

esc

4 EUROPEAN YOUTH GOALS



INFOPACK 2025 | BEJA

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Here you will find all the main information about the project ESC 4 EYG (European Youth Goals), which will help you understand the project. The logistics of the project will be sent to you one month before the mobility.

ESC 4 EYG (EUROPEAN YOUTH GOALS)

ESC 4 EYG (European Youth Goals) is part of the European Solidarity Corps Program and aims to boost the European Youth Goals through the direct involvement of volunteer activities by young Europeans. This project aims to involve volunteers in various forms of mobility, highlighting the power and enthusiasm of young people to promote positive change in Beja.

This project aims to support the European Youth Goals, but also to promote the personal and professional development of volunteers, equipping them with crucial skills for the future. The participants are anticipated to gain practical experience, expand their networks, and actively contribute to the social cohesion and well-being of European communities. As well as promoting active citizenship and solidarity, which are key to building a more united and resilient Europe, this project emphasizes the importance of inclusion, intercultural dialogue, and solidarity.

The project is supported by: Portuguese National Agency Erasmus +/Sport/CES.
Was approved with reference number: 2024-1-PT02-ESC51-VTJ-000225385

You could find more information about European Solidarity Corps in:
https://youth.europa.eu/solidarity_en

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PROFILE OF THE PARTICIPANTS

The volunteer should be self-motivated and willing to take on new challenges for their personal and professional life, ready to live a socially responsible and healthy lifestyle and open to working with people of different backgrounds and cultures. The ideal candidate is dynamic, versatile, flexible, with a good mood, self-initiative and adaptability, and has the ability to manage and solve conflicts in a creative way. They should be creative and interested in working with young people, enthusiastic to participate in the project, and mature enough to work and relate with other young people with fewer opportunities, developing activities with a strong sense of responsibility. Volunteers should be aged between 18 and 30 years old, and additional skills and interests that will be highly valued include digital marketing, artificial intelligence, video making and podcast production.

More news information about European Solidarity Corps:

https://youth.europa.eu/solidarity/young-people/volunteering_en

PROMOTER

Check-In – Cooperation and Development Check-IN Association – Cooperation and Development is a non-profit organization, founded in 2010, based in Beja and also operating from Lisbon, Portugal. It collaborates closely with public and private entities, actively participating in activities aimed at improving quality of life.

Our organization primarily focuses on youth and adult mobility, non-formal education, cooperation and development of organizations and individuals, and the overall sharing of knowledge through support of European cooperation initiatives.



We regularly collaborate with other organizations, municipalities, universities, and higher education institutions in Europe and worldwide. We have established partnerships and developed projects in countries such as Brazil, Tanzania, Nepal, Argentina, Mexico, and Peru.

Our goal is to promote lifelong learning opportunities, and encourage social integration, education for sustainable development, and social entrepreneurship. Our working methods are deeply rooted in European core values, including respect for human rights, democracy, gender equality, ecological awareness, intercultural tolerance, and solidarity among people.

Furthermore, we have a special focus on children, teenagers, youth, and adults with limited access to information due to geographical location, social and economic status, or other circumstances. Check-IN has been involved in urban areas and in setting up local projects in disadvantaged neighborhoods in Lisbon and Beja.

To achieve our goals, we organize a wide range of activities, from local to international scales. These activities include workshops, seminars, team-building activities, and training courses. We directly engage with KA1, KA2, and Sports projects under the Erasmus+ Programme; Europe for Citizens Programme; and Horizon 2020 Programme of the European Commission. Additionally, we establish short and long-term volunteering programs, such as those under the European Solidarity Corps Programme (formerly European Voluntary Service). We serve as a Coordinating, Sending, and Receiving Organization, hosting volunteers in Lisbon and Beja, and engaging in national volunteering, traineeships, and internships focused on Vocational Educational and Training (VET) in Portugal and abroad.

Since 2010, we have developed a broad network of organizations, foundations, institutions, and companies operating in various sectors and fields of activity.

Website: www.checkin.org.pt

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TASK

The volunteers will actively support the association's staff across various fields to benefit the local community and our members. They will engage in the following activities:

Volunteers will assist in revitalizing the Check-IN Eurodesk Infopoint by organizing the physical space, developing materials regarding European mobilities, updating the organization's website and Facebook pages, and creating a newsletter featuring opportunities and monthly documentary activities.

Volunteers will take an active role in the daily life of the association by applying their skills in digital marketing, artificial intelligence, video making, podcast production and social media management. They will design and facilitate workshops for young people on these topics, giving participants practical tools to express themselves creatively and to improve their digital competences.

In addition, volunteers will contribute directly to the growth of the organisation by sharing their knowledge with the team, supporting the development of new communication strategies, and training staff and other volunteers in the use of innovative digital tools. They will be involved in creating and managing content for the association's social media channels, website and other communication platforms, ensuring better visibility of ongoing activities and projects.

Whenever possible, volunteers will also take part in the promotion of the association at local events, helping with the organisation's visibility in the community. They will organise and deliver information sessions in schools to present European projects and mobility opportunities, encouraging young people to participate in international initiatives.

Volunteers will also have space to create their own initiatives, combining creativity, technology, art and community engagement. They may propose youth-led media projects, intercultural campaigns, or other innovative activities that respond to the needs of the local community while reflecting their personal interests and competences.

Through these activities, volunteers will not only support young people with fewer opportunities but also strengthen the organisation itself, leaving behind sustainable results and knowledge that will continue to benefit the association and the local community.

PROFILE OF VOLUNTEERING

The ideal volunteer is creative, proactive, and self-motivated, with a strong interest in digital media, technology, and youth work. They should be flexible, dynamic, and adaptable, able to work both independently and as part of a team, and comfortable interacting with young people from diverse backgrounds, including those with fewer opportunities.

Volunteers should have skills or a strong interest in digital marketing, artificial intelligence, video making, podcast production, social media management, and be willing to share their knowledge and teach these skills to the association's staff and members. They should be enthusiastic about designing and facilitating workshops, developing creative initiatives, and contributing to communication strategies that enhance the organisation's visibility.

In addition, volunteers should be mature, responsible, and open to learning, capable of managing projects, proposing innovative ideas, supporting the organisation in local events, school sessions, and

community engagement activities, and ready to take on tasks that may not be pre-defined but are necessary for the smooth running of the organisation.

The volunteer should be aged between 18 and 30 years old, motivated to gain new experiences, and willing to actively contribute to the growth and sustainability of the association, leaving a lasting impact on both the organisation and the local community.

PORTUGAL

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.



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**

Obrigado - **Thank you**

Fala inglês? - **Do you speak English?**

Cerveja - **Beer**

Bom dia - **Good morning**

Desculpe - **Excuse me / sorry**

Café - **Coffee**

Adeus - **Good bye**

BEJA

This municipal area of Beja counts 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.



PROJECT LOGISTIC

BUDGET

You will receive pocket money and food money (total of €360.00 for a 30-day month or €366.00 if the month has 31 days).

The volunteer needs to give all financial documents to the Receiving Organization, until the 25th of the months before. This amount can change because it depends on your sending organization.

TRAVEL DOCUMENTS

If the volunteer purchases only the ticket from Portugal, the reimbursement will only be made after submitting all the required documents together with the boarding pass.

There is no obligation to purchase both flights at the same time. The return ticket may be bought later, but the reimbursement will also only be made after submitting all the required documents, including the boarding pass.

Here the info to get to Sete Rios bus station from the airport:

- Attached you have the subways' map.

Buy the tickets on www.rede-expressos.pt



ACCOMMODATION

Volunteers will share the house with other volunteers in accommodation rented by the Check-IN association.

Each room accommodates a maximum of two people, and the house is centrally located.

The location offers great convenience, with easy access to educational facilities and restaurants. Additionally, the house provides a welcoming environment that encourages collaboration and cultural exchange.



FOR THIS PROJECT YOU NEED TO BRING

- Health European Card;
- Henner insurance;
- Postcard for Check-IN SPOT;
- Some traditional food or drinks for international snack!;
- Good energy.

ONLINE MEETING

After selecting all participants, we will have a group online meeting.

COMMUNICATION

We will create a WhatsApp group for better communication, where we will upload relevant information. The WhatsApp group link will be sent by email to all participants.

CONTACT PERSONS FOR EMERGENCY:

CAROLINA SILVA (Coordinator of ESC projects in Beja)

E-mail: volunteering@checkin.org.pt

+351.967741647

EMERGENCY CONTACT - Police, ambulance and fire department emergencies – **CALL 112**

**WE WISH YOU A WONDERFUL TIME IN
PORTUGAL!
ATÉ JÁ / SEE YOU SOON**

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CHECK-IN

Lisboa -Start UP Juventude - Campo Grande, nº 35, 2º andar. 1700-087 Lisboa
Beja -Casa das Associações, Rua Professor Janeiro Acabado s/n. 7800-506 Beja

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