



Infopack

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Here you will find all the main information about the project, that will help you to understand the project. The logistic of the project will send you one months before the mobility.

PROMOTER

Check-In – Cooperation and Development is a non-profit organization, founded in 2010, based in Beja and operating from Lisbon, in Portugal. It was created by a small group of people experienced in the management and coordination of mobility projects, and active in the world of volunteering and development.

Our organization mainly focuses on youth and adult mobility, non-formal education and the overall sharing of knowledge, through the support of European cooperation initiatives. Our aim is to promote lifelong learning opportunities, to encourage of social integration, education for sustainable development and social entrepreneurship. Our working methods are furthermore deeply rooted in the European core values, such as the respect for human rights, democracy, gender equality, ecological awareness, intercultural tolerance and solidarity between the people.

Website: www.checkin.org.pt

Facebook: <https://www.facebook.com/ngocheckin>

PROFILE OF THE PARTICIPANTS

- self-motivated, willing to take on new challenges for their personal and professional life; willing to live a socially responsible and healthy lifestyle and being open to working with people of different backgrounds and cultures; dynamic, versatile, good mood, flexible, with self-initiative, adaptability; with the ability to manage and solve conflicts in a creative way; creative and interested in working with young people; - enthusiastic to participate in the project; mature to work and to relate with other young people with fewer opportunities and willing to develop activities with sense of responsibility; aged between 18 – 30 years old.



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TASKS

The volunteers with support the association's staff will develop activities in different fields for the local community and our member:

- Eurodesk Infopoint: To support the staff to dynamite the Check-IN Eurodesk Infopoint, with information about mobility opportunities for youth, to organize the space, to create the material about european mobilities, to upload the website and facebook, To created a Newsletter with opportunities, to share the volunteer experience and make montly documental activities;
- European Youth Opportunities: To support the staff to develop a sessions about European Programme in schools, universities, youth organizations, municipality,...; The volunteer to help to contact the partner, to organize the space, to create the material to promote the session, to contact the participants, to organize the space and material, to upload the website and facebook, to share the volunteer experience and make montly documental activities;
- European Youth Opportunities: The volunteers will help the staff promote a different international project (they will contact partners and participants, promotion and prepare a project, to upload the website and facebook, to share the volunteer experience and make documental activities.
- Local Community Support: The volunteers will help the Check-In team in different activities we will develop for the local community in different fields.
- Personal project: The volunteers will have opportunity to organize a personal project inside of the aims of the project and the Check-In Association.

During on arrival training, organize by Check-IN we will planning all activities for the project.

BUDGET

You will receive: 150€ Food Money + 155€ Pocket Money. Monthly allowance of the participant will be receiving between the 1st and the 4th of each month. The volunteer needs to give all financial documents to the Receiving Organisation, between until 25 of the months before. This amount can change it, because depend of your sending organization.

TRAVEL

The sending organisation is responsible to support the travel to Lisbon Airport and after Check-IN support the volunteer to Beja.

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ACCOMMODATION

The volunteer will be hosted in Residents of Students. We provided to the volunteer an apartment totally equipped (washing machine, dishware, sheets, blankets, towels, bed clothes for the entire period of the project) with double with fully equipped kitchen, toilet, laundry facilities and living room. The volunteer will share apartment with people for the same gender and have a double room in this apartment with other volunteer.. You don't need to bring anything to the rooms and kitchen.



PORTUGAL - HISTORY

A piece of land planted in the edge of the ocean. Previous called as Lusitânia (from latin Lux Citânia - meaning the Land of Light), Portugal traces its national origin to 24 June 1128, with the Battle of São Mamede. Afonso proclaimed himself first Prince of Portugal and in 1139 the first King of Portugal. By 1143, with the assistance of a representative of the Holy See at the conference of Zamora, Portugal was formally recognized as independent, with the prince recognized as Dux Portucalensis. In 1179 Afonso Henriques was declared, by the Pope, as king.

CULTURE

The most famous part of the portuguese culture is Fado (it means Fate), a type of music that is conected to the word without translation, Saudade (a mix between melancholy, sadness, missing something or somebody, love, emotion and feelings). It's considered Intangible Cultural Heritage, by Unesco. The most famous fado singer was Amália Rodrigues. Nowadays new names and ways of singing fado are appearing, like Mariza, Ana Moura, Carminho, among others.

Promoter:



Co-Funded by the:



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BEJA

This municipal area of Beja counts with 35854 inhabitants. It's located in Alentejo region. Beja was already an important place in antiquity. Already inhabited in Celtic times, the town was later named Pax Julia by Julius Caesar in 48 BCE, when he made peace with the Lusitanians (people from Lusitânia). It's this city that will welcome you all and be the stage for this project.



LANGUAGE COURSE

During the project the volunteer will have all material and 6 hours per week to study Portuguese on OLS (**Online Linguistic Course** - <http://erasmusplusols.eu>)

Some links you could learn by online:

- [Easy Portuguese](#) - a collection of lessons in Brazilian Portuguese. Audio files available. Lots of adverts though!
- [BBC Talk Portuguese](#) - an introduction to basic vocabulary for tourists, covering a mixture of Brazilian and European usage.
- [Basic Portuguese Language Tutorial](#) - mostly vocabulary lists, but also some short grammar lessons. Brazilian and European alternatives are given, but it is not always made clear which is which.

LANGUAGE

In Portugal people speak Portuguese. The locals (mostly youngsters) speak English, but they appreciate that you make an effort to speak Portuguese. Here are some expressions or phrases to help you at the start of your stay:

Olá - Hello \ Bom dia - good morning Obrigado - thank you
Desculpe - Excuse me / sorry Fala inglês? - Do you speak English?
Café - Coffee Cerveja - Beer Adeus – good bye

FOR THIS PROJECT YOU NEED TO BRING:

- Heath European Card
- CIGNA insurance (responsibility your sending organisation)
- Test for Covid-19 to entrance in Portugal and some declaration
- Postcard for Check-IN SPOT :-)
- Some traditional food or drinks for international snack!
- Good energy ;-)

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ONLINE MEETING

After select all participants, we will have a group online meeting in June.

TEAM:

António Gomes (Project Coordinator)

Carolina Silva (Contact person)

We wish you a wonderful time in Portugal!

Até já \ see you soon ☺