

# **EVS PROJECT**

**Amarante, PORTUGAL • 5 JUNE 2018 - 4 JUNE 2019**



**“EVS: CHANGING TRADE, CHANGING LIFE”**

Organized by **EQUAÇÃO, CRL**

Hosted by **Casa da Juventude de Amarante**

Welcome to

## CASA da JUVENTUDE de AMARANTE



In 2008 Aventura Marão Clube, a local association with the aim to promote healthy lifestyles among youth, started to manage the local youth centre & hostel called Casa da Juventude de Amarante (CJ). It is a study case project in Portugal as they are the only private body in the country managing public equipments (usually managed by the state itself). So, they created an initial strategy based on following elements:

**SUPPORT LOCAL YOUTH INITIATIVES IN ORDER TO APPROACH YOUNGSTERS TO THEIR VALUES AND PROPOSALS;**

**DEVELOP MOBILITY AND PARTICIPATION PROJECTS UNDER EUROPEAN FRAME;**

**OFFER ACCOMMODATION AND FOOD SERVICES THAT BRING ADDED VALUE: HEALTHY FOOD, TRAINING FACILITIES, FAIR TRADE WORKSHOPS, EU INFO POINT, ETC.**



# EQUAÇÃO,

## COOPERATIVA de COMÉRCIO JUSTO, CRL

Equação, Crl was founded in 2006 by a group of associations connected to Fair Trade & settled in Northern Portugal. Our aim is to promote Fair Trade in Portugal by retailing fair trade products and raising awareness near the consumer (especially youth), schools, public entities and companies. Today Equação's main activities are:

**INFORM ABOUT/PROMOTE THE MAIN PRINCIPLES OF FAIR TRADE**  
(we do around 50 workshops in schools per year);

**RETAIL FAIR TRADE PRODUCTS IN PORTUGAL;**

**SUPPORT CO-OP MEMBERS IN FAIR TRADE SHOPS, MARKETS,  
CLUBS IN SCHOOLS, FAIRS AND EXHIBITIONS, ETC.**

**ORGANISE AND PARTICIPATE IN EDUCATION FOR SUSTAINABLE  
DEVELOPMENT PROJECTS**, involving partnerships at national and European level with the aim to produce information for young consumers attending to schools and for public authorities about topics like: Ethical Finance, Responsible Tourism, Healthy Food, Education for Consume, etc.

# The EQUAÇÃO, CRL TEAM

## Contact Information

If you find any problems during your stay,  
please ask for support in the reception.  
If you are unable to reach us, please contact:

**Miguel:** +351 913 051 999  
**Marcella:** +351 924 058 956

**Miguel Pinto:** *“I am a volunteer. That’s how everybody sees my life story. If in 1997 European Voluntary Service changes my vision of the world, in 2008 Casa da Juventude de Amarante turns to be the floor to achieve my dreams. My mission is now to offer to others all that Portugal and Europe gave to me until today. All around I am the boss for some, the father for others and the heart of this project for the rest. At least I hope so! Ah, the only thing I do not negotiate is my passion: tennis! Only if you dare to challenge me for a match...”*



**Marcella Serra:** *“I could tell you a lot of things but I will try not to be like the usual Italian. I’m an energetic girl and someone that needs to have always something to do! Although I’m not Portuguese, I do feel like one. My experience in Portugal began in 2015 when I started my European Voluntary Service in CJ. Since the first moment I felt at home and this helped me to give my best for the project. Today I’m working here at CJ and the transition from volunteer to youth worker was natural and harmonious - only possible when you find the right place for you. I love nature and if you want to make me happy... just invite me to take a walk at river-side! I like to surprise and be surprised... so let’s surprise each other! But, what I love most is to meet new people... because I believe all of you have something special to offer me.”*



# The EQUAÇÃO, CRL TEAM



**Cristiana Capecchi:** *“In 2016 I arrived in Amarante as EVS volunteer. In 2017 my life continued here as a youth worker: when we host projects in our youth centre I am mentor for the participants; when we have projects abroad I travel as group leader for Youth Exchanges or as representative of CJ. Sometimes the locals think I am Portuguese, but I still keep my Italian accent and I’m proud of it. I’m also proud of my strong character – the volume of my curls matches the multitude of opinions I have on every matter.”*



**Adriana Ivanova:** *“One of my favorite Bulgarian writers wrote about the similarity between Bulgarian and Portuguese people: both nations warm and smiling, but at the same time always a little bit melancholic. Maybe this is what inspired the curious drive within me which suggested that in Casa da Juventude de Amarante, and nowhere else, I should do my Erasmus+ internship. I am happy I followed this drive: after 7 months, my internship in Communication Office grew into work where there is always something new, challenging and creative to do.”*



## Bar and Reception Squad:

They will never leave you hungry! Professionals to their bones, you can normally see them in different combinations behind Bar do Girassol and the reception.





## CODE *of* CONDUCT



This code of conduct is a free will agreement and reflects the wish and responsibility of all partners/volunteers involved. Under this code of conduct we agree to respect Erasmus+ YA rules and that our partnership should be based on clear, accountable and honest communication processes. All partners/volunteers should be ready for compromise and to discuss obstacles and different points of view but always respecting fundamental values and principals and actively cooperating under deadlines and tasks.

# SHOW RESPECT

### for all other people on site by:

- Acting courteously to all people and respect different cultures and beliefs
- Behaving appropriately whether supervised or unsupervised
- Reporting any suspicious people or activities
- Understanding that aggression either verbal or physical will not be tolerated

### for the facilities by:

- Using all equipment considerately and carefully
- Smoking only in designated areas
- Using the waste bins provided and dropping litter
- Not willfully damaging or defacing property

### for the environment by:

- Keeping noise to a reasonable level and observing sensible sleep times
- Not harming or causing harm to animals, trees and plants
- Leaving the site in the same condition you found it

### for the program by:

- Being on time to start the program activities
- Not using the mobile phone during the project activity time
- Not being late for breakfast, lunch & dinner



# CODE *of* CONDUCT



## **Co-existence**

There may be a considerable number of different people from all over the world, including children, using the site at one period of time. Please follow the guide-lines given out by Equação, Crl. team and be considerate and respectful to other users of the site, including staff members.

## **Litter**

Be aware that littering is forbidden. Help the staff on site keep the area clean and presentable at all times. This includes the grounds, accommodations, working and eating room. Use the bins provided and notify the staff if you need assistance.

## **Smoking**

It is not allowed to smoke inside the building. There are dedicated smoking areas outside so please only smoke in these areas. Smoking is forbidden in the bedrooms.

## **Drugs & alcohol**

Drugs are not permitted at any Equação, Crl. project. If someone is found to be using illegal drugs there will be action taken. Alcohol is not permitted if under 18 and no alcohol in the rooms. Alcohol is allowed in social time in the group areas and in the bar.



## SERVICES



### Food/Meals

Food (breakfast, lunch and dinner) will be provided from Monday to Saturday (6 days per week) by our organisation at the youth centre (Casa da Juventude de Amarante) where we usually serve meals to our EVS volunteers (we run a bar & a restaurant there). Food is vegetarian (including also eggs, milk, seitan, tofu, mushrooms, etc.). Besides that we will give 35€/month to each volunteer to organize their own meals on Sundays (we pay according to invoices given by volunteers). If around, volunteers' guests should pay their own meals.

### Accommodation

Accommodation will be in an apartment or house (both in Amarante's city center and nearby our youth centre) where we usually host our EVS volunteers. These places are well equipped with rooms, bathrooms and kitchen. In some cases volunteers might have to share rooms (double rooms). Volunteers are allowed to have guests for free (accommodation) in a good sense basis and after agreement with the Hosting Organisation.

### Laundry Bike Renting

Laundry service will be available for free in the youth centre.

Wanna do some sports during your free time? You can rent us a bike! For prices and info please ask in the reception.

### Wi-Fi connection

The site (CJ) is a bit limited for Wi-Fi and Internet connectivity. The best connection point is the Bar/Reception area (Network **CJAMARANTE** and pass **CJAmarante#**). Free Wi-Fi is provided in the house/apartment of the volunteers.

### Venues

For more info about the Youth Centre please visit our website at [www.cj-amarante.org](http://www.cj-amarante.org) or speak to us directly ;)

The aim of the emergency evacuation plan is to ensure that all people are able to evacuate the building in a timely and safely manner.

**Emergency  
services  
number:  
112**

## If you discover a fire you must:

Leave the room you are in by a signed exit.

If you are the last person leaving and it is safe to do so, close the door of the room, do not stop to collect your possessions.

Immediately raise the alarm by operating the nearest fire call point and break the glass point.

Call the emergency services on **112**.

Give them details of where you are and in which building.

Call the Equação, Crl. responsible to report what you have witnessed.

Only attempt to extinguish the fire if it is safe to do so and trained to do it.



## ABOUT *the* PROJECT



The project "**EVS: CHANGING TRADE, CHANGING LIFE**" is a Learning Mobility activity for a group of individuals (EVS) involving 5 volunteers from **Czech Republic, Finland, Spain, Romania and Hungary** which will start at 5th June 2018 and end at 4th June 2019 (12 months). The theme is **International cooperation, international relations, development cooperation** (mainly promoting Fair Trade), **Youth** (Participation and mobility, Youth Work) and **Environment and climate change** (organic farming, local products, sustainable tourism, etc.). The Activity will take place in Amarante, where Equação, Crl has its headquarter and store/shop and will have the North of Portugal as range of action, mainly the cities where are located its local members (Amarante, Porto e Guimarães).

The main objectives are:

- (1) Raise awareness about Fair Trade principles and values (volunteering, solidarity, respect for diversity);
- (2) Support the campaign "Amarante sustentável" that stands for the promotion and consumption of local, organic and fair products;
- (3) Support Equação, Crl's local associates (AMC, Reviravolta and Cor de Tangerina);
- (4) Support project about sustainable tourism in the river Ôlo valley (mainly by implementing environmental awareness actions - nature and sports);
- (5) Raise the spirit of cooperation among youngsters and between them and the community, fostering the values of solidarity and mutual understanding between people from different cultures.

## Contacts:

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www.equacao.org

www.cj-amarante.org  
www.facebook.com/cjamarante  
www.instagram.com/casajuventude\_amarante  
www.youtube.com/cjamarante  
www.vimeo.com/cjamarante



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