

INFOPACK



Together,
we can
do better

Volunteering Activity

Project number: **2019-3-PT02-ESC11-006412**

Barcelos – Portugal 2019



**CORPO
EUROPEU
DE SOLIDARIEDADE**

Cofinaciado



Title of the project: **“Together, we can do better”**

Type of the activity: **European Solidarity Corps - Volunteering Project**

ESC stage duration: **12 months**

“Together, we can do better” is a volunteer-based project that strengthens the local community by fostering diversity and inclusion. Volunteers are both incorporated into Portuguese society and work in collaboration with each other in an enriching, international environment. The project drives positive social change by challenging existing norms and providing much needed social services. To carry out this project, our organization accepts 4 volunteers between the ages of 18 and 30 for a period of 12 months originating from: **Greece, Turkey, Italy and Romania.**

Volunteer Profile

The ideal candidate is someone with training, experience, and interest in a variety of activities which include: arts and crafts, sports, environmental pursuits, and other creative, group activities. The volunteer will lead events incorporating these daily activities at the Elderly Day Centre. Volunteers will also participate in:

- Organization of intercultural activities, workshops, exhibitions, lectures, creative spaces, painting, language club,
- Reflection activities on the themes of the European Union,
- Fostering intercultural dialogue, equality and valuing differences,
- Organize activities that promote European Solidarity Corps and Erasmus+,
- Maintaining SOPRO's organic garden,
- Supporting the daily tasks.

Workplace

- Volunteers will perform their activities either at the Elderly Day Centre or at the Environmental Education Centre of Esposende, organizing activities for the elderly, supporting daily tasks, engaging and leading sports and arts and crafts. Volunteers also organize thematic events for holidays such as Christmas, Easter, Valentine's Day, and Women's Day, among others, in order to improve the well-being of participants within the local community.
- Participating in SOPRO's campaigns: Collection of school material and food from supermarkets, and other activities and campaigns that may arise during volunteer projects.
- Supporting additional activities of SOPRO, such as fundraising initiatives (helping to seek and compete for international applications), support on international exchange mobilities, attend

meetings of international volunteers destined for Mozambique, and helping to establish international partnerships.

- Suggesting and implementing original ideas to enhance daily operations such as the organization of sports activities, and cultural events and presentations.

Food and Accommodation

The volunteer will live in shared house/apartment with other volunteers in a double room, with shared living room, kitchen, laundry and social facilities.

Food Allowance

80€ per month.

Pocket Money

5€ to multiply by the number of days of the month.

Travel budget – Airport OPORTO

Porto Airport (Sá Carneiro) is the nearest airport, 50 km from Barcelos. The travel budget covers round trip costs and includes travel by air, train, and bus. Please note travel by taxi is **not** reimbursable. Refer to the table below for more country specific information:

Value for each country, <i>round trip</i>	
530 €	Turkey
360 €	Romania, Greece
275 €	Italy

SOPRO will reimburse your actual costs, with the presentation of invoices from your trip.

If there is any confusion or misunderstanding about how the budget or financing works for the project, please contact us directly at sopro@eurodesk.eu.

Generally, the easiest way to arrive in Barcelos from the Oporto Airport is via metro from **Aeroporto** metro station to **Porto Campanhã**, where the regional train station is located. Here you can buy a ticket to Barcelos city. Please plan your arrival time in Barcelos to correspond with SOPRO working hours (9h00 to 17h30), so that a staff member can assist in your pick-up and transport.

Please buy tickets only for the: IR – InterRegional, U – Urbano or R - Regional trains. **We do not support the refund of travel via any other train lines.**

Useful travel links:

METRO Schedule: <https://en.metrodoporto.pt>

Train Schedule: <https://www.cp.pt/passageiros/en/train-times/Train-time-results>

Note: We recommend that you save all tickets, receipts, boarding passes and travel documents connected with your trip. The absence of one of those documents in their original version will make reimbursements not possible. Travel refunds will be made when we receive all original tickets and receipts in paper, then we will make the transfer corresponding to the amount presented on the invoices/receipts.

If your travel costs exceed the official reimbursement limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. Again, if you fail to provide all the necessary travel documents, we will be unable to reimburse you.

VISA

Please check the validity of your passport before departure – it must be valid for at least six months (for non-EU member states). If you need an invitation for entry to Portugal, please ask for it in advance by sending a request with the scan/copy of your passport to sopro@eurodesk.eu.

European Health Insurance Card (EHIC)

We recommend that all participants from partner countries bring the European Health Insurance Card, please check the expiration date. We suggest that each participant do their additional travel insurance for the duration of the project, including travel days. The cost of this insurance is at the expense of the participant.

About SOPRO

SOPRO - Solidariedade e Promoção (Solidarity and Promotion), was founded in 1996 by a group of young volunteer students from La Salle College, with headquarters in Barcelos, Portugal. SOPRO is recognized as a **Non-Governmental Organization for Development (NGO)** with the Statute of Public Utility Entity, SOPRO is guided by five principle values when developing both its local and international projects. ***They are: solidarity, cooperation, education as a universal right, justice, and equality.***

The volunteer programs organized by SOPRO include: local short and long-term projects approved in Portugal and in other partner countries, Erasmus + projects, where volunteers are received and sent abroad through CES, and finally an international volunteering program in Mozambique, supported by volunteers focused on education and development projects.

Barcelos city

Barcelos is a city in the District of Braga, in Northern Portugal, with a population of around 20.625. It is conveniently located about 40 minutes from Porto Airport, and in the vicinity of Braga, Viana do Castelo, Esposende, Ponte de Lima and Famalicão. Barcelos is considered a safe, small city where you can walk freely on the street and arrive anywhere by foot.

Barcelos is internationally known for the Barcelos Rooster, one of the symbols of Portugal, for its handmade pottery, it's traditional market, rich local culture, for the "Camino de Santiago" ... and the rest you will have time to discover yourself!



USEFUL LINKS

SOPRO's website <http://www.sopro.org.pt>

SOPRO's Facebook <https://www.facebook.com/soproongd/>

Barcelos's Municipality <http://www.cm-barcelos.pt/visitar-barcelos/barcelos>

Barcelos's Municipality Facebook

<https://www.facebook.com/MunicipioBarcelos/>

What to bring...

- Creative, innovative and sustainable ideas;
- Don't forget to deliver the invoices/travel receipts;
- Any medicines you might need;
- Camera, laptop and other equipment that may make your life and work easier;
- Please bring **all necessary identity documents** (social and medical insurance, ID....) in the case of need;
- Good mood and energy!

If you have any questions or suggestions, feel free to contact us!

See You!
Soon!