

# Guide for Volunteers

## VESSEL

**Volunteering as an Engine for Solidarity, Social Engagement and Learning opportunities**



**- EUROPEAN SOLIDARITY CORPS -**

## *Dear future volunteers,*

We are super motivated and eager to welcome you to our second home – MOJU. It is a place where we not only work, but share ideas, knowledge, experience, skills, have fun, realize our plans and visions.

Until now MOJU has hosted several generations of international volunteers under the previous European Voluntary Service and the new European Solidarity Corps.

During your international volunteering you will have a multitude of opportunities to evolve and develop yourself at different levels. Every day brings new challenges, situations to handle and chances to meet a mosaic of cultures and personalities, offer to the community your knowledge and skills, while at the same time receive more knowledge and fun in return.

As you are expected to stay for a year, do not be worried about getting homesick – it is a normal temporary stage when abroad. It is important to note that you are not going to be alone and you can always count on us for moral support and advice. Do not focus on trivial things and be ready to embrace this experience and what it has to offer. The local community is pretty much familiar with our work, so acceptance will surely not be an issue, which means in short time you will feel part of it.

That is why our former volunteers wanted to share their experience in a few words...

*A message from our  
Volunteers of  
2019-2020*



## Spasyiana, Bulgaria:



"I learn a lot every day by working with MOJU's children; they give me the motivation to wake up with a smile every day since I arrived and to improve myself constantly.

With absolutely no doubt, this year gives me the opportunity to attend the best school of life and for sure will remain as one of the most important years in my life."



## Oleg, Lithuania:



"For a year of living abroad, coming from a working class background it is quite a relief and an opportunity to recharge my will to cooperate with others in all possible ways, to appreciate other things in life, rather than to work 10-12 hours a day and have so few moments to have time to learn by myself and from others, see something I would have passion and interest for."



## Quentin, France:



"Outside of work, the experience never stops. Every morning is a new adventure. I travelled a lot in the last months in Portugal and beyond, I discovered so many new places, atmospheres, food and love.

I am very grateful to be here. I could talk more about all the details of my life here, what it is like to live in Olhão, about the

culture shock and all that stuff, but I would recommend you to try it for yourself!

Nothing is black or white, but sometimes your life changes with a small, unannounced decision. Just take it! "





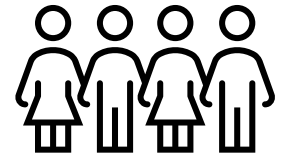
## Introduction to **MOJU**: who we are and what we do

MOJU is a youth organization founded by a group of young people who strongly believe in the importance of youth participation in society. It is a non-governmental organization which works at three levels: local, national and international. As such, MOJU is a member of the Federation of Youth Organizations of Algarve, of the National Federation of Youth Organizations and of YEU – *Youth for Exchange and Understanding*.

In short, MOJU's objectives are the following:

- Encourage and stimulate youth participation in society
- Develop activities in the field of inter(culture), education, sports, environment that aim at global youth development
- Promote debate and spreading information on youth's needs and aspirations, in terms of contributing to the development and implementation of local policies
- Promote gender equality, citizenship, social inclusion and non-discrimination
- Contribute to youth mobility as a tool for personal and professional development, as well as to the promotion of intercultural dialogue
- Promote equal opportunities through providing training to socially engaged citizens
- Cooperate with public and private entities, national or international, aiming to develop and implement the aforementioned objectives.





## Mais Sucesso & Academia Jovem de Olhão

'Mais Sucesso' (More Success) is a government-financed project on social inclusion, which initially started in 2010, where 'AJO' ('Academia Jovem de Olhão') started in May 2019.

Within the Projects, we develop the following activities:

- Playroom – a space for recreational and pedagogical activities where any young person can play games, listen to music and read books
- CID – Centre of Digital Inclusion where young people can carry out tasks, surf the internet, play games online
- Individual Mentoring Office – space aiming at developing and monitoring school-related and professional activities of young people
- Educational support – support homework with the aim of combating educational underachievement and early school dropout
- Non-formal education workshops with the aim of attaching importance to education and promote reflection on behavior, values and attitudes
- Training and mentoring – teachers' training at the level of school tutoring
- Tutoring with the aim of combating school absenteeism and focusing on the importance of schooling in children's/young people's lives
- Psychosocial support – aims at encouraging young people in the development of their psychosocial competences
- Parental Education – whose goal is to provide support to parents in the educational process of their children (part of the program "+family, +child")
- Parental support – maintaining regular contact with the families in order to combat family breakdown
- Sports activities for young people
- Arts Atelier – whose objective is to encourage children and young people to do arts and crafts expressing themselves and their emotions
- Holiday activities – conducting a variety of activities during school breaks (going to the beach, pool, visits, mentoring, thematic workshops)
- IT trainings – certified training for children and youth
- Employment – a space whose objective is creating resumes and looking for jobs on the Internet

## Gabinete de Inserção Profissional (Help Desk for Employability)

This Help Desk is the result of a partnership between MOJU and the Center of Employment and its goal is to help unemployed young people and adults in the labor market, in close cooperation with the local Centers of Employment.

## School holiday camps

MOJU, as an organization, is authorized to implement activities as part of school holiday camps in order to promote healthy lifestyle during school breaks.



## Training courses

Conducting certified training courses in partnership with various entities, on different topics.

## Other activities

MOJU is an accredited organization within the European Solidarity Corps, a program financed by the European Commission whose primary aim is to promote youth mobility at international level. This means that MOJU is authorized to receive, host and send young people to participate in volunteering programs at international level. Moreover, we are members of various NGOs, national and international, thus organizing and participating in international youth exchanges and training courses. It promotes initiatives within the field of volunteering, volunteering camps, international work camps and leisure. Last but not least, cooperating with other entities, MOJU organizes events such as 'Abril Bandas Mil', 'Olhares', Youth Week and celebration of holidays such as 'São João' and 'São Pedro'.







## Our vision

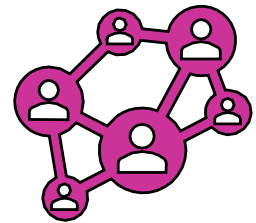
MOJU is an idea envisaged by a small group of youths who believe in the strength of other young people. It grew and developed from the dreams of many more and represents the potential to attract and strengthen youth in order to construct a better society. Aware that this task is not easy, we seek to achieve values such as professionalism, engagement, and above all, the belief and the ambition that it is possible to construct a better society for our youth.

We strive to stimulate active participation of the local youth, creating activities and focusing on key topics that are of great importance for our society, while at the same time, our organization has been a space for building great, long lasting friendships and partnerships.

Our motto – “**MOJU, SOU EU E ÉS TU**” - reflects the importance that each one of us has in MOJU.



## Our team



MOJU's team is composed by the following staff and regular collaborators/volunteers:

- 1 Full-time collaborator, with a degree in Psychology, working for the seventh generation of "Programa Escolhas", with a long experience working with young people with a disadvantaged background in the community of Olhão;
- 1 Part-time and 1 Full-time social animator, being the bridge for the integration and reach out of more youngsters with fewer opportunities into our local activities;
- 2 Full-time social youth workers, with a degree in Social Education, responsible for pedagogical activities aimed at the promotion and social inclusion of young people at risk excluded or in socially vulnerable situations;
- 1 Full-time employee, trained in economic sciences, responsible for the Office of Professional Insertion in partnership with the Portuguese Institute of Professional Training and Employment where she develops several activities in the area of employment, highlighting actions to support the active search for employment and the development of entrepreneurial attitude;
- 1 Full-time collaborator, with experience in the management of long-term projects, coordinating "Academia Jovem de Olhão" - project financed by "Inovação Social" program;
- 2 Full-time and 1 Part-time employees, with a degree in Psychology and Neurology, working for the project "Ser Mental", financed by "Inovação Social", which objectives are to create a community-based specialized network intervention service which, in partnership with entities with competence in children and youth, aims to prevent early risk situations in children and young people and promote mental health in childhood and adolescence, in order to capacitate and provide psychological support to the children and teenagers coming from minority groups;
- 1 Full-time employee, with experience and training in Non-Formal Education, coordinating volunteers of the program "European Solidarity Corps" and managing international projects.
- Several specific collaborators, in different areas, such as dance, music, cinema, sports, plastic arts, painting, drawing, environment, among others;
- Several volunteers, members of the Association, involved in all MOJU's activities, their planning, coordinating and evaluating.

This staff works in close cooperation in order to promote exchange and cooperation between local, regional, national and international associations; to promote and organize (inter)cultural, educational, social and sportive events; to organize workshops, conferences, seminars, training courses and meetings; to develop and implement projects with community intervention; and to provide services as part of the Association objectives.

## International Volunteering @ MOJU

In terms of the International Volunteering we started our experience in 2012 in the previous EVS program and our expectation is to continue in the new European Solidarity Corps program, in order to send and receive volunteers that work and to work in our Association.

The person in charge of the International Volunteering Program of MOJU have considerable experience in these actions because she was also a volunteer herself, in the previous EVS program as well as in Erasmus+ projects, as a participant/trainer/facilitator and coordinator. She also has the experience of other types of long and short-term volunteering projects, meaning that she knows how it is and what a volunteer expects and fears in this kind of projects. Apart from it, we have a team of youth workers that are used to the international environment of our organization therefore, they will be supporting you to integrate in the team.



## Our Social Media

### MOJU

<https://www.facebook.com/moju.olhao/>

[https://www.instagram.com/moju\\_olhao/](https://www.instagram.com/moju_olhao/)

### Volunteering in MOJU

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

<https://www.instagram.com/mojuvolunteers/>

### Project 'Mais Sucesso'

<https://www.facebook.com/maissucesso7g/>

<https://www.instagram.com/maissucesso/>

### Project 'Academia Jovem de Olhão'

<https://www.facebook.com/academia.moju/>

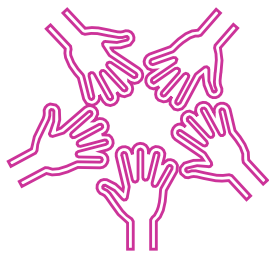
[https://www.instagram.com/academia\\_moju/](https://www.instagram.com/academia_moju/)

### Project 'Ser Mental'

<https://www.facebook.com/SERMental.Moju/>

<https://www.instagram.com/sermentalolhao/>





## Project description

VESSEL is a long-term International Volunteering project with several volunteers, involving one hosting organization (Portugal) and different sending organizations from several countries. The volunteers will be placed for a maximum **12 month period in the southern**

**Portuguese city of Olhão**, where they'll have the opportunity to experience a totally different culture and way of living, to learn and experience new things, and to use the knowledge and experience gained in their countries so that they can act as a liaison between partner organizations. The volunteers will be involved in the activities and projects developed by the hosting organization and will be encouraged to develop and implement their own projects/ideas.

The project will promote young people's active citizenship in general and European citizenship in particular since living and working abroad will be an important learning experience in itself for the volunteers. Also, the contact with the local youth will allow the discussion about the European values with persons from different backgrounds and realities, but also will be a chance to promote changes in different areas and different topics. In terms of specific objectives for youth under the Erasmus + Program, VESSEL will help to improve the level of skills and key skills of young people, including the disadvantaged, promoting intercultural dialogue, social inclusion and solidarity, particularly through creating opportunities for mobility for learning purposes.

Complementing will help to improve the quality of youth work by strengthening the cooperation between youth organizations. In terms of priorities, the project will enable the development of basic and transversal competences such as entrepreneurship and multilingualism, and will raise awareness of European citizenship.

We intend to privilege the development of the volunteers' personal skills and create learning opportunities, both based on non-formal methods, through tutoring sessions to introduce the volunteer to the organization and to provide them with the necessary skills to carry out their tasks, through direct contact with the community, the culture and the language. At the same time, the service of the volunteers will bring a strong value both to MOJU and to the community in general, through the direct results of their work for and with the local youngsters and through the different points of view that they will bring.

## Specific *tasks* to be delivered by the *volunteers*:

- Support the development of activities for youngsters, which will involve the preparation of group dynamics, team building activities, cultural activities, sport activities, and others, always in articulation with the association's team;
- School support, where the volunteers will have the chance to have direct contact with children and organize several outdoor activities;



- Promotion of games and activities for youngsters during school breaks;



- Work at the social living room of MOJU's head office, which is open to children and youngsters from Monday to Sunday, where the volunteers can help in the organization of the space, in the organization of activities for the holidays related to special events, in the organization of sports activities and in the creation of new activities, among others;
- Support in the international relationships, helping the team in the organization of international trainings for cooperation of people from different nationalities in various subjects, youth work camps, for the promotion of volunteering in various subjects and international training and exchange programs;
- Office support in international level, making contacts with international partners.

## Volunteers' profile



The volunteer's selection process is intended to be transparent and open to all involved. No preference regarding study areas, gender, or ages between the limits of 18 to 30 years old.

However, a special concern is taken on the analysis of volunteers' **experience in working with children and young people with fewer opportunities and at risk of exclusion**, since these will be the main goal of the proposed activities. The fact that the volunteer has some experience linked with youth associations is seen as positive for the development of the activities/ projects, although it isn't an exclusion point for the decision. The most important is that the volunteer shows willingness to implement the proposed activities/ projects with motivation and initiative to develop their own ideas!

### **A good level of English is necessary for communication with colleagues.**

The information on the project will be published on the international database of European Solidarity Corps. At the same time a call for interested volunteers of partner organizations will be launched. Then, volunteers (with support from the Sending Organization, will supply a Curriculum Vitae and a Motivation Letter in English, for a preliminary analysis of the application.

**Very Important:** In order to be selected to participate in the project, the candidate needs to be part of the international database of the European Solidarity Corps.

## Working hours



The volunteers will work 5 days per week for a maximum of 35 hours. Weekends are free, except for some events that may take place during weekends. In such a case, the volunteers will be compensated with a day off during the week.

Moreover, the volunteers, according to the Activity Agreement have 24 days off during the year, or 2 days off per month.



## Accommodation



MOJU as a hosting and coordinating organization is responsible for providing the volunteers with accommodation in a safe environment. The volunteer will live in a furnished rented flat shared with other volunteers, close from the office and not far from the center of the town. The flat contains all the necessary amenities and is divided in different rooms, kitchen and bathroom. The volunteers will have their own bedroom or share it with another volunteer, a shared kitchen and bathroom.

## Food allowance and pocket money



The house where the volunteers will live have a kitchen that can be used. A monthly contribution for food will be given to every volunteer in the amount of 130 Euros.

The volunteer will receive during his stay in Olhão, a monthly pocket money. The amount is stipulated by European Solidarity Corps and is equal to 150 Euros. The Coordinating Organization will be responsible to pay the pocket money at the end of each month.

## Travel Costs

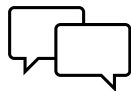


For travel costs, there is contribution based on the travel distance per participant from their place of origin to the venue of the activity and return.

Before completing the purchase of the ticket (just one-way) volunteers or the Sending Organization will have to contact us, we will give the authorization to go on with the purchase of the ticket. Reimbursement of travel costs will only be done upon presentation of the original tickets with boarding passes and receipt/invoices.

Reimbursement will be done in EUR, regardless of the currency indicated on your ticket and receipt/invoice.

## Language Course



Volunteers are welcome to learn Portuguese before and during the project. Before coming to Portugal, volunteers can practice using several online tools (Drops, Babbel).

Before coming, each volunteer will receive an email by Online Linguistic Support (OLS) with the link for the "Assessment Test". After filling it, each volunteer will receive another email to start the online course provided by Erasmus+ ([http:// erasmusplusols.eu/](http://erasmusplusols.eu/)). OLS will be the official tool to use to learn Portuguese during the Project. Two weeks before the

end of the project, each volunteer will receive an email with the final linguistic test to fill, in order to receive the final level of Portuguese.

Since the project activities require work and communication with other people, it is necessary and important that the volunteers try to speak in order to perform their duties. For that purpose, there will be 3 hours of Portuguese Lessons per week.

## Insurance

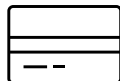


Volunteers from EU countries have or apply for the European Health Insurance Card.

Instead of and/or in addition to the European Health Insurance Card, the volunteers are medically insured – including third party and accidents - by the European Commission Erasmus+ Insurance called Cigna insurance.

Sending organizations will register you for this insurance. Please read carefully the insurance guide in order to get informed on what it covers and what it doesn't cover.

## European Youth Card



Besides the insurance, every EVS volunteer is supposed to get a European youth card. What does this mean? Basically, as an owner of this card you can obtain numerous discounts on culture, accommodation, transportation, food and more. In order to get the card, you need to be first registered with the health insurance by the sending organization. If the registration has been done in advance, it may be sent to your sending organization. If, however, you were registered two weeks before your service starts, then the card is sent to your hosting organisation.

**For more info, please visit:**

<https://www.eyca.org/volunteers-card>

**Also check information about other discount card for Erasmus and ESC volunteers:**

<https://esncard.org/>

## Other additional useful information

### About Portugal

Portugal belongs to the Western Time Zone (GMT +1)

- Residential electricity is 230V, 50 Hz
- The dialing code is +351
- Portugal uses the standard European 2-point socket
- Tap water is potable.



### Mobile networks

Once you arrive, we recommend that you buy a Portuguese sim card. The Portuguese mobile phone networks are: Vodafone, Nos, Meo, Lycamobile.

Links to their websites:

- <https://www.vodafone.pt/>
- <https://www.nos.pt/>
- <https://www.meo.pt/>
- <https://www.lycamobile.pt/por/>



## Some information about *Algarve and Olhão*



As Olhão is situated in Algarve, let us first give you some facts and information on it. It is the southern region in Portugal famous for its sunny weather, with more over 3000 sunny hours per year, beaches, tourism, surfing, delicious seafood, islands, caves, hiking trails and unique landscapes. The capital of this region is Faro being the largest city. The total population in Algarve is 451,006. Apart from Faro, other famous cities visited by tourists are Lagos, Albufeira, Tavira, Portimão and many more. Because of its mild weather, Algarve is a tourist destination not only in the summer, but throughout the year, so it's no wonder that there are tourists even in November and December. Getting around this region is quite easy because there are good train and bus connections and another advantage is that young people and students get discount on public transportation tickets.



Olhão is located just 10 minutes from Faro by car. It is in fact the largest fishing port in Algarve. This city, whose population is 45,396, is also famous for its houses built in Moorish style. Algarve used to be under Moorish occupation back in the 8th century so the marks that the Moorish people left are still present.

Right by the port, you will find Olhao's landmark: its two markets: the fish market and the one of locally grown fresh fruit and vegetables. As it is known for its fish so this market is the best place to get fresh fish and seafood. Around the markets there are lots of cafés, bars and restaurants. The islands of Armona and Farol/Culatra are just 30 minutes away by boat. Olhao itself doesn't have a beach because it is on the Ria Formosa lagoon system. But that is why the above-mentioned islands are heaven on Earth, a true paradise whose beaches boast blue, clear water.

Another thing in Olhão that catches the eye of tourists is the Legends Way or Caminho das Lendas. This represents a short trail through Olhão's small and narrow streets which if you follow, you will see several sculptures and thus discover the amazing legends.

## How to get to Olhão?



»»»» The closest airport is in Faro, so getting to Olhão is quite simple. Shuttle buses from Faro airport to the city center run every 20 minutes, once you arrive in Faro, you can reach Olhão by train, or by bus.

**Check the shuttle bus schedule here:**

<https://www.proximo.pt/pt/>

**Faro – Olhão bus schedule:**

<https://eva-bus.com>

**Faro – Olhão train schedule:**

<https://www.cp.pt/>

»»»» If you happen to arrive at Lisbon airport, again you have two options to come to Olhão: by train or by bus.

### **Lisbon – Olhão bus schedule:**

<https://rede-expressos.pt/tickets>

### **Lisbon – Olhão train schedule:**

<https://www.cp.pt/passageiros/pt>

»»»» Another option, though not so common, is to arrive at the airport of Seville. It may sound a bit strange, but in fact it takes three hours to reach Olhão, more or less the same time if you come from Lisbon for example.

### **Seville – Faro bus schedule:**

<https://www.alsa.com/en/web/bus/home>

## **What to bring from home?**

One year is a long period of time. We advise the ones that tend to get a bit nostalgic to get some things that usually cannot be found outside of their home country. As for clothes, even though winters can be mild, do bring warm clothes. You can also bring with you some basic pills and medication such as paracetamol, aspirin, or ibuprofen. And last but not least, motivation and willingness to get out of your comfort zone and experience something new and different.

**Até breve!**

**See you soon!**