

# Leonardo Project in «Qualificar para Incluir»

# PORTUGAL



EVERYTHING IS POSSIBLE®



Qualificar para Incluir (Qualify to Include), Association of Social Solidarity, supports 150 children/youth aged 6-21 everyday. Their target group includes school drop-outs, young people with past drug problems, children who lost their parents or were removed from their care due to abuse/poverty/delinquency and young adults struggling with unemployment. These adolescents, share the objective of gaining formal education (at least a secondary

school diploma) seen as an indispensable tool to access other levels of education and to the job market. They all share a common painful circumstance: since the beginning of life they have suffered the lack of almost everything that is essential to learn to develop personal a social useful goals. To resist destructive psychosocial impulses, it is necessary to possess something that is worth being preserved, a respected job

## the project

and a positive identity. To alter the way of feeling, thinking and acting it is essential to promote daily and intense relationships with adults role-models, developing a sense of cooperation in the groups, build confidence and respect, making significant relationships with others, getting qualifications to gain credits in the labour market. This is an example of a Leonardo Trainee weekly timetable:

**Trainee profile**

- Strong interest to learn;
- Open mind to other cultures;
- Respect the local community and others people you live with;
- Experience with youth or children;
- Experience or education in psychology.

	Activity	Opportunities for personal and vocational development
Monday	- Psychopedagogical Sessions with young people - Story Telling in English	Communication strategies Teaching and learning abilities Authority management Emotional intelligence Cultural enrichment Vocal practice Text interpretation Political, philosophical and civic awareness
Tuesday	- Psychopedagogical Sessions with young people - Poetry Sessions for Youngsters and Adults	Communication strategies Teaching and learning abilities Authority management Emotional intelligence Cultural enrichment Rhythm awareness Movement coordination
Wednesday	- Psychopedagogical Sessions with young people - Music Lessons for Children	Communication strategies Teaching and learning abilities Authority management Emotional intelligence Cultural enrichment Parenting techniques and strategies
Thursday	- Psychopedagogical Sessions with young people - Family Groups	Communication strategies Teaching and learning abilities Authority management Emotional intelligence Cultural enrichment Rhythm awareness Movement coordination
Friday	- Psychopedagogical Sessions with young people - Percussion Orchestra	Communication strategies Teaching and learning abilities Authority management Emotional intelligence Cultural enrichment Rhythm awareness Movement coordination
Weekend	Sightseeing, having fun and great gastronomy experiences!	Communication strategies Cultural enrichment Relaxing

EVERYTHING IS  
POSSIBLE®



Leonardo project in «Qualificar para Incluir»

PORTUGAL

## the hosting organisation

Name: [Qualificar para Incluir \(QPI\)](#)

Website: [www.qpi.pt](http://www.qpi.pt)

For more information and testimonies visit Everything is Possible website or scan this QRcode



## the project place Porto

Portugal is the westernmost country of Europe, and is bordered by the Atlantic Ocean to the West and South and by Spain to the North and East. The Atlantic archipelagos of the Azores and Madeira are part of Portugal. Porto also known as Oporto in English, is the second largest city

in Portugal and one of the major urban areas in the Iberian Peninsula. Located along the Douro river estuary in northern Portugal, Porto is one of the oldest European centres, and registered as a World Heritage Site by UNESCO in 1996.

## Location



## The country



**Climate:** Portugal is defined as a Mediterranean climate, Semi-arid climate or Steppe climate, and is one of the warmest European countries

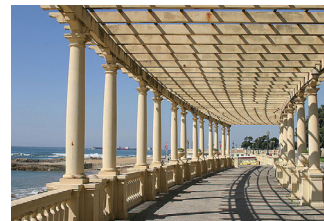
**System of Government:** Democratic Republic

**Capital:** Lisbon

**Currency:** Euro

**Official language:** Portuguese

**Time zone:** No difference



## The language

### A few words in Portuguese:

Sim	Yes
Não	No
Olá	Hello
Adeus	Goodbye
Seja bem-vindo	Welcome
Você fala Inglês?	Do you speak English?
Eu não entendo	I don't understand
Quanto custa?	How much does it cost?
Como você está?	How are you?
Estou muito bem	I'm very well

contact:

[Long term coordinator](#)

email :

[longterm@everythingispossible.eu](mailto:longterm@everythingispossible.eu)

Unit 28, 30-38 Dock Street  
Leeds, LS10 1JF, United Kingdom

Telephone: +44 (0) 113 242 0888

Fax: +44 (0) 113 242 0999

[www.everythingispossible.eu](http://www.everythingispossible.eu)