

# CALL FOR VOLUNTEERS



“Solidarity. yes we can”

# ESC

u  
r  
o  
p  
e  
a  
n

o  
l  
i  
d  
a  
r  
i  
t  
y

c  
o  
r  
p  
s





## Arrouquelas

Arrouquelas is a parish of the municipality of Rio Maior, with 27.81 km<sup>2</sup> and 850 inhabitants (2001). Density: 21.9 inhabitants/km<sup>2</sup>. It was created in 1962, standing out of the parish of São João da Ribeira.

Our cultural heritage is the Mother Church, the Clock of the Sun and a Fountain of the Church. "H<sub>2</sub>O" - Associação de Jovens de Arrouquelas" is not the only one association in the parish, there are also Recreational and Cultural Association of Arrouquelas, Association of Hunters of Arrouquelas, Association of Cycling of Arrouquelas and Salpiquete. Our village is a small community where people are close to each other.



"H<sub>2</sub>O" is located in Arroquelas, near the city of Rio Maior, where we have a Library, a Theater, a Cinema, A Soccer Stadium, Restaurants, Shopping Center, Garden, Health Center and Clinics.

Arrouquelas is at a distance of 30 km from Santarém, where we have a Hospital, University, Shopping centers and other services.

Our village is also 80 km from the capital of Portugal, Lisbon. Public transportation is not so good. There's no direct busses to Lisbon from Arroquelas, so if you want to go there at first you need to come to Rio Maior or Santarém and to take a shuttle from there to Lisbon. During working days there few buses per day to and from Rio Maior and Santarém, but there's no buses to and from Rio Maior and Santarém from Arroquelas on weekends.



ARROUQUELAS

LISBON



# Coordinating organization



"H<sub>2</sub>O" - Associação de Jovens de Arrouquelas

ESC (European Solidarity Corps) inserts itself in the Program ERASMUS+, a program co-financed by the European Union ([https://europa.eu/youth/solidarity\\_en](https://europa.eu/youth/solidarity_en)).

Since 2012, "H<sub>2</sub>O" has embraced this project, being an organization accredited at European level to coordinate volunteer project, receive and send volunteers. This project has a great importance for the organization, the young people and the community. The ESC, "Solidarity, yes we can" has its start on 01 August 2019 and ends on 31 May 2022 (each volunteer can make only 12 months during this period). There will be about 10 young people of various European nationalities who arrive in the parish of Arrouquelas. During 12 months they will be citizens of Arrouquelas and interact with the community, helping in social projects in which "H<sub>2</sub>O" is involved in the municipality of Rio Maior.



## Working camps



**Special Education Center "O Ninho",** Regional institution to support young people and adults with mental disabilities;



**Fernando Casimiro School,** School center frequented by the children of Arrouquelas and other neighbour villages;



**Continuous Care Unit of Arrouquelas "Naturidade"** that supports people in their medical rehabilitation



**Sociedade de São Vicente de Paulo** that helps needy families in acquiring assets

## Description of the project and main activities

This project will last 12 months and we intend to receive 6 volunteers from different countries. During this time we will also have participants from Turkey in the short term. Participants must be **over 18 years** old and the official language of the project will be **English** and **Portuguese**. Participants will learn Portuguese according to their motivation.

The countries involved are: Belarus, Czech Republic, Estonia, Poland, Spain, Turkey.

The aim of this project is to give them the opportunity to get to know our country, our culture and our work.

Volunteers will live in our local community helping children and trying to integrate them with the elderly population. Volunteers need to be prepared to team up with the "H<sub>2</sub>O" volunteers in all the work our organization does, both on a practical and logistical level. In Arrouquelas the population is mostly elderly, so we want volunteers to create a greater interaction between the young people and these people.

The volunteers will be divided into 4 work camps and the "H<sub>2</sub>O".

At "H<sub>2</sub>O" they will take care of children after school hours, developing stimulating and creative activities. They will also create activities, trainings and workshops for young people in general and will learn and assist in the association's administrative work.



They will develop an educational project of social inclusion in a Social Institution in the city of Rio Maior - "O Ninho" Special education center for people with mental problems. The users carry out educational, manual, artistic, agricultural, sports, handicrafts and other types of games. We intend that the volunteers integrate these activities and that they can develop other projects of their own that promote a greater interaction between our association and "O Ninho".

Another field of work is the "Naturidade" - Continued Care Unit in Arrouquelas, which supports the users in their rehabilitation, where the purpose of volunteering is to perform games, parties, conversations and activities that improve their self-esteem.

There are also two other institutions where volunteers will do activities, the Fernando Casimiro Pereira da Silva school and Poeta Ruy Belo, giving support to leisure activities and the Society of St. Vincent de Paul, where volunteers will provide support in the distribution of food and essential goods to Families in the Rio Maior region. To both school children from Arr go...

In general this project has as main objective the communication and the Education, because they will create various forms of communication between the association and our young people and will develop training. In "H<sub>2</sub>O" all the members of the board are volunteers, so we have a characteristic way of working, but above all there are no limits to motivation and creativity.

We intend to use non-formal education methods: energizers, group dynamics, discussions and questionnaires to apply to the local community.

Volunteers should be able to promote the ESC program and represent the National Agency and "H<sub>2</sub>O" in the various events we participate in, such as exhibitions, newspaper interviews, TV and radio.

#### Project "Rio Maior Refood"

This is a social project developed in partnership with the "H<sub>2</sub>O" and the Conference of St. Anthony of Rio Maior - Sociedade São Vicente de Paulo, and its senior volunteers. The project focuses on working together on an intercultural and intergenerational linkage of the volunteers involved, where the tasks are focused on the daily food collection and distribution of the same to the poor population of the county of Rio Maior. The families are previously referred by the social services of CM Rio Maior. This activity is performed daily by two ESC volunteers from "H<sub>2</sub>O" and 3 senior volunteers from the Conference of Santo António de Rio Maior - Sociedade São Vicente de Paulo.

In addition to this daily activity, which consists of collecting from a supermarket (Pingo Doce) all fresh products donated and then delivered directly to the families enrolled in the Conference, they also carried out these direct collection tasks at the Food Bank of Santarém, where they are collected. Once a month grocery products that will be equally distributed later by the registered families.

The process of selecting the families supported by the conference is to provide our association's services with all the personally identifiable

documentation, as well as the income and expenditure documents which will be analyzed later and is the basis for granting support.

Currently, the Conference of St. Anthony of Rio Maior provides food assistance for the whole month to an average of 144 families with 80 children under 12. Fresh produce assists an average of 21 families (January 2017 information).

We consider a valuable contribution to our Association, the valuable contribution of young people who carry out their social functions, expressing great interest and care in pursuing them, thus understanding the social reality of the municipality of Rio Maior.



# Weekly program format

Project 2019-2-PT02-ESC13-006009

Solidarity, yes we can

Arrouquelas, Portugal

01 August 2019 to 31 May 2022



## DESCRIPTION OF THE WORK CAMPS

Two ESC volunteers in each workplace, operating in rotation

- 1<sup>st</sup> team work with people with low mobility and senior population in Arrouquelas
- 2<sup>nd</sup> team work with people with mental disabilities in outpatient and residential settings in Rio Maior
- 3<sup>rd</sup> work with children and young people in Rio Maior, Arrouquelas and São João da Ribeira

### Monday

Walk with the users; Group dynamics; Support in the hydration of the users; Meal support; Planning and carrying out activities (games, presentations, dances, theater, paintings, sewing); Conversation with users / family

Ginásio; Costura; Expressão Cardiofitness; Atelier de Arraiolos; Natação e Hidroterapia; Horticultura Local; Atletismo e outros desportos adequados a este publico alvo, piscina, ginásio, Boccia

Didactic activities; Surveillance and monitoring; Support for autistic pupils in particular; Games; Sport; Introduction into the foreign language; Tours; Cultural activities; event organization; Streamlining activities for Youth in the association; Exhibitions and theme days



## **Tuesday**

Walk with the users; Group dynamics; Support in Hydration of the users; Meal support; Activities are related to the promotion of the motor and intellectual independence of these people: Encourage the interaction and participation of users in group activities; Celebrate birthdays

Seam; Outdoor sports; Dance; Carpentry, Folkloric Ranch; Plastic Expression and dramatic expression with a small theater group; Sewing workshop; Follow-up on walks in the community

Didactic activities; Surveillance and monitoring; Support for autistic pupils in particular; Games; Sport; Introduction into the foreign language; Tours; Cultural activities; event organization; Promoting activities for young people in the association; Exhibitions and theme days

## **Wednesday**

Walk with the users; Group dynamics; Support in the hydration of the users; Meal support; Planning and carrying out activities (games, presentations, dances, theater, paintings, sewing); Conversation with users / family

Swimming pool; Seam; Weaving, Activities in the Library / Manor House; Maintenance of Spaces, garden and equipment arrangements in a workshop; Social Skills Training

Didactic activities; Surveillance and monitoring; Food support; Games; Sport; Introduction into the foreign language; Tours; Cultural activities; event organization; Streamlining activities for Youth in the association; Exhibitions and theme days

## **Thursday**

Walk with the users; Group dynamics; Encourage knowledge sharing; Stir up memories; Group activity, small games of manual dexterity and intellectual stimulation, such as Bingo for example, fostering creativity, promoting fine motor skills, encouraging the sharing of all (or what is clinically possible to verbally share

Arraiolos; Occupational activities of manual dexterity, handicrafts, tapestry, participate in the organization of events for this target group, events held in the community

Didactic activities; Surveillance and monitoring; Support for autistic pupils in particular; Games; Sport; Introduction into the foreign language; Tours; Cultural activities; event organization; Promoting activities for young people in the association; Exhibitions and theme days

## Friday

Encouraging cognitive stimulation with musical pieces, the conviviality and the participation of the users in group activities, help in the realization of the Eucharist; Company, listen and try to communicate beyond the linguistic barrier, promote interculturalism, foster sharing of experiences, enlivening memories, encouraging acculturation, volunteers make presentations of their countries, traditions, etc. Encouragement of playful events in interaction with the community Of Arroquelas, to hold cinema sessions

Gymnasium; Sports suitable for this target audience, pool, gym, Boccia; Story time

Didactic activities; Surveillance and monitoring; Food support; Games; Sport; Introduction into the foreign language; Tours; Cultural activities; event organization; Streamlining activities for Youth in the association; Exhibitions and theme days, reading





## OBSERVATION

Planning is done throughout the week or weekly, always agreed with the volunteers.

In addition to this typical program, there may be days where volunteers can present their own projects to develop with the target group. Punctual or long-term projects, such as a theater, or choreography.

Classes Portuguese - At the beginning of the project, the classes will be given at the High School in Rio Maior at night time, twice a week (2 hours and 30 minutes). This is a way for the volunteers to obtain an official certificate of learning the Portuguese language (partnership with Rio Maior secondary school), as well as a form of integration in the community, a partnership that is very pleasing to the school

The activities at "H<sub>2</sub>O" take place at the time of school holidays and weekends, either at the end of the day or at night (a characteristic of the work of our organization, which operates on a voluntary basis and where After class or working time). If the volunteers agree, they participate whenever weekend activities take place, and they can enjoy themselves during the week.

Activities in "H<sub>2</sub>O" are occupational activities for children and young people (ATL), and ESC volunteers may be involved in planning and organizing activities of the association, if they show competence and willingness to become involved in the dynamics of the association itself. This dynamic of young volunteers allows them to experiment with other fields, to have close contact with the youth associations and their forms of organization, especially the case of "H<sub>2</sub>O", which has a very specific form based on the volunteering of all leaders.

We also consider that being a long-term project is fundamental to create alternatives that combat routines, and also because a field of work (people with mental illness) is quite psychologically draining, this alternative has been appreciated. This project dynamics is also a way for a project to be able to touch several communities and a vast number of people, in a region where nothing similar had ever been done, and should be a reference and an example. This dynamic also implies a great logistical effort that we have managed to keep with the help of several people from the community of Arrouquelas, who feel involved in the project.

In Arrouquelas we developed the following activities with the senior population: More health More sports; Yoga; Exchange of knowledge and tastes; Atelier of manual activities; movie theater.

## Role of the volunteer

Volunteers will play an active role in the host organization.

They must be prepared to develop socio-cultural and sporting activities together with the young volunteers of our association and will develop their own projects and activities.

The volunteer will receive personal support from the earliest days. Volunteers should not represent "H<sub>2</sub>O" with public comments without the permission of association officials.

The volunteer will work within the youth work team and will develop activities related to manual, pedagogical activities and occupation of musical leisure, holiday camps, thematic weekends, activities for the children's free time, photography, newspaper, outdoor activities and Sports activities, including others that volunteers propose.

The project has a clear structure, but we are also totally open to ideas that may arise before and during the project, and we are also able to adapt the motivations of the volunteers to our reality in order to best manage their motivations and get the maximum Experience and perspectives. It is also necessary for the volunteer to evaluate your project weekly with the mentor and coordinator as well as develop some articles for our newsletters and website where they can express and share their experience with other young people and the general public.

We hope that ESC participants will be responsible and creative, bringing positivity to our organization and the work we do in our community and in our region.





## Interpersonal and social skills

Volunteers are expected to return to their countries at the end of the project, clearly satisfied, having acquired a much deeper knowledge of a different culture and new abilities they did not have before. New connections will be created between the volunteer and the local population and possibly maintained over time (as previous experiences have shown us).

It is hoped that the local community will be similarly affected and likely new interests will appear (such as learning foreign languages). Local youth also receive a message of volunteering without frontiers, activism in the field of nature conservation and increase their curiosity about similar activities and programs, which makes them incorporate these activities in their lives, where in many cases it was not before.

The main expected results of the activity are awareness of cultural diversity for different communities: children, youth, adults, rural and urban population. In addition, the project has a positive impact by promoting active participation, just as the Youth Pass / ESC program proposes. The project will also have a positive impact on ESC, as well as on the communities involved, employees, other volunteers, etc. The ESC volunteer will develop other competencies, while the association will gain another dimension of its work due to intense dialogue and other actions. The target audience of "H<sub>2</sub>O", as elementary school students and rural population, have benefits in carrying out projects on volunteer culture, cultural difference, such as a small window open to another part of the world, which is not always easy to access. Through their role in working with the organization and volunteers will be constantly learning about the lives of people in Portugal and in turn will be able to provide information about their own cultures and developing countries.



# Practical arrangements

## Working conditions

"H<sub>2</sub>O" provides volunteers with a work space that includes the space of the association's headquarters with activity rooms, an office, materials and equipment that will be the responsibility of the volunteers, as well as the space security (alarm code).

2 computers

Sound and Television

Internet Office Supplies

## Language support

Volunteers will have the opportunity to learn Portuguese and our culture. The Portuguese classes will be given by an accredited trainer, in a partnership that we have with the Secondary School Augusto César da Silva Ferreira in Rio Maior. After these classes we can provide more support according to the needs of each volunteer.

## Other kind of support

Volunteers will be supported by the mentor and young leaders of the association, who will help them with everything, even if they want to talk about a personal problem.





## **Accommodation. food and pocket money (life conditions of the volunteers)**

The volunteers will be staying in the village of Arroquelas, in a rented house, first hand. We ask the volunteers to be responsible and careful. The house has a kitchen, three bedrooms (2 volunteers per room, separated by gender), a living room with fireplace, 3 bathrooms, 4 multifunctional spaces and a patio with annex.

All materials such as dishes, cutlery, towels, sheets and blankets are provided by "H<sub>2</sub>O". The kitchen is fully equipped and the volunteers will have to share it and be able to cook for themselves. The volunteers are responsible for taking care of the house and the headquarters of the association, as well as their cleaning, cleaning and hygiene, always with an ecological attitude. The separation of the garbage is fundamental in the house, to promote the recycling. Volunteers have access to the internet at home or at the "H<sub>2</sub>O" headquarters, but there are also other places in Arroquelas where participants can enjoy the internet.

We will provide transportation to the labor camps and food for the day to day, we will go with the participants to the hypermarket or the local grocery store to get the necessary products. Anyway when they buy food they should pay attention and buy the most economical products. Some meals can be made at work camp institutions.

For each month of ESC, the host organization gives pocket and food money to each volunteer, according to the financial statement of the Erasmus+ program.



# European Solidarity Corps

THE OBJECTIVE IS TO DEVELOP SOLIDARITY AND PROMOTE ACTIVE CITIZENSHIP, AS WELL AS A MUTUAL UNDERSTANDING BETWEEN YOUNG PEOPLE

The European Solidarity Corps enables young people to undertake voluntary work for 12 months in a country other than their country of residence. This service promotes solidarity among young people in a true "learning service".

In addition to bringing benefits to local communities, volunteers acquire new skills and learn new languages as well as discover new cultures. The principles and practices of non-formal learning should be presented throughout the project.

An ESC project should affect a wide variety of areas such as culture, youth, sport, social work, cultural heritage, art, civil protection, environment and development cooperation. High-risk interventions in immediate post- crisis situations (eg humanitarian aid, immediate disaster relief) are excluded. This project is designed to implement one or more ESC activities.





## **Benefits of participating in ESC**

Meet new people and make friends;  
Contact with another culture;  
Make volunteers more autonomous and independent;  
Learning a new language;  
Improving skills and acquiring experiences.

## **What ESC is not**

Occasional, unstructured and part-time volunteering;  
An internship in a company;  
Paid employment;  
Replacement of a job;  
A tourist or recreational activity;  
A language course;  
Exploitation of cheap labor;  
Period of study or professional training abroad.

## Pictures of the activities

