



INFOPACK

Welcome to Beja

escApe
Active Participation in Europe

Here you will find all the main information about the project ESCAPE, that will help you to understand the project. The logistic of the project will send you one month before the mobility.

ESCAPE - ESC Active Participation in Europe

“ESCAPE” is an European Solidarity Corps project with the main objective of giving information through solidarity. With this project, we want to promote the importance of the European Union, International Mobility and the importance of an ESC experience for youth coming from small communities. The countries involved in this project will make a great impact in the community of Beja. Today, the European Union is facing one of the most difficult periods since its formation, and it is more and more relevant to focus on the importance of the European Union, European Identity, European Opportunities, Sustainability, Solidarity and the values of Europe. Thus, we want to carry out this project to promote these values, to share this information. On a first stage from our organization to the volunteers, so that they have the accurate information, and then the volunteers themselves will be a vessel of information to others, especially youngsters, children and stakeholders in the city of Beja, going to Schools and Universities, using our Youth Center in Beja to promote the intercultural dialogue with youngsters who have fewer opportunities, especially geographical and economic. Due to the nature of this ESC project, the 10 volunteers who will be part of this project can bring back to their countries the learnings from this project and make a contribution to the European Cooperation between people, organizations, institutions and more important: ideas and information. The long and short-term aims are directly linked to the European Solidarity Corps values and of creating a more united Europe, a stronger Europe.

PROFILE OF THE PARTICIPANTS

- self-motivated, willing to take on new challenges for their personal and professional life; willing to live a socially responsible and healthy lifestyle and being open to working with people of different backgrounds and cultures; dynamic, versatile, good mood, flexible, with self-initiative, adaptability; with the ability to manage and solve conflicts in a creative way; creative and interested in working with young people; - enthusiastic to participate in the project; mature to work and to relate with other young people with fewer opportunities and willing to develop activities with sense of responsibility; aged between 18 – 30 years old.

More news information about European Solidarity Corps:

https://europa.eu/youth/solidarity/young-people/volunteering_en

PROMOTER

Associação Check-IN – Cooperação e Desenvolvimento (Check-IN Association – Cooperation and Development) is a non-profit organization, founded in 2010, based in Beja and also operating from Lisbon, in Portugal. It works in close cooperation with public and private entities, actively participating in quality of life improvement activities.

Our organization mainly focuses on youth and adult mobility, non-formal education, cooperation and development of organizations and individuals and the overall sharing of knowledge, through the support of European cooperation initiatives.

We work on a regular basis with other organizations, as well as municipalities, universities and higher education institutions in Europe and all around the world (we built partnerships and developed projects in Brazil, Tanzania, Nepal, Argentina, Mexico and Peru).

Our aim is to promote lifelong learning opportunities, to encourage and promote social integration, education for sustainable development and social entrepreneurship. Our working methods are deeply rooted in the European core values, such as the respect for human rights, democracy, gender equality, ecological awareness, intercultural tolerance and solidarity between the people.

In addition, we have a special concern for children, teenagers, youth and adults with less privileged access to information, due to their geographical location, their social and economic status or their personal situation. Check-IN has been involved in urban areas and setting up local projects in sensitive neighborhoods in Lisbon and Beja.

In order to achieve our aims, we organize a wide scope of different activities, taking place from local to international scales. These activities include workshops, seminars, team-building activities and training courses. We work directly with KA1, KA2 and Sports projects under the Erasmus+ Programme; Europe for Citizens Programme and Horizon 2020 Programme of the European Commission. Moreover, we set up short and long-term volunteering programs such as the ones under the European Solidarity Corps Programme (Ex-European Voluntary Service), we are a Coordinating, Sending and Receiving Organization (hosting volunteers in Lisbon and Beja), national volunteering, traineeships and internships focused on Vocational Educational and Training (VET) in Portugal and abroad. To do so, we have developed since 2010 a broad network of organizations, foundations, institutions and companies, operating in different sectors and fields of activity.

More information about us: www.checkin.org.pt

Facebook: <https://www.facebook.com/ngocheckin>

ESCAPE - Long Project IHost Organisation – **CERCIBEJA**Area - **Support in working with people with disabilities**Participant– **1 from Poland**Dates – **05/03/2021 – 31/08/2022** (178 Days + 2 travel days)**CERCIBEJA**

Cercibeja, not aiming to obtain profits, aims at social solidarity, education and the development of support activities in different areas of intervention for people with disabilities or with problems of socio-professional insertion, aiming at the defense of their individual rights and citizenship, namely in the context of promoting the right to equal opportunities.² In the context of the spirit enshrined in the previous point, the following main purposes of the cooperative are: a) To develop information and awareness-raising activities with the public for the problems associated with the defense of the rights of the disabled and family; b) Promote the development of the capacities of children, young people and adults with disabilities or with serious problems in terms of social inclusion and the acquisition of school and professional knowledge necessary for their adequate integration in society, the full exercise of citizenship rights and the realization, as harmonious and complete as possible, of their personalities; c) Promote the development of activities to support people with serious problems in terms of autonomy, aiming to promote.

TASKS

The volunteers will support the team on Self Representation. Together develop different activities, according to the profile of the volunteers, with the group of self-representatives of Cercibeja, namely: promotion of information, awareness actions for the elements; organization and promotion of information, awareness, other actions with members of the group of self-representatives aimed at the community. The Volunteers support the team in the organization and realization of various activities; recreational, sports, cultural and other events, promoted by Cercibeja, which intend to involve and raise awareness in the community in general for the integration of people with disabilities (eg. Colorful Night, Colorful Summer , sporting events, exhibitions, seminars, among others).

This activity include the values of solidarity and respect for human dignity and human rights and believes in the importance of promoting a just and equitable society, where pluralism, non-discrimination, tolerance, justice, solidarity and equality. And reinforce solidarity between peoples, respecting their respective cultures and traditions, and aspire to the creation of a community in which responsibilities are shared and people support each other.

ESCAPE IIHost Organisation – **CRUZ VERMELHA PORTGUESA**Area - **Support in working with old people and the local community** Participant– **1 from France**Dates – **05/03/2021 – 31/08/2022** (178 Days + 2 travel days)**CRUZ VERMELHA**

The Cruz Vermelha Portuguesa Beja delegation has two ERPis, SAD, Social support and non-urgent users. The Portuguese Red Cross strives to prevent and alleviate human suffering, in Portugal and worldwide. CVP's mission is to provide humanitarian and social assistance, especially to the most vulnerable, preventing and repairing suffering and contributing to the defense of life, health and human dignity.

TASKS

The volunteer support the team of everything that involves the activities of social action in the humanitarian center in the monthly support in the delivery of baskets obtained in the food collections, in the delivery of the weekly basket with the excesses coming from the continent; for the preparation of emergency kits. This activity respects the values of solidarity and respect for human dignity and human rights and believe in the importance of promoting a just and equitable society, where pluralism, non-discrimination, tolerance, justice, solidarity and equality prevail.

The volunteers support the team with website and Social networks (Facebook and Instagram) are essential means of communication and connection where young people are in permanent contact with what is happening around them and that is why it is important to invest in the dissemination and sharing of initiatives. This activity archives the values of solidarity and respect for human dignity and human rights and believe in the importance of promoting a just and equitable society, where pluralism, non-discrimination, tolerance, justice, solidarity and equality.

ESCAPE IIIArea - **Support in working with the local community**Dates – **05/03/2021 – 31/08/2022** (178 Days + 2 travel days)Host Organisation – **Associação Estar**Number of Volunteers – **1 from Romania****ASSOCIAÇÃO ESTAR**

Estar Association (ESTAR) aims to promote initiatives aimed at immediate intervention in situations of risk within the scope of social protection, such as ensuring social referral and monitoring in the processes of integration, insertion and autonomy. Its field of action is with vulnerable groups, meeting their immediate needs following situations of risk, developing a first-line service, operating 24 hours a day, and aimed at supporting individuals and families in the prevention and/or repair of problems that generate or have been generated by situations of social exclusion and, in certain cases, acting in situations of emergency and risk. The differentiating factor is the ability to respond and intervene immediately, aiming at people's well-being, in a perspective of firefighter intervention. In other words, to act in crisis situations, in the shortest, most immediate and effective time possible to solve the problems, aiming to recover the comfort and immediate well-being of the person and/or the family.

TASKS

The Volunteers support the team in the organization and realization of various activities; recreational, sports, cultural and other events, promoted by Associação Estar, for the people. This activity include the values of solidarity and respect for human dignity and human rights and believes in the importance of promoting a just and equitable society, where pluralism, non-discrimination, tolerance, justice, solidarity and equality. And reinforce solidarity between peoples, respecting their respective cultures and traditions, and aspire to the creation of a community in which responsibilities are shared and people support each other.

The volunteers will help in all the logistic for the organization, promoting the social media (Instagram, Facebook) depends the characteristic of the volunteer.

ESCAPE IVHost Organisation – **SANTA CASA DA MISERICÓRDIA**Area - **Support in working with Kids**Number of Volunteers – **1 FROM SLOVENIA**Dates – **05/03/2021 – 31/08/2022** (178 Days + 2 travel days)**SANTA CASA DA MISERICORDIA**

SCMBeja is an IPSS based in Beja, with a diversity of social responses that ensure assistance to the basic needs of its target population (children, families at risk, the elderly). It has a focus on child support, a Children's Center that welcomes children from 4 months to 6 years. It integrates the gardening company, which was once founded as an insertion company, however, it is currently a service available to the community, within its area of operation. Always keeping in mind a continuous work of service to others, we do not neglect the social innovation and renewal associated with the project that we embrace with the same spirit and solidity, dedicating ourselves to those who need it most, but offering quality and professionalism.

TASKS

The volunteer would work mainly in the general daily process of SCM Beja: Founding of international partnerships is one of the main topics of the work. For this project, a high interest in organization/marketing and a will to do use and develop English skills are important.

The project is innovative promise for enlargement of sociability prospects and opportunities for social inclusion in Beja, blaming a youth group project for exchanges and exchanges of national and international nature experiences with audiences from different socio-economic contexts, cultural and different backgrounds, fostering youth mobility.

Activities and events of the Children's Center, which promotes the cultural and artistic opportunities to stimulate and develop the creative potential of every child, in strengthening their self-esteem and their social recognition, particularly in the field of Dance, Plastic Arts, Painting and Ceramics. In this area, volunteers will give their contribution in planning and realizing events and activities promoted by the Children's Center.

Promoter:



Co-Funded by the:



ESCAPE - Short term IHost Organisation - **ASSOCIACAO CHECK-IN**Number of Volunteers –**2 from Turkey**

Dates – 05/03/2022 – 30/04/2022 (58 Days + 2 travel days)

ESCAPE Short IIHost Organisation - **ASSOCIACAO CHECK-IN**Number of Volunteers – **1 from Lithuania**

Dates – 03/05/2022 – 30/06/2022 (58 Days + 2 travel days)

ESCAPE - Short term IHost Organisation - **ASSOCIACAO CHECK-IN**Number of Volunteers –**2 from Estonia**

Dates – 05/07/2022 – 30/08/2022 (58 Days + 2 travel days)

ASSOCIACAO CHECK-IN – PORTUGAL**TASKS**

The volunteering activity proposed is designed to empower the community and, the volunteers through solidarity and cooperation by enhancing the beneficiaries' skills and competences both the people from the community (children, youngsters and stakeholders) and also volunteers. The main volunteering activity will be to promote and give information about the ESC, Erasmus+, European Union, international opportunities and the volunteers' cultures. The volunteers will go to schools and universities in Beja to promote the values of the European Union, their experience and the importance of youth participation and active citizenship as well as their cultures, perspectives and differences from their countries; promoting then the multicultural dialogue and promote tolerance for difference and diversity. By going to different schools and universities, the volunteers will tackle various groups of young people, from young children to adults, because it is important to address youth in various stages of age. Many of the children and youngsters the volunteers will have an impact on, are youngsters with fewer opportunities since Beja is a city with many rural areas. The volunteers will also be responsible of organising an exposition about their culture and country. Moreover the volunteers will organize workshops, fairs, language exchange groups, boardgame sessions (using the 2 Board Games Check-IN has developed under KA2 projects, one game about financial literacy and the other about resources management), intercultural evenings and human library sessions where each volunteer will be a book and will be sharing his/her ESC experience.

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BUDGET

You will receive 150€ Food Money + 155€ Pocket Money. The monthly allowance of the participant will be received between the 1st and the 4th of each month. The volunteer needs to give all financial documents to the Receiving Organization, between until 25 of the months before. This amount can change it because depending on your sending organization.

TRAVEL

The sending organization to support the travel to Lisbon Airport and after Check-IN support the volunteer to Beja. Check-In will transfer the money of travel to each participants after arrive in Portugal.

COMMODATION

The volunteer will be hosted in Residents of Students. We provided to the volunteer an apartment totally equipped (washing machine, dishware, sheets, blankets, towels, bed clothes for the entire period of the project), toilet, laundry facilities and living room. The volunteer will share apartment with people for the same gender and have a double room in this apartment with other volunteer.. You don't need to bring anything to the rooms and kitchen.



PORTUGAL - HISTORY

A piece of land planted in the edge of the ocean. Previous called as Lusitânia (from latin Lux Citânia - meaning the Land of Light), Portugal traces its national origin to 24 June 1128, with the Battle of São Mamede. Afonso proclaimed himself first Prince of Portugal and in 1139 the first King of Portugal. By 1143, with the assistance of a representative of the Holy See at the conference of Zamora, Portugal was formally recognized as independent, with the prince recognized as Dux Portucalensis. In 1179 Afonso Henriques was declared, by the Pope, as king.

CULTURE

The most famous part of the portuguese culture is Fado (it means Fate), a type of music that is connected to the word without translation, Saudade (a mix between melancholy, sadness, missing something or somebody, love, emotion and feelings). It's considered Intangible Cultural Heritage, by Unesco. The most famous fado singer was Amália Rodrigues. Nowadays new names and ways of singing fado are appearing, like Mariza, Ana Moura, Carminho, among others.

BEJA

This municipal area of Beja counts with 35854 inhabitants. It's located in Alentejo region. Beja was already an important place in antiquity. Already inhabited in Celtic times, the town was later named Pax Julia by Julius Caesar in 48 BCE, when he made peace with the Lusitanians (people from Lusitânia). It's this city that will welcome you all and be the stage for this project.



LANGUAGE COURSE

During the project the volunteer will have all material and 6 hours per week to study Portuguese on OLS (Online Linguistic Course - <http://erasmusplusols.eu>)

Some links you could learn by online:

- [Easy Portuguese](#) - a collection of lessons in Brazilian Portuguese. Audio files available. Lots of adverts though!
- [BBC Talk Portuguese](#) - an introduction to basic vocabulary for tourists, covering a mixture of Brazilian and European usage.
- [Basic Portuguese Language Tutorial](#) - mostly vocabulary lists, but also some short grammar lessons. Brazilian and European alternatives are given, but it is not always made clear which is which.

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LANGUAGE

In Portugal people speak Portuguese. The locals (mostly youngsters) speak English, but they appreciate that you make an effort to speak Portuguese. Here are some expressions or phrases to help you at the start of your stay:

Olá - Hello \	Bom dia - good morning	Obrigado - thank you	Desculpe - Excuse
me / sorry	Fala inglês? - Do you speak English?		
Café - Coffee	Cerveja - Beer	Adeus – good bye	

FOR THIS PROJECT YOU NEED TO BRING:

- Heath European Card
- CIGNA insurance (responsibility your sending organization)
- Test for Covid-19 to entrance in Portugal and some declaration
- Postcard for Check-IN SPOT :-)
- Some traditional food or drinks for international snack!
- Good energy ;-)

ONLINE MEETING

After select all participants, we will have a group online meeting in September.

TEAM:

Carolina Silva (Coordinator of ESC projects in Beja)

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We wish you a wonderful time in Portugal!

Até já/ see you soon 😊