



YOUTH in ACTION EUROPEAN VOLUNTARY SERVICE

Call for Volunteers & Sending Organisations

Faro, Portugal



INTRODUCTION

Dear EVS sending organizations and future EVS volunteers,

We would like to inform you about our new European Voluntary Service Projects that we have developed as an EVS coordinating organization in partnership with local non-governmental organizations in Faro, Portugal and explore the possibility of you becoming the sending organizations.

We have already started the process of accreditation, and we are expecting to have the Ei-Ref before the submission of the 1st of October deadline.

The overall EVS project is an idea that was born a year ago to involve organizations with different backgrounds and themes, within the area of Faro, where the volunteers will be offering their voluntary service but at the same time, there will be a joint activity occupying 10% of their voluntary time in order to inform and promote mobility, learning, voluntary and training opportunities to the local youth.

At the moment, we have a very well structured programme of activities and objectives but also for the development of the 6 organizations plus ECOS as we will also apply for EV volunteers (working respectively with water sports, Roma, music, graphic design, cycling, youth participation and photography) involved and their EVS volunteers.

Below you can find relevant information that can assist you and your volunteers in understanding our project and decide whether you as sending organizations would be interested in this collaboration and the volunteers if they would be genuinely interested to participate in the activities proposed.



ECOS (EVS Coordinating Organisation Ei-Ref:2012-PT-31)

Organisation : ECOS – Cooperativa de Educação, Cooperação e Desenvolvimento
Address: Campus de Gambelas, Pavilhão A3, Faro 8000-536, Portugal
Email: geral@ecos.pt
Web: www.ecos.pt (under reconstruction)
Tel: +351966669345
Fax: +351289800098

ECOS – Cooperativa de Educação Cooperação e Desenvolvimento, CRL, has its main goal of action the promotion of non-formal education for social inclusion. Through our activities, we target towards the contribution to the development of a more human, sustainable, fair, inclusive, participative, democratic, equitable, solidarity, cooperative, dialogical, diverse and integrated society.

Our main areas of Intervention are:

- Creation of spaces for structured dialogue, cooperation and collective construction among different actors, such as, social, business and institutional actors.
- Promotion, design, implementation and evaluation of playful, educational, social, cultural and sustainable development projects, in formal and non-formal spaces, through non-formal education, always in a way that it complements formal education and contributes to life-long learning.
- Development of organizations capacity to do a more efficient management of their resources and projects through training and new technologies of information and communication.
- Monitoring, support, assessment and consultancy to individuals, organizations, institutions and respective educational programmes and social intervention projects.
- Promotion, recognition and validation of non-formal education and other alternative pedagogical methodologies that contribute to social transformation.

ECOS was officially established at the beginning of 2010 by a group of experienced educators and youth workers in the national and European education arenas. A significant number of the members of the organisation have been or still are actively



involved in structures such as the European Youth Forum, International youth NGOs active on the European youth policy making and on the Portuguese National Youth

Council. This group of young people is decided to bring their experience to their local and regional levels. ECOS together in cooperation with other partners around Europe and Portugal tries to bring different European dimensions of work to our local and regional communities.

ECOS main motivation for this project is to be able to develop a new culture of youth participation at the local level in the region of Algarve. We believe that this can be done, if young people have the opportunity as some of us did in our youth work experiences to be involved in structures that allow us to develop our competences and that allow young people to see the results of their participation and their efforts.

Therefore, we believe that the diverse range of experiences among the members of ECOS will be an added value for the overall success of this long-term cooperation project. In our organization staff team we have a team of 7 persons with relevant experience in project management, in youth training and also on coaching. Our members are active in different pool of trainers such as the pool of trainers of the National Agency for the management of the Youth in Action Programme (Portugal), the pool of trainers of DYS of Council of Europe, the pool of trainers of European Youth Forum. We can say that we have recognized experience in supporting the learning process of young people within organisations and other learning environments.

Our activities reach a quite diverse range of actions according to the intervention axes of the cooperative. However, we have recently focused our main field of action in the promotion of youth participation in decision-making process where throughout cooperation with several local authorities in the region we have been implementing youth councils and other instruments for the development of local youth policies. We have been providing training for both youth leaders and people with responsibility over youth. We have also researched projects on the field of youth rights and finally, we provide training and consultation to several institutions and organisations on the field of entrepreneurship competences development.



WHAT IS THIS EVS PROJECT

An idea was born around one year ago that was the birth point of this proposal. A proposal that has taken into consideration a number of parameters, starting from the aims and objectives of ECOS, the people involved in the organization as individuals but also as a team, the current situation of education and employment in Europe and particularly, Faro in terms of opportunities but also lack of opportunities. A proposal that has been thought thoroughly has been discussed, analyzed and more important than anything... has been dreamt of!

Accordingly, we have developed a project that will coordinate 7 organizations that will host in between them, 16 EVS volunteers for a year through The idea is not an on-off project as every year we would like to re-implement the project according to the potential developments and changes in needs of the stakeholders but also of the funding resource, that is the form that Youth in Action will take.

ECOS has been in contact with local non-profit organizations that have expressed the interest and have demonstrated that they attain the capacity and motivation to develop EVS projects. However, these organizations are not in the position to manage the administrative and financial part of EVS due to different reasons. This is the role that ECOS assumes as a coordinating organization.

The following list provides the names of the organizations selected to start the project. We need to mention that we have followed a process for the selection including a training where 12 organisations took part, and an application procedure demonstrating the capacity and the motivation that we believe is necessary to develop successful project but also a successful partnership.

- **Associação Recreativa e Cultural de Músicos**
- **ADS - Associação de Designers do Sul**
- **ALFA - Associação Livre Fotógrafos do Algarve**
- **Altimetria Associação Desportiva**
- **Fundação António Silva Leal - Centro Comunitário Horta da Areia**
- **Clube Surf de Faro**
- **ECOS - Cooperativa de Educação, Cooperação e Desenvolvimento**



The idea can be broken down in two parts. One of them involved the actual project and the second one the roles of the partners.

To start with, we have come to the conclusion that we should start with two volunteers per organization, 16 in total for one year, starting in February 2013 – obviously the process has started already as it has included the accreditation of the host organizations, the call for selection of sending partners and volunteers but also the initial necessary trainings for the people that will be involved in the projects.

The volunteers will offer their voluntary service to the organizations, depending on the schedules produced by each one of them, taking part in their non-profit activities that will be organized, structured and will have a learning outcome for the young people. Each organization, according to their needs and their activities has developed this schedule that will be supervised by us in order to have a final programme of activities that fits under the rules of the programme but also has a meaningful potential benefit for everyone involved.

However, the plan is also to develop a common project for those volunteers that will take 10% of their time (working hours are between 30-35 per week), where the foreign volunteers will create a series of events and happenings in the region of Faro and possibly Algarve, where they will be promoting and diffusing information about international learning, mobility and working opportunities.

We believe that taking into consideration that Faro has a great unemployment rate, especially within young people and also the fact that this information is not available in the region, this activity will have a wider meaning that can reach a considerably big population. For example, info-days in NGOs, schools, social centres, happenings, creation of promotional tools and activities, festivals and more.

This is where we are now, seeking for development of partnerships that can contribute to the success of our project.



EXPECTATIONS FROM SENDING ORGANISATIONS

We would like to build long lasting, trustful and beneficial relationships with our sending organisations. We are fully aware of the importance of the role that sending organisations have and we are assuming that this role will be taken accordingly.

We are expecting:

- Timely responses to our queries in regards to bureaucracy but also other possible issues.
- Effort to get to know the potential volunteers in order to make the right match between project and volunteers. It is very important to have physical contact and not publish open calls just to involve volunteers with who they will have no real contact at all.
- Proper preparation of the volunteers, including:
 - ✓ Use of the EVS volunteers Info-Kit.
 - ✓ Information about Youth in Action.
 - ✓ Information about the philosophy, and rules of EVS (EVS Charter Roles of partners, AXA, Youthpass).
 - ✓ Create awareness about non formal learning.
 - ✓ Introduce volunteers to intercultural learning, culture shock and facing challenges.
 - ✓ Explore the hopes, fears and expectations of the volunteers
 - ✓ Create a learning plan for their EVS experience.
 - ✓ Empower and motivate the volunteers for the experience that is awaiting for them.
 - ✓ Facilitate the contact of EVS volunteers with other EVS volunteers currently located in the sending countries.
 - ✓ Regular contact and support to the volunteers during and after the project.
 - ✓ Payment of 10% of the transportation costs from the sending activity costs.
 - ✓ Supply the volunteer with “Rough Guide - Portugal” or “Lonely Planet - Portugal” and “culture shock – Portugal” (can be found at amazon).
 - ✓ Supply the volunteers with the Portuguese Language books we will suggest including, dialogue and exercises book plus dictionaries from and to Portuguese.
 - ✓ Support the volunteers with finding the right transportation to and from Portugal.
 - ✓ Register the volunteers with AXA.
 - ✓ Arrange volunteers’ participation in the final evaluation seminar/



All of the above, form part of what we consider a proper preparation for the volunteers and it is of great significance to us to trust that the sending organisations will pay this rile accordingly.

We have a plan of constant training of the volunteers for their persona development through which they can enjoy further the benefits of the unique international volunteering experience that EV is offering.

The project will be 12 moths long and according to the funding rules of the programme, the sending organisations will receive 5% of the funds as sending activity costs, which is 360 Euros and which will be transferred to the organisation on the week of the arrival of the volunteers in Portugal.

An Activity agreement will be produced where all the different parts of the roles, rights and responsibilities of all partners will be outlined, agreed and signed.



INFORMATION ABOUT FARO

The municipality of Faro has a population of around 57.000 habitants of which 15, 6% is aged between 15 and 24. It is the capital of the Algarve, the southern region of Portugal and known for its coastline. However, the ridge of small mountains behind the coast is also interesting. Faro is situated virtually in the heart of the Ria Formosa (a nature reserve) and in the middle of the coastline, which extends from the mythical Ponta de Sagres, at windward, to the Spanish border at the leeward side.

Considerable tourist development in the 1950's transformed the coast of the Algarve. The Mediterranean landscape of fig, almond and carob trees littered with small traditional houses, gave way to a network hotels and holiday villages, some of excellent quality and design, others unfortunately with little of either. However, it maintains to be the most famous of all Portuguese tourist resorts.

In terms of cultural diversity, not only the secular Gipsy community is spread in Portugal, but also since long time that all around Algarve, visitors (English, French, German, etc.) decided to stay living in this pleasant region, as also many emigrants from countries like Ukraine, Moldavia, Romania, African Portuguese speaking countries (ex-colonies) and also Brazil, came here looking for better life conditions, most of all are integrating well in our community.

Fortunately we have really good weather conditions all over the year; our light and soft Winter it's going between 15 Cº and 7 Cº and the sunny and dry Summer goes from 28 Cº to 43 Cº.

The economy is mainly based on tourism, agriculture and fishing. The city has a lot of schools and two university's campus. Health care is provided by the main Hospital of the Algarve in Faro and two small medical centres. The city is equipped with an international airport, a rail station and a central bus station. The access to the city is really easy by bus or train; inside the city we have good connection from all the places to the centre on foot.

Faro can be calm and quiet, as sometimes a really energetic and crowded city, caused by the amused university students arrival and departure and the youthfulness that describes our city.

It has a Governmental Youth Institute and a Youth Foundation office, also an Arts Academy, eight active art galleries, a theatre from the 18 century still working, a Professional theatre Company and three amateur groups, as some dance and music bands and happily a new theatre had been built.



Culturally and artistically, Faro is developing in terms of people's acceptance and governmental support, so there is still a big lack of participation of the community in general, therefore we pretend as a big part of our existence as an organization to contribute, putting all of our efforts on it, making this evolution go faster, especially with inter-associative projects and others coordinated by us, having better and better results each year that goes by.

ECOS is situated in the Campus of the Universidade do Algarve in Faro and the hosting organisations within the city of Faro limits with distances being considerably short. Still, the volunteers if not fond of walking, they can use the local buses and the organisations bicycles.



PRACTICAL INFORMATION

Housing

The volunteers will be hosted in private houses with 3 or 4 rooms, plus living room, in the city of Faro or the University Campus. Each volunteer will have their own room and the house will be fully equipped ensuring their safe hygienic and peasant experience.

Food allowance and pocket money

The volunteers will receive each month 95 Euros for pocket money according to the rules of the programme and 145 Euros as food allowance. The money will be transferred to bank accounts that we will open for them, in order to secure safety of money handling. Finally, the volunteers will need to acknowledge receipt of this money in order to go into line with the Portuguese financial system for Non profit Cooperative Organisations.

Transportation

For the local transportation we are willing to offer the volunteers the opportunity to choose their way of moving around the city. ECOS, being an organisation that assumes and promotes a health environmental friendly life style recommends the use of bicycles within the city as the distances are small, streets are safe, and the land is considerably flat. Therefore volunteers will be able to decide whether to use the bicycle or they would rather have a monthly pass for the local buses.

Linguistic Support

Volunteers will be offered by the project dictionaries and the accompanying learning book of the Portuguese language following a language course given by a professional teacher that is aware of non formal learning and experiential techniques. The language course will be tailored according to the possible current level of the volunteers and will occupy 2 hours per week, one evening per week, for the whole period of the 12 month project.



Coordination

The whole project is coordinated by an experienced youth worker that is a member of ECOS' team. He has been an ex-EVS volunteer, has coordinated and mentored different EVS projects, is an accreditor for SALTO SEE, a member of the Greek National Agency and SALTO SEE pools of trainers with vast experience in training EVS volunteers and EVS organisations, and has voluntarily coached organisations that developed EVS projects and ex-EVS volunteers that developed their own local social and entrepreneurial projects.

Together with the appointed Coordinator there is the team of ECOS comprising of youth workers, social workers and project managers that will ensure the well flow of the whole project with their experience and competencies.

Supervision

Within the hosting organizations, there will be a person appointed to support the volunteers with their tasks, the development of activities schedule and the training required for them to go through a learning experience. This person (tasks supervisor), will be a person that has professional experience in their field and he/she will be further trained on how to support the learning processes of the volunteers.

Mentoring

Volunteers will also be assigned a mentor that will be responsible for the well being of the volunteers in regards to their social integration to their project, the local community and with who they can discuss on their experience and feedback on how the whole experience could be improved. This person will be a local youth that will have a similar experience of living abroad and will also be trained on mentoring techniques. Also, this person will be the link between the volunteers and the hosting and coordinating organisations.

Health and safety

We would like to ensure the health and safety of all parties involved in our projects. Accordingly, we have prepared tools that can prevent challenges of this nature. These tools involve:

Regular meetings with supervisors, mentors and coordinator with open feedback processes from all parties to prevent and deal with possible conflicts. An



emergency contact list will be given and explained to the volunteers to cover all possible issues that might (hopefully not) rise during the project.

Within the projects but also the local community and the houses where the volunteers will be located, there will be conduct and behaviour standards that will also be in the Activity Agreement that will be produced.

Holidays

The volunteers will have two days per month off, meaning that in the total 12 month project they will have 24 days off. Also, they can enjoy the official bank holidays. Still, the holiday periods and length should be discussed with the supervisor of the activities in order to ensure that there is not a problem caused due to the absence of the volunteers.

Youthpass

We are following a procedure on developing and creating the Youthpass of volunteers in accordance to fundamentals of non formal learning and self assessment. Volunteers will be supported to create and follow learning plans and also self assess their learning through a dialogue with other volunteers the mentor and the supervisor. All volunteers will be given a Youthpass at the end of their project.

AXA

Sending organisations will be responsible to register the volunteers with AXA insurance and brief volunteers on its use. We are fully aware and trained on AXA and how the volunteers can benefit from this insurance.

Other considerations

The volunteers will have access to internet through ECOS offices but also a 'pay as you go' card per house, with a usb-modem will be given to them that they need to charge and recharge in order to have access from their home and laptops if they have.

Also, the volunteer will be given a mobile card through which they will be able to make calls between them for free. Again, charging the card will be the volunteers' responsibility.



The Coordinating Organisations will make sure that volunteers attend the on arrival training and midterm evaluation meeting that are part of their obligations and rights. Also, we will organise on-site training workshops that can be beneficial for the personal and professional development but also to their EVS experience.

Sending organisations will assume the responsibility to follow up the experience of the volunteers upon their return to home and also make the necessary arrangements for the volunteers to attend the final evaluation seminar.



PROJECT 1: ON THE WAVES OF LEARNING

Title:	On the waves of learning
Org. Info:	Clube de Surf de Faro Av. Nascente, Rua da Escola Primária Faro 8005-520, Portugal
Email:	clubesurfaro@gmail.com
Web:	www.clubesurfaro.pt
Tel:	+351963417671
EVS themes:	Education through sport and outdoor activities Environment
Activity dates:	Start: 01/02/2013 End: 31/01/2014

Organisation's Profile

The Clube de Surf de Faro was founded in the 26th of January 1996 with the main propose to develop and promote the water sports in the region. We are located in Faro Isle and our regular activities are surf, body-board, long-board and Sup (stand Up Pedal) classes directed to all ages, although we have many children participating in our activities.

Our organization has a strong component in training athletes, but it also organizes various sports, cultural and environmental events, such as the Four Oceans (European Longboard Championship), SurFaro (1st stage of the Surf Algarve Tour) and Barrinha Operation (organizing rubbish collects involving the local community as an education for environmental protection activity)

We expect the volunteers to be actively involved in the classes (surf, body-board, long-board or Sup depending on their preferences) co-assisting and learning at the same time, in the events organization and in the office business. We are planning the first trimester could be more of a learning experience for them, organising for them water sports



trainings to learn how to do it but also how to teach the basics getting to know the local community and settling down, and after this they could have the initiative to promote/organize new activities or new partnerships at an international level.

The volunteers will work with a team of two professionals, with the direction of the club and volunteers who help the Portuguese club. Support for volunteers will be made by the President of Club but also with the school's main surf teacher that would be their task related supervisor.

In the Surf Club of Faro, we have two full time workers of two teachers that deal not only with teaching but also to with some office work and attending the public. We also have two part-time workers (two more trainers) and direction of the club. The Surf Club of Faro already received an Italian volunteer and their main function was to keep the door open and help the Club in organizing events related to surfing.

Our main goal is to develop water sports in the Algarve region, since the possibilities because of the natural environment are immense. We want to promote a healthy life style through water sports and an environmental friendly behaviour towards our ocean. Finally, our agenda is to activate young people that today spend a lot of time in front of the computer and video games and introduce them to water sports as a healthy life style and a way to socialise.

Volunteers' role, tasks and learning-service outcomes

The activities for volunteers are: surf, body-board, windsurfing, sailing and canoeing, and during the first three months will have training in these areas. The volunteer will have two days off per week that will be on weekdays Monday and Tuesday. the volunteer will have two hours for lunch. The working hours will be 9:00 am to 12:30 and from 14.00 to 17.30. Transport will be available from and to the city.

The volunteer will be involved in the following main tasks:

Administration tasks: The volunteer will be assisting with different administrative tasks in the office such as, keeping records and tracks of our target group, our lessons schedules, promotional activities, communication with foreign partners and local ones when they develop their Portuguese language skill.

Promotion of the Clube and its activities: The volunteers will be part of a team that will aim to promote the work that is being done by the Clube. There will be visits and demonstrations in schools, universities, but also in other social hot spots.



Assist in our classes during the year in different programs: The volunteers will be trained on fundamentals in the beginning and then more advanced themes related to our activities. In this way they will be able to assist in the actual lessons, especially the ones that we are creating voluntary for children and young people. The activities for volunteers are: Surf, body-board, windsurfing, sailing and canoeing, and during the first three months they will have intensive training in these areas.

Finally, The Surf Club of Faro is running during the two last years' ecological actions that promote environmentally friendly behaviours and the volunteers will have an active role in the development of next year's activities.

The role of the volunteer will generally be of assistance nature. As mentioned, they will be trained by professionals and will be assisted by their appointed task-supervisor. We are expecting the volunteers to give us added value in terms of being able to offer our services to a bigger target group with standard quality and also we are expecting that through their own background and culture that we will create a more intercultural environment. Still, after the volunteers are trained, we would be very happy to support them in developing their own project according to their wish but also connected to the resources that are available and the needs and philosophy of the programme.

The volunteer will work from 9:00 to 12:00 and 14.30 to 17.30, 5 days a week with weekends included as these are the days that they would be more needed. The volunteer will have two days off per week that will be on weekdays Monday and Tuesday. Within this programme of activities, the volunteers will be offered a language course of 3 hours per week. All in total, the hours of their involvement in the project will be between 30 to 35 hours weekly including the language lessons.

Generally, the weekly programme of the volunteers will consist of two parts, the morning and afternoon.

During the mornings the volunteers will be taking trainings to develop their own skills on water sports and teaching them, promoting the club's activities and handling people that come in the organisation to ask about our activities. This would be between 9:00 and 12:00. Included in this time is preparation of the day.

During the evenings, between 14:30 and 17:30 the volunteers will be assisting the teachers of the water sports but also assist in the events that we are organising, mainly helping the athletes, the visitors and keeping records. Within this time slot there will also be time for daily evaluation.

After the end of the daily, project activities, once per week, the volunteers will be taking their language course from 18:00 to 21:00.



Every beginning of the week the volunteers will have a weekly schedule that will inform them on the exact activities and we will make sure that the volunteers have an active role in the development of this schedule.

One consideration is also, once we have selected the volunteers to make changed according to their needs and their will to participate in some activities more than in others.

In terms or learning and service, we think that the volunteer will have many opportunities for both.

Profile of Volunteers

We are welcoming volunteers that have an interest and a passion about sports and water sports in more particular. They and feel comfortable in the water and have basic swimming skills. They should like being around children and working with them and also be affective and patient with them as most of the public for the water sports lessons are children

Motivation, the willingness to learn and also respect the rules of the organisation, the schedule of the activities and the rules of EVS and Youth in Action are also characteristics that fall under the profile.

We will be open to accept volunteers with different background as long as they can demonstrate that they have the right motivation to make the right fit between our EVS positions and the volunteers.



PROJECT 2: PHOTOGRAFREE

Title: Fotografree

Org. Info: ALFA – Associação Livre Fotógrafos do Algarve
Rua de Santo António, 89
Faro 8005-284, Portugal

Email: info@alfa.pt

Web: www.alfa.pt

Tel: +351917560960

EVS themes: Art and culture
Urban/Rural development

Activity dates: Start: 01/02/2013
End: 31/01/2014

Organisation's Profile

ALFA - Associação Livre Fotógrafos do Algarve is a non profit organisation that promotes photographic knowledge and other related forms of artistic expression. We are aiming towards the promotion and the improvement of the art of photography as a vehicle of expression and social engagement. ALFA promotes also teaching the art of photography through the organisation of workshops, meetings and socialization opportunities that are based on training, entertainment, photo-walks and exhibitions.

The target group we work with is people that have an interest in photography as a mean of expression, independent of their competence and their age. However, we have a closer focus to amateur photographers.

We promote monthly meetings between board members, define the activities and recruit local volunteers, often forming small teams, for short term projects. We organize the promotion of our activities, write articles in our newsletter, web site, social media and local media and show the benefits for being a part of our team. .



Finally, we are responsible for the management of “ARCO Art Gallery”, a creative space for learning and exhibitions located in Faro that we have the opportunity to use for our objectives and activities.

Volunteers’ role, tasks and learning-service outcomes

Volunteers could be involved and participate in the action plan activities planned for 2013 that includes training workshops, meetings, photo-walks, cooking sessions, presentation of new photography products, exhibitions and other events.

Volunteers could provide support to office tasks (back-office management), organizing databases of photography (image bank) and simultaneously collaborate on attending visitors at ARCO Art Gallery.

Volunteers can make contact with the actual reality of genuine culture of the Algarve, attend digital photography training, or a intermediate training geared for photojournalists, or a advanced training or organize a photo exhibition, evolving and learning with practical components

Following you can see out operational objectives and plan for 2013 and also the projects and activities planned for 2013. Our organisational working group is a 5 person team (coordinator, project manager, training, marketing & web, production) that organizes the action plan for all the activities, with these operational objectives:

- Improve the credibility and quality of services among our members.
- Cooperate with “Associação de Estudantes/Student Association” to promote the voluntary work with the young generation, 18-30. Sensitize members and civil society for ethics, solidarity and social responsibility through photography.
- Planning the training workshops.
- Fix in advance the annual schedule of activities of the ARCO Art Gallery.
- Sensitize members and civil society to the law, and social responsibility through photography.
- Ensure the financial sustainability of our organisation.

The projects and activities planned for 2013 include:

- Exhibition of ALFA organized in partnership with FNAC, Albufeira, February.
- Training _ Oficina de Fotografia Digital (50 hours), Faro, March, April, May.
- Photo trip to Alcoutim, one week end, May.
- Photo demo - living the sunset, ARCO Gallery, Faro, June.



- High Speed Camera photo - Session demonstration organized in partnership with Autodromo Internacional do Algarve, Portimão, July
- Ride photographic "dolphin "aboard the one boat, Faro, August.
- Festival A Dentro, world music, photos at back stage, one week end, Faro, September
- Exhibition: Portuguese guitar recital by a musician & a photographer, Faro, October.

Volunteers can make contact with the actual reality of culture of the Algarve, attend a digital photography training, or a intermediate training geared for photojournalists, or a advanced training or organize a photo exhibition, essential evolving and learning with a practical component.

We will follow their learning through the person that will be responsible for their tasks, and we will hold monthly evaluations to see how we can improve their experience but also develop step by step their Youthpass, from learning planning in the beginning to self assessment towards the end of their project. Their role in all the process will be active, and we are expecting their input and ideas to be integrated in our planning and philosophy through a creative and equal dialogue.

The outdoor activities and photo-walks are held just on weekends. The Gallery is open to the public Tuesday through Friday from 10h 30 to 17 h (4 days in the week).

An example of a typical day (although it will depends a lot on the activities of the week) would include:

10:30 to 11:00:

preparation of the day

11:00 to 16:30:

Monday: preparation of activities outdoors

Tuesday: organisation of photo logs and databases of photography

Wednesday: promotion of activities through social media

Thursday: Promoting events and activities outdoors

Friday: Evaluating the week, preparing next week, discussions on developments and improvements

16:30 to 17:00: Closure of the day, evaluation of the day

The volunteers will have the opportunity to develop skills and knowledge in relation to the art of photography both practical and theoretical. Also, they will be involved in most of the activities, according to their needs and will, and will have the chance to develop knowledge on how to organise exhibitions and run an art gallery centre.

Their work will be within the week, of 30-35 hours, Tuesday to Sunday. This is a 6 day plan, but the volunteers will be working 5 days per week. Also their holidays will be arranged in advance so that they do not overlap important periods of the activities.



Profile of Volunteers

We are planning to involve volunteers that are generally:

- highly interested in art and photography in more particularly
- in search of personal development according to what we can offer for their learning
- have a basic knowledge of English
- have a sense of flexibility and initiative
- and be able to work in a team



PROJECT 3: EQUAL TO EQUAL

Title:	Equal to Equal
Org. Info:	Fundação António Silva Leal – Centro Comunitário Horta da Areia Apartado 824 Faro 8005-101, Portugal
Email:	ccha@fasl.pt
Web:	www.fasl.pt
Tel:	+351217902170
EVS themes:	Roma communities Youth Leisure
Activity dates:	Start: 01/02/2013 End: 31/01/2014

Organisation's Profile

The Fundação António Silva Leal, FASL (António Silva Leal Foundation), is a Non-profit Private Institution of Social Solidarity. Headquartered in Lisbon, the foundation works at the national level, particularly in Albufeira, Cascais, Faro (where the actual EVS project will take place), Guia, Sintra, Leiria and Lisbon and acts at social level in the areas of protection to children, youth, adults and seniors at risk of social disintegration and exclusion and also disabled people and families in vulnerable situations, always with the primary concern into account. We are providing care and solidarity support to the most disadvantaged. FASL integrates over 200 professionals in various technical and logistics areas making possible to provide an effective service to about 1000 users.

The Community Centre "Horta da Areia", located in the city of Faro is, by definition, a comprehensive framework for global social vocation, where we develop diverse and complementary services and projects to promote social integration of individuals and families, mainly in the Horta da Areia district who accounts for about 50% of Roma inhabitants. The fight for promoting the civil and human rights of the Roma local



community was a natural goal assumed since the beginning of the project, almost 15 years ago, because of their serious situation of social discrimination, exclusion and poverty.

The main purpose of the Community Centre is essentially the creation of conditions that enable individuals to fully exercise their right of citizenship by supporting families in the performance of their duties and responsibilities, through the capture and maximization of resources, resulting in increased capacity of integration and social participation. Currently, we can underline two of the services of the Community Centre: The integrated social support office, which is an office where the individuals and families can find social support and the seat of the community projects, and the ATL (After-School Recreation Centre) where children aged between 5 and 13 years old, can participate in different social and educational activities.

As part of its intervention with the population of the district of Horta da Areia, the Community Centre develops various services and projects, networking at local, national and international level in the areas of social action, health, vocational training, education, culture, environment, volunteering, among others.

Volunteers' role, tasks and learning-service outcomes

The volunteers will be working 35 hours per week, including their language course, Monday to Friday and their holidays will be organised according to their needs but also the planning and needs of the activities. We are planning to have an agreement with all the parties involved in the application of the project regarding the logistical and not only, parts.

The volunteer will be trained and informed about the main characteristics of the local community, the Roma local culture, and, of course the history, goals and strategies of the Community Centre. Also, the volunteers will be briefed in more details about Roma and their situation in Portugal. The training will be continued along the year. For the volunteers, it will be an opportunity to experience the work of social inclusion and fight against poverty in one of the oldest social districts of the south capital of Portugal. The volunteers will be integrated in the activities developed at the ATL (After-School Recreation Centre) of the Community Centre, which is intended to provide a space of social and educational activities in different fields such as handicrafts, entertainment sports, recreational activities, performing arts (theatre and dance classes), cooking classes, holiday camps, initiation to English, ICT (Initiation to Internet) and study visits, for Portuguese Roma and Non-Roma children aged between 5 and 13 years. The activities program is made to ensure, in first place, the creation of equal opportunities, comparing with other children of the city, providing actions to promote the development



of skills and motivations for the future. Currently, about 40 children and young people divided into two shifts (morning and afternoon period) are attending the ATL.

We need to mention that the volunteers will also be trained by professionals on how to work with exclusion and excluded target groups and this involves soft skills and knowledge on the subject matters. These training will take place in educational meetings with the professionals and the volunteers but also through on the job training that will be followed and evaluated.

The volunteers will have the opportunity to offer their services including their own skills and knowledge within our already described activities and be part of a professional team that gives importance in team work and quality social work. We are also planning to discuss with the volunteers before their arrival but also through the first months of their project on how we could support them to develop their own project within EVS where they could apply their innovation, hobbies, passion and knowledge, always in accordance with the aims and target groups we are working with. In this way, we can also develop their Youthpass more directed towards their own learning targets. The Youthpass we need to say that will be supported by the mentor of the volunteers.

Role of the volunteer: Direct support to the team of socio-cultural Community Centre in the planning and conduct of activities of the ATL, namely, handcrafts, entertainment sports, recreational activities, performing arts (theatre and dance classes), cooking classes, holiday camps, Initiation to English, ICT (Initiation to Internet) and Study Visits, among others. In a second step, the volunteer will be invited to undertake a project/activity, based on his/her own motivations/skills and the motivations/skills of the target group. In those cases, the Community Centre will provide transportation for groups (if needed), different kind of materials depending on the activities), an office (shared with other team members) with free access to telephone (for the organization of the activities), internet and fax.

The participation of the volunteers in all those activities will show them, the reasoning of the promotion of some activities and the way that they are done. The volunteers will learn about social intervention in a context of poverty and discrimination, they will learn about the Roma local culture and have the possibility to contribute to the change. In personal terms, the volunteer may reflect about his/her own life and priorities. If the volunteers are Roma, they could, eventually, turn themselves as an inspiration for local Roma children (and even adults) to take on their culture and fight for their rights as citizens, simultaneously.



Example of the organization of the week for the volunteer

Generally, we need to mention that in the first couple of weeks together with the mentor assigned to the volunteers but also our support we will take step by step the integration and empowerment of the volunteer, their getting to know the new reality, the local community, the organisation and plan together the coming months in terms of their own objectives and aims.

Also, there will be different months with different upcoming activities but generally the volunteers will have a weekly schedule that can be drafted as follows:

	Mon	Tue	Wed	Thu	Fri
09.00 12.30	breakfast (EVS Support) meeting to plan and evaluate activities Pedagogic Garden (EVS Support) Handcrafts Atelier (EVS Support)	breakfast (EVS Support) Pedagogic Garden (EVS Support) Introduction of Internet (EVS Support)	breakfast (EVS Support) Pedagogic Garden (EVS Support) Theatre Class (EVS Support)	breakfast (EVS Support) Pedagogic Garden (EVS Support) Cooking Class (EVS Support) EVS – ACTIVITY (EVS Promoter)	breakfast (EVS Support) Pedagogic Garden (EVS Support) Sport Activities (EVS Support)
14.00 17.30	Introduction of Internet (EVS Support) Handcrafts Atelier (EVS Support) Dance Class (EVS Support) Pedagogic Garden (EVS Support) Snack (EVS Support)	Introduction of Internet (EVS Support) Pedagogic Garden (EVS Support) Snack (EVS Support)	Theatre Class (EVS Support) Pedagogic Garden (EVS Support) Snack (EVS Support)	Cooking Class (EVS Support) EVS – ACTIVITY (EVS Promoter) Snack (EVS Support)	Sport Activities (EVS Support) Pedagogic Garden (EVS Support) Snack (EVS Support)



Profile of Volunteers

In order to develop a good volunteer project, the profile of the volunteer will have to fulfil certain basic criteria.

We are welcoming Roma volunteers, in a sense that he/she could inspire our local young Roma (and their parents), showing that it is possible to take on the Roma culture and, simultaneously, be socially integrated.

So, we will give preference to a serious and motivated volunteer, with interest in working with youth and children (Roma and Non-Roma), responsible, mature and independent, patient and tolerant, with taste for team work, creative, interested in dance, drama, photography, sports, martial arts or other, and with a good sense of humour!



PROJECT 4: EVS FOR EUROPEAN VOLUNTARY SOUND

Title: EVS for European Voluntary Sound

Org. Info: Associação Recreativa e Cultural de Músicos
Rua Gomes Freire, nº2
Faro 8005-359, Portugal

Email: info@arcmusicos.org

Web: www.arcmusicos.org

Tel: +351289821139

EVS themes: Art and culture

Activity dates: Start: 01/02/2013
End: 31/01/2014

Organisation's Profile:

Since its foundation, in 1990, the ARCM has been growing as one of the few organizations, within Faro region, that has the capacity to support cultural and artistic activities, mostly oriented to youth but also being open to other age groups.

The main propose was and still is to fulfil the free time of youth through various ways, by providing playrooms (salas de ensaio), the opportunity to learn to play musical instruments, and a showroom (sala de espetaculos), where the resident cultural groups can present their projects, and other institutions and organizations often reserve to promote their various cultural activities.

In addition, the ARCM also is involved in promoting and creating other activities like workshops, exhibitions, conferences, seminars, thematic movies exhibitions always related to the theme of art and culture.

Annually, the ARCM develops several activities, such as; ARCM Birthday Celebration Party (cultural event with the participation of several artists), RiaFest (summer music festival), En-Contra Teatro (theatre meeting), Abril – Dias de Música e Liberdade (inserted into the celebrations of the Portuguese Revolution of 1974).



The ARCM activities are supported by staff that includes fourteen Associative Leaders (in a volunteer basis) (Dirigentes Associativos Voluntários) and fifteen active members, which support all technical and administrative work.

The EVS volunteers will be followed by the ARCM Direction during the entire Cycle of EVS and a person will be appointed to coordinate their programme of activities, their training and be in charge of the learning process within the EVS project.

Volunteers' role, tasks and learning-service outcomes

The volunteers will have the possibility to be actively integrated into the resident artistic projects (bands, theatre companies, dance groups), but also they will have the opportunity to propose new activities, which will be supported by ARCM in terms of space, equipments and attendance.

Also, the volunteers will be offered trainings and workshops that would be developed particularly for them in order to increase their knowledge over technical issues (sound, light, logistic issues), arts (music, theatre, dance, poetry, performing arts) and culture (thematic events). These trainings will be offered by our members and volunteers of who many are professionals or knowledged amateurs in the respective fields.

The volunteers work will consist, generally, of supporting the ARCM Direction work, integrated in a team that ensures the well operation of the ARCM activities and facilities. it is very important to us to create a safe and open environment where the volunteers will feel free to demonstrate opinions and solutions that could contribute to improve the organization as a whole, its activities and strategies.

The volunteers work into the administrative area (supporting the mail activities, ensuring also a work schedule which will permit the welcome of members and users), the technical work (sound and light) and into the general support to the events production. All this tasks would be followed by formal and informal trainings, being an opportunity to acquire and improve new skills.

The volunteers will have the opportunity to learn about how to work in an organization fully made by volunteers that have the main objective to promote and support the local artists. After the EVS project we hope that the volunteer will be able to integrate to any organization, mainly related with the artistic area, has he/she achieved all the required skills (see the second paragraph of this point) during the project).

At the same time, the volunteer will have the opportunity to be part of a team that values



teamwork, creativity and innovation and that shares a great value of enthusiasm about art and culture. We believe that the environment of our working place, the nature of the activities and the different people that are involved in the organisation but also the target group of our existence, will offer a great deal of new experiences, knowledge and skills to the EVS volunteers.

Below, you can see a draft programme of the weekly activities. However, we need to be clear that the final form will depend on the different EVS volunteers as we would like to make the most suitable fit of activities in relation to the volunteers' needs and willingness.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Weekly preparation meeting	Equipment mgment	Equipment mgment	Free	Free
Afternoon	Office support	Office support	Workshop*	Workshop*	Workshop*
Evening	Free	Language lessons	Evaluation	Event support	Event support

*These will depend on the trainers' availability (theatre, dance, guitar, percussion, lights scheme, sound techniques).

Generally, we think that the volunteers will have a working schedule of 30-35 hours per week, including their language lessons on Portuguese, working Monday to Friday. If for some particular event the volunteers will need to be present in the weekend, then they will be given extra days off on the next week.

At the end of the project, all volunteers will be given a Youthpass with their learning outcomes that will be developed in a dialogue and feedback process with the supervisor and mentor.

Profile of Volunteers

Being aware of the diversity in the activity and characteristics of the ARCM operations, it is expected from the volunteers that they are interested into culture in general, the dynamics of arts and teamwork within and with a will to work collectively to achieve the proposed goals democratically decided by the ARCM direction but also with their involvement and proposals.



Therefore, concerning the sending organisations we would like to cooperate with organisations that are related and with some experience with working with volunteers and art so that we can ensure the efficient preparations of the EVS volunteers.

ARCM also expects candidates that work well into multicultural environments and which are open to learn and share knowledge.

Generally, we are open to all volunteers without discriminating on their background, but we are planning to follow a procedure that will help us give the opportunity to young people that can benefit from the project and at the same time everyone involved can have a fruitful experience.



PROJECT 5: SOUTHERN DESIGNERS

- Title:** Southern Designers
- Org. Info:** ADS - Associação de Designers do Sul
Anje – Edifício Ninho de empresas, Estrada da Penha, gabinete 17
Faro 8000, Portugal
- Email:** info@ads.org.pt
- Web:** www.ads.org.pt
- Tel:** +351289878697
- EVS themes:** Art and culture
Media and communications/Youth information
- Activity dates:** Start: 01/02/2013
End: 31/01/2014

Organisation's Profile:

The SDA – South Designers Association, is a non-profit socio-professional association, consisting of designers, artists and craftspeople that reside in the southern of Portugal.

It is currently directed by volunteering young designers and artists, who carry out their professional activity in agencies, offices, and businesses, within a freelance regime or within research academy in the South of Portugal. We are approximately 25 associates from diverse regions of Algarve.

The South Designers Association comes initially from the informal union of several students, called Algarve Design Nucleon from the course of Communication Design, of University of Algarve, in 2006 and had a common aim: to create a structure that could ensure the realization of various projects or tasks related to the profession. We grown and became SDA - South Designers Association, constituted formally in 2008, but with the first election and representation only in 2010 until now.

With clear objectives for the dissemination and recognition of Design because of its



importance in the present culture and society, we intend to be increasingly active in social and cultural intervention in the Algarve region, and with this association create a bridge of connection and communication between art and design professionals and the public in general. In this sense we assume as motivation to make known the importance of design in various sectors and their constant presence in daily life for everyone. At same time, we want to create opportunities for our associates to develop their projects and work in partnerships. Our main target group definitely involves young students and professionals that need some support to engage their career. All the main representative members work voluntarily and in some of our projects we usually have some volunteers in the organization committee and production teams.

ADS have two main projects that we develop. One of them is Design & Crafts and the other one is CRIACT festival.

Design & Crafts is a project based in the inter-generational relationships, between young designers and adult's craftsmen. During 3 days we get together the participants in one creative residence, where designers and artists develop their projects with the help, experience and knowledge of the artisans in order to produce furniture and objects with materials and ancestral techniques from the region, given the concerns of sustainability and regional development, using five materials: palm leave, cork, clay, fabric and wood.

The CRIACT is a weekend event where we propose exhibitions, workshops, debates and oral presentation based in our study fields, to make a show of good projects, young promises designers and entrepreneurs who are related to design or creative industry. We hope with this event to give the recognition and importance of Design activities to the development of economics and lifestyle of all people, showing the importance of the creativity in the present culture and society. We intend to be increasingly active in social and cultural intervention in the Algarve region with this event. Inviting all the actors of social, cultural and economic of the region, from culture institutions, education institutions or industries in general to show them that Algarve have very talented and creative people that could help them to improve their business or institutions.

Beside these projects we also develop workshops and courses for professionals as well as for young people, like we did this year about digital video and preparation of a media product in the Municipal Library, during a week. In cases, we receive some proposals to develop volunteer social and communication design for non-profit social associations, through volunteer work of our associates. Once per year we exhibit some collective work of our associates, in some galleries and spaces in Algarve. We participate as well in the municipality youth forum, as very active member in the development of proposals, activities, collaborations and meetings with other members and in the beginning with the constitutive commission.



Volunteers' role, tasks and learning-service outcomes

ADS as we already mentioned, has two main projects that we develop, Design & Crafts and the CRIACT festival. Design & Crafts is a project based in the inter-generational relationship, between young designers and adults craftsman. During 3 days we get together the participants in one creative residence, where designers and artist develop their projects with the help, experience and knowledge of the artisans. The CRIACT is a weekend event where we propose exhibitions, workshops, debates and oral presentations based in our study fields, to make a show of good projects, young promising designers and entrepreneurs who are related to design or the creative industry.

As a non-profit socio-professional association of Designers, Artists and Artisans, we think that we could give a good creative base and environment during the residence of the volunteers. The idea is learning and teaching simultaneously for both sides. We work in diverse areas of the creative industry: Design, web design, illustration, motion graphics, crafts techniques, furniture, media production, photography, video, typography, branding, VJ, animation, painting, sculpture and performing arts. Accordingly, there are the areas that allow us to have an environment and opportunities to learn and increase the knowledge of subject and relevant tools and methods, in the workshops that we organize, that in the end we participate and learn as well and in the communication materials that we produce to divulgate and promote our projects.

The volunteers that will join our organization will have the opportunity to learn within this environment from professionals in the different fields through the different workshops that we are offering. We will offer the volunteers trainings according to their interests and their field and they will have the chance to develop their relevant skills in creative arts but also in the organisation of workshops and the use of arts as a communication tool for businesses and campaigns.

At the same time, the volunteers, although we are not looking for artists, even if they want they will have the space to develop their own workshops but also participate in the ones already organised. We believe that with their assistance in administration partly and mainly in the organisation of the activities and of course active role in the two big projects will give them the opportunity to experience how important art is for the development of people but also how art can be used in different ways for the integration and inspiration of people.

Also, assisting in the organisation they will improve organisational skills and competences related to the use of technical equipment and software that are used in our



field like almost all Adobe master collection software (Premiere, Photoshop, InDesign, Illustrator and Flash) and equipment like DSLR Photographic machines brought by some associates to develop our communication materials.

All volunteers will take a Youthpass at the end of their project after their self assessment of their learning process during their EVS. This will take place with the help of their mentor.

The role of the volunteer in general will be to assist with the two big projects, the organisation of the workshops and our on-going activities and also minor administrative tasks. Their role will be active as they will be step by step be integrated to our team and be treated as an equal member that will have space in our decision making.

We need to mention that the volunteers will be working 5 days a week (around 30 hours per week + 2 hours per week for Portuguese language lessons) and we will be creating weekly programmes starting with the organisation of the week and finishing with the evaluation of the week.

The working times will be from 10:00 to 16:00 and the flow of the day will follow the pattern below:

10:00 – 11:00 (preparation of the day and discussion on target and objective of the day)

11:00 – 15:30 (this will be the main part where the volunteers will be in their tasks, assisting with the trainings, or participating in them and we are expecting after the welcoming period from them to develop their own workshops.

15:30 – 16:00 (leaving the office and making sure everything is in place for the next day – quick discussion on evaluating the day).



Below you can see an example of a yearly programme of activities:

Activities	Jan	Feb	Mar	Apr	May	Jun	Jul	Ago	Sep	Oct	Nov	Dec	
Newsletter	#02			#03			#04				#05		
CRIACT festival							Organization					Fest 7-9	
Anniversary		19											
Design&Craft residence			Organization				Res 6-8	Exp					
Origami WKS			17										
3d MAX WKS				13-28									
WEB WKS					19-27								
Ceramics WKS						16-17							
Comics WKS									22-23				
Animation WKS										20-21			
Branding WKS											17-25		
AG meeting													

We have a trimester printed newsletter; the CRIACT festival that we already mentioned; in February we prepare our anniversary party; Several workshops during the year: Origami paper technique, 3D modelling and animation, Web design, Ceramic, Comics, and Branding; And in the end of the year we prepare our main meeting with all of the associates.



Profile of Volunteers

The volunteer should be a proactive person, with self-initiative, motivation and passion about creative arts. The person should have a special interest for design, arts and crafts issues, and be open minded and creative feeling. He or she should also be a cooperative and team person.

It is not necessary to already have artistic skills as we believe that the important part will be the motivation and will to learn and at the same time offer to/from our project.

We will use the above parameters in selection without discriminating interested volunteers for any reason.



PROJECT 6: ALTIMETRIA EVS

Title: Atimetria EVS

Org. Info: Altimetria Associação Desportiva
Avenida 5 de Outubro, 40, 1
Faro 8000-076, Portugal

Email: altimetria.ad@gmail.com

Web: www.altimetria.pt

Tel: +351 914900153, +351 289827085

EVS themes: Education through sport and outdoor activities
Intergenerational activities

Activity dates: Start: 01/02/2013
End: 31/01/2014

Organisation's Profile

Altimetria Associação Desportiva was founded in October 2010 by seven founding members and today has more than 100 members "Altimembros". The aim of the association is to promote the use of cycling in different aspects of life: competition (sports), leisure (families and friends), and daily life (as a means of transport). We want to raise the number of people (children and youngsters included) that practice cycling as their first sport activity; we want to make cycling fun for families; and to include a bike ride in the daily life of people from 6 to 70.

Altimetria is a mountain biking association that develops work in different fields: federated team that competes at a local, national and international level; MTB (mountain biking) school for children from 6 to 17 years old (they also compete on school levels); leisure rides for all ages (from 6 to 100) ideal for families; organization of local cyclo-tourism events mainly for the association members; organization of 2 international annual sport events: 24 MTB Race (2 days in June) and Transgharb Epic Race (7 days in October).



Altimetria is a non-profit organization that organises outdoor cycling activities for the community. We charge minimum fees to members and when we get enough financial support these are for free. Every first Sunday of the month, Altimetria organizes a ride for people of all ages in coordination with the municipal council. This monthly event aims to bring families together on a Sunday bike ride. We also organize other riding events together with the municipal council for locals like the Faro Marathon, in September each year that is free for members. We try to organise as much free events as possible, but since we don't have regular funds or financial support we sometimes have to charge minimum fees like €5 or €10 to cover costs. Also in cooperation with the municipal council and other associations, we participate in workshops, trainings and brainstorming meetings.

Our activities are for free, except the cases of some events where symbolic fees are charged to cover for all costs associated to the event, to cover the part of the costs of members (they usually gave a reduced fees or free access). The remaining income is used to fund the association projects, namely the MTB School for children from 4 to 14 years of age (transport, insurance, coach, assistant coach, food, equipment, etc), the MTB team (transport, food, registration, insurance, equipment, etc) and other associative costs (administrative, website, promotional, etc). No money is intended for profit sharing. The distribution of the funds involves: Team: 50%, School: 25%, Association (administrative): 25%.

The association has approximately 100 active members, 7 of which - the founding members - belong to the board who are strongly involved on a regular basis on the activities developed by the Association. Apart from these, we have some members of the association that regularly help the organization of the association activities. The administrative activity of the association is developed in an office (office space sharing) that is open from 9am to 18pm. In this office there are always present 2 members of the board. In the school there is always 2 members of the board assisting the coach - Nuno Guerreiro and Pedro Coelho.

When the team goes to a competition, there always two members present - Luis Guerreiro (Team Director) and Marco Lima (Member and Team Assistant Director). None of the staff members get paid for their job in the association. The only money they are paid is to cover costs with food and transport.

We have 7 founding members who are strongly involved on a regular basis on the activities developed by the Association. Apart from these, we have some members of the association that regularly help the organization of the association activities.

We work with different target groups, though we are mainly focused on children and families, and our goal is to make MTB a sport suitable for families.



Volunteers' role, tasks and learning-service outcomes

The volunteers would experience the opportunity to get involved in different activities and learn from professional people from different areas that share the same passion – mountain bike riding.

The volunteers would have mainly operational roles, like helping in the MTB school, escorting the teams to competitions and give them the necessary support (food support during the race, registration, monitoring places and providing information to athletes), increasing visibility in the social media and feeding the website, organizing MTB events for association members and in coordination with the municipal council activities, helping grow the international events by liaising with other associations in their home countries (this would also be very important to grow their contact network for when they return home) and in other countries.

The volunteers would also be involved in the different activities of the association such as: guidance of MTB family rides; organization of international events (from registration to support on the days of the event) ; assist the coach in the MTB school; support the MTB team and accompany them (when necessary) to the competitions; promotion of the international events and also local rides; upload and maintain the information on the website and social media (Facebook, etc); organize the database of volunteers and organize a procedure to work with the volunteers on a regular basis.

Volunteer work within the association will make all the difference, making people aware that volunteer involvement is vital to make a communitarian project grow.

Volunteers will also bring more energy to the other members that have been working non-stop on this project for almost 2 years now.

The Altimetria founding members are seen by other associations and by the local public entities as a model association because we are an association that works to achieve its purposes and does not expect municipal, national or other funds to reach its goals. The way we work is very organised and planned, and this makes us very efficient and effective. Volunteers would gain a lot of real experience since they will be integrated in a project that is renowned and that is active in many different fields.

This is a very active association and there is plenty of room not only people willing to actively participate in the existing activities, but also for people willing to develop and implement new ideas and projects. An association is a space for different people and a volunteer is a different person – because someone that has the initiative to leave his/her country to experience a challenge and do volunteer work has to be someone special.

Work in the association for the volunteers will be a little like multi-tasking and will be very flexible since rules are followed, tasks executed and objectives are achieved.



This means that a volunteer does not necessarily need to work from 9 to 5 everyday during his/her volunteer time depending on special or weekend activities but each time we will be flexible according to the needs of the activities, the project but also the volunteers. Still, we will use the basis of 30-35 hours per week, two days off per week, and two days per month holidays that will be organised together with the supervisor and the volunteers.

We are expecting the volunteers to be able to gain and give a lot at the same time in regards to their development but also the development of the organisation. We will follow evaluation intervals and learning plans in order to make the learning process more visible and conscious that will also help us produce in a more effective way the Youthpass of the volunteers.

Examples:

REGULAR WEEK

Mondays: 14pm – 17h30pm (office) and 18h00 to 20h30 (school)

Tuesdays: 9.30am – 18h00 (office day – lunch break included)

Wednesdays 14pm – 17h30pm (office) and 18h00 to 20h30 (school)

Thursdays 9.30am – 18h00 (office day – lunch break included)

Fridays: 14pm – 17h30pm (office) and 18h00 to 20h30 (school)

Saturdays – Free day

Sundays – Free day

COMPETITION WEEK

Mondays: Free day (or 18h00 to 20h30 (school))

Tuesdays: Free day

Wednesdays 14pm – 17h30pm (office) and 18h00 to 20h30 (school)

Thursdays 9.30am – 18h00 (office day – lunch break included)

Fridays: 14pm – 17h30pm (office) and 18h00 to 20h30 (school)

Saturdays – Competition day (includes travelling with the team)

Sundays – Competition day (includes travelling with the team) or Family ride (1st

Sunday of the month)

OR

Saturdays – Free day

Sundays – Competition day (local competitions)



QUARTERLY ACTIVITIES DRAFT PLAN

1st Quarter Integration Event Briefing Meetings Office work MTB School February and March: 2 Cyclotourism events Preparation of the annual plan	2nd Quarter Office work MTB School Leisure and Family rides Preparation of 24H MTB Event (June 2013)	3rd Quarter Office work MTB School & Leisure and Family rides (July and September only) August – 22 work days vacation period Preparation of Transgharb International Epic Race	4th Quarter Office work MTB School & Leisure and Family rides Transgharb International Epic Race – October 2013
---	--	---	--

Profile of Volunteers

The profile for the volunteers to be integrated in our organization is:

- Interest on Mountain Biking
- High sense of responsibility
- Love working with children
- Good communication skills
Basic Computer and Social Media understanding
- A team of 1 Male and 1 Female volunteers would fit perfectly (for example to help guide groups in family rides with different levels)
- Adventurous and willing to participate in all the association activities
- High interest in sports and health issues
- Willing to learn a different language
- Willing to develop new activities and/or a new project
- Able to make decisions



PROJECT 7: DEVELOPING YOUTH PARTICIPATION AT INTERNATIONAL LEVEL

Title: Developing youth participation at international level

Org. Info: ECOS – Cooperativa de Educação, Cooperação e Desenvolvimento
Campus de Gambelas, Pavilhão A3
Faro 8000-536, Portugal

Email: geral@ecos.pt

Web: www.ecos.pt

Tel: +351 966669345

EVS themes: European awareness
Media and communications/Youth information

Activity dates: Start: 01/02/2013
End: 31/01/2014

Organisation's Profile:

ECOS – Cooperativa de Educação Cooperação e Desenvolvimento, CRL, has its main goal of action the promotion of non-formal education for social inclusion. Through our activities, we try to contribute to the development of a more human, sustainable, fair, inclusive, participative, democratic, equitable, solidary, cooperative, dialogical, diverse and integrated society.

Our main areas of Intervention are:

- Creation of spaces for structured dialogue, cooperation and collective construction among different actors, such as, social, business and institutional actors;
- Promotion, design, implementation and evaluation of playful, educational, social, cultural and sustainable development projects, in formal and non-formal spaces, through non-formal education, always in a way that it complements formal education and contributes to life-long learning;



- Development of organizations capacity to do a more efficient management of their resources and projects through training and new technologies of information and communication;
- Monitoring, support, assessment and consultancy to individuals, organizations, institutions and respective educational programmes and social intervention projects;
- Promotion, recognition and validation of non-formal education and other alternative pedagogical methodologies that contribute to social transformation.
- ECOS was officially established at the beginning of 2010 by a group of experienced educators and youth workers in the national and European arenas.

A significant number of members of the organisation have been or still are actively involved in structures such as the European Youth Forum, International youth NGOs active on the European youth policy making and on the Portuguese National Youth Council. This group of young people decided to bring their experience to their local and regional levels. ECOS together in cooperation with other partners around Europe tries to bring different European dimensions of work to our local and regional communities.

ECOS main motivation for this project is to be able to develop a new culture of youth participation at the local level in the region of Algarve. We believe that this can be done, if young people have the opportunity as some of us did in our youth work experiences to be involved in structures that allow us to develop our competences and that allow young people to see the results of their participation and their efforts.

Therefore, we believe that the diverse range of experiences among the members of ECOS will be an added value for the overall success of this long-term cooperation project. In our organization staff team we have a team of 7 persons with relevant experience in project management, in youth training and also on coaching. Our members are active in different pool of trainers such as the pool of trainers of the National Agency for the management of the Youth in Action Programme (Portugal), the pool of trainers of DYS of Council of Europe, the pool of trainers of European Youth Forum. We can say that we have recognized experience in supporting the learning process of young people within organisations and other learning environments.

Our activities reach a quite diverse range of actions as it could be seem in the intervention axes of the cooperative. However, we have recently focused our main field of action in the promotion of youth participation in decision-making process. Where throughout cooperation with several local authorities in the region we have been implementing youth councils and other instruments for the development of local youth policies. We have been providing training for both youth leaders and youth responsible.

We have also research projects on the field of youth rights. And we provide training and consultation to several institutions and organisations on the field of entrepreneurship competences development.



Volunteers' role, tasks and learning-service outcomes

During the project the volunteer will not only have a daily intense contact (inside and outside) in the working place with youngsters developing their personal projects. The volunteer can take part in any project developed by the organization not only as a volunteer but also as a participant depending on the volunteer interests. We also foresee to provide the volunteer a Portuguese language course.

Being involved in the office of our organisation the volunteer will be in close touch with important features, the volunteer will develop communication skills and get inside some administrative issues, that can be useful in his/her future professional or volunteer life inside any organisation.

When the volunteer arrives, an internal training will be provided to put the volunteer in touch with the organization philosophies and working methods.

The volunteer will be involved in local projects helping in the daily tasks like preparing the agenda, who to contact, where to get information, where to go for support, how to prepare a project and how to develop communication and networking within the partner organizations on the youth field.

We also plan to involve the volunteer in all the stages of a local and regional campaign in order to promote European Voluntary Service and other educational and mobility opportunities existing within the Youth in Action Programme possibilities. This way we aim to use different approaches to present the possibilities open for young people to develop themselves by getting involved in International projects and by meeting other youngsters and cultures from other countries. For this we consider that a good way of promoting the existing opportunities for youth participation is going to public schools to aware/inform youngsters within the age of 13-18 years old, since opportunities are open to this age group and information should reach them as soon as possible.

Furthermore, figuring out that the Youth programmes existing so far haven't been as inclusive as we would like them to be, the volunteers will be also involved in a campaign with young people with fewer economic and social backgrounds. The part of the project where we will be reaching "people with fewer opportunities" is certainly the one we would like the volunteer to be more related. It is an area that "unfortunately" needs a lot of attention and also to be very well traced. So, the volunteers would work together with a responsible from the ECOS-office within a team with several members from local organisations to prepare a very good project to approach this group of youngsters from the city of Faro, often set aside from so many opportunities, including most of the opportunities existing in the Youth in Action programme and some others supporting youth participation and involvement in active citizenship. Volunteers will also be in



touch with immigrant associations, community associations. Within these activities the volunteer will be involved in briefing sessions using non-formal education to enhance the importance of the developed competences in the different actions of the Youth in Action programme.

Information sessions within the University context will also be held on as well as a partnership with the Academic Association of the Algarve University and the university youth radio's. On the radio we will have a periodic programme to enhance the project being developed.

The main aims of this project are:

- Provide information/awareness about youth opportunities in order to increase youth participation of local youngsters;
- Promote European citizenship values in specific target groups in the region of Algarve;
- Promote the Youth in Action programme as a useful tool for the organizations that work with youngsters with fewer opportunities in order to contribute for an active participation and for the personal and, who knows, professional development of this target-group;
- Understand the main obstacles for the development of local, regional and International projects including youngsters with fewer opportunities within the aims of the YiA programme and, therefore try to find solutions to solve these obstacles;
- Facilitate the work of the organizations that are involved with these youngsters, arranging some useful information like examples of successful projects, instruments and methodologies to involve particular groups of youngsters in local, regional and International activities;
- The promote Youth in Action programme and other youth support programmes in public schools, targeting the age group from 13 to 18 years old.
- Develop volunteer's competences in project management on the youth field through practice - "learning by doing";



Draft Schedule of Activities:

8h00 9h00	Sun	Mon	Tue	Wed	Thu	Fri	Sat
9h00 12h00		TEAM MEETING - (ECOS OFFICE MEETING)	PROJECT MANAGEMENT (DYPAIL)	PROJECT MANAGEMENT (DYPAIL)	OTHER ACTIVITIES (PARTICIPATION IN OTHER PROJECTS)	VOLUNTEERS LEARNING ASSESSMENT (Youth Pass & other tools)	
		VOLUNTEERS PROJECTS CHOACING	PROJECT MANAGEMENT (DYPAIL)	REPORTING & ARTICLES	OTHER ACTIVITIES (PARTICIPATION IN OTHER PROJECTS)	OTHER ACTIVITIES (PARTICIPATION IN OTHER PROJECTS)	
13h00	<i>Lunch</i>						
13h30 17h00		PROJECT MANAGEMENT (DYPAIL)	FIELD WORK (WORKSHOPS AND OTHER ACTIVITIES)	FIELD WORK (WORKSHOPS AND OTHER ACTIVITIES)	FIELD WORK (WORKSHOPS AND OTHER ACTIVITIES)	PROJECT MANAGEMENT (Planning of coming week DYPAIL activities)	
		PORTUGUESE LANGUAGE COURSE	OTHER ACTIVITIES (PARTICIPATION IN OTHER PROJECTS)		PORTUGUESE LANGUAGE COURSE	OTHER ACTIVITIES (PARTICIPATION IN OTHER PROJECTS)	

Profile of Volunteers

The volunteer should be dynamic, motivated, love to work in a multicultural and international team, responsible and sympathetic. We will give priority to volunteers with social and economic difficult backgrounds, or in situations of long term unemployment. The gender and age it's not important but it will be of great help that the volunteer speaks basic English.

We can offer different level tasks on the project depending on the volunteers skills and learning expectations , never the less it will be of great importance that the sending organization inform us about the volunteers, about their difficulties, problems, diet, etc.. Our goal after the project is that the volunteers should feel motivated to go on multiplying other projects in their own country. All together we can make the difference!

As expressed before we are open and willing to receive volunteers with fewer opportunities. Regarding our experience dealing with young people with fewer opportunities, both our staff workers have previous experience working in social centres with youngsters from social disadvantage backgrounds and in specific projects in Faro area dealing with marginalized Roman youth, however, none are professionals or considered themselves with high competences in this field.



PROCEDURE and FURTHER COMMUNICATION

Interested sending organisations should express their interest through email stating their view and contribution as sending organisations to the project, giving us their Ei-Ref, and tell us which project(s) they are referring to. Also, they should complete the part 3 and send it scanned by email. Optionally, they can send us what we ask from the volunteers below.

Interested volunteers (unless it's done by the sending organisations) should send us their CV, a cover letter including an explanation of their motivation to participate in the particular project (they need to name the project) and a recent photograph. Also, they need to give us the name and the accreditation number of their sending organisation.

You should send those to ECOS EVS Project Coordinator by the **21st of September** and we will let you know about the selections on the **24th of September**. We will be open to a candidates without exclusions of any kind. Our final decision will be made upon interviewing the volunteers and the sending organisations.

We understand that we are **short of time**, as we have been expecting the accreditations of the organisations first, but we have decided that we would like to proceed, meaning we are expecting everyone to act quickly!

Looking forward to your emails, expression of interest and queries.

We are afraid that incomplete, organisations and not fully completed expressions of interest will not be addressed or replied to.

All your communication (from sending organisations and volunteers), for all hosting organisations (always mention the project that you are interested in) should be directed to:

**ECOS - Cooperativa de Educação, Cooperação e
Desenvolvimento, CRL
Konstantinos Spatiotis
EVS Coordinator**

E-mail: kostas.spatiotis@ecos.pt

Tel: +351 966468338

Fax: +351 289800098

Universidade do Algarve

Campus de Gambelas, Pavilhão A3

8005 - 139 Faro, Portugal