

## EVENT DESCRIPTION SHEET

| PROJECT                   |  |
|---------------------------|--|
| Project name and acronym: | InclusEU: Volunteer Action as a social response for an inclusive Europe. |
| Participant:              | ASSOCIACAO JUVENIL DE DEAO – AJD (Portugal)                              |
| PIC number:               | 943607659  |

| EVENT DESCRIPTION       |   |
|-------------------------|---|
| Event number:           | 4   |
| Event name:             | Work Package 4: “ Volunteerism to overcome COVID-19 “     |
| Type:                   | Conference, debate and workshop                           |
| In situ/online:         | <i>In situ - online</i>                                   |
| Location:               | Meeting in Viana do Castelo, Portugal                     |
| Date(s):                | 14/04/2024 – 17/04/2024                                   |
| Website(s) (if any):    | <a href="http://includeseu.es/">http://includeseu.es/</a> |
| Participants            |   |
| Female:                 | 37  |
| Male:                   | 28  |
| Non-binary:             | 1   |
| From country 1 [Spain]: | 8   |

|  |    |                                 |   |
|--|----|---------------------------------|---|
| From country 2 [Italy]:  | 2  |                                 |   |
| From country 3 [The Netherlands]:  | 4  |                                 |   |
| From country 4 [Romania]   | 2  |                                 |   |
| From country 5 [Poland]  | 2  |                                 |   |
| From country 6 [Ireland]   | 2  |                                 |   |
| From country 7 [Portugal]  | 43 |                                 |   |
| From country 8 [Hungary]   | 3  |                                 |   |
| Total number of participants:  | 66 | From total number of countries: | 8 |
| <b>Description</b><br><i>Provide a short description of the event and its activities.</i>  |    |                                 |   |
| <b>Official Minutes of the Event: WP4 - WP4. Volunteerism to overcome COVID-19</b><br><br><b>Event Number:</b> 4<br><b>Event Name:</b> Volunteerism to overcome COVID-19<br><br><b>Location:</b> Viana do Castelo, Portugal<br><b>Date(s):</b> 14/04/2024 - 17/04/2024<br><br><b>Objectives:</b> <ul style="list-style-type: none"> <li>• To enhance the role of youth in the field of volunteerism.</li> <li>• To promote the active participation of citizens and youth to achieve a better social inclusion towards Covid-19 scenario.</li> <li>• To reinforce the value of solidarity as one of fundamental subjects from the European Commission work plans.</li> <li>• To develop new proposals through the use of different civic tools in the field regarding solidarity.</li> </ul> |    |                                 |   |

**Implementation of Gender Perspective:**

- The promotion and empowering underrepresented groups, particularly women and gender minorities have been accomplished during this event . By including diverse voices in decision-making processes, we ensured that the interventions were inclusive and responsive to the varied experiences of all participants. This was accomplished by the number of the event, specially in the diversification of speakers and audience regarding: gender, age or background. It's also remarkable by the important role that young girls from the High School Monserrate have demonstrated, not even leading dynamics but being also representatives of one of the initiatives exhibited as a good practice of voluntarism and social inclusion. In this way, Dora Brandão Former Member of Parliament and President of the AMA-Autism Foundation, was an opportunity to show the high representation in Publics of Women in Power.
- Implementing gender-sensitive data collection methods, ensuring that the perspectives of both men and women were equally represented in the project's findings. This allowed us to track and assess the impacts of the actions from a gendered lens, and adjust strategies when necessary to avoid reinforcing existing inequalities. Around 56% of the participants were women. There was a high representation of women in power positions, leading organizations and movements during conferences, workshops and talks. The outcome of these efforts resulted in a more equitable distribution of resources, opportunities, and support for all gender groups involved in the project.
- All the presentations, and speakers have to have a gender balance, this helps us allow more public space for actions and projects led by women. It was also remarkable the women coordination of the Sports activity, an action that represents considerably the place that has been recently European Sports city, this was also a connection between women and sports, specially in unrepresented fields.

**Ethical Considerations in Implementation:**

Established a robust framework for ethical decision-making, ensuring that all actions taken aligned with the highest standards of integrity, respect, and transparency. We provided clear communication about the project's goals to all the participants, methods, and expected outcomes to foster trust and promote informed consent at all stages. The Youth groups involved were free to enter and leave the project , although were informed of their rights and duties. In this event after online meetings and the effort from all the partners we could have a considerable group of young people from: High School, Vocational training center who also did a volunteer job in the communication area of the event, Spanish and Dutch Inclus EU pilot groups. An important number of the young people involved is or has been facing difficulties in their studies, families, or mental health problems.

In addition, we took proactive measures to ensure that the project did not inadvertently perpetuate discrimination or harm any of the stakeholders, particularly

those from vulnerable or groups that suffer more discrimination. We conducted regular ethical reviews and risk assessments to identify potential areas of concern, which allowed us to adjust our approach when necessary. Furthermore, safeguarding mechanisms were put in place to protect participants' privacy and confidentiality, and all data was handled responsibly in accordance with ethical standards

<https://incluseu.es/opportunities-available-to-youth-in-volunteerism-portugal/>

## **INTRODUCTION:**

The fourth event of the InclusEU project, titled "[WP4. Volunteerism to overcome COVID-19](#)" was held in Viana do Castelo, Portugal, from April 14th to April 17th, 2024. This meeting brought together partner organizations from across Europe with the objective of enhancing the opportunities that volunteerism provides within the European framework. The event aimed to initiate various participative approaches where youth can lead in solidarity initiatives and to analyze both past and present humanitarian crises, emphasizing the critical need for human action and awareness.

Hosted by the Associação Juvenil de Deão (AJD) and supported by local authorities, the event featured a blend of formal discussions, interactive activities, and cultural experiences. Key highlights included a conference on youth volunteerism opportunities, a simulation of a parliamentary debate with young ambassadors, and various team-building activities. The event served as a platform for sharing best practices, fostering collaboration among partners, and inspiring new strategies to empower youth through volunteerism.

This document provides a detailed account of the activities conducted, the discussions held, and the decisions made during the event, serving as a formal record for presentation to the European Commission.

## **DESCRIPTION OF THE ACTIVITIES TAKEN PLACE**

### **15/04/2024**

The first full day of the InclusEU event in Portugal began with a series of engaging and insightful activities designed to highlight the importance and impact of youth volunteerism.

### **Morning Session:**

Welcome and Opening Remarks: The day commenced aboard the historic Gil Eanes Ship, where participants were warmly welcomed by AJD President Verónica Rocha and Viana do Castelo's Councillor, Carlota Borges. This unique setting underscored the local cultural heritage and set a positive tone for the day's events. This boat was selected by the AJD and the Council regarding the connection with solidarity and helping others historically, being one of its main historical functions as a ship hospital and protector of ship Portuguese fishermen.







**Activity: T4.1 Conference / Tertúlia @Municipal Library -Main opportunities drawn by youth in the field of volunteerism (live streaming)**

**Speakers:**

- Dora Brandão (Moderator): Former Member of Parliament and President of the AMA-Autism Foundation.
- Raul Manarte: Crisis and disaster specialist psychologist with extensive field experience, highlighted the psychological impact of crises and the role of volunteerism in providing mental health support.
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- Janessa Costa: Volunteer at Refood Viana do Castelo.
- Ana Rita Veiga and Kyra Sousa: Students who presented the Mentorship: ESM+ Citizen project.
- João Alexandre: European volunteering specialist, presented the "Understanding Europe" project

**Methodology:** Tertúlia (debate), interactive workshops, flipped classroom, and roundtable discussions with open-ended questions.

**Description:**

Conference and workshops at the Municipal Library: Following the welcome, attendees moved to the Municipal Library for a conference in a “tertúlia” format titled “Main Opportunities Drawn by Youth in the Field of Volunteerism.”

The conference featured distinguished speakers who shared their experiences and insights into various aspects of volunteerism:

Dora Brandão (Moderator): Former Member of Parliament and President of the

AMA-Autism Foundation, Brandão adeptly guided the discussions, emphasizing the intersection of politics and volunteerism.

Raul Manarte: Crisis and disaster specialist psychologist with extensive field experience, highlighted the psychological impact of crises and the role of volunteerism in providing mental health support. It was really interesting the critical perspective that Raul pointed out that our role as citizens must be more critical; their work has primarily focused on the Syrian refugee crisis. Raúl believed that the position taken by citizens and states is not sustainable, and that more humanitarian crises will arise, requiring a society that is prepared and aware

Janessa Costa: Volunteer at ReFood Viana do Castelo, discussed the movement's mission to eliminate food waste and end hunger, showcasing how volunteerism can drive sustainable societal changes. It was very interesting to discover this organization, some of the data expressed to analyse the need to eliminated the food waste:

“According to a UN report, 931 million tonnes of food goes to waste each year. This is equivalent to 130 billion meals and more than \$408 billion in food thrown away each year. Between 8-10% of global carbon emissions are linked to unconsumed produce.

The project started in Portugal, in 2011, with one person, one bicycle and a simple vision: to rescue surplus food from different establishments within the local community and prevent hunger.

Ana Rita Veiga and Kyra Sousa: Students who presented the Mentorship: ESM+ Citizen project, which promotes mutual aid and voluntary cooperation among students for better integration into the school community.

João Alexandre: European volunteering specialist, presented the "Understanding Europe" project, engaging the audience with interactive activities to explore current challenges to democracy and civic participation.

The discussions provided a comprehensive view of how youth can lead and innovate in volunteer activities, addressing both local and global challenges.

### **Afternoon Session:**

#### **Visit to the Sanctuary of Santa Luzia:**

In the afternoon, InclusEU participants visited the iconic Sanctuary of Santa Luzia, a symbol of Viana do Castelo. The visit offered a moment of reflection and an opportunity to appreciate the architectural beauty and historical significance of this renowned site. Participants were guided through the sanctuary, learning about its history, construction, and cultural importance to the local community. The panoramic views from the top provided a stunning backdrop, fostering a sense of unity and shared experience among the participants.

#### **Team-Building Kayaking Activity:**

Following the visit to Santa Luzia, participants engaged in a team-building kayaking activity along the Lima River. This interactive and dynamic activity was designed to promote teamwork, communication, and mutual support among the attendees. Divided into small groups, participants paddled through the scenic waters, working together to navigate their kayaks. The activity encouraged collaboration and problem-solving in a fun and relaxed environment.

The kayaking session was more than just a recreational activity; it served as a metaphor for the collaborative efforts needed in volunteerism and community projects. Participants experienced firsthand the importance of coordination, trust, and effective communication—skills that are crucial in successful volunteer initiatives. The shared physical effort and collective achievement of maneuvering the kayaks created a sense of camaraderie and strengthened the bonds between the different partner organizations.

Moreover, the natural beauty and tranquility of the river provided a refreshing contrast to the intense discussions of the morning session, allowing participants to rejuvenate and reflect on the insights gained. The serene environment contributed to a positive and inspiring atmosphere, further reinforcing the commitment to the goals of the InclusEU project.

This day's activities highlighted the multifaceted benefits of volunteerism, from personal growth and community engagement to addressing broader societal issues. The blend of formal discussions and interactive experiences ensured that participants left with a deeper understanding and renewed commitment to promoting volunteerism in their respective communities.





**16/04/2024**

The second day of the InclusEU event in Portugal was marked by activities aimed at empowering youth and fostering volunteerism through interactive and engaging sessions.

**Morning Session:**

- **Simulation of a Parliamentary Debate:**
  - The day commenced with a collaboration between InclusEU partners and Young Ambassadors of the European Parliament from the Secondary School of Monserrate to simulate a parliamentary debate. This exercise was designed to give participants a taste of legislative processes and to encourage critical thinking about the role of volunteering in supporting youth affected by the pandemic.









- Icebreaker Activity: Participants were divided into four groups (A, B, C, and D) to debate various motions:
  - MOTION 1: The incentive to volunteer should be high, as students' main goal should not only be studying.
    - Group A (in favor) and Group B (against) presented arguments.
  - MOTION 2: Volunteering should be compulsory in Year 12 as part of the school program.
    - Group A (against) and Group B (in favor) debated the motion.
  - MOTION 3: Volunteering should be part of the curriculum for admission to higher education.
  - MOTION 4: Volunteering should be remunerated.
    - Group C (in favor) and Group D (against) discussed both motions.
- The debate allowed students and participants to explore different perspectives on volunteering, its benefits, and its integration into educational systems. Some key arguments included:
  - Balancing studying and volunteering for personal growth and skill development.
  - The necessity of mandatory volunteering to open minds and provide life experiences.
  - The implications of remunerating volunteers and maintaining the essence of volunteerism.
- After the debate, participants voted on the motions, with MOTION 3 - 'Volunteering should be part of the curriculum for admission to higher education,' being the only approved motion.

**Activity T.4.2: Workshop – Presentation of expert testimonies regarding the past and current humanitarian crisis**

**Methodology:** Parliamentarium, open debate, pitch, presentations

- **Inspirational Testimonials:**

- GMIM: Responses given to migrants by the City Council and a presentation of the responses to the community during the COVID-19 year.
- Local Volunteer Bank of Viana do Castelo: The creation of this bank as a response to institutions needing volunteers and bridging the gap to people willing to volunteer.
- AJD: Presentation of European volunteering opportunities through the European Solidarity Corps.
- These testimonials provided real-world examples of successful volunteer initiatives and their impact on both individuals and communities.





This session helped us not only to gain an intergenerational perspective but also to hear from an expert about how a medium-sized city has had to adapt and transform. Viana do Castelo has traditionally experienced migration from Portuguese-speaking countries, but now the situation has changed, and as a result, it has been understood that public services and volunteer organizations must be in constant change to adapt to social needs. It is important to highlight the significant role that Monserrate School played during the sessions, being a reference institution at the European level."







#### Afternoon Session / Intercultural activities:

- **Visit to the Costume Museum:**
  - Participants visited the Costume Museum, gaining insights into the traditional attire and cultural heritage of the region. This visit emphasized the importance of preserving cultural identity and the role of volunteer efforts in cultural preservation.



- **Walking Tour of the City Center:**
  - A free walking tour around the city center allowed participants to explore the historical and cultural landmarks of Viana do Castelo. This tour provided context to the local community's way of life and the environment in which local volunteer initiatives operate.
- **Visit to the Atlantic Ocean:**
  - The participants had the opportunity to see the Atlantic Ocean, which added a refreshing natural element to the day's activities.
- **Dinner and Performance at Quinta do Carvalho:**
  - The day concluded with a dinner at Quinta do Carvalho, where participants were treated to a captivating performance by the Hinoportuna academic tuna. This lively and engaging performance added a cultural flair to the evening, fostering a sense of community and celebration among the participants.

- **Coordination Meeting:**

During the dinner, a coordination meeting was held to discuss ongoing projects and address any mandatory issues. It was decided to send individual information to partners regarding any missing mandatory issues. This meeting ensured that all partners were aligned and prepared for the next steps in the project.

During the meeting it was organized the recording of interviews to evaluate the event and also to be used for the final project of the project.

The activities on April 16th successfully combined educational, cultural, and recreational elements, reinforcing the project's objectives of empowering youth and promoting volunteerism through diverse and interactive experiences.

## Evaluation

**At the end of the project during the coordinator meeting, we had an open evaluation to give feedback about the event.**



### It has also been used as a formal evaluation using google forms. Some of the comments from the participants were:

*I loved the European Youth Parliament activity with the students, because it was a pleasure to see how smart and*

*talented they are.*

*I liked better the tourism related activities, but the debate ones were good also.*

*I would evaluate the meeting to be Very successful. The Hungarian team had a wonderful time learning,*

*experiencing and making connections with the Portuguese Volunteers! We would like to express our heartfelt*

*gratitude for the partners creating this event! Once again, we have a lot Learnings we can take home to*

*Hungary!HU thank you!*

*The activities I liked most where that with the young ambassadors because I shared with the others my opinions,*

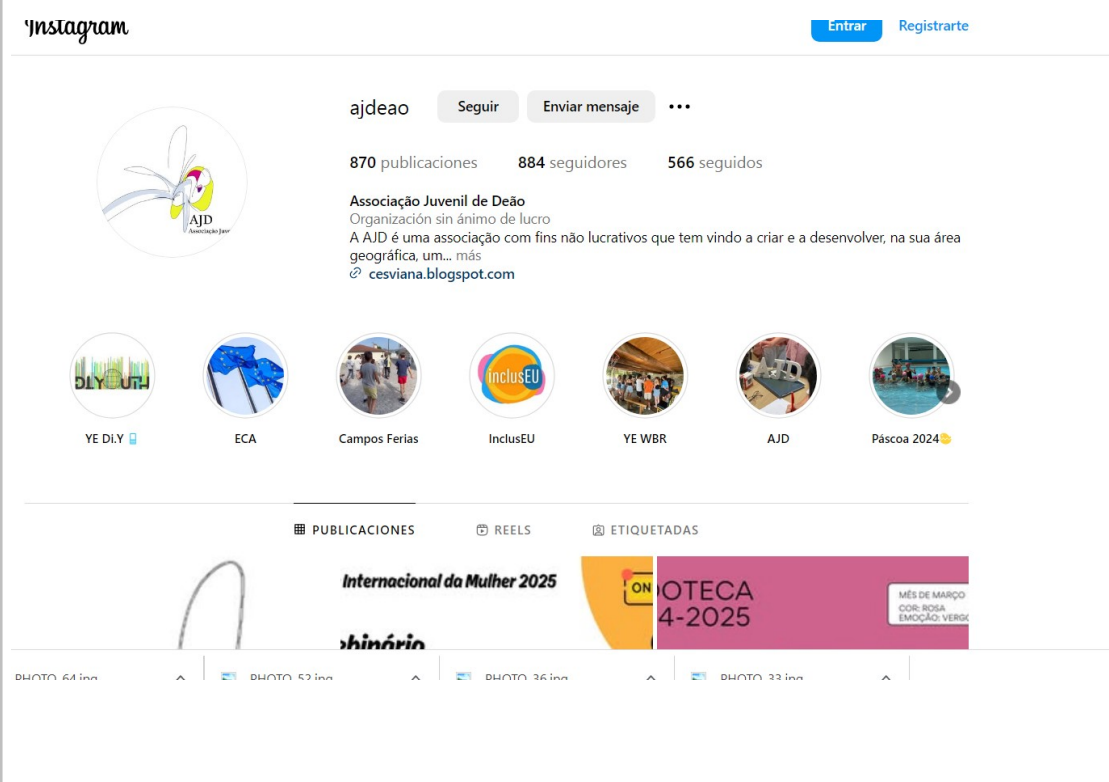
*and the kayak day because it was the first time for me*

### Dissemination.

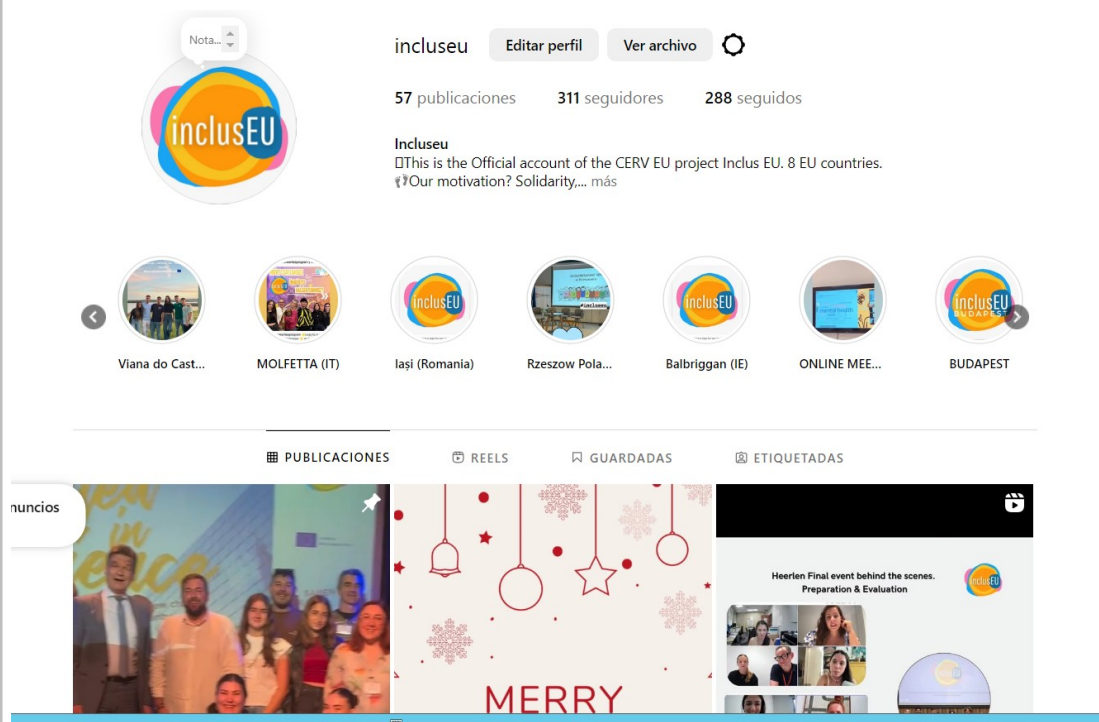
The organization disseminates the project in social networks, official inclus eu website and also every partner disseminates the event in their own channels.

Inclus eu website: <https://incluseu.es/opportunities-available-to-youth-in-volunteerism-portugal/>

<https://www.instagram.com/stories/highlights/18123292051355951/>



The Inlus eu official instagram also published and had an specific group of stories for the event, a reel and post:





| HISTORY OF CHANGES |                     |                            |
|--------------------|---------------------|----------------------------|
| VERSION            | PUBLICATION<br>DATE | CHANGE                     |
| 1.0                | 01.04.2022          | Initial version (new MFF). |
| 2.0                | 05.11.2024          | Amendment                  |
|                    |                     |                            |