



# INFOPACK

## VOLUNTEERING FOOTPRINT

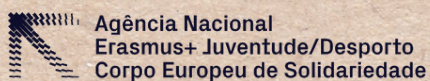


2023  
VOLUNTEERING  
FOOTPRINT

BARCELOS,  
PORTUGAL  
4- MONTH PROJECT



[Join Us!](#)



# ABOUT THE PROJECT

Title of the project: **“Volunteering Footprint”**

Type of the activity: **European Solidarity Corps - Individual Project**

ESC stage duration: **4 months**

The "Volunteering Footprint" is a project that aims to provide opportunities for young people with fewer opportunities to promote diversity. This project intends to offer an individual volunteering experience, working with social activities. This is a 4-month project and will welcome 6 volunteers aged between 18 and 30, **from European Union countries.**

## WORKPLACE

- The volunteers will perform their activities in the Elderly Center or at the Environmental activities. The goal is to organize activities for the elderly, and support them in daily tasks, sports, and handicrafts.
- Participate in SOPRO's campaigns: collection of school materials, and food in the supermarkets, and other activities and campaigns that arise during this volunteering project.
- Support SOPRO in fundraising, social and environmental activities, and other activities.
- Ideas own/projects and suggestions for supporting the organization of sports activities, cultural events, exhibitions traditions of their country.

## ABOUT SOPRO

**SOPRO** - Solidariedade e Promoção (Solidarity and Promotion), was founded by a group of young volunteer in Barcelos, Portugal. SOPRO is recognized as a NGO. SOPRO is guided by five principle values when developing both its local and international projects. They are: **solidarity, cooperation, education as a universal right, justice, and equality**

## USEFUL LINKS

[SOPRO'S WEBSITE](#)

[FACEBOOK | INSTAGRAM](#)

[Barcelos's Municipality](#)  
[Barcelos's Municipality Facebook](#)



EUROPEAN  
**SOLIDARITY**  
CORPS



Agência Nacional  
Erasmus+ Juventude/Desporto  
Corpo Europeu de Solidariedade

SOPRO 



# TRANSPORTATION

The nearest airport is **Porto Airport** (Sá Carneiro) 50 km from Barcelos. Below is the budget for the entire travel including (round trip) plane, train, and/or bus. **This doesn't include taxis, UBER or similars.**



SOPRO will reimburse your actual costs, with the presentation of invoices of the trip. If there is any confusion or misunderstanding about how the budget and how financing works for the project, please email us directly at:

[erasmus@sopro.org.pt](mailto:erasmus@sopro.org.pt)

## FROM AIRPORT TO BARCELOS



When you arrive at the airport you should pick the metro to **CAMPANHÃ train station.**

At the CAMPANHÃ train station, you will need to **take the train to the city of Barcelos**; it is the easiest way to get there.



### Value for round trip

Travel distance	Standard Travel	Green Travel
10-99 Km	23 EUR	-----
100-499Km	180 EUR	210 EUR
500-1999 Km	275 EUR	320 EUR
2000-2999 Km	360 EUR	410 EUR
3000-3999 Km	530 EUR	610 EUR
4000-7999 km	820 EUR	-----



- Each participant will be informed later about the travel distance band and the amount to be reimbursed.
- **GREEN TRAVEL** option is only available if more than 60% of the journey is made by bus and/or train.
- For the reimbursement of travel expenses, the presentation of all original tickets, receipts, boarding passes, and travel documents is mandatory. The absence of these documents in their original form will make reimbursement impossible.
- The travel refund will be made according to the presented expenses; in case your travel costs exceed the official limits, the reimbursement will be limited to the maximum budget.
- We will only reimburse the travel expenses of participants who are present throughout the entire project.



# FOOD AND ACCOMMODATION

The volunteer will live in shared house/apartment, near Barcelos, with other volunteers in a double room, with shared living room, kitchen, laundry and social facilities.

Participants will cook for themselves in the shared kitchen. Food allowance and pocket money will be paid together (300€ per month).

## HENNER INSURANCE AND EUROPEAN HEALTH INSURANCE CARD (EHIC)

The participant will be entitled to the insurance scheme of the European Solidarity Corps – **HENNER insurance**.

For the europeans volunteers, is mandatory bring the **European Health Insurance Card (EHIC)**, which must be obtained prior to departure, **please check the expiration date to make sure it is still valid.**



## CERTIFICATION YOUTHPASS

## DON'T FORGET!

- Creative, innovative and sustainable ideas;
- Footwear and clothes comfortable;
- Any medication you may need;
- Camera, laptop and other equipment that may make your life and work easier;
- Please bring all necessary identification documents (social and medical insurance, ID...) in the chance you may need them.
- **Good mood and energy!**

