

# ESC+YOU=CHANGE – 2020-1-PT02-ESC11-006637

Dates of the activity: 01<sup>st</sup> October 2020 until 27<sup>th</sup> September 2021

**Coordinating Organization:** ProAtlântico – Associação Juvenil

**Hosting Organization:** Associação de Paralisia Cerebral de Lisboa

**Sending Organization:** Fundacja Rozwoju Społeczeństwa  
Przedsiębiorczego

## **Description:**

Associação Portuguesa de Paralisia Cerebral de Lisboa (APCL), initially called Associação Portuguesa de Paralisia Cerebral, was founded in Lisbon on 26 July 1960 by a group of parents and technicians and was the first association of parents and experts, for people with disabilities created in the country.

Given the specificity of cerebral palsy and the impossibility of that center to respond to numerous requests, a group of parents of children who were already being clientes of the Centre together a group of technicians, founded the Association, which statutes were approved by the Minister of Health and Welfare. Since it was founded, it has been defined as Legal Person of Administrative Public Interest.

With the foundation of the Association opened in 1960 the first Cerebral Palsy Rehabilitation Centre of the country.

## **Profile of the volunteer:**

This project requires that the volunteers 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 education and life.

A high motivation to work with people with disabilities and special interest on music, dance, theatre, sports, cooking, computers, handicrafts, gardening, history, photography, arts, 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 volunteers have a positive attitude, patience and good listening capacity.

We will look for volunteers who are interested in working with a commitment to volunteering and had chosen our project because of the experience and development they will gain not only because it's in Portugal.

### **Tasks of the volunteer**

The role of volunteers will be mainly to help the team of APCL to create a family environment where the beneficiaries feel protected and live in a healthy way. They have to give a lot of care and transmit a feeling of confidence in their relation with the beneficiaries. This can be achieved by creating a good relationship with them and earning their trust. Is expected the volunteers get to know all daily routine and also participate in the regular activities helping the clients to accomplish the activities.

The volunteers will develop the following activities: 3

1 - At Occupational Activities Centre - development of workshops - which include ceramics, painting, decorating, among others, but also the activities and cultural development of useful learning - Pedagogical.

2 - Residential Area - support the clients in daily activities

3 - Support in occupational therapy activities, like theater or music.

4 - Support in sport activities, such as swimming, bocce, gymnastics, relaxation, soccer Wheelchair, Electric Tricycle and Slalom.

5 - Support in outside activities, like cultural visits, walks, etc

Volunteers are also invited to give ideas about activities they want to promote with the customers, like make presentation of their country of origin through a gastronomic activity, musical, or others, based on their own experience or sensitivity.

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The activities will be done always under the supervision of the team from the institution.

The volunteers also have the chance to implement a personal project with a financial support from ProAtlântico.

Volunteers will also do tasks of Divulcation of Erasmus + (in schools, Universities, youth clubs and youth events):

\*Organization of exhibitions, presentations and conversations with Portuguese young people or future volunteers to motivate young people to be more active or give visibility to their project;

\*Inform young people about the volunteering experience as an International volunteer in Portugal and provide information about some aspects of the volunteer's country (ex: culture, language, cultural places, etc.).

In these activities, the volunteer must use the clothes provided to that activity (t-shirt, cap, etc).

All International volunteers are supposed to organize at least one intercultural event about their country and culture and participate in events promoted by other volunteers

### **Monitoring**

During the project the volunteer needs to make weekly evaluation to give to the mentor and make a monthly evaluation report to give to ProAtlântico.

### **Dissemination**

Each month, the volunteer must write a small article about his/her volunteering experience and add some photos to be used in social media to promote this kind of projects.

### **Timetable**

The volunteers will collaborate 35 hours per week during 5 days a week (30 hours of activities + 5 hours for trainings, language support, mentorship

meetings, reports, etc.). Although, the volunteers might work different hours per day.

The schedule will be defined by the hosting organization on arrival of the volunteer and it can change according to the activities.

The volunteers will have 2 consecutive free days each week that can vary from week to week according to the needs of the hosting organization. However, when the hosting organization has activities on volunteer's free days and the volunteers are asked to work, they might have to choose another free day, since the collaboration of the volunteers is important.

The volunteers have the right to take the Portuguese National official holidays as free days, when they match with working days.

It is not possible to work more hours in each day to have 3 days free each week. It is needed to work 5 days each week.

The volunteers have the right to take the Portuguese National official holidays as free days, when they match with working days.

The volunteers will have 2 days of holidays per month for the duration of the project, to be taken in agreement between the volunteers and the team. The volunteers can join the holidays or take them by month. The volunteers must discuss with the project supervisor from the hosting organization the dates of holidays at least one month before.

## **Conditions**

### **TRAVEL**

The volunteer is entitled to one return travel ticket between the sending and the receiving country. The sending organization will help the volunteer to purchase tickets. If the cost of the ticket is more expensive than the amount of money approved, the volunteer will be responsible to cover the difference.

An itinerary must be sent to ProAtlântico to get an approval before the ticket is bought.

Volunteers from Poland: 360,00 euros for both ways

The calculation of the travel cost of each country has in consideration the place of the sending organization. In case the departure place of the volunteer is different, a justification must be given, and a new calculation must be done using the distance calculator from European Commission, available at the official website:

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm).

The amount of the travel costs that can be reimbursed can be different. It can decrease, but it can't increase.

### **FOOD**

ProAtlântico – Associação Juvenil will provide 5€ per day to cover costs of food and extra expenses (ex: cleaning materials, ...) during non-working time. The volunteer can use the food money to buy own food, cook in the apartment, eat in a restaurant, etc.).

During working time the receiving organization provides a suitable meal in the organization's facilities, which is based on a Mediterranean diet. It is important to refer that this project doesn't provide Vegan meals.

It is not possible for the volunteer to get money instead of the food provided during the working time.

### **ACCOMMODATION**

ProAtlântico provides accommodation in an apartment, University residence, hostel, hosting family or at Casa Europa, in double bedroom with fully equipped kitchen, toilet and living room.

The costs with electricity, water, gas, TV and Internet are covered by the project. The volunteers will have towels and bed clothes for the entire period of the project.

It is not possible to get a single room. The rooms are always shared with another volunteer of the same gender.

It is not possible for the volunteer to find his own accommodation and get money for it.

Host guests and animals and Couch Surfing is not allowed in the accommodation provided by ProAtlântico.

ProAtlântico can help you to find a cheap place for accommodation for your friends or relatives.

### **LOCAL TRANSPORTS**

A monthly local transport allowance is provided to cover at least the costs between the accommodation and project place. The volunteer must ask for receipt and keep it safe to give to the receiving organization team to be reimbursed.

### **POCKET MONEY**

The volunteer will receive a pocket money for personal expenses of 5,00€ per day.

### **LINGUISTIC SUPPORT**

ProAtlântico guarantees that the volunteer will have online linguistic support available in the European Commission Platform.

Before the activity starts, the volunteer is asked to make an online test. A new test will be made in the end of the activity to assess the level of learning of Portuguese language.

Learning Portuguese language will depend much of the volunteers work at home and in their daily contact with the local community.

### **HOW TO APPLY?**

Send e-mail with CV, motivation letter and application form to [applicationsportugal@proatlantico.com](mailto:applicationsportugal@proatlantico.com) with the subject 9477 – ESC+YOU=CHANGE – Name of the Volunteer.