

Infopack for EUROPEAN VOLUNTARY SERVICE 2018 with



Associação Mais Cidadania (AMC) is a European Non-profit NGO that operates in Bairro Alto, Lisboa (Portugal), since 2003.

Our mission is...

...to promote Citizenship through cooperation with local and international partnerships

...to train youngsters and young adults to share competencies and skills as a tool to serve society

...to contribute for a responsible and active involvement of citizens in civil society and in the construction of solutions for the challenges of modern society

We believe...

...in the strenght of non-formal education as a methodology to acquire new competences and know-how both at personal and professional level

...in the potential of cooperation with an efficient and active network

...that every individual can and should contribute for a better world, to turn the society more participative, solidary, inclusive, democratic and human.

Find and follow us here:

Website: <http://www.maiscidadania.pt/>

Facebook: www.facebook.com/maiscidadania/

Youtube: www.youtube.com/watch?v=2bbtFT_ipaE

Twitter: [amaiscidadania](https://twitter.com/amaiscidadania)

Instagram: [amcidadania](https://www.instagram.com/amcidadania)

WordPress: amcidadania.wordpress.com

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PROJECT NAME AND CONCEPT

The project **Citizen CAN** is based on the promotion and experience of active citizenship, the main field of work of AMC. Active citizenship is the attitude through which each individual can participate to the maximum of their intent in the democratic processes of their communities.



The project was approved by the Portuguese National Agency and is coordinated by AMC. AMC will send eight young people during 2018 for an EVS experience and will host eight international young people in our office and the youth centres we coordinate. Thirteen other partners are involved in the project, either as hosting organisation or as sending organisations. Their countries are: Azerbaijan, Finland, Georgia, Greece, Italy, Jordan, Kosovo, Malta, Poland, Portugal, Serbia, Sweden and Ukraine. The young people involved in these projects will experience different possibilities of engagement in the civil society, developing skills and facing many learning opportunities, becoming (even more) active citizens.

The **aims** of Citizen CAN are:

- to promote volunteering as a tool of civic participation and a mechanism that allows young people to acquire personal, social and professional skills;
- to bring non formal education closer to the structures of formal education, fostering the sharing of good practices, and values/attitudes of citizenship and empowerment;
- to foster the participation of young people in the democratic life, mainly in the protection of human rights.

DATES AND PLACE

This infopack is related to the placement in the youth centre +Skillz for a volunteer from Italy, taking place in **Lisbon, Portugal, from the beginning of June to the end of August 2018** (2 months). This short-term placement is reserved for a young person (20-30 years old) who isn't engaged in any form of education or employment.

PLACEMENT IN YOUTH CENTRE +SKILLZ

The volunteer will work in a voluntary environment and the tasks will change according to the period of the year, as a consequence of the different needs of the target groups the hosting association works with. The volunteer will never replace the professional staff of the hosting organization.

Check out about what happens in +Skillz in their Facebook page:

<https://www.facebook.com/MaisSkillz>



CONTEXT

Bairro Alto is one of the historical neighbourhoods of Lisbon, built in the beginning of the XVI century just outside of the city walls. It stands on a hill and this is where its name comes from: it means Upper District. For many decades, a neglected area, that people from outside would avoid, connected with drug trafficking and prostitution, it began to turn into the nightlife hub of Lisbon in the 80's. Nowadays, it is a thriving area, with commerce, art galleries, many bars and restaurants. During the night, its streets are full of people drinking outside, having dinner and dancing in the small bars.

The population of the neighbourhood was, until some years ago, very aged: people who have been born and lived all their lives in the same house. It was a preferred area for students from other parts of Portugal to stay as well. Currently, it is a favourite spot for tourists to rent houses, with the consequent rise in the prices of the houses, which has expelled many locals.

There are many youngsters living in and around Bairro Alto, from different cultures. The school that serves the population of Bairro Alto, Escola Passos Manuel, has currently a percentage of 20% of foreign students (from Brazil, India, Nepal, Bangladesh, Russia, etc.). The school dropout rate is around 15% and there are dozens of youngsters without occupation.



A street in Bairro Alto

AN EVS VOLUNTEER IN **+SKILLZ**

The youth centre project is based on building life projects with and for youngsters coming from diverse and susceptible family backgrounds, some of them having with no or little family support. The main feature of this placement is the act of being at the youth center: able to listen and interact with the youngsters and attending to their individual needs regarding activities and topics. The work can vary and should be adaptable to the interests of the youngsters.



The youngsters and the team in a group picture



Visit to Sintra in the International Youth Day



The big saloon in +Skillz during a Bulgarian afternoon with food and dances



The miradouro of São Pedro de Alcântara, very close to +Skillz

The main tasks of an EVS volunteer in +Skillz during the Summer are:

- Understanding and participating in the day-to-day life of **+Skillz**, interacting and being close to the youngsters, providing positive examples and guidance;
- Supporting all the Summer activities developed in **+Skillz**, both indoors (like debates, cooking games or arts) and outdoors (sports, beach, visits);
- Helping in logistic way to the planning and implementation of animation activities (sports, school support, music and dancing, meetings, cooking, arts, visits, etc.);
- Being able to work in team with the youth centre staff to develop theoretical and practical activities;
- Participating in the day-to-day life of the youth centre at the side of youth workers in order to acquire the tools we give to youngsters and the methods we use, following our prevention approach in challenging neighbourhoods, achieving experience in the field of multicultural contexts;
- Promoting active citizenship through animation, artistic, sports and outdoor activities;
- Proposing, planning and implementing indoor and outdoor activities for youngsters according to your interests and experience, as well as alternative ways of spending free time for youth under the methodology of non-formal education (using your talents and interests);
- Participate in Portuguese language course.

To know more about the life of EVS volunteers in AMC, visit the previous blogs
<https://voluntariosdobairro.wordpress.com/> and <https://upthelisboahills.wordpress.com/>
where they share pieces of their experience 😊

VOLUNTEERS' PROFILE

The way we define the profile for the volunteers is based more on motivation than on skills. We believe motivation to be the driving force of someone who intends to be an international volunteer: motivation to learn, to share, to listen, to acquire skills, to GIVE 😊

The volunteer should be **very interested** in:

- Living and working in a multicultural and cooperative/empathic environment (with the team, youngsters or other participants in local activities and daily life of the organisation but also in common living arrangements with other EVS volunteers – the more personal side of the project at the EVS flat)
- Finding solutions for the common good.
- Respecting ways of work and methodologies of the youth centre and be willing to learn aspects of the daily management of a youth centre and how to work with adolescents in a risk prevention approach
- Learning about and experiencing a different work context under the Non Formal Education framework and sharing skills
- Working with the team of youth workers and volunteers with availability, interest, care and a smile 😊
- Sharing interests, skills and values with other youngsters
- Artistic work and music specifically (there is a music studio in +Skillz and classes on fabrication of musical instruments)
- Learning a new language and different cultures, communicating in English and developing the knowledge and communication in Portuguese.

CONDITIONS

- Your age should be between 20 and 30
- Travel costs to and from Portugal will be reimbursed within the available budget for the Erasmus+ Programme depending on the origin country
- The volunteer will be hosted in a double room in a flat with other volunteers or in a dormitory
- S/he will work in +Skillz up to 35 hours per week, Monday to Friday and occasionally on weekends (time compensations will be arranged)
- Pocket money will be given at first week of the month
- The money for food at second week of the month
- Local transportation in Lisbon will be provided through a monthly public transportation card
- Health insurance will be provided under Erasmus+ Programme
- The volunteer will have a mentor helping her/him to develop the learning, social skills and improve the process of integration

If you just read this and consider yourself as a person willing to expect the unexpected, this placement is for you!

We will be here waiting 😊

“Those who can, do. Those who can do more, volunteer”

