

# **Your Heart, Your Limit – 2018-1-PT02-ESC11-005620**

**Dates of the activity:** 01<sup>st</sup> October 2019 until 26<sup>th</sup> September 2020

**Coordinating Organization:** ProAtlântico – Associação Juvenil

**Hosting Organization:** Associação QE

**Sending Organization:** Kulturno izobrazevalno drustvo PiNA

## **Description**

Associação Qe is a teaching/residential complex for mentally disabled persons over 16, comprising a pedagogical centre (for residents and non residents) and a residential centre (for permanent, temporary or occasional use). Most of students have a moderate mental disability that covers a diverse of syndromes and pathologies, such as Trisomy 21, Trisomy 8, Autism, Borderline, Cornelia de Lange, Microcephaly, among others. Our goal is to maximize the autonomy and the integration of these very special people, by developing their competences through Individual Development Programs. Associação Qe does not intend to be only a school but a life simulator. Every student integrated in Associação Qe first performs a Evaluation Process that allows the pedagogical team to determine the student´s profile competences in terms of his social, personal and professional competences. Each student has its own annual Individual Developing Program, based on his individual competences. With the support of his Individual Development Program each student has his own activities schedule. By this reason, in Associação Qe students with different individual programs coexist side by side. For example, one student may mainly attend artistic activities (art therapy, theater, etc.) while the other student is carrying out tasks of a professional curriculum. The activities of Associação Qe are based upon art studios, therapeutical activities and professional activities simulators that gather companies (Professional partners) of the various sectors of the economy in a concept of integrated development.

## **Profile of the volunteer:**

This project requires that the volunteers must be very human, self-motivated, proactive, creative, with handwork skills, with self-initiative, willing to take on new challenges, very flexible and ready to help in different tasks of the children/young people education and life.

A high motivation to work with people with disabilities and special interest on music, dance, theatre, sports, cooking, computers, handicrafts, gardening, history, photography, arts, can be an added value, since these areas their fields of interest and will be the way to reach their attention. So, is expected the volunteers have a positive attitude, patience and good listening capacity.

We will look for volunteers who are interested in working with a commitment to volunteering and had chosen our project because of the experience and development they will gain not only because it's in Portugal.

## **Tasks of the volunteer**

According to the profile of the volunteer and the needs of the hosting organization, the volunteer will develop a range of tasks, that will be defined after an integration process of the volunteer and knowing the objectives and working methods of the organization, that usually occurs during the first months after volunteer's arrival.

Below are proposals of activities that have to be adapted according to each volunteer profile and the conditions of the hosting organization:

### Pedagogical Centre:

supporting technicians and therapists in their daily pedagogical activities (Art workshops, sports activities, professional simulators and therapeutical activities)

creating/developing a new activity and be responsible for its implementation (for example, develop a music workshop).

Our volunteers work directly with our students, articulating with technicians with different qualifications and from very diverse areas such as Psychology, Agronomy, Sociology, etc. and participate in many diversified activities. Some activities our volunteers support are: swimming, art therapy, gymnastics, psychomotricity, cognitive stimulation, computers, gardening, citizenship, reading and writing, autonomy in the community, kennel, among others. Volunteers can also support other daily activities, such as helping serving meals to our students. Presently Associação Qe is developing other activities that probably will include music, physiotherapy, and massage.

The volunteers can propose their own ideas and maybe turn it into a new workshop. Although, all new ideas must be evaluated first by the team and meet the philosophy and the needs of the hosting organisation.

#### Residential Area

The volunteer intervention is more related with support to daily activities such as, eating, but mainly they perform leisure activities. Residential area has two residences that are our student's home, and the main activity of volunteers in that specific context is to develop interaction, games, talk and connect with them. They also may participate in weekend's getaways.

Volunteers are also invited to give ideas about activities they want to promote with the customers, like make presentation of their country of origin through a gastronomic activity, musical, or others, based on their own experience or sensitivity.

The activities will be done always under the supervision of the team from the institution.

The volunteers also have the chance to implement a personal project with a financial support from ProAtlântico.

Volunteers will also do tasks of Divuligation of Erasmus + (in schools, Universities, youth clubs and youth events):

- Organization of exhibitions, presentations and conversations with Portuguese young people or future volunteers to motivate young people to be more active or give visibility to their project;
- Inform young people about the volunteering experience as a EVS/ volunteer in Portugal and provide information about some aspects of the volunteer's country (ex: culture, language, cultural places, etc.).

In these activities, the volunteer must use the clothes provided to that activity (t-shirt, cap, etc).

All EVS volunteers are supposed to organize at least one intercultural event about their country and culture and participate in events promoted by other volunteers

### **Monitoring**

During the project the volunteer needs to make weekly evaluation to give to the mentor and make a monthly evaluation report to give to ProAtlântico.

### **Dissemination**

Each month, the volunteer must write a small article about his/her EVS experience and add some photos to be used in social media to promote this kind of projects.

### **Timetable**

The volunteers will collaborate 35 hours per week during 5 days a week (30 hours of activities + 5 hours for trainings, language support, mentorship meetings, reports, etc.). Although, the volunteers might work different hours per day.

The schedule will be defined by the hosting organization on arrival of the volunteer and it can change according to the activities.

The volunteers will have 2 consecutive free days each week that can vary from week to week according to the needs of the hosting organization. However, when the hosting organization has activities on volunteer's free

days and the volunteers are asked to work, they might have to choose another free day, since the collaboration of the volunteers is important.

The volunteers have the right to take the Portuguese National official holidays as free days, when they match with working days. They can't use their own national holiday as a free day, unless they use a vacation day.

It is not possible to work more hours in each day to have 3 days free each week. It is needed to work 5 days each week.

The volunteers have the right to take the Portuguese National official holidays as free days, when they match with working days.

The volunteers will have 2 days of holidays per month for the duration of the project, to be taken in agreement between the volunteers and the team. The volunteers can join the holidays or take them by month. The volunteers must discuss with the project supervisor from the hosting organization the dates of holidays at least one month before.

## **Conditions**

### **TRAVEL**

The volunteer is entitled to one return travel ticket between the sending and the receiving country. The sending organization will help the volunteer to purchase tickets. If the cost of the ticket is more expensive than the amount of money approved, the volunteer will be responsible to cover the difference. An itinerary must be sent to ProAtlântico to get an approval before the ticket is bought.

Volunteers from Slovenia: 360,00 euros for both ways

The calculation of the travel cost of each country has in consideration the place of the sending organization. In case the departure place of the volunteer is different, a justification must be given, and a new calculation

must be done using the distance calculator from European Commission, available at the official website:

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm).

The amount of the travel costs that can be reimbursed can be different. It can decrease, but it can't increase.

### **FOOD**

ProAtlântico – Associação Juvenil will provide 5€ per day to cover costs of food and extra expenses (ex: cleaning materials, ...) during non-working time. The volunteer can use the food money to buy own food, cook in the apartment, eat in a restaurant, etc.).

During working time the receiving organization provides a suitable meal in the organization's facilities, which is based on a Mediterranean diet. It is important to refer that this project doesn't provide Vegan meals or Halal food.

It is not possible for the volunteer to get money instead of the food provided during the working time.

### **ACCOMMODATION**

ProAtlântico provides accommodation in an apartment, University residence, hostel, hosting family or at Casa Europa, in double bedroom with fully equipped kitchen, toilet and living room.

The costs with electricity, water, gas, TV and Internet are covered by the project. The volunteers will have towels and bed clothes for the entire period of the project.

It is not possible to get a single room. The rooms are always shared with another volunteer of the same gender.

It is not possible for the volunteer to find his own accommodation and get money for it.

Host guests and animals and Couch Surfing is not allowed in the accommodation provided by ProAtlântico.

ProAtlântico can help you to find a cheap place for accommodation for your friends or relatives.

### **LOCAL TRANSPORTS**

A monthly local transport allowance is provided to cover at least the costs between the accommodation and project place. The volunteer must ask for receipt and keep it safe to give to the receiving organization team to be reimbursed.

### **POCKET MONEY**

The volunteer will receive a pocket money for personal expenses of 5,00€ per day.

### **LINGUISTIC SUPPORT**

ProAtlântico guarantees that the volunteer will have online linguistic through the platform OLS.

Before the activity start, the volunteer is asked to make an online test. A new test will be made in the end of the activity to assess the level of learning of Portuguese language.

Learning Portuguese language will depend much of the volunteers work at home and in their daily contact with the local community.

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## **HOW TO APPLY?**

Send e-mail with CV, motivation letter and application form to [applicationsportugal@proatlantico.com](mailto:applicationsportugal@proatlantico.com) with the subject "8482 – Your Heart, Your Limit – Name of the Volunteer".