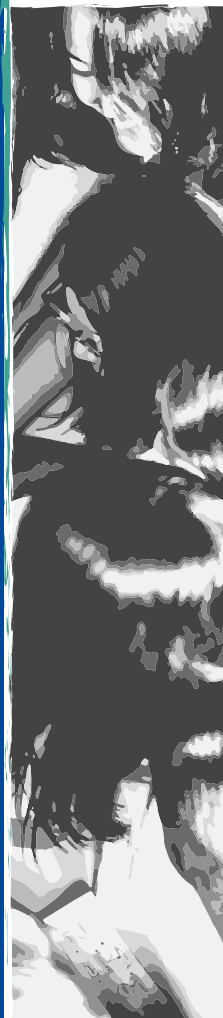
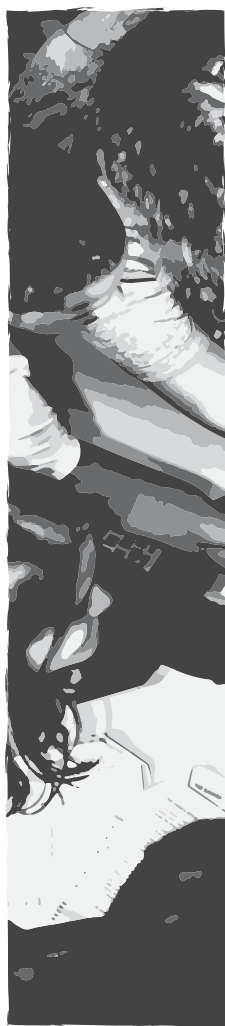


# Erasmus+esc

**4 EUROPEAN  
YOUTH GOALS**



## **INFOPACK 2026 | BEJA**

10 June to 9 August

Promoter



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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: 2025-1-PT02-ESC51-VTJ-000346227

You could find more information about European Solidarity Corps in:  
[https://youth.europa.eu/solidarity\\_en](https://youth.europa.eu/solidarity_en)

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## 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](http://www.checkin.org.pt)

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## TASK

The volunteers contributed to social inclusion and community development by supporting children from disadvantaged backgrounds through non-formal educational activities. They also organized initiatives promoting intergenerational learning. Through these activities, they developed communication, teamwork, adaptability, intercultural, and organizational skills, while making a positive impact on the local community.

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## PROFILE OF VOLUNTEERING

We are looking for volunteers who:

Are motivated, proactive, and willing to take initiative in designing and implementing activities.

Have an interest in education, youth work, social inclusion, culture, or community development.

Are interested in working with children and teenagers, particularly from disadvantaged backgrounds.

Have a basic to intermediate level of English and an interest in supporting others in learning the language (no teaching qualification required).

Are creative and open to using non-formal education methods.

Are interested in communication, media, or digital content creation (podcasts, social media, photos, videos).

Are open-minded, flexible, and willing to work in a multicultural environment.

Are ready to work both independently and as part of a team.

### **Additional notes:**

No specific professional experience is required.

Volunteers with fewer opportunities are especially encouraged to apply.

Training, mentoring, and continuous support will be provided throughout the project.

## 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 is from the country where 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.

If you have any physical documents, they must be handed in directly to the person responsible from the organization.

### TRAVEL REIMBURSEMENT DETAILS:

Financial support covers travel from the participant's residence to the project venue and back. Reimbursement is calculated based on the distance traveled, using the European Commission's distance calculator: Erasmus+

- 0–99 km: 28€ ( 56€ for green travel)
- 100–499 km: 211€ (285€ for green travel)
- 500–1999 km: 309€ (417€ for green travel)
- 2000–2999 km: 395€ (535€ for green travel)
- 3000–3999 km: 580€ (785€ for green travel)
- 4000–7999 km: 1188€
- 8000+ km: 1735 €

## TRAVEL

### ARRIVE IN LISBON | HOW TO GET TO THE SETE RIOS STATION

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

- At the airport exit you'll find the metro station;
- Take the red line from Airport to San Sebastião (terminus);
- In San Sebastião take the blue line (direction Reboleira), just a couple of stops and you'll be at Jardim Zoológico (your stop);
- Then follow the directions for the bus station Sete Rios, it's just next to the metro station.

Attached you have the subways' map.

Buy the tickets on [www.rede-expressos.pt](http://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;
- Bath towel;
- Flip-flops.

## 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](mailto: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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