

Portuguese Red Cross Youth proudly presents...

“Acting local, Changing global”



THEME OF THE VOLUNTEERING PROJECT

The Portuguese Red Cross Youth is going to host five young volunteers from 1st of June 2019 to 31st of May 2020 in the cities of Guimarães, São João da Madeira and Vila Nova de Gaia, in an European Solidarity Corps volunteering project called: Acting Local, Changing Global.

During 12 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. Volunteers will promote actions in schools; develop leisure activities; develop and help organizing sports and learning activities during holidays 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 you to empower and enable others in order to promote diversity.

You will be allowed to implement your skills to best effect whilst also being afforded the opportunity to develop new competences.

As well as participating in the work already implemented here, you will also be encouraged to develop your 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 you can participate, therefore you 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.

This is a description was adapted from a former volunteer, Andrew Miller from the UK.

Basic Information

Project Title: Acting Local, Changing Global

Duration: 01.06.2019– 31.05.2020 (12 months)

Location:

- Location 1: Guimarães, Portugal
- Location 2: São João da Madeira, Portugal
- Location 3: Vila Nova de Gaia, Portugal

Hosting Organization: Cruz Vermelha Portuguesa - Delegação de Braga (2015-1-PT02-KA110-002658)

Participants: 5 (countries to be determined)

Person in charge: Tiago Costa

E-mail: juventude2@cruzvermelha.org.pt

Financial conditions: Food, accommodation, language course, local transport and pocket money will be covered by the Host Organization. 100% of travels costs will also be reimbursed by bank transfer according to the maximum budget approved by European Commission for every country.

Target group: Between 18-30 years

Working language: English. Knowledge of the Portuguese language is welcome.

General Tasks Of The Volunteers

- Take part in all the activities supporting the work of the professional team and the local volunteers
- Propose their own ideas and initiatives

Possible Tasks For The Volunteers

- Blogging about the organisation's activities
- Providing support in the local Red Cross Youth Sector projects (for example, São João da Madeira “Ponto Vermelho” – a social shop that aims at helping needed families and fighting poverty - or Guimarães “Hospital Volunteering” that aims to support the ill in the local hospital)
- Developing online content
- Photography for events and campaigns
- English lessons and other occupational cultural activities with vulnerable

children

- Setting up and running of organization's social media accounts
- Writing of projects
- Accompanying young people on excursions
- Creating new materials to work with children
- Helping in fundraising activities
- Visiting local schools to work with children and present their countries
- Learning of Portuguese language
- Artistic workshops and/or non-formal educational activities for children to promote healthy behaviors
- Creating diaries to accompany school progress
- Writing of a funding application to host youth exchanges
- Graphic design of dissemination materials
- Decorating youth centers
- Actively supporting campaigns like food gatherings and Christmas gift-wrapping

General Profile Of The Volunteers

- Between 18-30 years
- Genuine interest in social and educational issues
- Motivated, flexible and reliable
- 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 the will of "adventure"
- Should be responsible, creative, curious, open-minded
- Should have good communicative skills
- Creating empathy with children and young people
- Able to support and stimulate different types of leisure activity, from indoor to outdoor activities.

- Competences in artistic expression
- Experience on sports or music field is very welcomed
- True will to overcome the language barrier and learn portuguese.

Selection Process:

- You must send a Curriculum Vitae in Europass format
- Personalized Motivation Letter in English (It should take into account the motivation for joining this project)
- All documents must be submitted in PDF format
- Partners should send response until the day May 5, by 12:00 pm
- Volunteers should send CV no later than May 5

WE HOPE TO SEE YOU IN PORTUGAL!

