

ESC VOLUNTEER

ROLE DESCRIPTION



2025/26

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Project Overview

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, thus 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.

The volunteers will have the opportunity to carry out activities, which promote the social inclusion of children and vulnerable young people from the Roma Community. They will have the opportunity to work in a charity shop, Ponto Vermelho, that helps and supports families in need and those fighting poverty, and also works as a second-hand shop. The volunteers can work on projects that support and promote international cooperation, including writing/implementing Erasmus+ applications and promoting Erasmus+ and ESC.

There are also opportunities to integrate projects of the Braga branch of the Red Cross that are now a part of the Youth Department such as supporting the social kindergarten, the communication department, the foster care for unaccompanied children, among others, depending on the volunteers' interests and profiles.

Volunteer Tasks and Responsibilities

Priority Projects



Charity Shop: Ponto Vermelho

Support the social shop that donates goods to the city's vulnerable population, but also works as a second-hand shop, selling items at symbolic prices;

Daycare

to support CVP Braga's social daycare centre, which works with children up to the age of 3



Youth Centre for the Roma Community.. Geração Tecla

Support the youth centre that works on social inclusion, promoting personal and social skills among the community (children, young people and families) in the Santa Tecla neighbourhood;

Volunteer Tasks and Responsibilities

Punctual Projects

Tutoring

is a program aimed at improving high-school students' ability to speak English in any situation.



JCV in Action

assisting the international mobility and co-operation project, writing and executing Erasmus+ projects and promoting Erasmus+ and CES in schools and universities

Centro comunitário

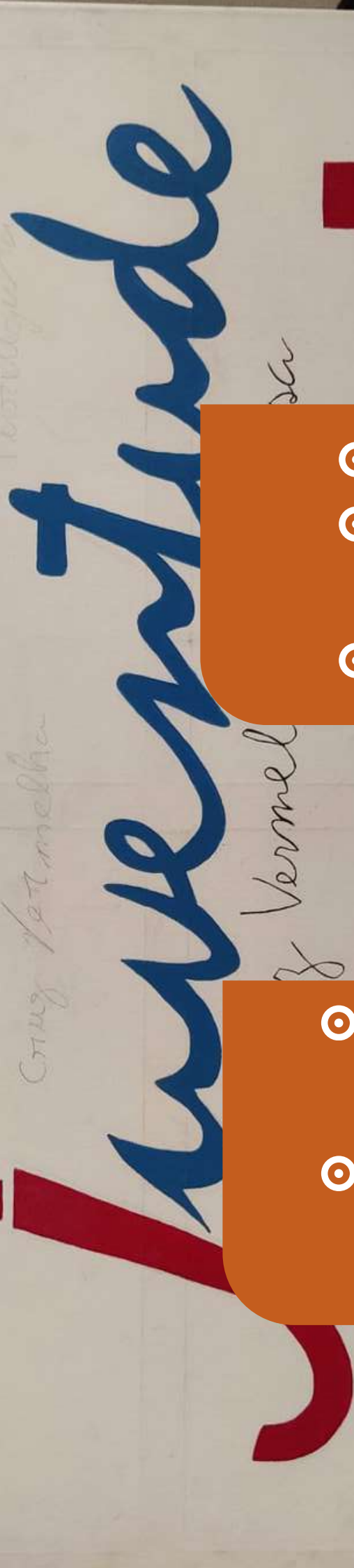
is a project that plays a significant and decisive role in reducing absenteeism and school drop-outs among the Roma population.



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)

Communications team

supports JCV Braga's communications activities, producing content for the centre's social networks.



First week in Braga

TRAINING AND INDUCTION

- Introduction to all project locations and staff;
- On-arrival training with Portuguese Red Cross, plus mandatory online training on the Red Cross/ Red Crescent Movement;
- Access to other training opportunities relevant to the volunteer's role/interests.

PRACTICALITIES

- You will always be accompanied by an international volunteer from the Braga delegation during their first weeks. Most activities take place in various locations around Braga, with exception of the Community Center, and Tutoring.
- Volunteers are expected to bring their own laptops. Standard working hours are from 10:00 AM to 1:00 PM and 3:00 PM to 6:00 PM, totaling 35 hours per week. However, there is flexibility to accommodate individual needs.

Example of a Weekly Timetable

Expected timetable for an average week – of course this won't necessarily be exactly the same each week, but the timetable will give a general idea of what the volunteer can expect. The work may vary from week to week, depending on your team/project.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
MORNING	Portuguese Classes	Tutoring	Daycare	Group Meeting	Support in the Social Shop, Ponto Vermelho	
AFTERNOON	Support in Youth Centre, Geração Tecla	Support in the Social Shop, Ponto Vermelho	Office Time	Support in the Social Shop, Ponto Vermelho	Support in Youth Centre, Geração Tecla	



YOU (TH) CAN!

PORTUGUESE RED CROSS,
Sanguedo – Santa Maria da Feira



PROJECT INTRODUCTION

Are you interested in solidarity, interculturality and volunteering?
Do you enjoy working with children and the seniors at a local community?
Have you always wanted to experience the Portuguese culture and lifestyle?





**WE ARE
LOOKING FOR
YOU**



WELCOME TO SANGUEDO

Dear Partners,

We are looking forward to have volunteers in Sanguedo.

We will receive volunteers on January 2026

In this document, you will find all the information that you need.

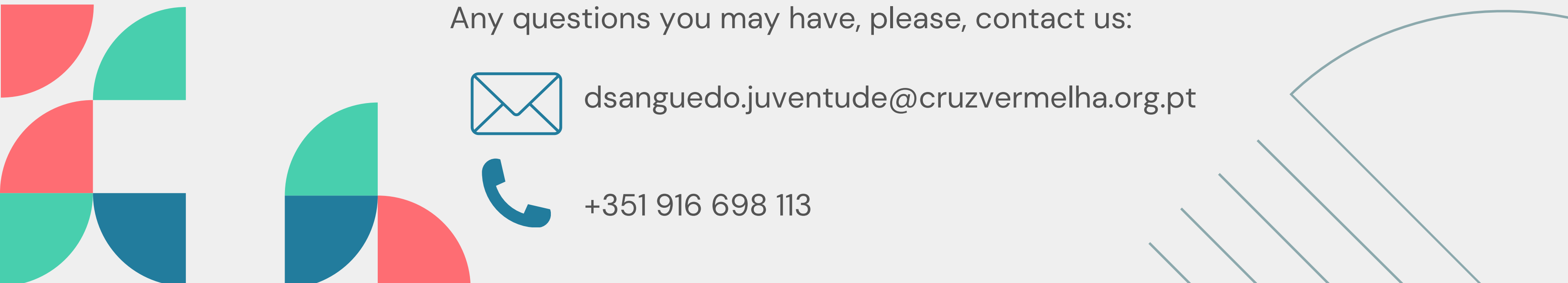
Any questions you may have, please, contact us:



dsanguedo.juventude@cruzvermelha.org.pt



+351 916 698 113



ABOUT SANGUEDO

POSITION

Sanguedo is a little village located in the north of Portugal. It belongs to the city of Santa Maria da Feira that has around 140.000 habitants.

Sanguedo is located at 30km from Porto and at 300km from Lisbon. It is 15 minutes away from Espinho – a city well known by its beach.

WHEATHER

The average annual temperature is 19°C and it tends to rain a bit in the winter.

RED CROSS

We are located right in the middle of Sanguedo, we count on around 100 volunteers. We work with pre-hospitalar emergencies, social support of families in need and, very recently, we also work with ESC and Erasmus+ programmes.

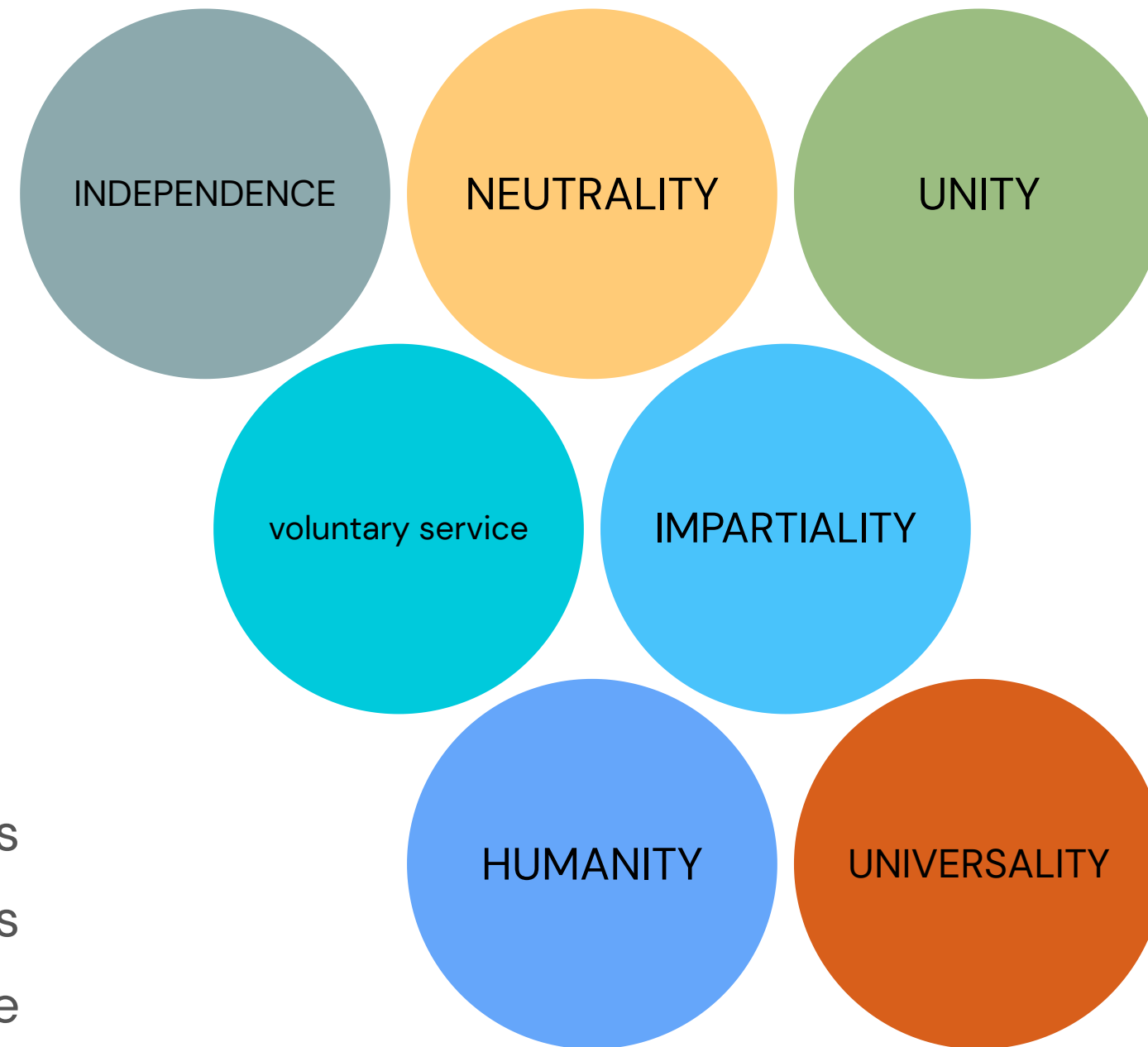


ABOUT SANGUEDO RED CROSS

The **Red Cross of Sanguedo** works with

- Pre-hospital emergencies;
- Transportation of non-urgent patients to their medical appointments and treatments,
- Social support for families in need,
- therapies in the field of physical and mental health, and volunteer activities for young people.

At the end of 2021, the Red Cross **Senior University of Sanguedo** was created to promote active ageing in the community and already has 35 students.



The **Local Youth Corps**, made up of a working group of 20 volunteers,

- It promotes social actions aimed at vulnerable groups,
- It promotes exchanges with volunteers from other European countries through the Erasmus+ programmes and the European Solidarity Corps.

CORE VALUES OF THE RED CROSS

CONDITIONS

We will have spots available for 152 days (5 months) of mobility on these dates:
19/01/2026 – 19/06/2026

It includes



150€ as food money and 6€/day for pocket money.



You'll share a bedroom with other same-gender volunteers

RELEVANT INFO

TYPE OF PROJECT

European Solidarity Corps Individual Volunteering ESC51

HOSTING ORGANIZATION

Cruz Vermelha Portuguesa – Delegação de Sanguedo

INDIVIDUAL VOLUNTEERING

Activities for the integration of the volunteer in the community, linguistic support, development of entrepreneurial skills (related to the transformation of needs into ideas and actions).

Creation and implementation of personal projects, socio-personal reinforcement activities and development of key competences, mentoring, promoting intercultural dialogue and learning from and with the local community.

SUPPORTING ORGANIZATION

In each country, we have a specific supporting organization who is responsible for preparing the volunteer for the project, helping with the logistic process and documentation, clarifying doubts, supporting the volunteer through the mobility and during the follow-up.

TRAVEL INFORMATION

BOARDING TICKETS

Remember to keep your boarding tickets (plane, metro, train). Take screenshots, if the ticket is digital. Be aware that the amount to be refunded has to follow a distance band.

TRAVEL MUST BE APPROVED

Flights must always be approved by the hosting organization and the participant is responsible for searching for adequate flights to Airport Francisco Sá Carneiro in Porto (it is the closest one), respecting the mobility dates and the allocated budget provided by the Portuguese National Agency.

REIMBURSEMENT

For the reimbursement, it is mandatory to present the travel itinerary, the original of the boarding passes and all invoices regarding travels.



SPEND A WEEK IMMERSSED IN *THE PROJECT*

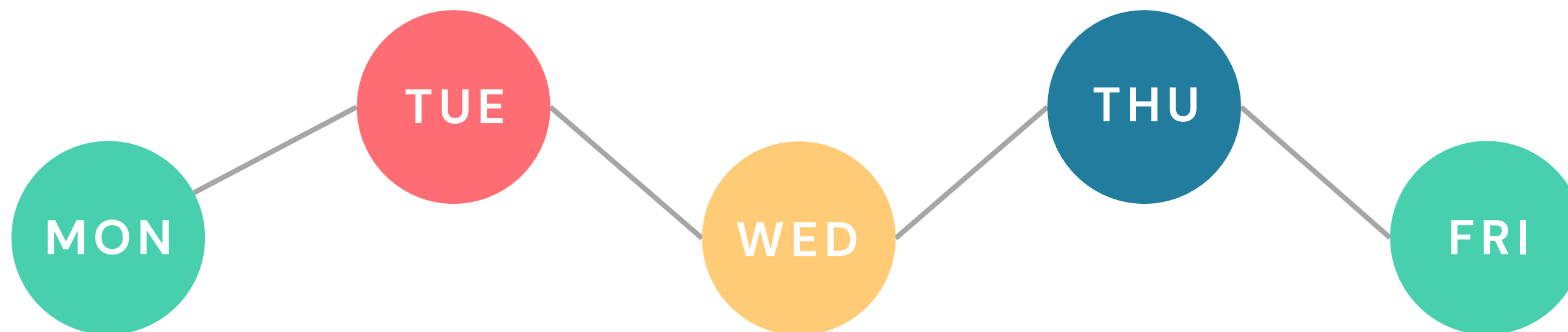
Tuesday

ANIIFEIRA or PARQUE ORNITOLÓGICO DE LOUROSA Day

You will look after your target area and help the association to clean and organise the animal areas. You will also feed the animals.

Thursday

SENIOR UNIVERSITY Day
You'll be helping the Red Cross run the university, and you'll be able to share your passions and/or culture by offering workshops that you're interested in.



Monday

RED CROSS and LOJA SOLIDARIA Day

You'll complete a weekly report, attend Portuguese lessons, help at the solidarity shop and have time to clean and organise both the room and the house. You'll also have the opportunity to take part in environmental projects.

Wednesdays

CENTRO SOCIAL Day

You will look after the children in the kindergarden (3-5 years old) and help the teachers to keep the room tidy and the children to do the various tasks assigned by the teachers.

You will also help with lunch and snacks.
In the afternoons, you will help in the day centre for the elderly, where you will help the animators with the various tasks that are assigned to you (these can be either socialising or manual work to decorate the room).

Friday

ARES Day

You will be responsible for cleaning and routine maintenance of the stables.
At weekends, the association offers the opportunity to learn to ride.

SPEND A WEEK IMMERSSED IN *THE PROJECT*





PERSONAL PROJECT

During your staying you'll have the opportunity to develop a personal project focused on your topic of interest that can involve children, elderly or animals.... BE CREATIVE!

EXAMPLES OF PERSONAL PROJECT



our volunteer teaching
Turkish dances at the senior
university



our volunteer teaching
self-defense to the
Roma community



our volunteer teaching
a cooking class at the
senior university

WHY ARE WE LOOKING FOR VOLUNTEERS?



We need to create different social, cultural and educational initiatives and practices.

Volunteers are the best to promote solidarity, interculturality and diversity, with local youths and in local institutions and community

our
volunteers
(2023, 2024
and 2025)

VOLUNTEER'S PROFILE



- Youngsters (preferably with fewer opportunities) between 18 to 30 years old;
- With the ability to learn with new results and to adopt new behaviors;
- Empathetic and aware of the needs and challenges of communities;
- With the ability to influence positively the peer group and the community;
- Aware of their role and to be able to participate in all phases of the volunteer activity in which they will be involved;
- Interested in participating and contributing to volunteer activities that are oriented towards priorities and values European countries promoted by Erasmus+ and the ESC

BEFORE COMING HERE

REGISTER

To register yourself on the portal of the European Corps of European Solidarity Corps portal;

DOCUMENTS

Please provide all the required documents: Identity card, criminal record and CV

INSURANCE COVER

You'll need to have an active Henner insurance (we will give you all the info you need to proceed)

VOLUNTARY AGREEMENT

Sign the Voluntary Agreement before coming here for the project





WHAT WE EXPECT FROM YOU?



WE EXPECT THAT...



- Promote social, cultural and educational practices adapted to the needs of local youth and communities;
- Promote solidarity, diversity and interculturalism;
- Empower volunteers with new skills and learning based on non-formal education;
- Encourage volunteers to be entrepreneurial, creative and proactive
- Raise awareness among the community and local organisations of the need to promote entrepreneurial attitudes for the development of the region;
- To promote European social values, including solidarity;
- Encourage the participation of the local community in voluntary activities
- Share best practices

... AND MUCH MORE!



- Promote awareness of EU opportunities
- Recognise the potential of volunteering for the personal and social development of participants;
- Recognise the potential of volunteering in the community;
- Equipping volunteers with new skills and learning based on non-formal education;
- Encourage the involvement of social and public institutions in social, cultural and educational practices and promote new initiatives;
- Contribute to the improvement of situations of social exclusion
- Contribute to improving the problems of social exclusion, discrimination and low social participation.

The background features four decorative geometric patterns in the corners. Top-left: A series of parallel diagonal lines in a light blue-grey color, with a thin grey arc curving towards the center. Top-right: A cluster of overlapping semi-circles in yellow, red, teal, and dark blue. Bottom-left: A cluster of overlapping semi-circles in red, teal, and dark blue. Bottom-right: A series of parallel diagonal lines in a light blue-grey color, with a thin grey arc curving towards the center.

**WHAT WILL YOU
HAVE?**

YOU WILL HAVE



- **Technical support** – supervision + weekly meetings at the organisation to share information and learning to share information and learning + support from the sending organisation;
- **Financial support** – pocket money of €6 per day per month + food money (150€ per month);
- **Training/education** – On arrival and mid-term training provided by the Portuguese National Agency + Workshops organised by the host organisation, partner organizations and volunteers
- **Mentoring** – A mentor outside the organization to assist you in your daily life;
- **OLS** – Mandatory online linguistic support to learn Portuguese;
- **Partner Organizations** – organizations and institutions where you will implement activities under supervision and with support but with autonomy;
- **A shared room** – in a house with all the living conditions required by the Erasmus+ programme (rent, water, electricity and Wi-Fi for free).

NON-FORMAL EDUCATION

All the activities that you will develop will be based on Non Formal Education. It is a learning which takes place outside of a formal education and training through learning activities and with some form of learning support

Remember that you will also use formal education as a supplement

**PARTICIPATORY AND LEARNER-CENTRED
APPROACH;**

**PARTICIPATORY AND LEARNER-CENTRED
APPROACH;**

**HOLISTIC AND PROCESS-ORIENTED
APPROACH**

**LINKED TO YOUNG PEOPLE'S NEEDS,
WANTS AND INTERESTS.**

EUROPEAN SOLIDARITY CORPS

OPPORTUNITIES

The European Solidarity Corps is the new European Union initiative which creates opportunities for young people to volunteer or work in projects in their own country or abroad that benefit communities and people around Europe

EMPLOYMENT

The European Solidarity Corps could be a new opportunity for you to engage in a meaningful activity that could prove to be a stepping stone into employment!

YOUTHPASS

After participating in this ESC project you will be entitled to receive a certificate (Youthpass) that documents your participation. You could use this when applying for jobs or further learning



NATIONAL AGENCY

RESPONSABILITY

The Portuguese National Agency for Erasmus+ Youth in Action is responsible for managing the European Solidarity Corps Program.

MISSION

Its mission has a structure that aims to ensure the management, in Portugal, of the Erasmus + Program in the fields of youth and sport, as well as to ensure the management and execution of the activities still in force of the "Youth in Action" Program





**"STOP DREAMING
AND START
DOING"**



THANK YOU

To know more about our work follow us on social
media:

[@juventude_cvp_sanguedo](#)

VOLUNTEERING



**Cruz Vermelha
Portuguesa**

Bragança



Bragança, the heart of Trás-os-Montes

Bragança is a charming city located in the northeast of Portugal, very close to the Spanish border. It combines the tranquility of a safe and welcoming city with the richness of its cultural, natural, and academic heritage.

Bragança Castle and the medieval Citadel, home to the only Domus Municipalis in the Iberian Peninsula, are symbols of the city's history. But Bragança is not only about the past: it is also a young and dynamic city, driven by the presence of the Polytechnic Institute of Bragança (IPB), which hosts students from more than 80 nationalities, creating a vibrant multicultural environment.

Just a few minutes from the city lies the Montesinho Natural Park, one of the most beautiful and best-preserved in Portugal, where visitors can explore trails, traditional villages, and unique biodiversity. In the region, one can also find the so-called “Aldeias Maravilha de Portugal” (Wonder Villages of Portugal), small settlements full of authenticity, traditions, and typical Trás-os-Montes gastronomy.

Bragança is, therefore, a place where volunteering can be a truly enriching experience: a safe city, with a welcoming community, a strong spirit of solidarity, and multiple opportunities for cultural exchange. Here, volunteers not only contribute to the humanitarian mission of the Portuguese Red Cross but also enjoy an unforgettable experience of cultural exchange and personal discovery.



OUR MISSION

To provide humanitarian and social assistance, especially to the most vulnerable, by preventing and alleviating suffering and contributing to the protection of life, health, and human dignity.

FUNDAMENTAL PRINCIPLES

- Humanity
- Impartiality
- Neutrality
- Independence
- Voluntary Service
- Unity
- Universality



Title of the project: Bragança, Jovem Contigo!

Project Summary:

The project “Bragança, Jovem Contigo!” was created to address the need to combat the social isolation of the senior population living in rural areas of the municipality of Bragança. Young volunteers from the Portuguese Red Cross in Bragança visit the villages to promote intergenerational connections and to provide support and care to the most vulnerable

Main Objective: Combat social isolation; promote intergenerational meetings; and support health prevention through nursing screenings.

Target beneficiaries: Senior citizens

Area of Intervention: Social Action / Health / Volunteering / Youth

Activities:

- Visits by young volunteers to rural villages;
- Support and care for the elderly;
- Health screenings and prevention activities.



Bragança
jovem
CONTIGO!

Title of the project: Bragança, Acolhe Contigo!

Project Summary:

As a host organization, we provide accommodation, ensure basic needs are met, and offer support in accessing healthcare, education, social security, socio-professional assistance, and help with learning the Portuguese language.

Main Objective: Provide welcome, integration, inclusion, and guidance

Target beneficiaries: Refugees and asylum seekers

Area of Intervention: Social Action / Health / Volunteering / Youth

Activities:

- Facilitate intercultural social activities and community events;
- Support beneficiaries with practical tasks;
- Assist in CV preparation and job search;
- Organize informative sessions, talks, or workshops on cultural diversity and social inclusion.

Bragança
Acolhe
CONTIGO!



Title of the project: Bragança, Sustentável Contigo!



Project Summary:

The project “Bragança, Sustentável Contigo!” aims to promote environmental awareness among the local community and schools, encouraging practices that contribute to climate change mitigation and environmental sustainability. It includes the development of a community garden at the Portuguese Red Cross - Bragança Delegation facilities, as well as activities that reinforce environmental responsibility, the preservation of natural spaces, and the adoption of sustainable and eco-friendly habits. The project also seeks to foster community engagement and active citizenship, promoting learning experiences and cooperation between volunteers and the community.

Main Objective: Promote awareness and understanding of climate change and environmental sustainability.

Target beneficiaries: Local community

Area of Intervention: Volunteering / Youth

- Activities:**
- Facilitate awareness-raising activities and talks on climate change and environmental sustainability;
 - Develop playful and educational activities to promote sustainable habits among children and youth;
 - Organize clean-up walks and public space cleaning activities.



Bragança
sustentável
CONTIGO!

Title of the project: Bragança, Diversidades Contigo!



Project Summary:

The project “Bragança, Diversidades Contigo!” aims to support and assist individuals who are vulnerable in expressing their gender identity, specifically the LGBTQ+ community in the Bragança district. The actions include psychosocial support, provision of essential goods, assistance with transportation and accommodation for appointments, and the creation of a community group open to LGBTQ+ individuals and allies. At the same time, the project promotes awareness and education within the local community through talks and educational activities, contributing to a more inclusive, diversity-respecting, and supportive society.

Main Objective: Provide support to individuals vulnerable in expressing their gender identity; promote community education and awareness.

Target beneficiaries: LGBTQ+ community and allies

Area of Intervention: Social Action / Health / Volunteering / Youth

Activities:

- Organize talks and workshops on diversity, inclusion, and LGBTQ+ rights;
- Manage and facilitate the community group open to LGBTQ+ individuals and allies;
- Organize events and social activities that promote integration and mutual support.



Bragança
Diversidades
CONTIGO!

VOLUNTEERING

Institutional Cooperation



Cruz Vermelha
Portuguesa

Bragança



UNIDADE LOCAL DE SAÚDE DO NORDESTE EPE



Project Summary:

The project “Bragança, Conta Comigo!” carries out interventions in a clinical setting with patients at the Day Hospital of the Mental Health and Psychiatry Department of ULSNE. Volunteers participate in organizing recreational, playful, and educational activities, aiming to promote well-being, socialization, and learning, thereby contributing to a more positive and inclusive therapeutic experience.



Main Objective: Provide support for and promote recreational and educational activities within a clinical context

Target

beneficiaries:

Patients of the Day Hospital of the Mental Health and Psychiatry Department of ULSNE

Area of

Intervention: Volunteering / Youth / Health

Activities:

- Support in learning workshops;
- Individual or small group accompaniment during therapeutic activities;
- Encourage active participation and social interaction among patients;
- Promote a welcoming, safe, and motivating environment.



Project Summary:

The Portuguese Red Cross - Bragança Delegation, in partnership with the Amicus Canis Association (AMICA), carries out volunteer activities focused on promoting animal welfare and rights. Volunteers help identify and report cases of abandonment or mistreatment, fostering a more aware and responsible community regarding animals.

Main Objective: Foster animal well-being



Target

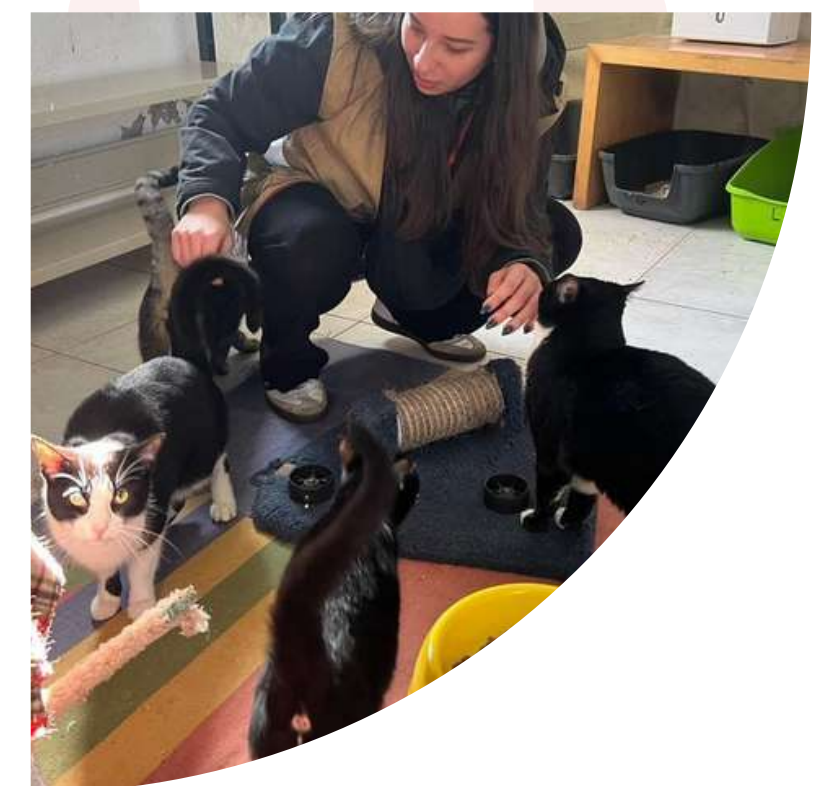
beneficiaries: Dogs and cats sheltered by AMICA

Area of

Intervention: Volunteering

Activities:

- Walk dogs and cats in care, ensuring their well-being and exercise;
- Facilitate social interaction moments among animals, promoting their integration;
- Clean and maintain the spaces where the animals are sheltered, ensuring a safe and hygienic environment;
- Assist in organizing and storing animal care materials and equipment.



VOLUNTEERING

Daily institutional activities



**Cruz Vermelha
Portuguesa**

Bragança



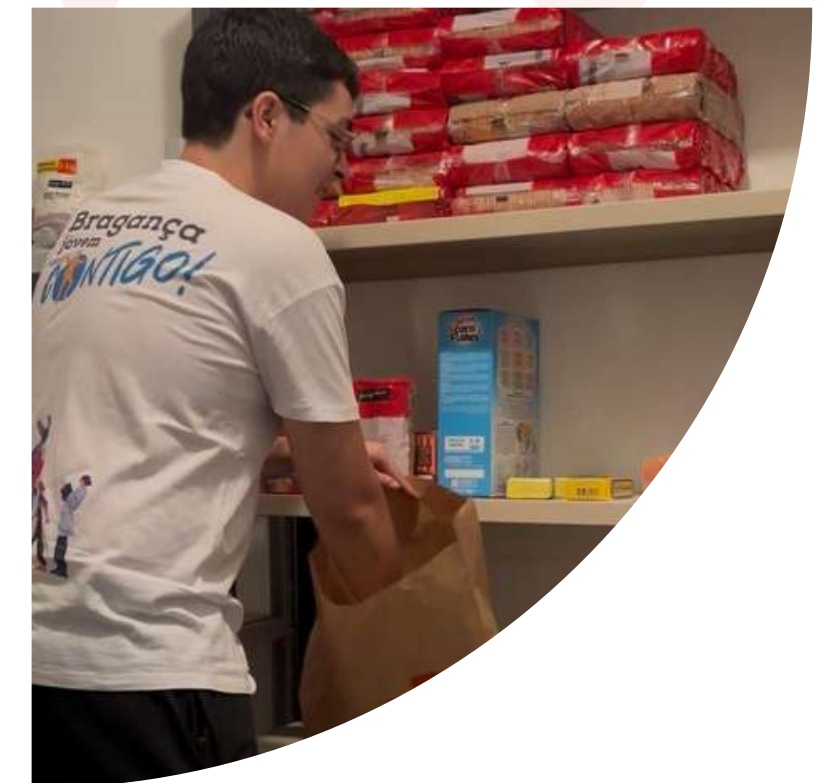
Organization of the clothing
warehouse

Organization of the essential goods
warehouse

Preparation of food baskets
Organization of charity fairs

Participation in community events

Collection of essential goods



Contact Information



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



<https://www.instagram.com/jcv.braganca/>



<https://www.tiktok.com/@jcv.braganca>



Rua Primeiro de maio nº2 5300-236 Bragança



273324420



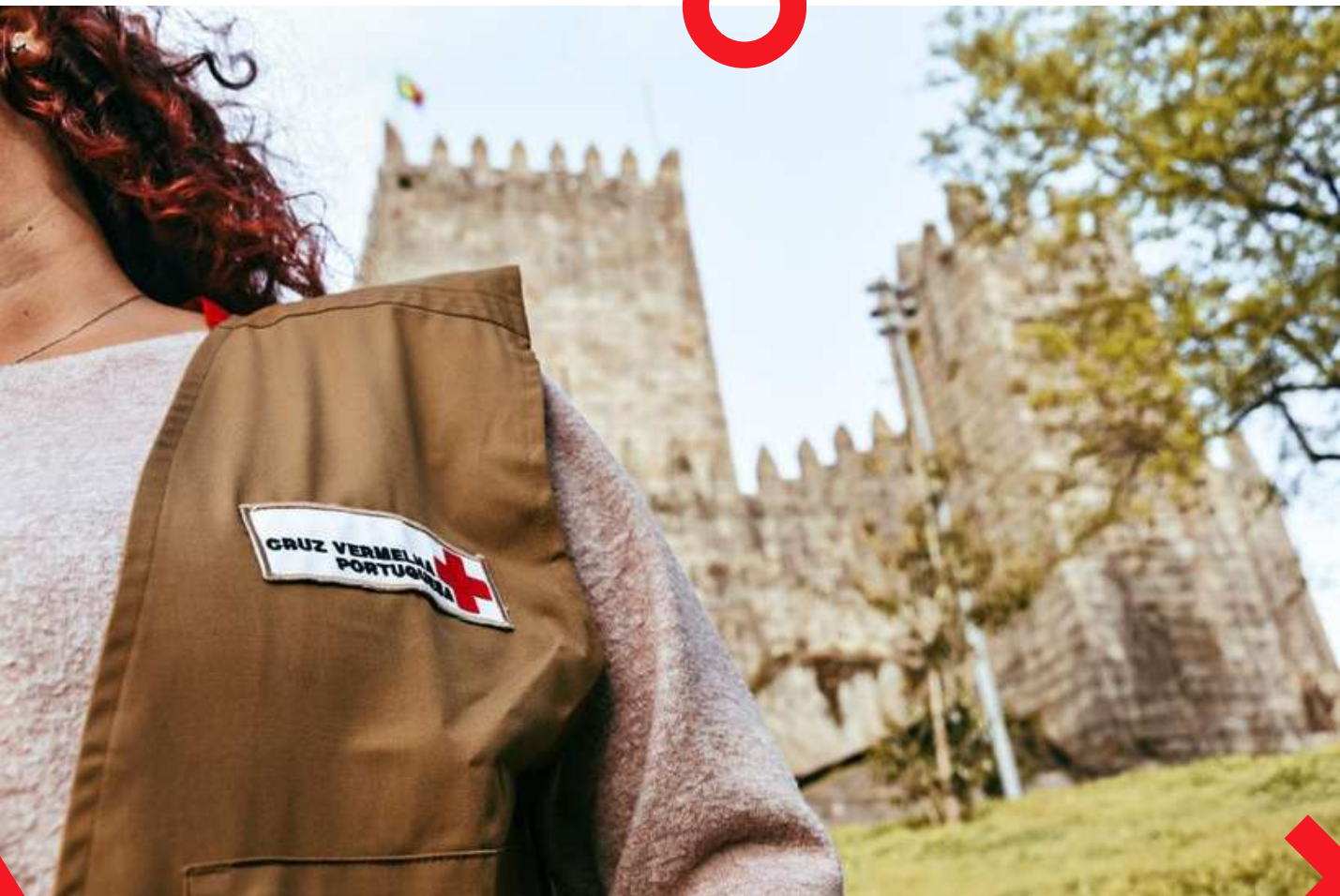
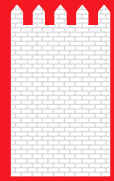
**Cruz Vermelha
Portuguesa**

Bragança

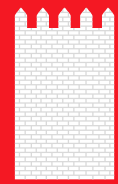


WELCOME TO

Guimarães



PORTUGUESE RED CROSS - GUIMARAES BRANCH



The city

50 kms away from Porto
350 kms away from Lisbon



The City

Located in the North of Portugal, Guimarães is the Historical City full of life and youth.

POPULATION

Between 150 and 200 thousand people.

It is estimated that more than 20% of the population are youth.

WEATHER

Guimarães is located in a valley and surrounded by hills, the winter is normally cold (between 0º and 15º) and the summer is hot (up to 35º). It has a majority of sunny days during the year.

CULTURAL LIFE

With a variety of museums, cinema, concerts rooms and outdoors activities, Guimarães is a very active city when it comes to cultural activities, regarding theatre, music, visual arts, etc.

TRANSPORTS

50 kms from the closest airport (Porto).

Railway and bus connections to most big cities in the country.

Bus connections within the city.



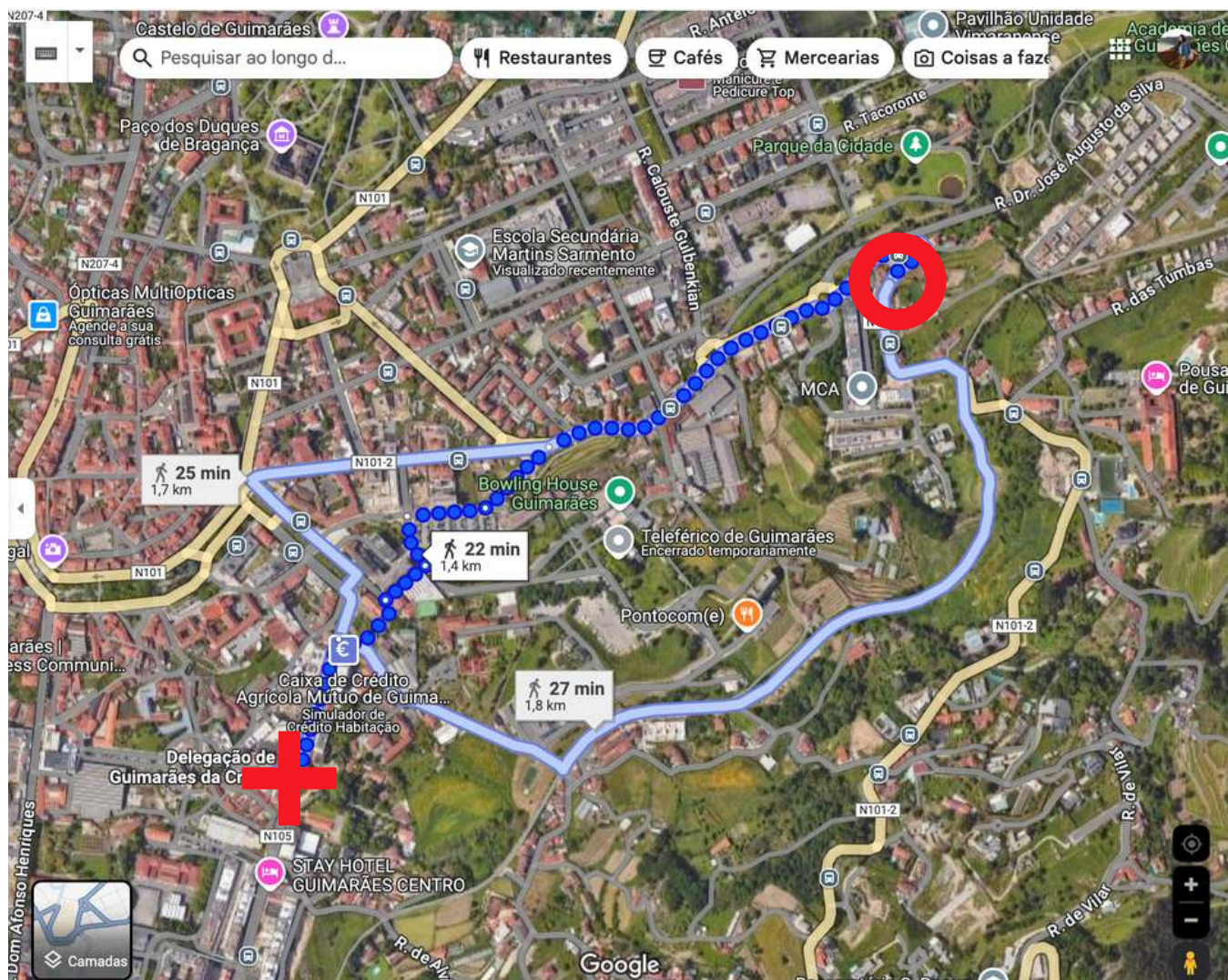
Cruz Vermelha
Portuguesa

Guimarães





House Location



The volunteers' house is near the city centre,
15 minutes walking from the historical centre.

20 minutes walking to our headquarters.

Adress: Rua de Santa Marinha da Costa, nº 802
Costa
4810-015 Guimarães



Cruz Vermelha
Portuguesa

Guimarães



Housing Conditions



- 3 bedrooms
- Living room
- Kitchen

- 2 bathrooms with shower
- Terrace



Who will be the reference people for the volunteers?



Supervisor - Catarina

Supervising and following the activities of volunteers within organization as well as providing general support for anything they need in daily life.



Coordinators - Depending on the projects

Guide the volunteers within the projects, provide support during the planning and execution of activities.



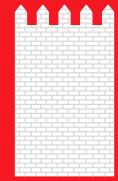
Youth Group - All the volunteers

Help mentors integrate new volunteers, both in the organization and in the community.



Mentor - To be nominated

Help volunteers integrate by providing personal support, assisting with evaluations, and mediating with the organization when needed.



The Organization

**Guimarães Branch
of Portuguese Red Cross**

We are an organization
mainly based in volunteering
and social work within the
community.



Creative Community of Digital Inclusion CCIDG



Intergeracional project that will provide training in new technologies to isolate people (mainly elderly) and promote communication with young volunteers through tencology .



Summer Project - #0MeuSol



Raising awareness to the dangers of sun exposure and heat, using games and fun activities for children.



Play4equality



Non formal education project that aims , through a boardgame, to promote awareness for gender equality, traffic of human beings, sexuality and gender violence in schools.



Healthy Food Habits Game



Promoting healthier eating habits among children using a game.



Cruz Vermelha
Portuguesa

Guimarães



The Red Cross in school



Developing activities to explain the aims and activities of the Red Cross among children and teenagers.



Alcohol Consumption Prevention



Promoting healthier drinking habits among teenagers with awareness raising sessions.



Cruz Vermelha Portuguesa | Guimarães



Homeless Shelter



In a collaboration with the municipality, we are currently managing a temporary shelter, to support people who are homeless.



Cruz Vermelha
Portuguesa

Guimarães



Y-adapt



Awareness raising project in the area of adaptation to climate change for youth.



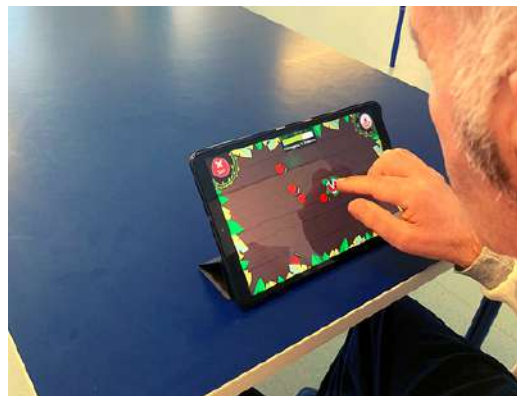
Colorful Saturday at the Children's House



Developing educational and recreational activities with the children of a temporary foster care home (0-10 years old).



Long Care Unit UCC



Supporting the ill in a local long care unit.



Fun Hospital



Developing educational activities with the children in the pediatric waiting rooms (emergency and appointments).



Cruz Vermelha
Portuguesa

Guimarães



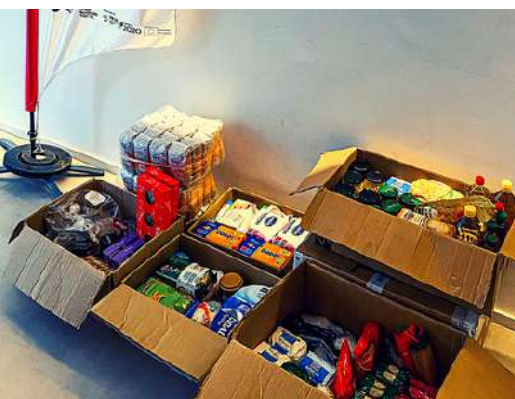
Social Store



A local store that provides new and second hand products at competitive price. Also includes social support for people who aren't able to pay for the items.



Social Support



Volunteers can help with managing and donating clothes, food or other things to those in need.



Is That All?



N0000000! Volunteers can participate in other activities:

- Support to social media management;
- Fundraising;
- Community activities;
- Daily activities;
- Workshops;
- Among others.



Cruz Vermelha
Portuguesa

Guimarães



Is That All?



Volunteers can participate in other activities:

They will be also encouraged to create their own activities and their own project in their preferred areas.



Cruz Vermelha
Portuguesa

Guimarães



Example of a Weekly Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	U. C. C.	Fun Hospital	CAES Homeless Shelter	CCIDG	Activities at the school
Afternoon	Office Work	CCIDG	CAES Homeless Shelter	Portuguese Class	Office Work

Normally, **the weekend is for resting**. However, there are projects and activities on Saturday and/or Sunday. Still, we always ensure two days of rest per week.





Welcome to the Team!

We wish you an
amazing stay with us!

 Cruz Vermelha
Portuguesa | Guimarães

