole project. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you.

About SOPRO

SOPRO - Solidarity and Promotion was founded in 1996 by a group of young volunteer students from La Salle College, has its headquarters in college in Barcelos, Portugal. SOPRO is recognized **as a Non-Governmental Organization for Development (NGO)** with the Statute of Public Utility Entity, Non-profit. SOPRO develops its activities and projects to international and

local levels guided by the following values: solidarity, cooperation, education as a universal right, justice, respect and work volunteering.

Internationally, SOPRO develops the international Volunteer Program in Mozambique with support of the Portuguese volunteers who work on projects in the area of Education and Development.

The level national SOPRO works locally in the area of Barcelos, which promotes volunteering Proximity through School Supplies Bank and **CHEGA** a defence project of Gender Equality to Combat Domestic Violence and Gender, and Human Trafficking. SOPRO promotes, along with organized groups of all ages, awareness-raising on Volunteering and Gender Equality and Gender Violence (Violence in Dating) LOVE WITH LOVE.

In Erasmus+ projects SOPRO receives and sends volunteers through EVS/CES. In Portugal SOPRO is receiving short and long-term projects approved in Portugal and in other partner countries.

Because we believe that small gestures change the world, **join us!**

Barcelos City

Barcelos is a Portuguese city in the District of Braga, in the North region, with around 20.625 persons. Located about 40 minutes from Porto Airport, near Braga, Viana do Castelo, Esposende, Ponte de Lima and Famalicão. Barcelos is a small town with no security problems, it is possible to walk freely on the street and make the city on foot without any problem.

Barcelos is internationally known for the Barcelos Rooster, one of the symbols of Portugal, for pottery handmade, traditional market, culture, Santiago Way ... and the rest you will have time to discover!



USEFUL LINKS

SOPRO's website <http://www.sopro.org.pt>

SOPRO's Facebook <https://www.facebook.com/soproongd/>

Barcelos's Municipality <http://www.cm-barcelos.pt/visitar-barcelos/barcelos>

Barcelos's Municipality Facebook <https://www.facebook.com/MunicipioBarcelos/>

Barcelos's turistic guide http://www.cm-barcelos.pt/visitar-barcelos/barcelos/Guia_gb.pdf

VISA

Please check the validity of your passport before departure – it must be valid at least for six months (for not EU members). If by any chance you need a invitation for this activity, please ask for it in advance by sending a request with the scan/copy of your passport to comunicacao@sopro.org.pt

Health Insurance

We highly recommend that each participant takes care of own additional travel insurance for the full duration of the project with travel days included. Please, **make sure also that you have a valid European health card with you.**

What to bring

- Ideas, games, workshops, ice breakings, activities...
- Creative, innovative and sustainable ideas;
- Don't forget to deliver the Invoices/travel receipts;
- Any medicines you might need;
- Camera, laptop and other equipment making life and work easier (optional);
- Please bring **all necessary identity documents** (social and medical insurance, I.D. etc.) in the case of need;
- Good mood and energy to be active!

If you have any questions or suggestions, feel free to contact us!

See You!
Soon!