

EVS MORE – 2nd round

Duration: 6 months, from February to July 2016

Location: Oeiras /Lisbon (Portugal)

HOSTING ORGANISATION	ProAtlântico is a non profit youth association, founded in 2001 and it carries out projects with children, youngsters and disabled people. Today, ProAtlântico has more than 10.000 members all over Portugal and gives special attention to needed people and to those with fewer opportunities, aiming to give them the chance to establish contact with other cultures, in order to help them to find ways to deal with their own problems and to break the existing prejudices. ProAtlântico Associação Juvenil works in partnership with several organisations from the community: schools, foster homes, immigrant organisations, youth centres, Senior daily centres, institutions for people with disabilities, etc. So, the volunteer will collaborate directly with the target groups of the partner organisations. Our new project is called Casa Europa. It aims to: - provide Oeiras an equipment open all year with extended hours where the community can make use of the space. - enhance the exchange and sharing of intergenerational knowledge, leading young people to develop recreational and educational activities for the older population (IT, literacy, language, current issues, etc.) and take older people to share their knowledge with young people (agriculture, gardening, recipes, beauty tips and domestic, history, etc.), thus promoting the establishment of interpersonal relationships between young and old enjoyed the understanding and mutual respect and sharing of knowledge.
VENUE	Portugal, Oeiras (30 minutes from Lisbon by train). From the touristic and cultural point of view, Oeiras has a good offer of attractions: - Monuments: Gunpowder factory, many fortresses along the coast and many churches - Cultural opportunities: music festivals like Jazz concerts, Seven Suns Seven Moons Festival, traditional and international dance performances; art galleries, libraries, theatre plays, cinemas; - Museums: Portuguese Antique Cars Club, Vasco da Gama Aquarium,

	Pólvora Negra Museum - Fairs and festivities: Biological Market, Antiques Fair, Book and Handicraft Fair - Sports and leisure facilities: Sports complex of Jamor (one of the biggest in the country), Maritime Walk, Oceanic swimming pool, long coast of beaches; - Gardens: Poets Park, Palace of the Royal Estate - Shopping: shopping centres and small trade shops in the centre of the villages - Universities: UTL - Faculdade de Motricidade Humana campus (Sports), Universidade Atlântica (Health, IT, Business and Environment) and IST Tagus Park campus (IT and engineering).
IDEAL VOLUNTEERS' PROFILE	Between 18 and 30 years. Gender: Male The volunteer 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 and people with disabilities education and life. A high motivation to work with children, youngsters and people with disabilities 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 volunteer have a positive attitude, patience and good listening capacity. The volunteer 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, disabilities, 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. Any previous qualifications, educational level, specific experience or language knowledge is required. However, a basic level of English or Spanish would be good.
PLANNED ACTIVITIES AND VENUES	The volunteer will develop a range of tasks, that will be defined after the integration process of the volunteer and knowing the objectives and working methods of the organisation. Below are proposals of activities that have to be adapted according to each organisation profile. Inside of the same activity the tasks can be different: ACTIVITY 1-PROATLÂNTICO SUPPORT:

- Office: Help the team with administrative tasks; make contacts with European partners to establish partnerships; do posters for activities, edit the webpage of ProAtlântico, create flyers for divulgation of ProAtlântico projects, take photos of the activities, make promotional videos about ProAtlântico, etc.
- Logistic Support: in Summer Camps, New Year's Eve, sports tournaments, cultural activities, intercultural evenings, pic-nics, festivals, training courses, youth exchanges, workcamps, and other events. It includes moving furniture, shopping, organisation and transport of materials and people, cleaning, decoration, building stages, cooking, etc.
- Help in the creation of activities (workshops, leisure time activities, courses, etc)
- Support in the activities
- Promotion of Casa Europa in the community
- Propose and implement specific activities related to the period of the holidays (ex: Christmas theatre play, build Carnival masks, games with Easter eggs)
- Divulgation of Erasmus+ Programme (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

ACTIVITY 2 - SCHOOL SUPPORT:

- Promotion of games and activities during the school breaks
- Give support to the teacher inside classes, helping the children to do exercises, specially those with special needs;
- Help the students to do homework or to study some specific subject
- Promote creative workshops like painting, singing, dancing, theatre, sports, etc.
- Take part in school events like: Parties: Christmas, School birthday, Farewell, Sports Week, Intercultural Week, etc.
- Going out of the school in study visits with the children/young people and teachers
- Participate in school clubs related to: Europe, Sports, Theatre, Dance, etc.

ACTIVITY 3 - YOUTH CENTRE SUPPORT: local community or immigrants or ethnic minorities (African, Chinese, East Europe or Roma communities).

Tasks:

- Creation and implementation of a calendar of daily activities of the Youth Centre: games, group dynamics, workshops, handicrafts, theatre, dance, sports, music, etc.
- Organisation and cleaning of the space of the youth centre for the activities

	- Activities during holidays related to special events (ex: Christmas theatre play, build Carnival masks, games with Easter eggs, Summer camps, birthday parties, etc.) - Give school support to children/young people with more difficulties - Assist on computers use - accompany children in external activities like go to the beach, Zoo, etc. - help to give meals to babies and small children ACTIVITY 4 - FOSTER HOME - work with kids from different ages from babies to young people Tasks: - leisure time activities for the young people, mainly on the period after school until dinner time; - parties and special events/intercultural activities; - organisation of the house and separate offers from the local community - help in external activities - help to give meals to children and young people - support daily routines ACTIVITY 5 - SENIOR DAILY CENTRES: - handicrafts, dance, games, gymnastics, etc. - help in meals time - activities during holidays related to special events (ex: Christmas theatre play, build Carnival masks, games with Easter eggs, Summer camps, birthday parties, religious events, etc.) ACTIVITY 6 - OCCUPATIONAL ACTIVITIES CENTRE & RESIDENCE FOR PEOPLE WITH DISABILITIES: - collaborate in adapted workshops (ceramics, painting, decorating, etc.) - feeding & hygiene routines (help to give meals to residents) - therapeutic and leisure time activities (traditional games, newspaper, playroom, etc.) - sports activities (boccia, water adapted activities, etc.) - recreational activities (tours, walkings, parties, etc.) ACTIVITY 7 - CASA EUROPA. - Senior Academy - painting, decorative arts, tapestry, embroidery, jewellery, philosophy, astrology, mathematics, languages, creative writing, computers, photography, nutrition, music, instruments, singing, oriental dances, ballroom dancing, theatre, meditation, yoga, pilates, among others. - Training Centre – support in a varied range of courses for youth and adults (techniques, languages, entrepreneurship, information technology, among others). - Study Room – help in the a room with access to computers and
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	internet for young people to study and perform group work. - Residence – help in the residence to welcome young and elderly foreigners during non-academic periods so that they can learn from our young and old, thus enhancing an exchange of experiences and knowledge. exchange. - Volunteering Bank – help in the operation of Volunteer Bank for voluntary integration in volunteer projects in local institutions, organizing the needs of volunteers of the social partners, making the screening of volunteers, giving initial training volunteering and following up these in your projects. - Restaurant / Bar – help in this space with terrace service to support all projects developed at Casa Europa. - Outdoor area – help in activities developed there: markets and fairs with several framed themes to local needs: organic market, exchange market, Christmas grocery, reading market, grocery store of jewellery, animal fair, fair flea and antiques, fair of crafts, medieval fair, job fair, fair esoteric, fair volunteer fair health and social fair, etc. The volunteer will not be involved in all these activities, it will depend of the motivation of the volunteer and the need of volunteers in each activity along the project, beside those the activities the volunteer will have the chance to implement personal project, the time that those will take will depend of the activities proposed by the volunteer. When ProAtlântico promotes those activities the volunteer is supposed to participate and help the team in the preparation and development of the activities. It may include participate in activities outside the normal working time.
FOOD AND LODGING ARRANGEMENTS	<u>Accommodation</u> ProAtlântico will provide accommodation always shared. The bedroom is also shared and will be placed in a University Residence, or in a Hostel, or in a family house or in a flat. The place of the accommodation will be decided by ProAtlântico according to the availability. There might be different solutions found for each volunteer. The accommodation might host local volunteers, Erasmus/Leonardo da Vinci students, etc. indicated by ProAtlântico and the volunteer will share his/her bedroom. If needed, ProAtlântico might have to change the volunteers from their rooms or accommodation place during the project in order to better rationalisation of the accommodations

	available or to accommodate new volunteers. <u>Food</u> During working time, ProAtlântico will provide food or, if it's not possible, the volunteer will get extra 5 Euros per working day, does not include free days and holidays. The volunteer will receive also 150,00 Euros to cover out-of-working-time-food.
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