

ACTING LOCAL CHANGING GLOBAL III



**PORTUGUESE
RED CROSS**

**PORTUGAL
5 MONTHS**



**EUROPEAN
SOLIDARITY
CORPS**



GENERAL DESCRIPTION

HOSTING ORGANIZATION

. Portuguese Red Cross youth

PROJECT TITLE

. Acting Local, Changing Global III

PARTICIPANTS

. 11

TIMELINE

June to October 2025

PLACEMENTS

Bragança

Cucujães

Braga

Sanguedo

Guimarães

COUNTRY

. Portugal



CONTACT PERSON

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ACTING LOCAL, CHANGING GLOBAL III: YOUR OPPORTUNITY TO MAKE A DIFFERENCE!

Are you ready to create meaningful change and dive into the heart of Portuguese culture?

Starting in June 2025, the Portuguese Red Cross Youth will host 17 passionate young volunteers for a transformative 5-month European Solidarity Corps experience across Bragança, Braga, Cucujães, Sanguedo, and Guimarães.

What You'll Do:

Join us in fostering solidarity among children and youth, while promoting inclusion and breaking down barriers of nationality, gender, and race. Your activities will focus on key themes such as:

- Health Promotion & Education: Encourage healthy habits and behaviors as part of young people's development.
- Social Inclusion & Gender Equality: Help integrate children and youth facing social exclusion through innovative programs.
- Development & International Cooperation: Advocate for Human Rights and promote peace through educational programs on humanitarian values.
- Empowerment & Active Citizenship: Build skills and promote entrepreneurship while supporting volunteering initiatives.
- Environmental Education: Raise awareness of eco-friendly habits for a greener planet.
- Humanitarian Education: Foster respect for diversity, peace, and non-violence through engaging activities.

Why Join Us?

You'll have the opportunity to participate in projects that are constantly evolving, giving you the chance to shape your own volunteering journey. You'll be involved in activities that promote personal and social skills, and given the flexibility to try new things and engage with our dynamic community.

The work of the Portuguese Red Cross Youth spans six key areas: Health Promotion, Social Inclusion, Development Education, Active Citizenship, Environmental Awareness, and Humanitarian Action. You'll have the freedom to bring your ideas to life while gaining new skills and making a lasting impact.

Are you flexible, motivated, and ready to make a difference? Join Acting Local, Changing Global III and help us build a world where solidarity knows no boundaries!

GENERAL CONDITIONS

Financial Conditions

- . Accommodation
- . Food
- . Pocket Money
- . Portuguese Language Course
- . Local transport training opportunities
- . Travel Costs*

Totally covered, according to the programme rules

*100% of travels cost will also be reimbursed by bank transfer according to the maximum budget approved by the European Commission for every country

Selection Process

- . The Candidates must send:
 - a **Curriculum Vitae** in Eng or PT*
 - a personalized **Motivation Letter** in Eng or PT*
- . The Candidates apply until the 27.02.2025, by **23:59 pm**;
- . The Candidates will receive a form that they must fill in After they will be contacted with the results.

*All documents must be submitted in PDF format

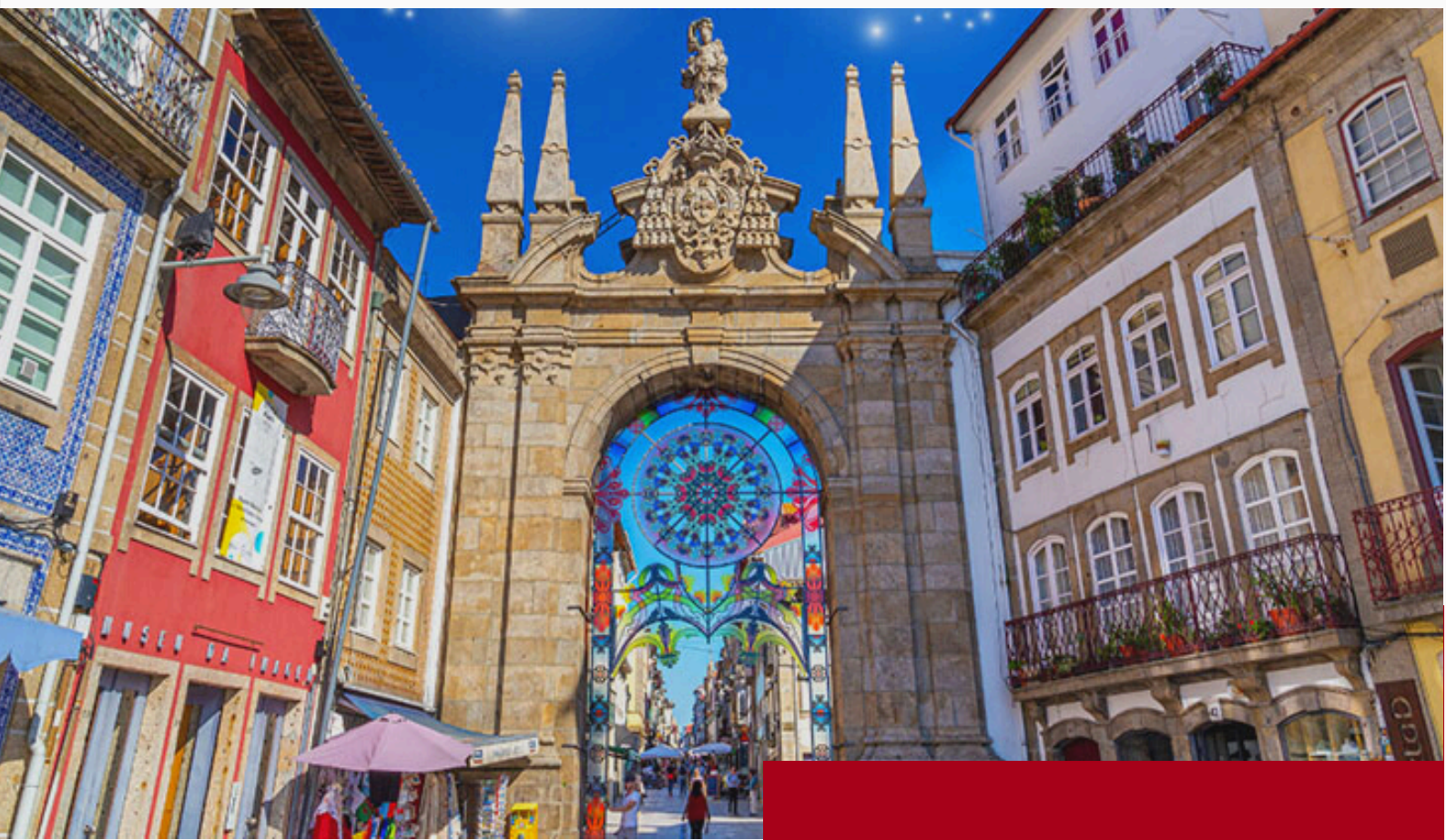
Working Language

- . **English.** Availability to learn Portuguese is also welcomed.

Profile of the volunteers

- Age: Between 18-30 years
- Passionate about youth work: A genuine interest in social and educational issues, particularly working with young people.
- Flexible & Reliable: Adaptable to various tasks and environments, with a strong sense of responsibility and dependability.
- Motivated to live in Portugal: Committed to spending a full year in Portugal, embracing the local culture and community.
- Cross-cultural communicator: Comfortable working in a multilingual, multicultural environment, and eager to collaborate with people from diverse backgrounds.
- Empathy-driven: A sincere desire to support and work with vulnerable and disadvantaged children and young people, showing empathy and understanding.
- Independent & Team-Oriented: Able to take initiative and work independently, while also being a valuable team player.
- Helping mindset: A true desire to make a positive impact, focusing on being useful to others rather than seeking adventure alone.
- Creative & Curious: Open-minded, creative, and curious, with a willingness to learn and grow.
- Strong communication skills: Excellent at communicating with children and young people, with a natural ability to build trust and empathy.
- Activity Enthusiast: Comfortable leading and supporting a wide range of leisure activities, both indoors and outdoors.
- Skills in the arts or sports: Experience in artistic expression, sports, or music is a plus and highly valued.
- Language learning commitment: A genuine willingness to overcome language barriers and learn Portuguese during the project.

PLACEMENT 1



BRAGA

THE CITY

Braga is a city of huge beauty and heritage richness, which combines tradition with innovation, the memory to the youth, and creativity to conservatism. With over 2000 years of a very rich history, Braga possesses one of the oldest Sacro-Montes in Europe and is the representative of the Minho region, the Bom Jesus. In Braga, we can find the oldest Portuguese Cathedral and the Motherhouse of the Benedictines, the Monastery of Tibães (Mosteiro de Tibães).

Braga presents places that by their intrinsic devotion and beauty, impose themselves as mandatory benchmarks to visit. The Sanctuary of Sameiro (Santuário do Sameiro), the Bom Jesus and the Falperra, settling on an appealing religious basis, are surrounded by ravishing green spaces and paradise landscapes. The Roman legacy is another of the attractive factors of Braga, often called 'Portuguese Rome', due to its origin in the Roman city of Bracara Augusta. Known by its distinct churches, splendid XVIII century houses, gardens, nature parks and recreational areas. Braga's long history is visible in the splendor of its monuments, museums and churches. Living Braga is like taking a time travel inside modernity. Old city and of traditional religiousness - always imposing on its richness and majesty - goes hand in hand with the entrepreneurship and young spirit in vital areas such as culture, commerce, gastronomy, industry and services.

BRAGA

THE BRANCH

The Youth Department of PRC - Braga was created in 2005 our goal is to involve and empower young people, promote self-confidence, cooperation and proactivity in our beneficiaries. Our target audiences are children, adolescents and young adults, who participate in the organisation as volunteers, beneficiaries or leaders/agents of positive change. We develop our work in a perspective of peer-to-peer education, using non-formal education methodologies. Our action always has in mind the promotion of Human Rights, we develop activities considering 6 main areas of intervention: Health Promotion and Education; Intervention for Social Inclusion; Education for Development and International Cooperation; Employability, Entrepreneurship and Active Citizenship; Environmental Education and, lastly, Humanitarian Action.

VOLUNTEER TASKS AND RESPONSIBILITIES:

VOLUNTEER TASKS AND RESPONSIBILITIES:

. Support in our charity shop,
Ponto Vermelho (2/3 shifts a week)

- Assisting in the **International Mobility Project, JCV** in Action:
- Assisting writing/implementing Erasmus+

Promoting Erasmus+ and European Solidarity Corps in high schools and universities

- Supporting the **Youth Department Communication** team
- Providing support in our **Foster Care for Unaccompanied Children** (1/2 weekends a month)
- Support our **Social Kindergarten**
- Other activities related to **volunteers' individual skills and interests**, as far as these are possible within the scope of the project

Example: Planning and implementing workshops (languages/music/arts)

- Assisting with the **SAD project** (Serviço ao Domicílio) - working to support **vulnerable elderly** people with personal and home care
- Assisting with **Equipa de Rua** - supporting homeless/addicted people in Braga
- Other activities related to volunteers' individual skills and interests, as far as these are possible within the scope of the project.

Example: Planning and implementing workshops (languages/music/arts)

PLACEMENT 2



CUCUJÃES

OPTIONAL TASKS

THE TOWN

The town isn't really a city but more rather a village. With an area of about 10,42Km² and not more than 10 705 habitants, it is a small yet urban village integrated in Porto metropolitan area. Vila de Cucujães is part of Oliveira de Azeméis municipality and belongs to the district of Aveiro. It is 42 Km away from Porto and 40 Km away from Aveiro and both are easily accessible through public transportation. Although Cucujães is located in a rather small environment, make no mistake: they are very much active and promote a lot of youth activities. If you fancy the sea waves, there is also a direct bus to Ovar (which is less than 20Km away) and its nice beach areas.

Despite being relatively close to nearby cities, the village lacks a good public transportation network.

CUCUJÃES

THE BRANCH

The Portuguese Red Cross - Local Branch of Cucujães is part of the worldwide International Red Cross Red Crescent Movement through the National Society, Portuguese Red Cross. On local level, the Local Branch offers support to the community focusing on 3 main areas of intervention: Social, Emergency & First Aid and Youth & Volunteering.

The work/ tasks at the Local Branch are mostly "hands-on" and practical and the volunteer will be involved in diverse tasks/ activities (not working merely with a specific target group or project but with many); which gives him/ her the chance to try new things and learn new competences. An openmind and adaptable attitude is required as plans/ priorities often change.

VOLUNTEER TASKS AND RESPONSIBILITIES:

- . **Food Bank:** This includes picking up and transporting food donations, storing, and organising food supplies, and then distributing them to families and individuals in need, either at the headquarters or by delivering it to people's houses.
- . **Transportation:** If you are a driver, we might ask you to drive our beneficiaries to doctor appointments, social security institute or other places that might be necessary.
- . **Active Mix:** organising or supporting activities for a group of people with intellectual disabilities.
- . **Dia V:** Volunteers take part in environmental cleaning actions when we organise them.
- . **Permaculture Farm:** Volunteers help out at a local permaculture farm (harvesting and planting vegetables and fruits, cleaning and feeding animals, dealing with compost, etc).
- . **Social media content creation:** Taking photos, videos, and create digital content to feed the organization's social media accounts and the "new" website.
- **Cat shelter** - supporting the cat shelter, feeding the cats, cleaning the space and give a bit of company to the cats.

PERSONAL PROJECT

- . The volunteer will also be encouraged to develop his/ her own **personal micro-project**. Something realistic, that can answer to the needs of the local community and that was fully created and implemented by the volunteer.

PLACEMENT 3



Bragança

THE TOWN

Bragança (Mirandese: Bergância), also known in English as Braganza is a city and municipality in north-eastern Portugal, capital of the district of Bragança, in the Terras de Trás-os-Montes subregion of Portugal. The population in 2011 was 35,341, in an area of 1173.57 km².

Of the 18 Portuguese historical district capitals, Bragança is the farthest from Lisbon, the national capital. Bragança pertains to an area referred to as the Terra Fria Transmontana (Cold Transmontana Lands). Within the NUTS nomenclature, Bragança is part of the Terras de Trás-os-Montes subregion, along with eight other municipalities. Its connection to this region are formalized within various associations, including the Associação de Municípios de Trás-os-Montes e Alto Douro (Municipal Association of Tr's-os Montes and Alto Douro), as part of the Associação de Municípios da Terra Fria (constituted by the municipalities of Bragança, Vinhais, Vimioso and Miranda do Douro), the Associação Comercial e Industrial de Bragança (Commercial Association of Bragança), the district Núcleo Empresarial do Distrito de Bragança (Business Nucleus of the District of Bragança), the Região de Turismo do Nordeste Transmontano (Tourist Region of Nordeste Transmontano) and the Parque Natural de Montesinho (Montesinho Natural Park). Bragança is also affiliated with the Associação do Pacto do Eixo Atlântico, along with 17 municipalities in the northwest peninsula, whose objective is to implement policy that strategically support socio-economic and socio-cultural objectives of the communities along the Portuguese-Spanish border region with Galicia. This is an important political relationship since 1999, as Bragança is of significant size to motivate economic activity in the northern portion of the Iberian Peninsula. Its peripheral place in the urban hierarchy of Portugal has contributed to the political, administrative and populational concentration of many regional and national associations, administrative delegations and regional directorates. The neighbouring municipalities are Vimioso in the southeast, Macedo de Cavaleiros in the southwest and Vinhais in the west.

Bragança

The Bragança Red Cross was created in 1978 and is based on voluntary work, nursing and social action. The Portuguese Red Cross in Bragança has 140 volunteers, with an average age of 21 years old. Youth is the driving force of humanitarian action of our organization.

Activities:

Youth projects | Volunteering | Bragança Jovem Contigo! | Bragança Acolhe Contigo! | Bragança Sustentável Contigo! | Bragança Conta Contigo | Bragança Diversidades Contigo!

VOLUNTEER TASKS AND RESPONSIBILITIES:

Project Name: **Bragança, Jovem contigo!**

Target Group: Seniors

Volunteer Tasks:

- Foster intergenerational connections through visits to rural villages.
- Provide support and guidance to vulnerable seniors.
- Assist with health promotion activities, including nursing screenings.

Project Name: **Bragança, Diversidades contigo!**

Target Group: Young People / LGBTQ+ Community

Volunteer Tasks:

- Offer emotional and psychological support to those navigating gender identity.
- Provide essential goods and help with travel arrangements for consultations.
- Create a welcoming and supportive environment for the LGBTQ+ community.
-

Project Name: **Bragança, Sustentável contigo!**

Target Group: Children / Youth

Volunteer Tasks:

- Lead awareness campaigns on climate change in schools and communities.
- Organize lectures and interactive activities on sustainability.
- Engage in local environmental projects, such as waste collection walks.
-

Project Name: **Bragança, Acolhe contigo!**

Target Group: Refugees

Volunteer Tasks:

- Support refugees in settling into their new environment.
- Assist with accessing healthcare, education, and social services.
- Help refugees learn Portuguese and integrate into the community.

PLACEMENT 4



GUIMARÃES

THE CITY

Guimarães is often called the cradle of Portugal because of its ancient roots and the fact that our first king was born in the town. 50 km away from Porto's airport, with great bus and train connections with the rest of the country, it's a medium sized city, with around 150 thousand inhabitants, and it is estimated that 20% are younger than 30 years old, which makes it one of the youngest cities in the country. With a variety of museums, concert rooms and outdoor activities and events, Guimarães is a very active city when it comes to culture and social activities. On another hand, it has lots of parks and green spaces where you can relax and enjoy nature. This, combined with the active historical center full of bars and restaurants and its medieval feel, has granted Guimarães many tourism and lifestyle awards.

GUIMARÃES

THE BRANCH

The Guimarães Branch of the Portuguese Red Cross is a familiar branch that works mostly on volunteering projects within the community, non-urgent transports, social innovation, health and social services. Volunteers will have a supervisor, but will also interact with coordinators and professionals of the areas they choose to integrate.

PERSONAL PROJECT

ESC volunteers will be welcome to share their visions and initiate their **own project** and develop their ideas to provide new kinds of **support to the communities**.

MAIN TASKS

Working on their **own projects**, supporting in **social media** and **event planning**.

These are some of the already existing areas that the volunteers can collaborate as well, if they feel motivated:

- . **Sick and elderly Hospital Volunteering**¹, Continuous Care Unit²)
- . **Children and Youth in Need** (Fun Hospital², intervention with children and youth in shelter homes², free time activities during holidays for children from endangered neighborhoods²)
- . **Inmates**¹
- . **Education and school intervention** (Healthy Habits Eating Game¹, Alcohol consumption prevention¹, Sun Exposure Prevention¹, Youth First Aid, Violence and Gender Equality¹, Sexuality¹, Environmental Education¹, Non-formal Education¹)
- . **Homeless** (collaboration in our homeless shelter¹)
- . Developing **activities for the Youth** Group¹;
- . **Social support** (support to the social workers, organizing food and baby bank, organizing monthly baskets for those in need, managing donations¹)

PLACEMENT 4



Sanguedo

THE CITY

Sanguedo is a Portuguese parish, located in the municipality of Santa Maria da Feira. The population in 2011 was 3,600.[1] The total land area is 4.57 km²

Santa Maria is located in area that allowed it to be a crossroads of various peoples. Ancient Roman roadways connected Porto, Viseu, Lisbon and Braga and intersected the region, and was used until the 19th century. In addition, pre-Roman castros dotted the territory.

Eventually, nomadic tribes began to settle in the vicinity of the castle. This settlement soon became known as the Terra de Santa Maria. This name first appeared in 1117, in a donation by D. Teresa, who began to reside in the castle around 1120. The lands of Santa Maria included a vast territory that included not only the municipality of Feira, but also Ovar, Vila Nova de Gaia, Vale de Cambra and São João da Madeira, among others

The castle of Santa Maria da Feira, the ex-libris of Feira, is a testament to the military architecture of the Middle Ages. It is the fulcrum of the history of the region, and an important point in the Reconquista.

In the time of king Denis of Portugal, Feira already was the see of a julgado (old administrative division). This is testified by an ancient document called Foral Velho. It was awarded a new foral in 1514, when Manuel I of Portugal was the King of Portugal.

Sanguedo

THE BRANCH

The Red Cross of Sanguedo, located at Rua Padre David Fernandes Coelho, nº 104, 4505-644 Sanguedo, in Santa Maria da Feira, develops a set of activities, among which, the emergency pre-hospital and transport of non-urgent patients, social support for families in need, therapies in the area of physical and psychological health, recreational and recreational actions and youth volunteering actions, through the Local Youth.

PERSONAL PROJECT

ESC volunteers will be welcome to share their visions and initiate their **own project** and develop their ideas to provide new kinds of **support to the communities**.

MAIN TASKS

- Social Media & Event Support: Help plan events, manage and update CVP's social media, and contribute to developing the CVP website.
- Solidarity Market Support: Assist with food basket preparation, sorting donations (clothing, toys), and maintaining the Solidarity Market.
- Collection & Donations: Support food drives, sort donations, and assist with donation screening at CVP locations.
- Vehicle Maintenance: Help clean and maintain CVP vehicles.
- Project Assistance: Support the Caps project and assist with small interventions (painting, organizing spaces, fixing shelves) in CVP facilities.
- Elderly Support (Truz, Truz Project): Provide companionship to the elderly, help with errands (pharmacy, bakery, supermarket), teach them to use social networks, and assist with light housework and small repairs.
- Gardening & Outdoor Spaces: Create a small orchard and build a deck terrace at the Casa das Profissões.
- Environmental Actions: Participate in street and beach clean-up campaigns.
- Portuguese Classes: Support Portuguese lessons for immigrants, in partnership with a language institute or CVP volunteers.

Community Partnerships:

- Inclusive Community Support: Assist in activities with people with disabilities, support garden maintenance, and collaborate with local animal shelters and youth hostels.
- Green Space Maintenance: Work with the Parish Council of Sanguedo on maintaining green spaces and support local initiatives with Juventude de Sanguedo.

APPLY NOW!

send your CV and Motivation Letter until the 27/02/2025, by 11:59 pm
JUVENTUDE4@CRUZVERMELHA.ORG.PT



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