

**INFOPACK**  
**2024 - 2025**

from  
everywhere  
To everyone



**EUROPEAN**  
**SOLIDARITY**  
**CORPS**

**CRUZ VERMELHA**  
**PORTUGUESA**



**CUCUJÃES**

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Vila de Cucujães is a small village located between Porto and Aveiro cities, in the North Region of Portugal.

📍 VILA DE CUCUJÃES

It has an area of about 10,42 Km<sup>2</sup> and not more than 10 705 inhabitants.

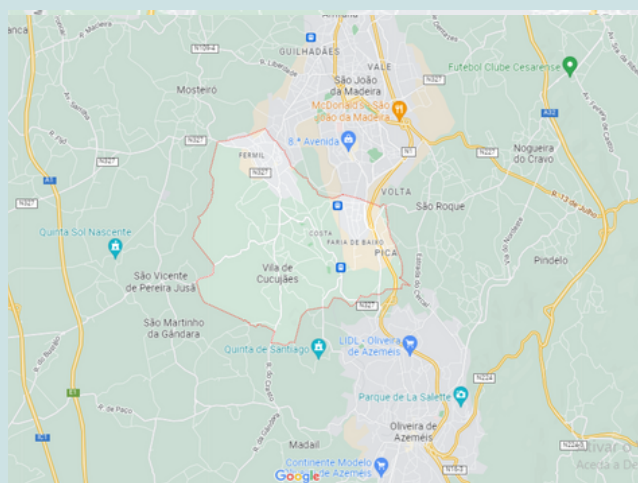
It is 42Km away from Porto city and 40 Km away from Aveiro city.



Vila de Cucujães is part of Oliveira de Azeméis Municipality and belongs to the district of Aveiro. It is also part of Porto metropolitan area.

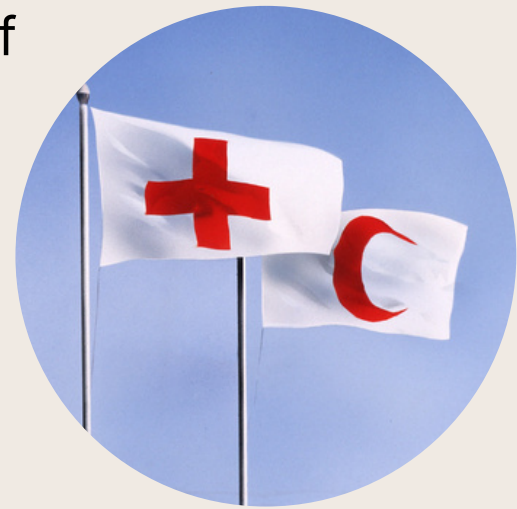
As a small village, public transportation is very sparse and unreliable.

Nearest cities are: Oliveira de Azeméis, S. João da Madeira, Santa Maria da Feira, Vale de Cambra.



The Hosting Organisation is part of the Portuguese Red Cross and the International Red Cross and Red Crescent Movement.

This worldwide humanitarian aid organization reaches 160 million people each year through its 192-member National Societies.



With the same aim to operate in armed conflict or natural disaster scenarios, the organisation operates according to the needs of the local community, doing everything in it's power to prevent and alleviate human suffering.

### **The 7 Principles are:**

**Neutrality**

**Impartiality**

**Humanity**

**Unity**

**Independence**

**Voluntary**

**Universality**

**Service**



The organization offers many services and responses in three main areas:

## Social

- Social Assistance and access to welfare services;
- Intervention program for people struggling with addictions;
- Transport for victims of domestic violence and victims of social emergencies;
- Food Bank, Clothing Bank & personal hygiene and home hygiene products Bank;
- Technical aid Bank providing aid equipment such as wheelchairs, articulated beds, walkers, etc;

## Emergency & First Aid

- Support to pilgrims on their way to Santiago de Compostela and Fátima Sanctuary (provision of bed, hot showers, and meals);
- First Aid in sports and cultural events;
- First Aid teaching.

## Youth & Volunteering

- "Active Mix" (leisure time activities for people with intellectual disabilities);
- Leisure time activities for elderly people/ seniors;
- Fundraising activities;
- Community activities (English Classes, handcrafts workshops etc);
- International projects for Youth (ESC & Erasmus+).

# from everywhere To everyone

Is an individual volunteering project, funded by the European Solidarity Corps (ESC) Programme. It gives young people with fewer opportunities, between 18-30 years old, the chance to volunteer in Vila de Cucujães, for a period of 7 months, organised as follows:

## #1 Monte Team & #2 Pica Team

From March 2022 to May 2023 and it hosted volunteers from Germany (1), Tunisia (1), Turkey (2), Georgia (1), Iceland (1), Slovenia (1) and Italy (1)

## #3 Mosteiro Team

From June to December 2023 and it hosted volunteers from France (1), Tunisia (1), Italy (1) and Turkey (1)

## #4 Agostinho Gomes Team

Is happening right now and will finish on August 2024! Hosting volunteers from France (1), Italy (1), Germany (1), Slovakia (1) and Czech Republic (1)

## #5 Ferreira da Silva Team

Will happen from 27 August 2024 to 28 March 2025



you

\*The dates are indicative, there is some flexibility in the start/ end days.

# Volunteer's Tasks

An openminded and adaptable attitude is required as plans/ priorities often change and we will expect you to help with everything that is necessary. You will be involved in hands-on and physical work by taking part in the following tasks:



- **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.

- **Social Store:** Tasks include doing the triage, organising clothing, shoes, and toys donations to be distributed to people in need or to be sold at our Social Store *online*. In the Social Store *online*, volunteers make the sales, negotiate with clients and arrange advertising and shipping of products.





- **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.

- **Activities with addicts in recovery:** Volunteers can organize outdoor sports activities/ physical exercise outdoors or other leisure time activities with addicts in recovery.

- **Active Mix:** Organising activities for a group of people with disabilities that come together to dance, make arts and crafts and other leisure time activities.

- **Elderly Nursing Home:** Volunteers help out at a local Elderly Nursing Home and they also visit elderlies at their home. They can support with leisure activities or in the kitchen, laundry, and garden.



- **Personal micro-project:** We welcome you to use your ideas, creativity, and previous knowledge/skills in favor of the local community by coming up with your own realistic micro-project that answers to needs identified.



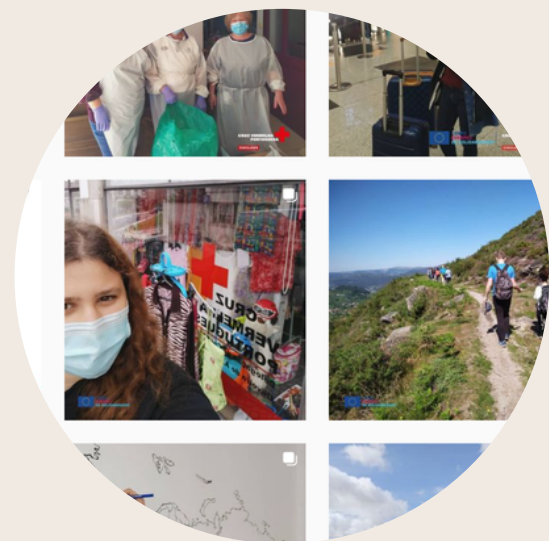
- **Maintenance and Cleaning:** Volunteers take part in environmental cleaning actions when we organise them and they help out in the cleaning and maintenance of the Red Cross's buildings.

- **Pilgrims Support:** Volunteers take care of a local Pilgrims Shelter (for Pilgrims on their way to Santiago de Compostela). They take part in the maintenance and daily cleaning of the building (cleaning showers, beds, kitchen, reception and garden) and help with checking-in guests.

- **Social media content creation:** Taking photos, videos and create digital content to feed the organisation's social media accounts and the "new" website.

- **Support in:**

- Fundraising events
- Awareness raising campaigns
- First Aid (if you are trained)
- Other requests



# Practical Information

## Money and Food

Volunteers receive 6€/ day of pocket money for personal expenses. They also receive 5€/ day of food allowance. This makes approximately 330€/ month, depending on the number of days in the month. The amount is paid monthly, preferably by bank transfer, to the volunteer.

## Accommodation

All volunteers share an apartment equipped with basic appliances, furniture, towels & bed linen, water, gas, electricity, and Wi-Fi. You will share the bedroom with another volunteer of the same gender. Bathrooms are also shared.



## Transportation

The volunteer's accommodation is within walking distance to the organization's office (approximately 1.1 Km = 15 Min walk) so you are expected to walk to and from work. We do not cover volunteer's own personal expenses of public transportation in their free time.

# Working Times

The Portuguese Red Cross - Local Branch of Cucujães headquarters are opened to the public from 9 am to 6 pm with a rest period during lunch time. Volunteers usually work from 9:30 am to 12 pm and then from 2:30 pm to 5 pm. We might adjust your work time if we need your help in some task outside these regular hours. Work time doesn't exceed 38 hours/ week.



During work time at the headquarters, when you are not so busy, you can:

- access **OLS (Online Linguistic Support)** and take portuguese lessons through the App on the phone or your personal computer.
- work on your **Personal Micro-Project** with the materials and resources from the organisation.
- take **Online Courses (on e-learning)** through the Red Cross/ Red Crescent Movement's learning platform which you will have free access to.

# Useful Information

## Travel

Volunteers will be reimbursed (upon presentation of original receipts, invoices, and tickets/ boarding passes) the amount they spent on their travel from their original country (to start the project) and back to their original country (at the end of the project).

The reimbursement is only made for travels using public transportation (e.g. airplane, train, bus)! The maximum amount that we reimburse is determined by the EU distance calculator between cities/ countries, as follows:

<b>10-99 Km</b>	<b>20€</b>
<b>100-499 Km</b>	<b>180€</b>
<b>500 - 1999 Km</b>	<b>275€</b>
<b>2000 - 2999 Km</b>	<b>360€</b>

## Insurance & Visa

EU countries: Health Insurance will be provided through European Health Insurance Card therefore it is mandatory to have a valid EHIC for the entire duration of the volunteering project. No Visa is required.

Non-EU countries: Free health Insurance will be provided through Henner Private Insurance Company for the entire duration of the volunteering project.

It is the volunteer's responsibility to take care of the Visa process and establish contact with the Portuguese Embassy in their respective country. We will provide all documents needed to obtain the Visa.



# Volunteer's Profile

## We are looking for...

- Young people between 18-30 years old;
- Who can communicate in English language;
- That never participated in long-term (more than 2 months) European Solidarity Corps (ESC) projects before;
- Are Unemployed, just finished School or University, decided to take a Gap Year from work or studies, want to learn new skills or try new things or young people that are unsure or confused about their future life path;
- People who feel comfortable about living in a small rural village without public transportation or places to go out to for more than half a year;
- People that are practical, like to get their "hands dirty" and be "hands-on", helping in what is needed.



Participants with fewer opportunities will be given priority of selection.

# Volunteers will be offered...

- On Arrival and Mid Term Training provided by the Portuguese National Agency;
- Online Linguistic Support to learn Portuguese Language online;
- Free access to Red Cross/ Red Crescent Movement Online Learning platform;
- Youthpass Certificate (after completing the project).



## To Apply:





Fill in the questionnaire that we will send you via e-mail.

Don't forget to upload your CV in English.

# Contacts

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