

PROJECT NUMBER: 2020-2-PT02-ESC11-006993



**EUROPEAN
SOLIDARITY
CORPS**

esc@adamastor.org.pt

The European Solidarity Corps is the European Union initiative which creates opportunities for young people to volunteer or work in projects in their own country or abroad that benefit communities and people around Europe.

APPLY NOW



PROJECT IDEA

The VisEU II project emerges during the Covid-19 pandemic believing that it is, even more than usual, essential to work on European values and identities. Continuing to open borders for the discovery of new cultures and ideas of entrepreneurship, as well as, developing the social skills that will be the key to a cooperative future. This is going to be the main focuses in this project.



Young people will face changes not only economically, but also socially. Therefore, we believe that the best is to act. It is a more than opportune time to give young people the tools they need to feel confident and part of a Europe with equal opportunities and interests.

Thus, we believe it is crucial to promote a Youth Space where to implement: Non-Formal methodologies, cultural activities, social integration, reflection on what human rights are, understand inclusion; when being thought and experienced by international and local volunteers. That together you can be a whole and feel what Europe is. So you can start to be agents of solidarity and positive change inspired by the values of European identity.



PROJECT GOALS



EUROPEAN
SOLIDARITY
CORPS

1 Competences = Skills + Knowledge + Attitude

- Acquired knowledge and experiences in project management, communication, sense of initiative, entrepreneurship and youth work.
- Develop soft skills such as creativity, confidence and adaptability.
- Increase cultural awareness and empathy, becoming more open mind.

2 European values and identities through media literacy

- Make aware of the importance to know the political situation of each country and how digital media affects it.
- Raise awareness about digital media through the improvement of the critical thinking.
- Learn how to use internet in a positive way, participating actively in the community.

3 Youth work - Youth initiatives

- Promoting European Solidarity Corps and Erasmus+ for youngsters and local community.
- Knowledge in European Union project management related with Youth, Culture and Citizenship.
- Awareness for the volunteering in the development of local communities regarding topics such as environmental issues, professional and personal development.



PROJECT OFFERS



We are looking for candidates between the age of 18 to 30 years inclusive.

You need to have legal residence in one of these partner countries.



+18
30 -

 Macedonia

 Italy

 Armenia

 Hungary

 Lithuania

 Georgia

WHAT ESC AND ADAMASTOR OFFERS YOU



- Travel - according to the Erasmus+ Distance Calculator from your home to Adamastor



- Health Insurance - CIGNA (complementary to the European Health Card)



- Cultural and Language Course



- Accommodation with breakfast included



- Pocket + Food Allowance



- Tutoring



- Integration in our team



- Youthpass Certificate



FINANCES



You can select one of the next two options:

1. Short term activity
57 days + 2 travel days

2. Long term activity
120 days + 2 days travel

The conditions are the same the only difference is the duration of the mobility.



Number of participants



Max. travel



Food Allowance + Pocket Money /month



Long term 120 days + 2 travel days
Short term 57 days + 2 travel days

1
2

€360

€280



Long term 120 days + 2 travel days
Short term 57 days + 2 travel days

1
2

€360

€280



Long term 120 days + 2 travel days
Short term 57 days + 2 travel days

1
2

€820

€280



Long term 120 days + 2 travel days
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Long term 120 days + 2 travel days
Short term 57 days + 2 travel days

1
2

€820

€280

The mobility starts on May
(as soon as you apply you can be selected and start your mobility)



ACTIVITIES

1 Growing up activities

Building team
Expressive therapies
Reflection time



3 Youth opportunities

Street / Online campaigns
Create promoting materials
Writing projects
Debates



2 Good online practices

Zoom conferences
Social media updates
Learning research activities
Create videos, photography, podcast, interactive games, blogs, etc



• Others activities

Teaching different idioms
Plogging
Brainstormings
Cultural Sharing

IMPORTANT!! You will have the opportunity to propose, implement and carry on new types of activities. We wait for your ideas!!



HOW TO APPLY

This project is coordinated by Adamastor.

You will mainly be in touch with us during the application process, the selection, and at the beginning of your ESC.

All administrative and financial aspects of the projects are managed by Adamastor.

During all this process if you need any clarification or you have doubts please contact our team.

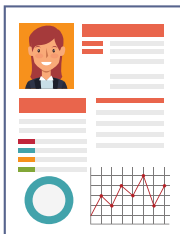


esc@adamastor.org.pt



+351 232 413 432

To consider your application complete, we would like to receive from you :



a CV



a nice video



the application form

deadline to apply

June

Note: The activity starts in May, as soon as you apply you can be selected and start your mobility.

Good to know:

- as volunteer you will work a maximum of 35 hours per week (Portuguese lessons, language lessons on OLS and meetings included), 5 days per week;
- Activity plan meetings, evaluations, and follow up are planned every week;
- Portuguese national agency for ESC long term projects will run 2 mandatory seminars: On arrival training and Mid-term evaluation.



HOW TO ARRIVE



From Lisbon

1
STEP

At the main entrance of the Lisbon Airport pick up the Aerobus to SETE RIOS BUS STATION
€3,60

Please before departure check all the information and schedules of your flights and buses.

Aeroporto: 10:00 | 11:00 | 13:00 | 15:00 | 16:00 | 17:00
Sete Rios: 10:30 | 11:30 | 13:30 | 15:30 | 16:30 | 17:30



2
STEP

As there is no train to Viseu, we recommend you to use our developed network of buses.
www.rede-expressos.pt

You can buy the ticket online or at Sete Rios Bus Station
Buy the ticket with discount for youngsters (Jovem) €16,20



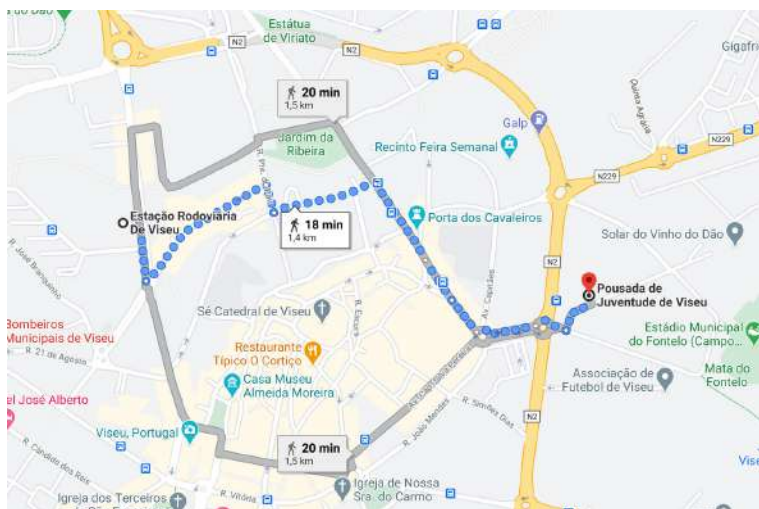
3
STEP



If we didn't manage to pick up you can go by foot to the hostel, it's 18'min walk or you can take the taxi that costs you around €5,00

It was a long trip but you are now at Viseu Mobility Center
WELCOME!!!
BEM VINDO!!!

If everything went well we will wait for you at this point. Please take your luggage upstairs.





HOW TO ARRIVE



From Porto

**1
STEP**

At the main entrance of the Porto Airport pick up the Metro to TRINDADE STATION (Purple Line) €2,00 Zone 4



Please before departure check all the information and schedules of your flights and buses.

At Senhora Hora Station change to the Red Line in direction to Estádio do Dragão.
Exit CAMPO 24 AGOSTO

**2
STEP**

As there is no train to Viseu, we recommend you to use our developed network of buses. www.rede-expressos.pt

You can buy the ticket online or at 24 Agosto Bus Station
Buy the ticket with discount for youngsters (Jovem) €10,60



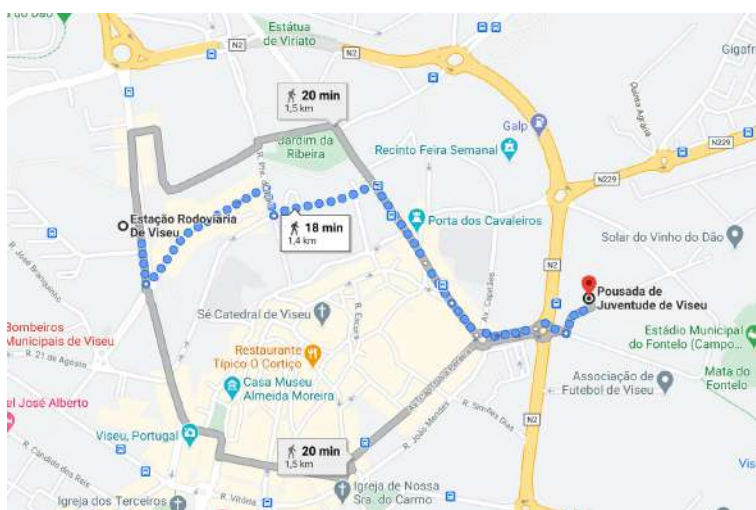
**3
STEP**



If we didn't manage to pick up you or you want to walk a bit it's only 18' min by foot to the hostel or you can take the taxi that costs you around €5,00

It was a long trip but you are now at Viseu Mobility Center
**WELCOME!!!
BEM VINDO!!!**

If everything went well we will wait for you at this point. Please take your luggage upstairs.



Adamastor is a youth organization founded in 28th January 2005 with the objective of empower the youth and promote the mobility of youngster.

Now with more than 15 years is one of the must experiences organizations in Portugal in the youth field. An entrepreneurial organization with the ambition to make a difference in the youth sector.

It is for this reason that we seek to diversify our areas of work, but always with the concern of holding hands with young people. Because our motto is "together we build the future". Some of the most important moments of Adamastor.



2009 Adamastor got the first accreditation for European Voluntary Service



2011 was created the Viseu Youth Council where Adamastor has been Adviser and Secretary since then



15th September 2015 Adamastor becomes an Eurodesk Multiplier PT02



30th September 2015 signature of the protocol with MOVIJOVEM to start to explore the Youth Hostel (Pousada de Juventude de Viseu)



23th June 2016 Opening of the Pousada de Juventude de Viseu | Adamastor



9th of January 2017 signature of the protocol between the Municipality of Viseu and Adamastor to explore the Youth Center Fontelo - Viseu Jovem



2018 Adamastor is officially member of the Street Football as Distrital Coordinator

UISEU JOVEM



Viseu Jovem is a project created by Adamastor and the Municipality of Viseu (Município de Viseu), to provide the youth citizens of the city a space where they can find a youth atmosphere, community feeling, events/workshops offers, wifi, new opportunities, volunteering and guidance, all of this through non-formal education.

LOJA EUROPA JOVEM VISEU

LEJ Viseu is an information structure for young people that seeks to facilitate access to European information, to increase young people's interest in the European Union (EU) and the social and political life of their community. Promote youth participation in European and local community projects. Has created in Braga European Youth Capital in the year of 2012.



EURODESK MULTIPLIER



Multipliers are local organizations (e.g. youth centres, associations, municipalities) but despite their variety, their core mission remain the same. As one of the most important tasks within the structure, multipliers maintain a face-to-face connection with young people through events and campaigns they organize. Multipliers are the body in the system who make sure that the mobility information collected in the network reaches young people who then through the work of multipliers receive youth information and counselling based on their personal profiles.

FONTELO YOUTH CENTER



Fontelo Youth Center, a space where diverse activities are dinamize, using the non-formal education method, aimed at young people.

Just a short e.g.:

- Empowering young people to become autonomous and confident to play their role as active citizens of society.
- Monthly topics, weekly workshops of cultural sharing and tandem idioms.
- Assisting young people by giving them access to new experiences and acquiring new skills.
- Digital skills (youtube, facebook, instagram).



- Environmental awareness workshops; support youth being more active and to gain more self-conscious about different cultures and mindsets.
- Sense of initiative and entrepreneurship; promote trainings "learning by doing"; artistic and cultural activities.
- Supporting the office: office work, creating posters and promoting the projects and activities on social media; promoting of european opportunities and volunteerism.



YOUTH HOSTEL VISEU

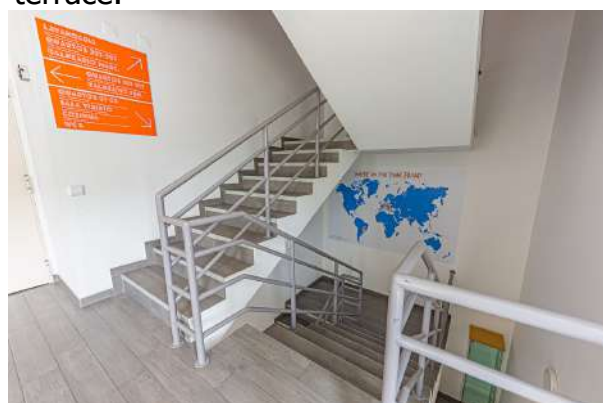


The Youth Hostel of Viseu lives side by side with Fontelo Park, one of the greenest lungs in the city of Viseu and where the Sports Park is located. Moreover, it is relatively close to the historical center of the city, which can be reached in 5 to 10 minutes by foot.

The accommodation, especially aimed for young people, backpacking and adventurous spirit, benefits from a convivial atmosphere where the sharing of experiences, meetings and mismatches happen as tourist and travellers depart in search of the city and surroundings.



The living room is a space that has a 4K TV with cable channels, internet is available in all building, outlets and table for computers. Ideal for socializing and meeting new people and creating stories while having a cup of coffee and enjoying the view on the terrace.



YOUTH HOSTEL VISEU



The HI Viseu | Adamastor disposes of a total of 19 rooms, divided in multiple rooms, double rooms and adapted double rooms.

The multiple rooms consists of 4 beds, wardrobes and table. The door and the wardrobes are equipped with an advanced RFID system that ensures the privacy and the security of the guests. All rooms include bed linen, bath towel, hand towel and housekeeping.



Both bathrooms (female and male) are provided with individual showers and toilets for the guest that are in the multiple rooms. They are equipped with hair dryers.



YOUTH HOSTEL VISEU



The balcony with beautiful view.



The kitchen with two islands and 4 station for cook and individual pantries with RFID lockers.



You have a vending machine 24h/7days with some snacks and drinks available in the facilities.



The Youth Hostel complies with the DGS recommendations for combating the spread of COVID19.

RULES



There must be silence on the surroundings after 23 pm until 08 am



It is mandatory to use mask all the time and keep safe distance



Do not move or remove any furniture



Sanitize hands regularly or wash them for 20' seconds

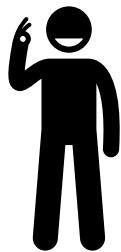


It is strictly forbidden to smoke inside, even at the windows



It is prohibited to display posters or pictures

Remember that all these rules are important because we share this space with other people and it is necessary to respect everyone.



Do not drink alcohol inside

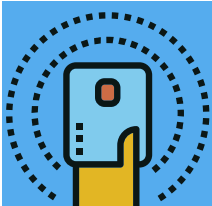


It is not accepted to bring people without permission

Do not use the phone loudly
Use your earphones



Your room must be always clean and organized



You receive at check-in, an RFID card that allows them to access the Viseu Youth Hostel - Adamastor, their room, wardrobe and kitchen cabinet. At the end of the stay, you must leave at the reception. The loss, damage or non-return of the card has a cost of 20€.



UISEU



VIRIATO CITY

In Beira Alta, between mountains and full green valleys we can find the city of Viriato and Vasco Fernandes, with around 100.000 inhabitants.



WINE MAKING CITY

Visit our heritage or historic sites, the mysterious Cava of Viriato, enjoy a stroll through the parks and gardens or walk around the historic town centre. Discover the urban in street art and book your place in one of the creative events on our cultural calendar, which runs all year.

The quality of life that characterises Viseu that charms those who visit us. You'll feel at home, free from the stress of the big city life.

This is a joyful city, which welcomes people who live in or visit the heart of Portugal. Upon the visit of this city you will find it has many attributes, but what makes it distinct from other cities is the complete variation of identities and authenticity in each place you will have the pleasure to visit or live.



UISEU IS THE ANSWER



EVENTS



"Viseu, the best city to live in"

is a brand and an attitude.

www.turismodocentro.pt
www.cm-viseu.pt
www.visitviseu.pt

"Bem-Haja" means, thank you and all the best, is a typical saying in Viseu and with that we say our goodbyes and leave you with this invitation to visit "the best city to live in" in Portugal!

SOME PRICES



Coffee
€0,60



Water
€0,80



Pastry
€1,00



Lunch
€6,50



Cinema
€7,10



PORTUGAL

VISIT



Lisbon, the capital of Portugal, right next to the river Tejo, a city hiding treasures and history, with original artistic creations and its very typical style. Tons of light, stories in every corner, old traditional neighborhoods with their own enthusiastic residents, viewpoints and their wonder sights, never ending lifestyle during all night long. Once in Portugal, you can't miss this chance.

In Porto you can find a true representation of the Portuguese tradition and the mixture of and audacious modern architecture, both adorned by the beauty of "Ribeira", one of the musts that make this city unique, and the proud and welcoming traits of the locals. Your stomach will never regret of receiving such delicacies, snacks, tasty plates and engulf yourself in sweet and soft Port wine.



Known as the portuguese Venice, Aveiro with its tradicional boats surrounding the pittoresque houses along the river, where you can enjoy the flavors of seafoof with a wonderful sight. The mixture of colors and essences makes all the visual experience such an amazing pleasure that can't be missed. Don't forget to try the local pastry, your taste buds will thank you later.



Heiress of a rich and varied cultural history, Évora, a UNESCO world heritage city, situated in a singular and typical landscape territory, shelter of medieval memories, where you can find palaces, monasteries and churches stories to count. Its traditional products, makes this place the right one for the ones who love explosions of flavor in their mouths.

