



IMPROVE+ IMPROVING YOUTH EMPLOYMENT THROUGH VOLUNTEERING ACROSS EUROPE

UISEU - PORTUGAL





EVS experience will
increase their chances
of finding a job

An incredible opportunity
for developing the volunteers
both personally and professionally

Increase their employability
through their service

PROJECT DESCRIPTION

PROJECT DESCRIPTION

A high number of young people are now looking for solutions and answers. Some are finding them in internships, apprenticeships, job shadowing, local volunteering and, of course, in the European Voluntary Service. Youth's motivations for going on a Volunteering Service abroad are very diverse, but a lot of them hope that an EVS experience will increase their chances of finding a job when they return home. They spend months or even a year of their life in an EVS project at a critical time in their development, which makes EVS projects an incredible opportunity for developing the volunteers both personally and professionally. However, not many organizations have the capacity to make the most out of this potential.

The questions that we are raising are: How can we make our EVS volunteers increase their employability through their Service? Will these projects really help them improve their skills and employability? How can this happen? How can we make it easier?

For this we decided to develop the following training course with the following

OBJECTIVES:

1. Provide at least the possibility to youth workers active in EVS projects throughout Europe the tools and knowledge they need to improve the quality of their EVS projects in terms of raising the employability of their EVS volunteers and a framework for sharing best practices;
2. Improve the capacity of at least the involved organizations from European countries in implementing EVS projects and supporting their volunteers for increasing their employability levels;
3. Develop tools for a wide dissemination of the project results for providing EVS-accredited organizations (including project managers and youth workers) throughout Europe with applicable and hands-on approaches on raising the quality of their EVS projects in a way that will help their volunteers increase their employability.

When we talk about raising employability levels in this project we refer mostly to: developing transversal skills (communication, teamwork, initiative etc.), personal development (eg: learning to cope with emotions, pressure, deadlines, managing personal finances, living with others etc), professional development (eg: digital skills, working with different groups of beneficiaries, developing specific skills related to the tasks etc), entrepreneurship. Our project will pay a lot of attention to social inclusion in terms of how to provide support for volunteers with fewer opportunities (where the needs is the highest in terms of employability) and also on using digital tools for this aim.

TRAINING ACTIVITIES

The project foresees to develop 3 training courses pilot with a group of users from the target group (youth workers working with youngsters aged between 16 and 30 years old and especially accredited for EVS), from each partner country in the project. The added value for this training activity is to test the face to face learning and evaluate the results collecting possible improvement and changes that will improve the Tool-Kit. This training mobility is essential for the improve of the new methodology provided in this format. Only through this symbiosis "research-training-implementation" may be getting valid results that become in improved employability for the EVS volunteers. It is 7 days training in which activities that form part of the methodology will be tested and the trainers will be trained on its use in the classroom with the target groups.

The purpose of this activity is the development of three pilot training actions to improve the quality of organizations on EVS implementation focusing the employability of the participants. The short term joint staff training events divided has follow:

this training courses will give to trainers the opportunity to test new methodologies by learning the skills to manage EVS projects and more specific to manage EVS volunteers by enhancing their skills and their inclusion into the labor market.

Training on EVS nº 1 - Employability in EVS tools

- Rules, Values and VTET charter;
- Understanding Youth Unemployment: Causes, Effects, Solutions;
- EVS projects: Link to Employability
- Working towards Employability
- Tool Kit development

Training on EVS nº 2 - Identifying Needs on volunteers / Profile / Matching

- Identifying skills and learning needs of the volunteers;
- Personal development plans - tool creation
- Developing Initiative and entrepreneurship for the EVS Volunteers
- Digital Tools in EVS management and Volunteer Management
- Tool-KIT development

Training nº 3 - Quality system for EVS projects

- Stimulating European Citizenship in EVS projects
- Implementation of quality criteria for youth work;
- Implementation of quality criteria for preparation of EVS participants;
- Implementation criteria for follow up of former EVS participants;
- Tool-Kit development and public release

The main skills to be improved within the training courses will be the following:

A. Personal characteristics

- Optimism
- Vision
- Initiative
- Drive and Persistence
- Risk Tolerance
- Resilience

B. Interpersonal skills

- Leadership and Motivation
- Communication skills
- Listening
- Personal Relations
- Negotiation
- Ethics

C. Critical and creative thinking skills:

- Creative thinking
- Creative Thinking
- Problem Solving
- Recognizing Opportunities

D. Practical skills

- Goal setting
- Planning and Organizing
- Decision Making
- Knowledge



PARTNERS & PARTICIPANTS

Partners and Participants	
Partners	Participants
Adamastor – Associação Cultural (Portugal)	2
Mladiinfo Slovensko (Slovakia)	2
Asociacion Juvenil Intercambia (Spain)	2
Mine Vaganti NGO (Italy)	2
Tarptautinis Bendradarbiavimo Centras (Lithuania)	2
Associazione di Promozione Sociale Futuro Digitale (Italy)	2
Tepebasi Ilcesi Sosyal Yardimlasma ve Dayanisma Vakfi (Turkey)	2
Mykolaivska Miska Molodizhna Hromadska Organizatsiya "Iskra" (Ukraine)	2
New International Company of Live Arts (United Kingdom)	2
Eurocircle Deutschland e.V. (Germany)	2

FINANCIAL CONDITIONS

Financial Conditions	
Partners	Travel Grant per Participant
Adamastor – Associação Cultural (Portugal)	N/A
Mladiinfo Slovensko (Slovakia)	360€
Asociacion Juvenil Intercambia (Spain)	275€
Mine Vaganti NGO (Italy)	275€
Tarptautinis Bendradarbiavimo Centras (Lithuania)	360€
Associazione di Promozione Sociale Futuro Digitale (Italy)	360€
Tepebasi Ilcesi Sosyal Yardimlasma ve Dayanisma Vakfi (Turkey)	360€
Mykolaivska Miska Molodizhna Hromadska Organizatsiya "Iskra" (Ukraine)	360€
New International Company of Live Arts (United Kingdom)	275€
Eurocircle Deutschland e.V. (Germany)	360€

- ACCOMMODATION MEALS AND ACTIVITIES WILL BE COVERED FROM THE PROJECT BUDGET
- TRAVEL WILL BE REIMBURSED UP TO THE MAXIMUM LEVEL ALLOWED BY YOUR DISTANCE BAND (DESCRIBED IN THE TABLE ABOVE).
- WE WILL NEED THE BOARDING PASS/TICKET INVOICE AND PROOF OF PAYMENT/RECEIPT IN ORDER TO REIMBURSE.
- NO PARTICIPATION FEE WILL BE APPLIED

HOW TO ARRIVE



1. There are three airports in the continental Portugal:

a. [Porto](#) - Airport Francisco Sá Carneiro
www.aeroportoporto.pt

b. [Lisbon](#) - Airport Humberto Delgado
www.aeroportolisboa.pt

c. [Faro](#) - Faro's International Airport
www.aeroportofaro.pt

A tip: Don't miss your plane or bus!
Portuguese are relaxed and allow themselves to be late, the transportation system does not!

2. As there is no train to Viseu, we recommend you to use a well developed network of buses.

Follow to www.rede-expressos.pt to check the schedules and/or book the trip online.

You can also buy tickets directly at any bus station.

[Lisbon](#): Sete Rios bus station

[Porto](#): Batalha bus station

3. Viseu bus station it's just 10 min away from the accomodation. You can organize with the staff team and someone from the organization will pick you there.



In Beira Alta, between mountains and fully green valley's we can find Viseu

UISEU

Complete mix of identity and authenticity on offer

Viseu, the best city to live in

In Beira Alta, between mountains and fully green valleys we can find the city of Viriato and Vasco Fernandes – Viseu – a city with around 100.000 inhabitants.

This is a happy city, which welcomes people who live in or visit the heart of Portugal. Visit has various attributes, but what makes it distinct is its complete mix of identity and authenticity on offer.

Visit our heritage or historic sites, the mysterious Cava de Viriato, enjoy a stroll through the parks and gardens or walk around the historic town center. Discover the urban culture in the street art and book your place in one of the creative events on our cultural calendar, which runs all year.

The quality of life that characterizes Viseu even infects those who visit us. You'll feel at home, free from the stress of big city life, yet want for nothing.

"Bem-haja", 'thank you and all the best', is a typical saying in Viseu, and with that we shall say goodbye and leave you with this invitation to visit 'the best city to live in' in Portugal!

"Viseu, the best city to live in" is a brand and an attitude!



www.turismodocentro.pt
www.cm-viseu.pt
www.visitviseu.pt

THINGS TO SEE





Where sharing of
experiences, meetings
and disencounters come

Fontelo Park, one of the
green lungs of Viseu

Departing on discovery
the city and its surroundings

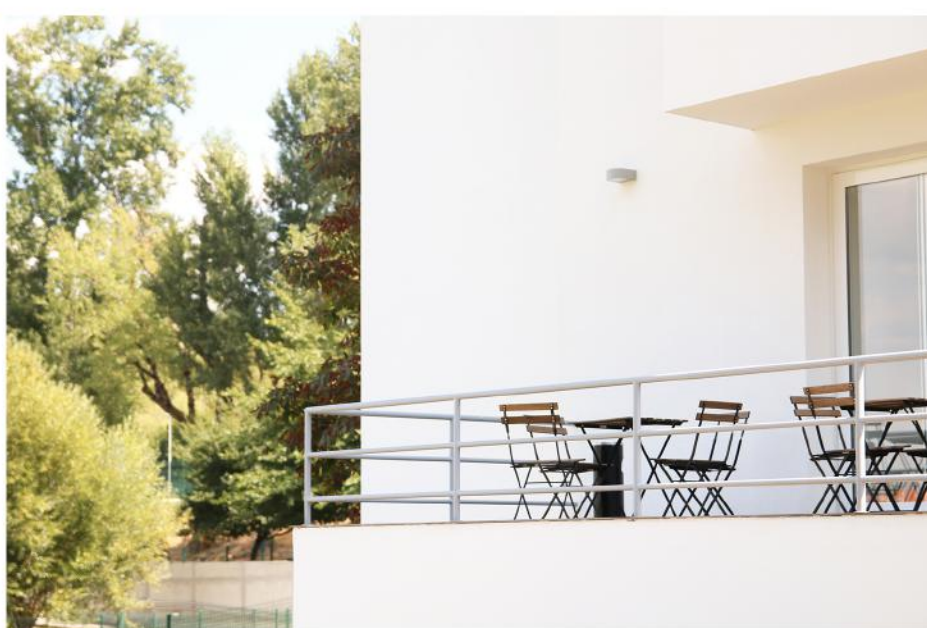
YOUTH HOSTEL



“... where sharing of experiences, meetings and disencounters come...”

The open ceremony was on June 23th 2016 and the Pousada de Juventude de Viseu (Youth Hostel) coexists alongside the Fontelo Park, one of the green lungs of the city of Viseu, where you can find the sports park. In addition, it is relatively near the historic city center, a place that can be reached in 5-10 minutes walk.

The accommodation, especially directed at young people, backpackers and people with adventurous spirit, enjoys a convivial environment where sharing of experiences, meetings and disencounters come as tourists and travelers departing on discovery the city and its surroundings.



ROOMS

The Youth Hostel disposes of a total of 19 rooms. The multiple rooms consist of four beds and the participants will share the room. The wardrobes are equipped with an advanced RFID system that ensures the privacy and security of the guests.

The Youth Hostel is divided in two floors by gender. Both floors have a shower room, equipped with individual toilets, individual shower and hairdryers. The hostel will provide you towels. We recommend you to bring your own flip-flops and slippers.

THE ROOMS



SHOWER ROOM



SALA DE CONVIVENCIA
LIVING ROOM
SALLE DE SÉJOUR

LIVING ROOM

The living room is a space that has television, outlets and table for computers. Ideal for socializing and enjoying meeting new people and various stories while having a coffee and enjoying the view on the terrace. You can even surf on the internet since this is available throughout the hostel.



LAUNDRY



With economic prices and work from 10h00 to 23h00 your dirty clothes will not be a problem with our self-service laundry. All guests have at their disposal two washing machines, a dryer machine and an iron and ironing board.

KITCHEN

The Youth Hostel has a common kitchen where guests can prepare their meals. Equipped with all the necessary kitchen equipment and utensils, refrigerators, ovens, microwaves, four preparation zones and with personal lockers where you can store your products will be very useful in case if you want to prepare something for the intercultural night.



But don't worry, you don't need to cook, we will provide you the meals. The breakfast, lunch and dinner will be served in the canteen of the Youth Hostel. The meals are provided by the organization always giving options for vegans, vegetarians, gluten-free, allergies or special dietary needs. The coffee-breaks will be served in the activities room.





Youth Hostel adress:
Rua Dr. Aristides Sousa Mendes
3500-033 Viseu, Portugal

info@adamastor.org.pt
www.adamastor.org.pt
+351 232 413 001

