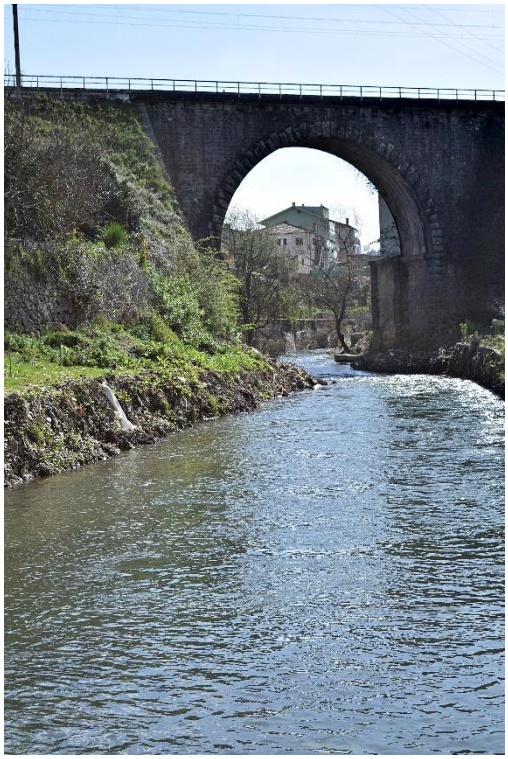
“Y(OUR) WAY”

European Solidarity Corps - Volunteering Projects

JUNTA DA FREGUESIA DE ERMESINDE (JFE) - PORTUGAL



JUNE – DECEMBER 2026
(6 MONTHS)

Dear partners and volunteers,

W E L C O M E!

We are happy to welcome you to **Ermesinde** and Portugal for European Solidarity Corps - Volunteering Projects.

You are expected to arrive in Ermesinde, Portugal, at 15 June 2026 and to leave on 14 December 2026.

In this info pack you will find details of the project, idea and project activities, target groups, info about hosting organization, accommodation, money and our contacts.

For any further information please don't hesitate to contact me!

André Coelho
Project Coordinator
+351912711142
acoelho@jf-ermesinde.pt / andre86.coelho@gmail.com

See you soon,

DETAILS OF THE PROJECT

- Name of the project: “Y(our) way”
- Dates: 182 days between June and December 2026 - (travel days included)
- Venue: Ermesinde
- Partners:

ORGANIZATIONS	Number of participants	Country
1. **JUNTA DA FREGUESIA DE ERMESINDE**	0	Portugal
2. ASOCIACION BUILDING BRIDGES	2	Spain
3. YOUNET	1	Italy

IDEA AND PROJECT ACTIVITIES

The JFE want, this presented project, to be as multifaceted as possible, in order to raise awareness of the local community that will contact the volunteers, who have very different personal and professional interests. This need is based on the building of an open society to pluralism, interculturalism, tolerance, protection of the environment and all other European values. From this we define our next general objectives:

- Promote the knowledge of other cultures, foment the dialogue, intercultural and intergenerational learning, as well as dealing with difference;
- To increase the skills, knowledge, attitudes and methods for the social inclusion of young people with fewer opportunities (including refugees, asylum seekers or migrants) by improvement their personal development, involvement as a citizen active in society and employability in the European labour market;
- Stimulating young people's critical thinking and initiative;
- Aware the young people of the importance of volunteering;
- Support the professional development of workers in training and youth sector by innovating and improving the quality training and youth work throughout Europe through non-formal and informal learning methods;
- The promotion of Sport, Environment and Multimedia as educational and inclusion tools;
- Foment the creativity with new methods and actions aimed at promoting good environmental practice;
- Endow the young with new personal and professional abilities for the organization/participation in cultural events;
- Encouraging the participation of young people in the democratic life of Europe;
- Promote the agreement of the young Europeans, contributing for the establishment of communication networks and partnerships.

Short description of activities:

The tasks to be performed by the volunteers, will depend on his skills and knowledge, and will be adapted to the profile of each one of them, however, the activities that we consider appropriate in view of the general objectives presented:

- Summer Camps for children between 6 and 12 years old, giving know about the culture of the country of origin (Spain, France and Italy), music, gastronomy and traditional games;
- Promote informal lectures on European mobility and the experience in the ESC;
- Develop Eurodesk activities such as European Youth Year and Time to Move;
- Collaborate in the organization of cultural activities that are part of the annual plan of JFE events and commemorations of thematic days;
- Support in the activities of the Municipality of Valongo, Ermesinde Social Center, Casa do Povo and ADICE;
- Promote and collaborate in the organization of campaigns, conferences and lectures about nature conservation, sustainable development, efficient use of resources and "Street without butts";
- Development of personal projects for volunteers, at JFE and the Ermesinde community;
- Develop sport activities in the local community;
- Produce graphic material (PWP, Videos, News) for local, national and European impact through its publication in social networks and other media within reach of the 4 organizations.

TARGET GROUPS

For this volunteering project we will have 3 volunteers and are intended to be young people with fewer opportunities, with social, economic and / or geographical difficulties (including refugees, asylum seekers or migrants), and that have a profile that is characteristic and adaptable to the tasks proposed. They should be dynamic, versatile and demonstrate a capacity for autonomy and a taste for teamwork, presenting characteristics of communicative, available, flexible and creative nature.

Volunteers should demonstrate interest at working for the community in general, including in the areas of work with children and young people, sport, multimedia, for the protection of nature and cultural.

Volunteers should be motivated to learn a foreign language (Portuguese).

HOSTING ORGANIZATION

Applicant of this project is “Junta da Freguesia de Ermesinde” (JFE). In organizational terms, JFE has a standard structure, subordinated to a democratically elected representative. In a large organizational chart, the following areas are highlighted: culture, education, social action, environment, youth, sports, free time activities, citizenship and civic participation and entrepreneurship.

Each of these departments has teams with high competences and experience in organizing and booster the local community, developing various initiatives for the promotion of the various valences for the action areas mentioned, which rules the organization.

In the technical staff, the JFE has about 60 employees in various areas of intervention.

The JFE is a public body, responsible for the mayoralty and local administration, developing in parallel activities of social, cultural and environmental nature.

As regards these areas of action, the JFE increments a follow-up work and proximity in the organization and promotion of occupational activities of leisure, under environmental and educational support to families, as well as to promote local activities and events.

There is a crucial focus on streamlining and organizing vacation camps, workshops and seminars under themes such as social inclusion, gender equality, employment promotion, dissemination and sustainability policies of green economy added to the development of retraining and promotion of the green areas of the parish.

The JFE is characterized by an active participation in collaboration and institutional, financial and human support to different associations of the city, responsible for the development of different types of animation, cultural and human enrichment, close to local communities and its action groups. It should be noted the constant concern in the support and development of support systems for young people, as part of its professional valorization and development of youth and personal skills. In view of the foregoing, the JFE feels the increasingly urgent need for dissemination and awareness of all young people to the importance of a global and European society, contributing to the search for a more inclusive and cohesive society that will motivate the citizens to play an active role in democratic life, to promote social integration, improve intercultural understanding and to promote sustainable development and green citizenship.

In this context, we seek to create a set of initiatives in the city, contributing to the awareness of young people of Ermesinde in relation to European ideals and values of an international community society extended to the Member States of the Union, in order to encourage mobility and entrepreneurship of young people, encourage the approach of different European cultures contribute to interculturality, pluralism, tolerance, non-discrimination, solidarity and social justice, arousing consciences and opening European horizons in the local community.

In the space of just over 9 years, JFE already has a wide range of European mobility activities, including:

1. Youth Exchange Project approved in Norway (2016-3-NO02-KA105-000852). This project consisted of participation in the Advanced Planning Visit (APV) in Croatia and subsequent mobility of 8 young people from each partner organization (Portugal, Croatia, Norway and Lithuania) to Croatia. Finally, JFE implemented the second part of this Exchange in Ermesinde;
2. European Voluntary Service Project (SVE), reference 2017-1-PT02-KA105-004098, by receiving and coordinating 3 young volunteers from 8 months, partner organizations in Spain;
3. Youth Exchange Project approved in Malta (2018-1-MT01-KA105-038459). This project consisted of participation in the APV in Malta and subsequent mobility of 16 young people from each partner organization (Portugal and Malta) to Malta. Finally, JFE implemented the second part of this Exchange in Ermesinde;
4. Volunteering project, reference 2018-2-PT02-KA125-005225, by receiving and coordinating 3 young volunteers from partner organizations (Spain, Greece and Italy), lasting 6 months;
5. Youth Exchange Project approved in Italy (2018-1-IT03-KA105-013092). This project consisted of the mobility of 7 young people from each partner organization (Portugal, Italy, Slovakia, Romania, Spain and Greece) to Italy;
6. Youth Exchange Project approved in Romania (2018-3-RO01-KA105-061360). This project consisted of the mobility of 9 young people from each partner organization (Portugal, Italy, Romania, Spain and Greece) to Romania;
7. Youth Exchange Project approved in Norway (2018-3-NO02-KA105-001346). This project consisted of the mobility of 6 young people from each partner organization (Portugal, Norway, Armenia and Ukraine) to Norway;
8. Volunteering project, reference 2018-1-PT02-ESC11-005574, by receiving and coordinating 3 young volunteers from partner organizations (Spain and Italy), during 9 months;
9. Volunteering project, reference 2020-3-PT02-ESC11-007257, by receiving and coordinating 3 young volunteers from partner organizations (Spain and Italy), during 6 months;

10. Youth Exchange Project approved in Armenia (2020-1-IT03-KA105-017897). This project consisted of participation in the APV in Armenia on may 2022 and subsequent mobility of

6 young people from each partner organization (Portugal, Italy, Ukraine, Turkey, Georgia and Armenia) to Armenia in next august 2022;
11. Volunteering project, reference 2022-1-PT02-ESC11-VTJ-000051886, by receiving and coordinating 3 young volunteers from partner organizations (Spain and Italy), during 6 months;
12. Volunteering project, reference 2023-1-PT02-ESC51-VTJ-000112598, by receiving and coordinating 2 young volunteers from partner organizations (Spain and Italy), during 9 months;
13. Youth Exchange Project approved in Estonia (2024-1-EE01-KA152-YOU-000233888). This project consisted of the mobility of 5 young people from each partner organization (Portugal, Romania, Netherlands, Malta, Ireland and Poland) to Estonia;
14. Volunteering project, reference 2024-1-PT02-ESC51-VTJ-000196897, by receiving and coordinating 3 young volunteers from partner organizations (Spain and Italy), during 3 to 9 months;
15. Youth Exchange Project approved in Estonian (2024-1-EE01-KA152-YOU-000233888). This project consisted on the mobility of 5 young people from each partner organization (Portugal, Esstonia, Netherlands, Romania, Malta, Ireland and Poland) to Estonia;
16. Youth Exchange Project approved in Bulgaria (2024-1-BG01-KA152-YOU-000215116). This project consisted of the mobility of 6 young people from each partner organization (Portugal, Bulgaria, Romania, Slovenia and Serbia) to Bulgaria.
17. Youth Exchange Project approved in Türkiye (2024-3-TR01-KA152-YOU-000285731). This project consisted of the mobility of 7 young people from each partner organization (Portugal, Spain, Albania, Netherlands and Türkiye) to Türkiye.
18. Volunteering project, reference 2025-1-PT02-ESC51-VTJ-000345733, by receiving and coordinating 3 young volunteers from partner organizations (Spain and Italy), with a duration of 6 months.
19. Youth Exchange Project approved in Norway (2025-3-NO02-KA152-YOU-000380126). This project consist of participation in the Advanced Planning Visit (APV) in Fuerteventura and subsequent mobility of 6 young people from each partner organization (Portugal, Italy, Norway and Spain) to Fuerteventura. The second part of this Exchange will be in Italy.

ACOMMODATION

During the project, the volunteers will be accommodated in Council own installations, in particular rooms with outdoor space, having an individual or shared room and a common kitchen and bathroom.
The food will be managed by the volunteers, which will be performed monthly or when the effective need of it by the volunteers in collaboration with the Council. All issues related to the specific food requirements of everyone will be saved. The food

confectionery shall be the responsibility of the participants, fostering a spirit of shared management.

MONEY

The national currency in Portugal is Euro. We will provide a food allowance (150.00€), covering also the holiday period, to the volunteer(s).
POCKET MONEY: 180.00€ per month.

ABOUT PORTUGAL:

Capital: Lisbon

Population: is approximately 11 000 000 including the Azores and Madeira islands.

Continente: 88,889 km2: 218 km in breadth, 561 km in length with 832 km of Atlantic coastline.

Açores: 2,355 km2 and is made up of 9 islands: São Miguel, Santa Maria, Terceira, Graciosa, São Jorge, Pico, Faial, Flores and Corvo.

Madeira: 741 km2 and is made up of 2 islands: of Madeira and Porto Santo and the uninhabited islands groups of Deserted and Wild (that are now Nature Reserves).

ABOUT ERMESINDE:

The Council is situated in Ermesinde, which belongs to Valongo city, in the North Coast of Portugal and is 7km far from Porto city, the second biggest city of the country. Ermesinde has about 50.000 (fifty thousand) habitants and 12,500 (twelve thousand and five hundred) familiar lodgings, being a metropolitan zone strongly urbanize, due to its privileged location, which facilitates the access of the population to Porto, a valuable place in trade, services and tourism. In terms of accessibility, the city is served by an important railway network (Minho and Douro's lines) and benefits from the proximity to the highways of the region (A4, A3 and A41), with links to other national highways. To highlight, the proximity to the "Airport Francisco Sá Carneiro" and the new Porto Cruise Terminal (South Cruise Terminal in Leixões), both located in neighboring counties. Most of the population works in services. However, the industry also assumes an important role in the zone and there are also people who works in agriculture, but those represents a number less significant, crossing time. It's common to find and meet people who live in Ermesinde, but who works during the week in Porto, due the proximity of the two cities.

Culturally, Ermesinde is each time plus an active city. The population has to its disposal different initiatives, such as theatre, dance or expositions, for example. Most of these shares has place in the Cultural Centre of Ermesinde. Youth local associations, like JFE, also provides different types of cultural activities.

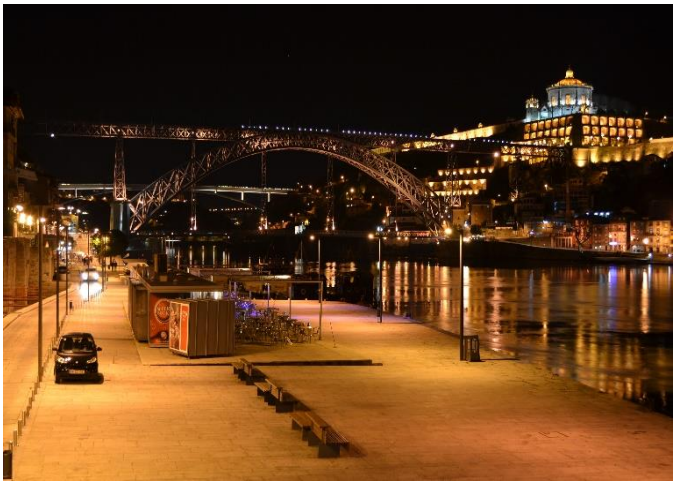
WHAT CAN YOU VISIT:

Ermesinde:

- Vila Beatriz;
- Parque Urbano Dr. Fernando Melo

Porto:

- Torre dos Clérigos;
- Ribeira;
- Sé do Porto;
- Galerias de Paris;
- Piolho;
- Passeio das Virtudes;
- Jardins Palácio de Cristal;
- Serralves;
- Jardim do Morro;
- Estádio do Dragão.



HOW TO GET TO ERMESINDE

Please note that we expect you to arrive on January.

Ermesinde is very near to the “Francisco Sá Carneiro” airport, just 15 min by car. The best option is to arrive to Porto by train or airplane.
If the first option is to go to Lisbon (Humberto Delgado Airport / Portela Airport), Ryanair usually has cheap trips (€ 10) to the "Francisco Sá Carneiro” airport.
If you chose to come by train, the Ermesinde Train Station is in the center of the city.
We guarantee the transport from the airport to Ermesinde.

TRAVEL COSTS

As you know the budget in Volunteering Projects is calculating travel costs based on bird distance. However, it is necessary to provide original tickets and documents as proof of payment for your arrival, and calculate total cost.

DO KEEP INVOICES, PAY-TOLLS, BOARDING PASSES, EVERYTHING!

You are expected to arrive in Ermesinde, Portugal, at 15 June 2026 and to leave on 14 December 2026.

COUNTRY	ASSOCIATION	AMOUNT PER PARTICIPANT
SPAIN	BUILDING BRIDGES	180€
FRANCE	BOKRA SAWA	275€
ITALY	YOUNET	275€

REMEMBER TO BRING

What to bring:

- **Passport or ID card;**
- **Health insurance**. **This is most important**!! Please check if all of yours participants have European Health Card. If not please remind them to make it or they will need to pay for travel insurance;

What to keep:

- **All <u>original</u> travel tickets, bills and boarding passes!** Travel costs are designated by ERASMUS + rules and by European Commission distance calculator. Total travel costs tickets, invoices etc. are not measure for amount of travel cost refunds but still participants need to give to us all **ORIGINAL tickets, bills, invoices, receipts, boarding tags/cards etc.** Travels need to be done with the cheapest possible solutions, e.g. second class railway tickets, bus, ship / catamaran, flights, etc.

USEFUL INFO

LANGUAGE:

In Portugal people speak Portuguese.
Here are some expressions or phrases to help you at the start of your stay:

À nossa	Cheers	Desculpe	Excuse me / Sorry
Água	Water	Fala inglês	Do you speak English
Autocarro	Bus	Homem	Man
Boa tarde	Good afternoon	Jovem	Young
Bom dia	Good-morning	Mulher	Woman
Café	Coffee	Obrigado	Thank you
Cerveja	Beer	Olá	Hello / Hi
Comboio	Train	Sim / Não	Yes / No
Comida	Food	Xau	Goodbye

WEATHER

In June its Summer in Portugal and the temperature might be around 20 to 30℃ of maximum and 10 to 20℃ minimum. In the end of the project will be autumn and the temperature might be around 10 to 20℃ maximum and 10 to 5℃ minimum. In Portugal it is possible to rain even during the summer months.
More detailed weather forecast you can find here: https://www.ipma.pt/pt/

RESTRICTIONS:

Foreigners are allowed to bring their medications, but are advised to declare the quantity on the entry to Portugal, so they won't have any problems leaving the country with it.

OUR CONTACTS

For any logistic or pedagogical issues, feel free to contact us:

André Coelho
Project Coordinator
+351912711142
acoelho@jf-ermesinde.pt / andre86.coelho@gmail.com

SUPPORT

This project is funded by European Commission through European Solidarity Corps - Volunteering Projects.

The European Commission, the European Parliament and the Member States of the European Union have agreed to establish the European Solidarity Corps Programme, which puts into effect the legal framework to support non-formal learning activities for young people. It will run from 2022 to the end of 2027.

Find more about it on: http://ec.europa.eu/youth/index_en.html