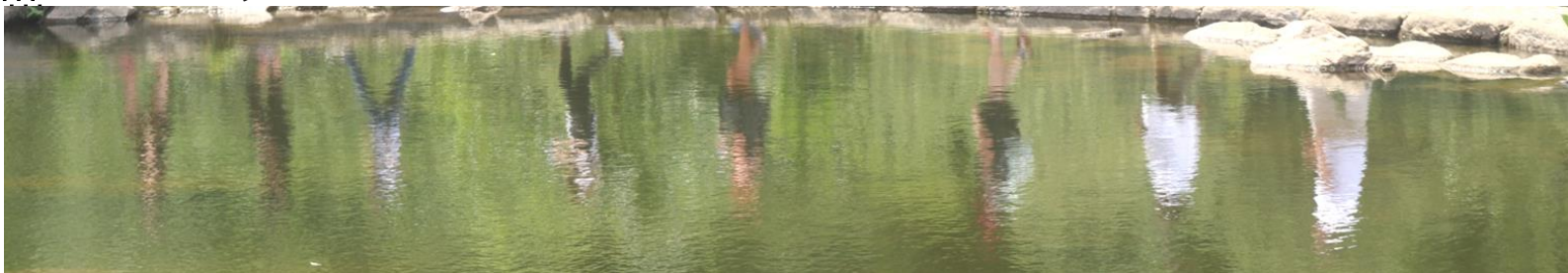


VOLUNTEERING PROJECT

Amarante, PORTUGAL • 6 MAY 2018 - 5 MAY 2019



EMBAIXADORES DE SOLIDARIEDADE EUROPEIA



Organized by **AVENTURA MARÃO CLUBE**

Hosted by **Casa da Juventude de Amarante**

Welcome to



CASA da JUVENTUDE de AMARANTE

In 2008 Aventura Marão Clube, a local association with the aim to promote healthy lifestyles among youth, started to manage the local youth centre & hostel called Casa da Juventude de Amarante (CJ). It is a study case project in Portugal as they are the only private body in the country managing public equipments (usually managed by the state itself). So, we created an initial strategy based on following elements:

SUPPORT LOCAL YOUTH INITIATIVES IN ORDER TO APPROACH YOUNGSTERS TO THEIR VALUES AND PROPOSALS;

DEVELOP MOBILITY AND PARTICIPATION PROJECTS UNDER EUROPEAN FRAME;

OFFER ACCOMMODATION AND FOOD SERVICES THAT BRING ADDED VALUE: HEALTHY FOOD, TRAINING FACILITIES, FAIR TRADE WORKSHOPS, EU INFO POINT, ETC.



AVENTURA MARÃO CLUBE

Aventura Marão Clube (AMC) is a non-profit association founded in 1993 with the aim to **promote healthy lifestyles** among the population, especially youth, in Amarante.

Nowadays we run 4 different sections: **Mountain Bikes, Kayaks, Traditional music and Fair Trade**. Under the last one AMC opened in 1999 the first Portuguese fair trade shop and participates in the promotion and training actions as part of national and international youth programs and also organizes, since 2000, international work camps about various topics such as environmental preservation, archaeology and fair trade.

The AVENTURA MARÃO CLUBE TEAM

Contact Information

If you find any problems during your stay,
please ask for support in the reception.
If you are unable to reach us, please contact:
Miguel: +351 913 051 999
Marcella: +351 924 058 956

Miguel Pinto: *“I am a volunteer. That’s how everybody sees my life story. If in 1997 European Voluntary Service changes my vision of the world, in 2008 Casa da Juventude de Amarante turns to be the floor to achieve my dreams. My mission is now to offer to others all that Portugal and Europe gave to me until today. All around I am the boss for some, the father for others and the heart of this project for the rest. At least I hope so! Ah, the only thing I do not negotiate is my passion: tennis! Only if you dare to challenge me for a match...”*



Marcella Serra: *“I could tell you a lot of things but I will try not to be like the usual Italian. I’m an energetic girl and someone that needs to have always something to do! Although I’m not Portuguese, I do feel like one. My experience in Portugal began in 2015 when I started my European Voluntary Service in CJ. Since the first moment I felt at home and this helped me to give my best for the project. Today I’m working here at CJ and the transition from volunteer to youth worker was natural and harmonious - only possible when you find the right place for you. I love nature and if you want to make me happy... just invite me to take a walk at river-side! I like to surprise and be surprised... so let’s surprise each other! But, what I love most is to meet new people... because I believe all of you have something special to offer me.”*

The AVENTURA MARÃO CLUBE TEAM

Filipa Pereira: *“After 3 years in CJ, I moved from the “front office” of Bar do Girassol to the “back office” of Media & Communication - the area of my Bachelor studies.*

My approach to work is to do things efficiently, tidy and organized, and my approach to people is to be friendly and straight to the point. If you are already thinking that I am super girly, let me tell you a secret - although I like sports in general and doing exercise, my favorite is... football!



Cristiana Capecchi: *“In 2016 I arrived in Amarante as EVS volunteer. In 2017 my life continued here as a youth worker: when we host projects in our youth centre I am mentor for the participants; when we have projects abroad I travel as group leader for Youth Exchanges or as representative of CJ. Sometimes the locals think I am Portuguese, but I still keep my Italian accent and I’m proud of it. I’m also proud of my strong character - the volume of my curls matches the multitude of opinions I have on every matter.”*

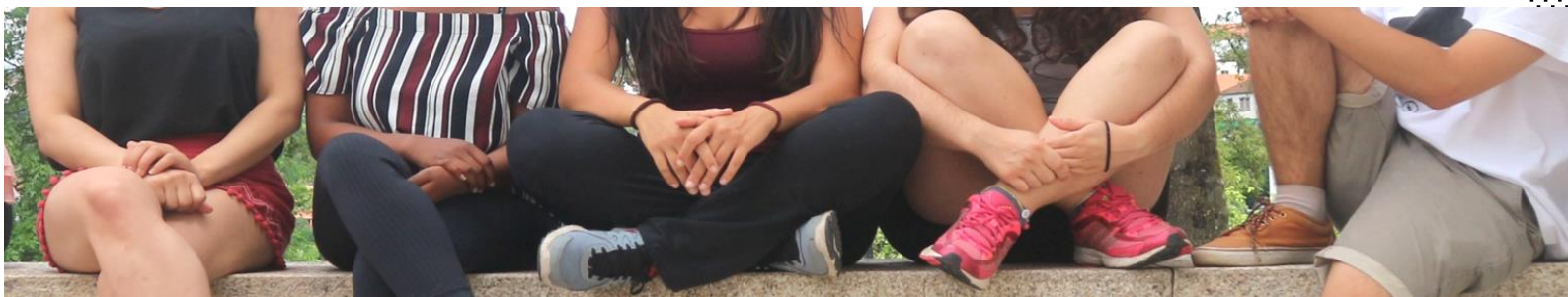


Patrícia Martins: *“My name is Patrícia and I am the newest element of AMC team. I specialized in International Relations and this discipline also describes my way of life: “international” because I traveled and lived abroad, and “relations”, because I like to search for patterns and connections between people and things. What I really feel related to in my everyday life is nature, music and always keep searching.”*

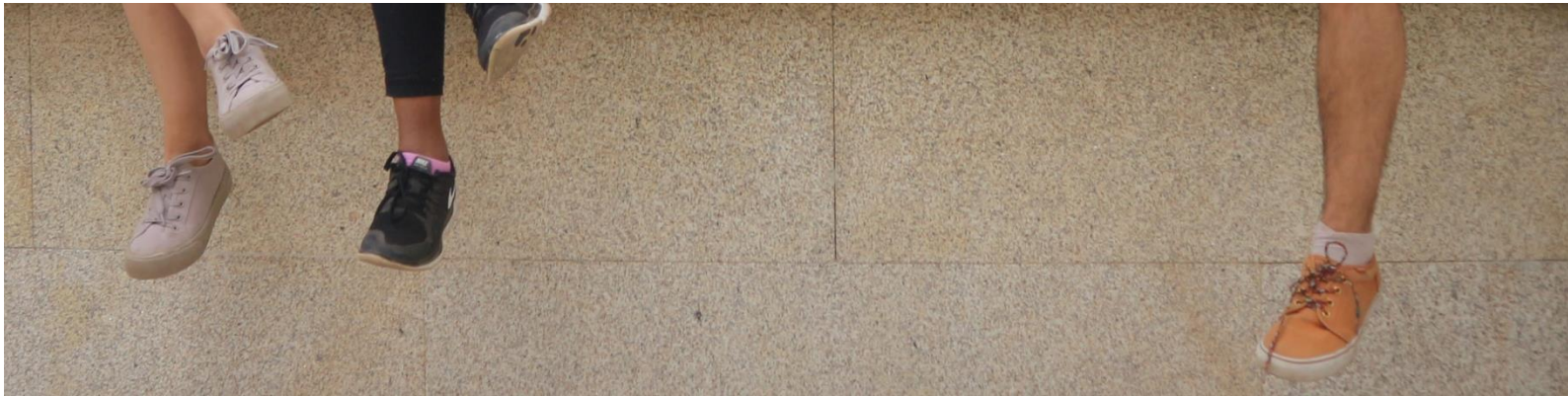


Bar and Reception Squad:

They will never leave you hungry! Professionals to their bones, you can normally see them in different combinations behind Bar do Girassol and the reception.



CODE *of* CONDUCT



This code of conduct is a free will agreement and reflects the wish and responsibility of all partners/volunteers involved. Under this code of conduct we agree to respect Erasmus+ YA rules and that our partnership should be based on clear, accountable and honest communication processes. All partners/volunteers should be ready for compromise and to discuss obstacles and different points of view but always respecting fundamental values and principals and actively cooperating under deadlines and tasks.

SHOW RESPECT

for all other people on site by:

- Acting courteously to all people and respect different cultures and beliefs
- Behaving appropriately whether supervised or unsupervised
- Reporting any suspicious people or activities
- Understanding that aggression either verbal or physical will not be tolerated

for the facilities by:

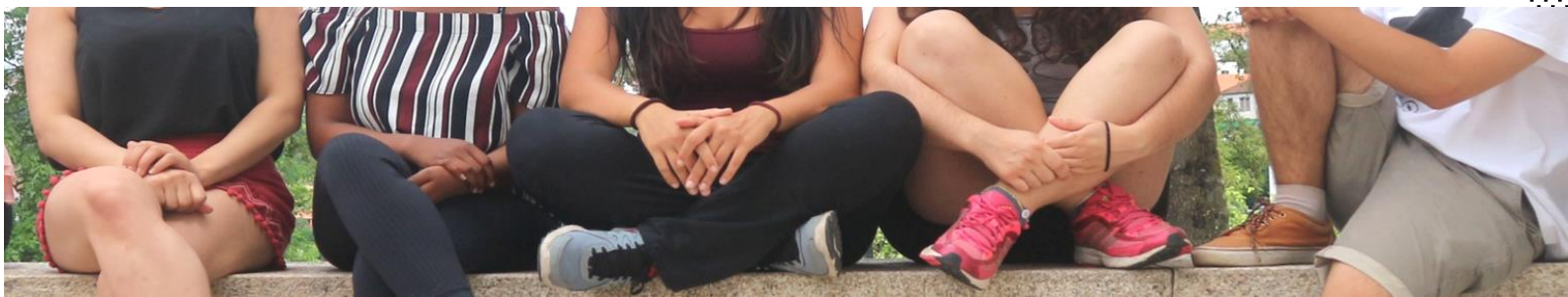
- Using all equipment considerately and carefully
- Smoking only in designated areas
- Using the waste bins provided and dropping litter
- Not willfully damaging or defacing property

for the environment by:

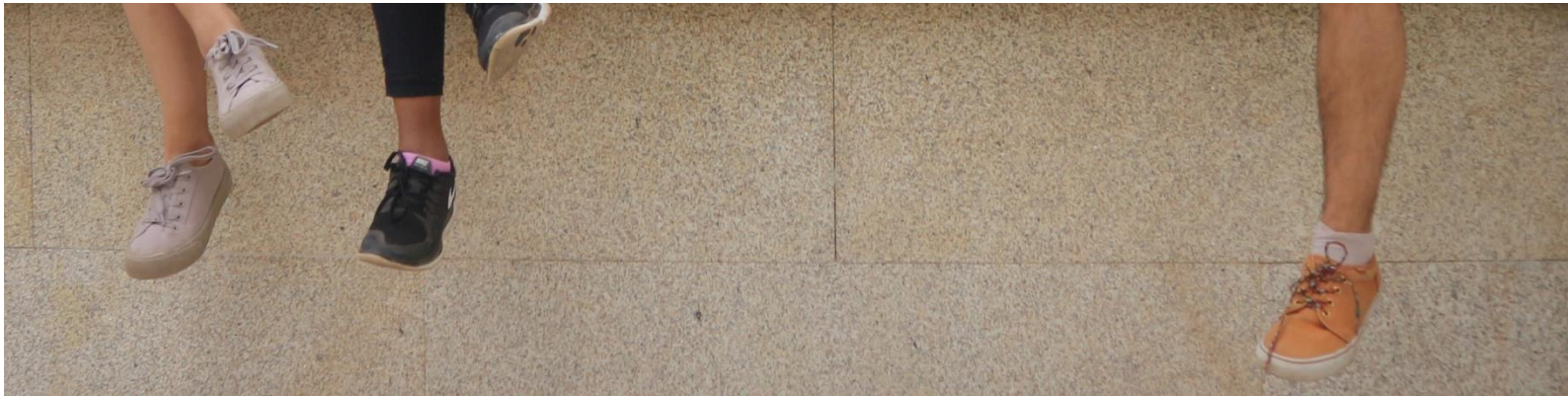
- Keeping noise to a reasonable level and observing sensible sleep times
- Not harming or causing harm to animals, trees and plants
- Leaving the site in the same condition you found it

for the program by:

- Being on time to start the program activities
- Not using the mobile phone during the project activity time
- Not being late for breakfast, lunch & dinner



CODE *of* CONDUCT



Co-existence

There may be a considerable number of different people from all over the world, including children, using the site at one period of time. Please follow the guidelines given out by AMC team and be considerate and respectful to other users of the site, including staff members.

Litter

Be aware that littering is forbidden. Help the staff on site keep the area clean and presentable at all times. This includes the grounds, accommodations, working and eating room. Use the bins provided and notify the staff if you need assistance.

Smoking

It is not allowed to smoke inside the building. There are dedicated smoking areas outside so please only smoke in these areas. Smoking is forbidden in the bedrooms.

Drugs & alcohol

Drugs are not permitted at any AMC project. If someone is found to be using illegal drugs there will be action taken. Alcohol is not permitted if under 18 and no alcohol in the rooms. Alcohol is allowed in social time in the group areas and in the bar.



SERVICES



Food/Meals

Food (breakfast, lunch and dinner) will be provided from Monday to Saturday (6 days per week) by our organisation at the youth centre (Casa da Juventude de Amarante) where we usually serve meals to our EVS volunteers (we run a bar & a restaurant there). Food is vegetarian (including also eggs, milk, seitan, tofu, mushrooms, etc.). Besides that we will give 35€/month to each volunteer to organize their own meals on Sundays (we pay according to invoices given by volunteers). If around, volunteers' guests should pay their own meals.

Accommodation

Accommodation will be in an apartment or house (both in Amarante's city center and nearby our youth centre) where we usually host our EVS volunteers. These places are well equipped with rooms, bathrooms and kitchen. In some cases volunteers might have to share rooms (double rooms). Volunteers are allowed to have guests for free (accommodation) in a good sense basis and after agreement with the Hosting Organisation.

Laundry | Bike Renting

Laundry service will be available for free in the youth centre.

Wanna do some sports during your free time? You can rent us a bike! For prices and info please ask in the reception.

Wi-Fi connection | Venues

The site (CJ) is a bit limited for Wi-Fi and Internet connectivity. The best connection point is the Bar/Reception area (Network **CJAMARANTE** and pass **CJAmarante#**). Free Wi-Fi is provided in the house/apartment of the volunteers.

For more info about the Youth Centre please visit our website at www.cj-amarante.org or speak to us directly ;)

Plan

The aim of the emergency evacuation plan is to ensure that all people are able to evacuate the building in a timely and safely manner.

**Emergency
services
number:
112**

If you discover a fire you must:

Leave the room you are in by a signed exit.

If you are the last person leaving and it is safe to do so, close the door of the room, do not stop to collect your possessions.

Immediately raise the alarm by operating the nearest fire call point and break the glass point.

Call the emergency services on **112**.

Give them details of where you are and in which building.

Call the AMC responsible to report what you have witnessed.

Only attempt to extinguish the fire if it is safe to do so and trained to do it.



ABOUT *the* PROJECT

The project "**EMBAIXADORES DE SOLIDARIEDADE EUROPEIA**" is a Volunteering project with 1 Coordinating Organisation (AMC from Portugal), other 5 hosting organizations and 5 volunteers (1 per country) coming from 5 Sending Organizations from EU Program Countries (**Greece, Italy, Germany, Poland and France**) during 12 months, from **6th May 2018 until 5th May 2019**. The project's main themes are **Youth** (Participation, Youth Work, Youth Policy but also mobility, opportunities, healthy lifestyles), **Inclusion - equity** (disability, children and Intergenerational activities) and **Creativity and culture** (local events, cultural agenda, project management, free time activities) with the aim of supporting AMC and its local partner institutions. The venue and all Volunteering Activity will take place in Amarante where volunteers will be involved in different tasks that will be developed in the 5 different Host Organisations (Youth Centre managed by AMC and in 4 other local institutions: Cooperativa Cercimarante, Associação A Terra dos Homens, União Freguesias Amarante and Santa Casa da Misericórdia de Amarante).

The main objectives are:

- Increase AMC's capacity to answer to its own activity and strategic plan and community needs toward youngsters, being an active organization within a society that should be more solidary and responsible;
- Open new horizons for local youngsters through the example & direct contact with EVS volunteers, in terms of mobility and participation in youth opportunities;
- Promote intercultural dialogue between youngsters from different countries and support the sharing of their knowledge, world vision, culture and way of life;
- Stimulate reflection on Sustainable Development issues, Fair Trade, local and organic farming, etc.;
- Support healthy lifestyles, main mission and practice of AMC.

Contacts:

www.cj-amarante.org

www.facebook.com/cjamarante

www.instagram.com/casajuventude_amarante

www.youtube.com/cjamarante

www.vimeo.com/cjamarante

info@cj-amarante.org

