

BE ACTIVE - MOVE!

A realistic, 3D-style globe of the Earth is centered in the image, showing the continents of Africa and Europe. The globe is surrounded by the text "BE ACTIVE - MOVE!" in a large, green, hand-drawn font that curves around it.

|| Theme of the evs

The Portuguese Red Cross Youth hosts four young volunteers from 1st March 2016 to 28th February 2017 in the city of Braga and in the village of Prado (Portugal) in a project called: "B.A.M! Be Active - Move!".

During 12 months, these volunteers will carry out different activities that aim to foster solidarity in children and youngsters, not only amongst themselves, but also towards every human being, regardless of nationality, gender or race. Volunteers will carry out activities in order to work effectively in the social inclusion of children and vulnerable young people living in Bairro Social de Santa Tecla (a problematic district) and Vila de Prado which is a small village near Braga in which they will be working with children and youngsters from the Roma Community. They will also collaborate in a social shop, Ponto Vermelho that aims at helping needed families and fighting poverty. The volunteers can also help in the International Cooperation area and other fields as Design, Marketing and Communication.

All the activities will deal with topics that are of prime concern in the youth field: health promotion and education, such as eating habits, alcohol and drug abuse, or promoting physical activity. They will also promote school inclusion especially through digital skills. Volunteers will promote actions in schools; develop leisure activity; develop and help organizing sports and learning activities during holidays but also during school time.

|| BASIC INFORMATION

Project Title: B.A.M! Be Active - Move!

Duration: 01.03.2016 – 28.02.2017 (12 months)

Location 1: Braga, Portugal

Location 2: Vila de Prado, Portugal

Hosting Organization: Cruz Vermelha Portuguesa - Delegação de Braga (2015-1-PT02-KA110-002658)

Participants: 4

Person in charge: Cintia Passos

E-mail: jcv.inaction.brg@gmail.com

Eligible countries: Italy, England and Bulgaria

Financial conditions: Food, accommodation, language course, local transport and pocket money will be covered by the Host Organization. 100% of travels costs will also be reimbursed by bank transfer according to the maximum budget approved by European Commission for every country

Target group: Between 17-30 years

Working language: English. Knowledge of the Portuguese language is welcome.

|| general TASKs OF THE VOLUNTEERS

- Take part in all the activities supporting the work of the professional team and the local volunteers
- Propose their own ideas and initiatives

You can find more information about the environment, the activities in EVS database under this reference number (EI Ref: 2015-1-PT02-KA110-002658)

|| GENERAL PROFILE OF THE VOLUNTEERS

- between 17-30 years
- genuine interest in social and educational issues
- motivated, flexible and reliable
- ability to work in multi-lingual/multi-cultural environment
- should be interested and predisposed in working with vulnerable and disadvantaged young people and children, with particular emphasis on Roma young people
- able to work in a team environment but also able to take his/her own initiatives
- genuine interest in being useful to others rather than the will of "adventure"
- should be responsible, creative, curious, open-minded
- should have good communicative skills
- creating empathy with children and young people
- able to support and stimulate different types of leisure activity, from indoor to outdoor activities
- competences in artistic expression
- experience on sports or music field is very welcomed
- true will to overcome the language barrier and learn portuguese

Specific Profile of the Volunteers

| BRAGA | PRADO |
|--|--|
| <p style="text-align: center;">3 VOLUNTEERS</p> | <p style="text-align: center;">1 VOLUNTEER</p> |
| <p>PROFILE 1</p> <ul style="list-style-type: none"> ➤ working in the design & communication field ➤ supporting the project teams with marketing and creative products/ideas ➤ taking & editing photos, creating videos | <p>PROFILE 4</p> <ul style="list-style-type: none"> ➤ desire to work with youngsters, especially those from social and economically disadvantaged backgrounds or from ethnic minorities ➤ communicative and creative skills ➤ able to run workshops for adults ➤ proactive, with a critical and multicultural sensitivity ➤ good manual ability, arts and crafts for developing ➤ different workshops with young people and children ➤ should have initiative skills to support the professional team to cooperate with Municipality |
| <p>Profile 2</p> <ul style="list-style-type: none"> ➤ working on international field (Erasmus+) ➤ supporting the JCV in Action group with project ideas, project management, project implementation and event organization ➤ ability to solve basic problems and provide flexible approaches ➤ should be accurate and precise ➤ should be able to work with MS Office tools ➤ desirable knowledge of Non-formal Education approaches | |
| <p>PROFILE 3</p> <ul style="list-style-type: none"> ➤ Organising fundraising activities and events – recruiting and working with existing volunteers to cover events; ➤ Promoting fundraising events by writing news releases and working with the media; using social media; using and improving / increasing contacts; organising mailings to poster sites; emailing and calling previous participants ➤ Researching local businesses with which to link in order to promote | |

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| <ul style="list-style-type: none">➤ Building relationships with external organisations➤ Administrative and logistical support of the fundraising team➤ Design and produce promotional materials | |
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|| SELECTION PROCEDURE

- You have to send us your **Curriculum Vitae** (CV) and a **personalized Motivation Letter in English** (motivation letters which are not related to this project will not be taken into consideration), the documents must be sent in **pdf format** and must be title:

Name – CV.pdf

Name - Motivation Letter.pdf

*All the information must be sent to longterm@cvs-bg.org until **15th of February 2016**, no exceptions!!*

*ARE YOU GOING TO MOVE
OR STAY BEHIND?*