



TEENS

IN'EET (education, employment and training)

INFOPACK



📍 Braga, North of Portugal 



hosting
organization



ADOLESCERE

Adolescere - Association of Child and Adolescent supports, as an ONG and with its partners, actions aimed at socioprofessional inclusion and promotion of personal, socio-educational and professional development close to vulnerable people and, mostly, close to children, teens and their families, and since October 2020, with refugees too.

OUR MAIN VALUES

- **Respect** - for every child individuality and human dignity;
- **Proximity** - by acting in an integrated and community-oriented way;
- **Cooperation** - by sharing and working together with other entities and organizations;
- **Innovation** - intervening in an entrepreneurial way, implementing activities that adapt to the identified needs, in a logic of updating and modernization of our strategies and practices.



ABOUT THE

about the
project



TEENS

IN'EET (education, employment and training)

The aim of this ESC volunteer project is to promote the values of solidarity and inclusion, to get young people to know each other, to value their abilities and their decision-making skills, and to undertake a journey towards the exercise of full citizenship, equality, cohesion and social equity.

We wish to approach with these young people in transition to adulthood, the development of their self-determination, their potentialities, their skills and personal interests and, on the other hand, an exercise of awareness of the opportunity to feed aspirations, dreams, obstacles and to project the future for themselves.

NOT IN

The NEET
situation

In view of the large number of young people in situations of early school leaving and inactive, who are neither working nor studying - NEET generation (Not it Education, Not in Employment, Not in Training), we've called this project **TEENS IN'EET**, aimed at recovering **deficits in school and vocational qualification, through the acquisition of social, relational, technical and professional skills** - for the volunteers and for the target people of the project.

EDUCATION EMPLOYMENT TRAINING

VOLUNTEERS WILL BE ABLE TO:

- Develop Awareness-raising activities about the importance of education and school attendance - close to our teen refugees and children who we host in our facilities.
- Develop Ludic-pedagogical activities - for the development of basic skills, behaviors and motivation favorable to integration with impact on the future of these children/young people.
- Act at Local level - bringing our young refugees to community and cultural places in the city.
- Support events and celebration days related with our values and mission.
- Having portuguese language classes;
- Providing english classes to our refugees;

PRACTICAL



DURATION OF THE PROJECT

120 DAYS

TRAVEL REFUND*

ITALY | 275€

SPAIN | 275€

GREECE | 360€



POCKET MONEY | FOOD ALLOWANCE

300€



CIGNA INSURANCE

volunteers will be registered on the PASS/CIGNA platform in order to be supported whenever they need to use the health service.

Cigna.
www.cignahealthbenefits.com

16-11-1998 (d-m-y) Pers. ref. n° 424/33985

SOS contract n°
BEBBY01626

+32 3 293 11 27 +32 3 235 01 24 +31 1

ACCOMMODATION*



A country side house (shared w/ five more volunteers and our refugee families)



20 min. by/ **bus***



**RUA
QUINTA
DO PAÇO,
17**

4715-213

BRAGA

*accommodation costs covered by the HO.



HOW TO GET AROUND BRAGA

Home → City center/ office

 6 min. walking

 20-23 min by/bus



bus stop | Barral II

↓
BUS no. 19 (Areal)

bus stop | Central III



You can check the schedule's at **google maps** or at the **transports website - tub.pt**

We pay for this card so you can go around the city :)



HOW TO GET AROUND PORTO - BRAGA

OPO
(AIRPORT)



BRAGA
(City)



8€ | 16€*

GET BUS

The screenshot shows the Get Bus website interface. At the top left is the 'getbus' logo. Navigation links include 'Horários', 'Serviço', 'Iniciar Sessão | Registrar', and 'PT'. The main heading is 'Autocarro direto à porta do Aeroporto' with subtext 'Braga . Guimarães . Porto'. Below this is a search form with fields for 'De' (Origem), 'Para' (Destino), and 'Data Ida' (dd/mm/aaaa). There are radio buttons for 'Ida' (selected) and 'Ida e Volta', and a dropdown for '1 Pessoa'. A yellow 'Pesquisar' button is on the right. Below the form, it says 'Ligações ao Aeroporto do Porto' and lists 'Braga', 'Guimarães', and 'Porto' as destinations. At the bottom, it reads 'GET BUS ® - Aeroporto Porto - Braga - Guimarães - Porto' and 'Autocarro direto entre o Aeroporto Porto e as cidades de Braga, Guimarães e Porto.' A small Get Bus logo is in the bottom left corner.

***travel costs included in the Travel Refund*
(pag.6)**

YOU MUST

YOU MUST BRING

- 1.** YOUR PASSPORT/ ID CARD AND VISA;
- 2.** FIRST AID KIT;
- 3.** LAPTOP & NOTEBOOK;
- 4.** TOWELS & CLOTHES;
- 5.** WILLINGNESS TO IMPACT :)

A COUNTRY PORTUGAL...

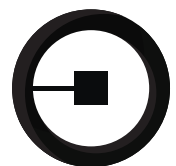
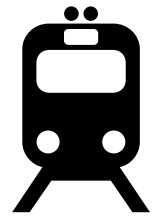
ON THE EDGE

PLANTED



Braga

- Portugal, officially the Portuguese Republic, is a sovereign unitary country located in southwestern Europe, and the archipelagos in the North Atlantic. Our Capital is Lisboa.
- Portuguese language is spoken by more than 200 million people in several continents, including Europe, Africa and America. This diversity has contributed to the deepening of historical and cultural between portugal and the world.
- Portugal is part of the group of EU countries, where the EURO (€) is the official currency.



THE CITY OF THE OPEN DOOR



- Braga is situated in the north of Portugal, with a total area of 54km² and a population of 181,494. With more than two thousand years of history, Braga began in Ancient Rome Period, since it was founded in 16 b.C as **Bracara Augusta** - in honor of the Roman emperor Augustus.
- Braga has a vast cultural heritage, whose ex-libris is the sanctuary of Bom Jesus do Monte, UNESCO world cultural heritage. Braga's long history is visible in its monuments and churches (which you'll find...they're a lot), exhibiting various styles, from Roman to Baroque.
- Reflection of Braga's dynamism is the great diversity of cultural initiatives and Teatro Circo, Altice Forum Braga, Gnracion, Crivo's House and Biscainho's Museum - are filled to be in contact with all sorts of art and cultural exhibitions.
- Braga is the youngest city in Portugal and one of the youngest in Europe. In 2012 was distinguished as the European YOUTH Capital, in 2021 we won the prize as the Best European Destination, and currently is running for European Cultural Capital (Braga 27).

USEFUL

WEBSITES

- **Rede expressos**

Portuguese bus company where you can buy tickets

- **Comboios de Portugal**

national train line website

- **TUB - Transportes Urbanos de Braga**

Local bus company

- **Centro Coordenador de Transportes de Braga**

braga's BUS CENTRAL

USEFUL

CONTACTS

- **PSP (Police)** 253200420 - 253206480
- **Braga Hospital** 253027000
- **Medical Emergency number** 112
- **Fireman** 253200430
- **Civil Protection** 253609740



Follow us on our social media:

[@adolescere.pt](#)

Accept

Refuse



“

Volunteers

DO NOT

NECESSARILY

HAVE THE TIME,

they have the
Heart

”