

# CALLING VOLUNTEERS!



# INFOPACK

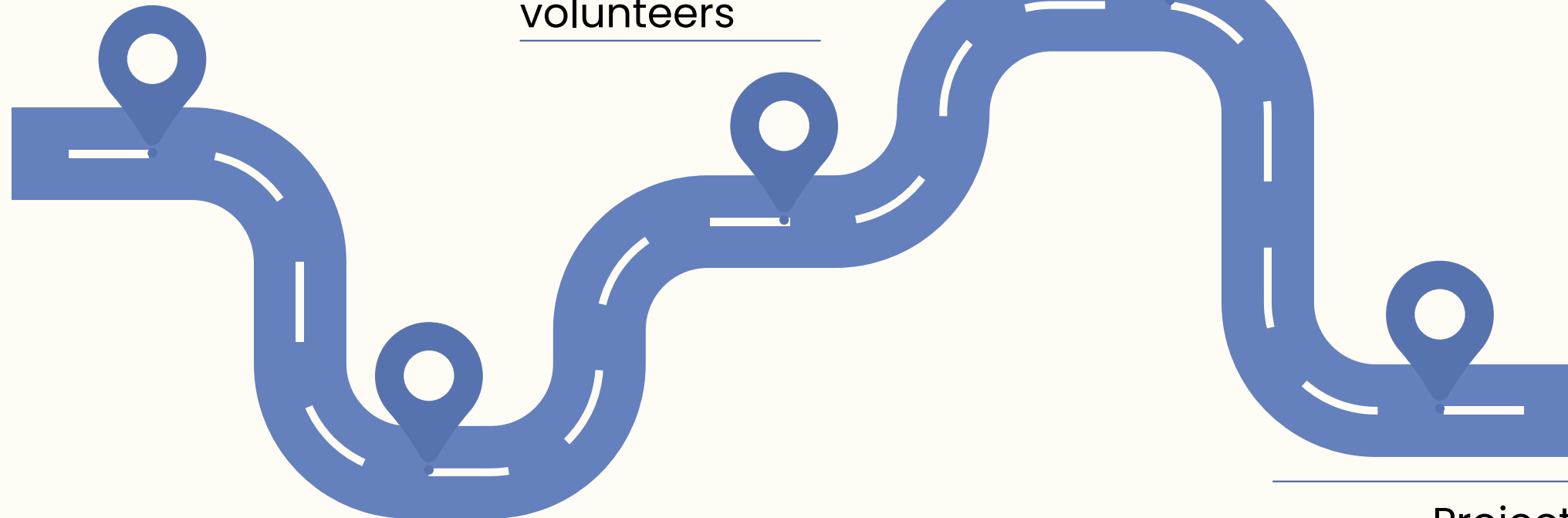


AGRUPAMENTO DE ESCOLAS TERRAS DO AVE

# LET'S DO IT

Calling  
Volunteers

European Solidarity  
Corps Portal



Selection of  
volunteers

Preparing and supporting  
volunteers

Application for  
volunteers

European Solidarity  
Corps Portal

Project  
implementation

Evaluation

## Who are we



The **Terras do Ave School Group** (in Portuguese - Agrupamento de Escolas Terras do Ave) is located in a small village, in the municipality of Vila Nova de Famalicão, in the north of Portugal. This city lies between larger cities such as Braga, Guimarães and Porto.

**Agrupamento de Escolas Terras do Ave** was created in the 2000–2001 school year and is currently made up of 9 schools, attended by 1503 students. It is part of the Educational Territory of Priority Intervention Programme (TEIP), as it is located in a rural area – Pedome.

## Who are we

**Agrupamento de Escolas Terras do Ave** has created a European Development Plan, which aims to be regularly, extensively and assiduously involved in international programmes and collaborations, involving students, teachers and other staff.



# Volunteering



Volunteering involves individuals dedicating their time and skills to support society, the environment, or other people, without seeking any financial reward.



Volunteers engage in initiatives connected to social, cultural, environmental, or educational causes, aiming to make a positive impact and improve their communities.



In addition to benefiting others, volunteering plays a key role in personal growth, strengthening social bonds, and offering meaningful experiences while contributing to the greater good.

# European Solidarity Corps

➤ This European Union programme offers young people between the ages of 18 and 30 the chance to take part in solidarity projects both inside and outside their own country.

➤ The European Solidarity Corps creates opportunities for young people to volunteer, work, or network in projects that benefit communities, both in their own countries and abroad. It aims to address societal needs while promoting the personal, educational, social and civil development of young people.

➤ The program brings young people together to create a more inclusive society, support vulnerable individuals, and respond to societal challenges. It offers an inspiring and empowering experience for young people who want to help, learn, and develop themselves.



# Team Volunteering

**Team volunteering** is an accessible and enriching form of volunteering in the European Solidarity Corps, ideal for those who want to contribute without making long-term commitments.

**Areas of intervention include:** environment, culture, social inclusion, digital technologies and humanitarian support.




## Advantages:

**Easy access** - ideal for those who can't commit for long periods but are looking for a solid group experience;

**Multicultural environment** - you live with young people from different backgrounds, which strengthens cultural understanding and empathy;

**Inclusion and diversity** - rules require international composition and integration of participants with fewer opportunities.

# Activity timeline and context

-  This activity will take place at main building, with the students between 10 and 14 years old.
-  Pedome, Vila Nova de Famalicão
-  10 a 24 de setembro de 2025

We believe that, by meeting and engaging in activities with the volunteers, our students will be more likely to take part in similar experiences in the future.

# What will you do as a volunteer



The volunteering activities will not exceed 30 hours per week.



Volunteers will carry out most of their tasks at our school, but they may also have the opportunity to collaborate with local social organizations nearby, such as H2Ave, Humanitave, and the local senior center. This will give volunteers a broader experience of community involvement and solidarity.



At school, volunteers will take part in the “Welcome and Empathy Week”, which takes place during the first week of the academic year. During this week, they will work with some classes to carry out group dynamics and team-building activities, helping students to feel more connected and supported as they start the new school year.

## What will you do as a volunteer



Throughout the project, volunteers are also expected to create and lead workshops or creative sessions for students. The topics will be flexible and should match the volunteers' own interests, talents, or areas of expertise – from arts and crafts to music, languages, environmental education, or digital skills.



Finally, we encourage volunteers to bring color and warmth to the school environment by proposing and implementing small projects to beautify the school – for example, through murals, decoration, or creative improvements that make the space even more welcoming for everyone.

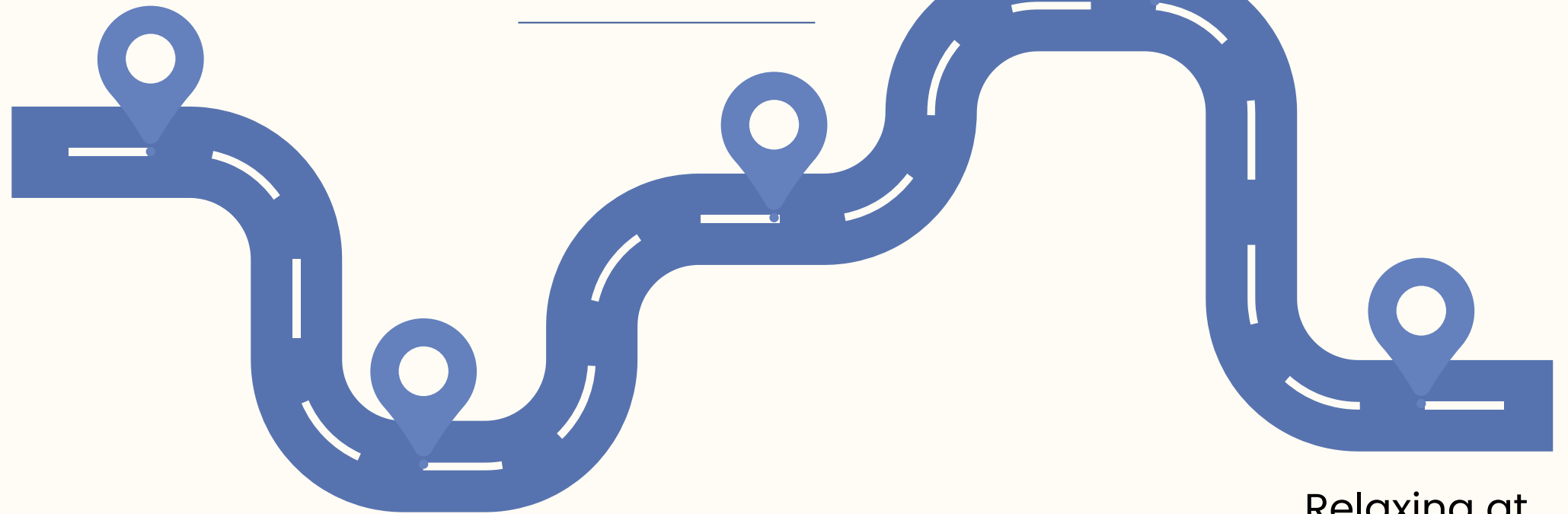
# Volunteer Profile

- Being culturally engaged, creative, active, and open-minded;
- Being team-oriented, responsible, and open to new experiences;
- Having sufficient English language skills to communicate effectively;
- Being solution-oriented, tolerant, organized, and compliant with organizational rules;
- Willing to volunteer in the community and take responsibility;
- Open to learning, training, and new experiences;
- Interest in working with children and youth.

# TRAVEL INFORMATION

Fly to  
Aeroporto of  
Porto  
(Aeroporto Sá  
Carneiro)

---



Bus from  
Guimarães to  
Pedome - Stop  
"Riera"

---

Walking a few  
minutes  
(aprox. 5m)

---

GetBus from  
aeroporto to  
Guimarães

---

Relaxing at  
home

---

## Travel

Volunteers will be reimbursed (upon presentation of original receipts, invoices, and tickets/boarding passes) the amount they spent on their travel from their original country (to start the project) and back to their original country (at the end of the project).

The reimbursement is only made for travels using PUBLIC TRANSPORTATION (e.g. airplane, train, bus)!

\*The maximum amount reimbursed to each volunteer will be calculated according to the distance between the volunteer's place of residence and the project site, according to the rates indicated in the table below.

Amount	Amount
For distances between 10 and 99 km: <b>28 EUR per participant</b>	For distances between 10 and 99 km: <b>28 EUR per participant</b>
Distances between 100 and 499 km: <b>211 EUR per participant</b>	Distances between 100 and 499 km: <b>211 EUR per participant</b>
Distances between 500 and 1,999 km: <b>309 EUR per participant</b>	Distances between 500 and 1,999 km: <b>309 EUR per participant</b>
Distances between 2,000 and 2,999 km: <b>395 EUR per participant</b>	Distances between 2,000 and 2,999 km: <b>395 EUR per participant</b>
Distances between 3,000 and 3,999 km: <b>580 EUR per participant</b>	Distances between 3,000 and 3,999 km: <b>580 EUR per participant</b>
Distances between 4,000 and 7,999 km: <b>1,188 EUR per participant</b>	Distances between 4,000 and 7,999 km: <b>1,188 EUR per participant</b>

\*We are available to purchase the trip and send it to the volunteer if it is in their interest.

# Insurance & Visa

## **EU countries:**

Health Insurance will be provided through European Health Insurance Card therefore it is mandatory to have a valid EHIC (European Health Insurance Card) for the entire duration of the volunteering project.

## **Non-EU countries:**

Free health insurance will be provided through Henner Private Insurance Company for the entire duration of the volunteering project. It is the volunteer's responsibility to take care of the Visa process and establish contact with the Portuguese Embassy in their respective country. All documents required to obtain the Visa will be provided.

# Accomodation

Volunteers will be accommodated in a private house owned by an elderly person, located very close to the school, allowing for easy walking distance to all activities.

The house has two floors and can host up to 10 volunteers, distributed as follows:

- 6 young people on the upper floor;
- 4 young people on the lower floor.

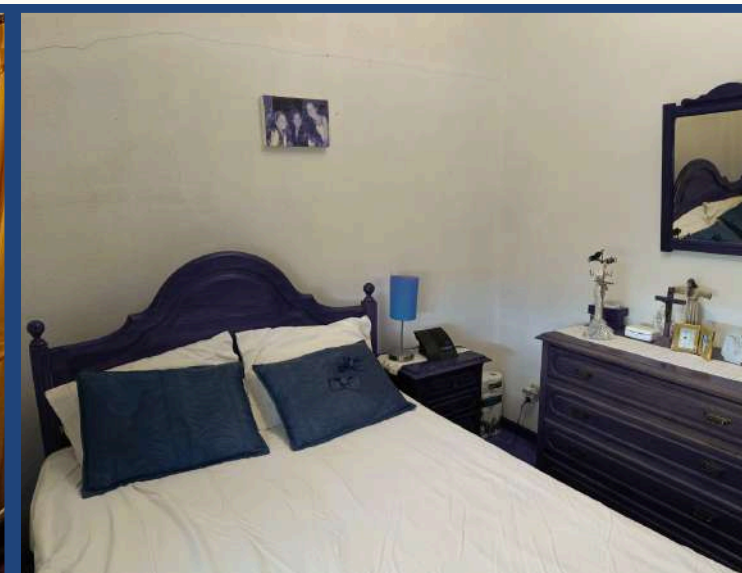


# Accomodation

Accommodation will be arranged in 4 bedrooms, each with a double bed, shared by 2 people per room. In addition, there is a living room with a sofa bed that can be used as an extra sleeping space.

Shared facilities include:

- A fully equipped kitchen, shared between both floors;
- Two bathrooms (one on each floor);
- A shared living room for relaxing and spending time together.



## Food and Pocket Money

Breakfast and Lunches will be provided at the school canteen on working days, ensuring that volunteers have access to a warm and balanced meal during their daily activities.

In addition, volunteers will receive a daily allowance of approximately 10€ which includes pocket money and food allowance. The payment will be made to the volunteers at the beginning of the activity.

Volunteers will also be given a school card, which allows them to purchase snacks at reduced prices in the school cafeteria, should they wish to do so.

# CONTACT US

## Emails

---

alberto.costa@aeterrasave.net  
elisa.carvalho@aeterrasave.net  
paulo.ramalhoto@aeterrasave.net

## Web Site

---

[www.aeterrasave.net](http://www.aeterrasave.net)

## Instagram

---

[https://www.instagram.com/ae\\_terrasave/](https://www.instagram.com/ae_terrasave/)

## Facebook

---

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

