

INCUB

Incubadora Juvenil
de Águeda

POISE 2020



INFOPACK - EUROPEAN SOLIDARITY
CORPS

VOLUNTEERING IN ÁGUEDA, PORTUGAL 2024

Are you interested in solidarity, interculturality and volunteering? Do you enjoy working with children and the local community? Have you always wanted to experience the Portuguese culture and lifestyle?

WELCOME TO ÁGUEDA

Dear Partners,

We are looking forward to have volunteers in Águeda. We will receive volunteers on **MARCH/APRIL 2024**.

In this document, you will find all the information that you need.

Fill your application here:
<https://forms.gle/aqUzTfNnmFEQh3V8>

Any questions you may have, please, contact the coordinator Daniela Costa:



daniela.costa@cjagueda.pt



+351 914773822

CONDITIONS



We have 2 spots available:

- 6 months (start in March/April 2024 to October 2024)
- 11 months (start March/April 2024 to February 2025)

In both options, it includes:

- 150€ as food money and 6€/day for pocket money (around 330€ monthly)
- Private bedroom in a shared flat
- We will ask for a caution of 10€ in your first week in Águeda, which will be returned to you at the end of the volunteering so that we guarantee the good care of the apartment.

Fill out your application here until 15th of March: <https://forms.gle/Nkc68KeFCvbLi5Ux7>

Any questions, please contact Daniela Costa via daniela.costa@cjagueda.pt

ABOUT ÁGUEDA



Águeda is a small city in the north - center of Portugal - it has about 14000 habitants. The city is crossed by a river called Águeda, as well. The most part of its territory consists of small mountains and large valleys. The distance between Águeda and Porto is 72km and 240km from Lisbon.



Águeda is an important commercial and industrial center, located in an extremely fertile area. The gastronomical and economical region where it is inserted, known as the **Bairrada**, encompasses many of the local civil parishes and is well known for its vineyards and wine industry, as well as its suckling roasted pig (*Leitão Assado à Bairrada*).



The average annual temperature is 15.2°C and it tends to rain a bit in the winter.

Know more about [Portuguese traditions and culture](#), [History of Portugal](#), [Places to visit in Águeda](#), [15 best things to do in Águeda](#)

RELEVANT INFO



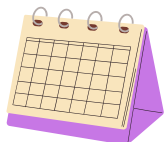
Type of project – European Solidarity Corps – Individual Volunteering ESC51



Hosting Organization – Psientífica Association and Águeda Youth Center



Individual volunteering – Activities for the integration of the volunteer in the community, linguistic support, development of entrepreneurial skills (related to the transformation of needs into ideas and actions), creation and implementation of personal projects, socio-personal reinforcement activities and development of key competences, mentoring, promoting intercultural dialogue and solidarity and activities in the educational services of the City Council of Águeda.



Mobility – 180/335 day

We are in the process of selecting the countries/partners!

In each country, we have a specific supporting organization who is responsible for preparing the volunteer for the project, helping with the logistic process and documentation, clarifying doubts, supporting the volunteer through the mobility and during the follow-up.

WHY ARE WE LOOKING FOR VOLUNTEERS?



We need to create different social, cultural and educational initiatives and practices.



Volunteers are the best to promote solidarity, interculturality and diversity, with local youths and in local institutions and community!!

VOLUNTEER'S PROFILE

- ✓ Youngsters (preferably with fewer opportunities) between 18 and 30 years old;
- ✓ Motivated to participate in volunteer actions and activities that enable the development of skills key, experiences and learning;
- ✓ With the ability to influence the peer group and the community;
- ✓ With the ability to learn with new results and to adopt new behaviors;
- ✓ With little or no experience in volunteering activities promoted by ESC (or previous EVS);
- ✓ Empathetic and aware of the needs and challenges of communities;
- ✓ Aware of their role and to be able to participate in all phases of the volunteer activity in which they will be involved;
- ✓ Interested in participating and contributing to volunteer activities that are oriented towards priorities and values European countries promoted by Erasmus+ and the ESC.

YOU WILL NEED...

- ✓ To be registered in the Portal of the European Solidarity Corps;
- ✓ To sign the Voluntary Agreement before starting the mobility;
- ✓ To have CIGNA insurance (we will take care of it!);
- ✓ To present an ID card, CV and clean criminal record;
- ✓ To provide all the documentation we will request afterwards.



MAIN GOALS



- ✓ Promote social, cultural and educational practices tailored to the needs of local youth and the community;
- ✓ Promote solidarity, diversity and interculturality;
- ✓ Empower volunteers with new skills and learning based on Non Formal Education;
- ✓ Encourage the entrepreneurial, creative and proactive attitude of volunteers
- ✓ Raise awareness among the community and local organizations of the need to foster entrepreneurial attitudes towards the development of the region;
- ✓ Promote European social values, including solidarity;
- ✓ Promote local community participation in volunteer activities;
- ✓ Share best practices;
- ✓ Promote recognition of EU opportunities.

AND ALSO...

- ✓ Recognize the potential of volunteering in the personal and social development of participants;
- ✓ Recognize the potential of volunteering in the community;
- ✓ Empower volunteers with new skills and learning based on Non Formal Education;
- ✓ Encourage the involvement of social and public institutions in social, cultural and educational practices and promote new initiatives;
- ✓ Contribute to the improvement of situations of social exclusion;
- ✓ Contribute to the improvement of the problems of social exclusion and discrimination and low social participation.



NON FORMAL EDUCATION



All the activities that you will develop will be based on **Non Formal Education**.



It is a learning which takes place outside of a formal education and training through learning activities and with some form of learning support.

Some characteristics:

- ✓ It has a participative and learner-centred approach;
- ✓ it is carried out by learners on a voluntary basis;
- ✓ It has a holistic and process-orientated approach;
- ✓ It is closely linked to young people's needs, aspirations and interests.



Take note that you will also use formal and informal education as complement!



Find info on NFE [here](#), [here](#) and [here](#).

MAIN ACTIVITIES OF THE PROJECT

1. Preparation and development of the Volunteer

- a. Get to Know each other and Team building activities
- b. Linguistic support via Online Linguistic Platform
- c. Implementing a personal project by volunteer's choice

2. Social and Personal reinforcement activities

- a. Psychological support
- b. Support for inclusion in the community
- c. Weekly reflection and Mentoring
- d. Promoting interculturality and solidarity via workshops and non-formal activities
- e. Individual and group reflection



3. Intercultural dialogue and diversity

- a. Promoting interculturality dialogue among youngsters at schools
- b. Developing activities at the Municipal Library with different age groups

4. Culture and social inclusion

- a. Activities at the Center of Art: Educational project and public mediation
- b. Inclusive school: curricular enrichment activities with children

5. School Holidays

- a. Activities/workshops with children at “Holidays in Motion”



6. Solidarity and volunteering

- a. Solidarity in the community with different actions (workshops, free hugs, activities, etc.)
- b. Disseminating opportunities for Youth

7. Training and quality of life

- a. Activities at the Project Águeda Amiga das Crianças (Child Friendly Cities – UNICEF)
- b. Workshops on various topics relevant to the project
- c. Activities at the Águeda Youth Center



Please take note that these are some of activities that happened in the previous years, however we are open to suggestions on different activities, as long as they are framed in the ESC and the project goals and values of the organization.

YOU WILL HAVE...



Technical support – Supervision + Weekly meeting in the hosting organization to integrate information and share learning outcomes + support of the sending organization;



Financial support – Pocket money of 5€/per day every month + Food support (150€ per month);



Trainings/Education – On-arrival and mid-term training provided by the Portuguese National Agency + workshops promoted by the hosting organization, stakeholders and volunteers;



Mentoring – A mentor outside the organization to assist you in your daily life;



OLS – Mandatory online linguistic support to learn Portuguese;



Stakeholders – organizations and institutions where you will implement activities under supervision and with support but with autonomy;



An individual room in an apartment with all the living conditions required by the Erasmus+ programme (rent, water, electricity, gas and Wi-Fi for free).

EUROPEAN SOLIDARITY CORPS



The **European Solidarity Corps** is the new European Union initiative which creates opportunities for young people to volunteer or work in projects in their own country or abroad that benefit communities and people around Europe;



The European Solidarity Corps could be a new opportunity for you to engage in a meaningful activity that could prove to be a stepping stone into employment!



After participating in this ESC project you will be entitled to receive a certificate (Youthpass) that documents your participation. You could use this when applying for jobs or further learning.

Know more
about [here](#)

ERASMUS+ YOUTH IN ACTION



The Portuguese National Agency for Erasmus+ Youth in Action is responsible for managing the European Solidarity Corps Program.



Its mission has a structure that aims to ensure the management, in Portugal, of the Erasmus + Program in the fields of youth and sport, as well as to ensure the management and execution of the activities still in force of the "Youth in Action" Program.

Know more about it [here](#) (The website is in Portuguese).

Know more
about [here](#)

TRAVEL INFORMATION

Remember to **keep your boarding tickets** (plane, metro, train). Take screenshots, if the ticket is digital. Be aware that the amount to be refunded corresponds to the maximum allowed by the distance band – see it [here](#).



Flights must always be approved by the hosting organization and the participant is responsible for searching for adequate flights to Airport Francisco Sá Carneiro in Porto (it is the closest one), respecting the mobility dates and the allocated budget provided by the Portuguese National Agency.



For the reimbursement, it is mandatory to present the travel itinerary, the original of the boarding passes and the invoice with Psientífica's VAT number **507426823**.

The tickets must be purchased with invoice, and VAT and billing address of Psientífica:



Praceta das Chãs Loja G
3750-113 Águeda
PORTUGAL

ABOUT PSIENTÍFICA



Psientífica is a non-profit association that has been part of local, regional and international partnerships in order to promote the social development of the community, most of them related to youth.



It helps the development of social and personal competencies that are essential to the exercise of active and responsible citizenship, capable of social change. We believe in a continuous intervention that accompanies youth personal and social development since early childhood!

CORE VALUES OF THE ORGANIZATION

EMPOWERMENT

LEADERSHIP

ACTIVE
PARTICIPATION

RESPECT

SOLIDARITY

TOLERANCE

IMPORTANT INFO

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