

Experience using the empowerment method

Check-IN
Portugal



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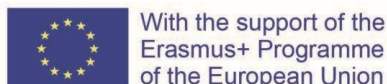
Introducing the organization Check-IN

Check-IN - Cooperação e Desenvolvimento is a non-profit organisation, founded in 2010, based in Beja (Portugal), but also operating from a hub in central Lisbon.

Our main objectives are:

- empowering people, particularly young people, to be active citizens and participants in the life of the local community;
- encouraging social integration and inclusion;
- education for sustainable development.

Our working methods are deeply rooted in fundamental European values, and in order to achieve our objectives we participate in and develop a multitude of different activities and projects, both locally and internationally.



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Introducing the organization Check-IN

We work directly with the KA1, KA2 and Sport projects under the Erasmus+ Programme, the Europe for Citizens Programme and the European Commission's Horizon 2020 Programme.

We participate as partners, through European mobility programmes, in short- and long-term volunteering projects such as those of the European Solidarity Corps Programme (ESC) and we are accredited as a host, sending and coordination entity; we organise stays for periods of internships for groups of students, internships and internships aimed at Vocational Education and Training (VET) in Portugal and abroad (training courses for youth workers and adults) and exchanges between young people.



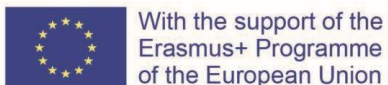
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Using the empowerment method in practice

Describe the use of the method as part of the service we provide.

Through this empowerment method, we aim to sensitise the target audience on crucial issues (depending on the project), so that we can then work on them by developing critical thinking, self-awareness, resilience and decision-making power.



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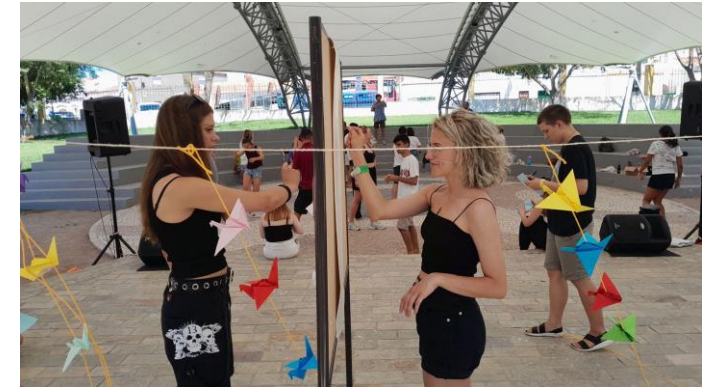
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Using the empowerment method in practice

Describe the use of the method as part of the service we provide.

To do this, we try to work directly with the young people, as well as training local educators to deliver educational programmes appropriate to the project in question. This training involves workshops and train-the-trainer events so that we can put together a toolkit for current and future educators/trainers.



Using the empowerment method in practice

How long have we been using this method?

Since Check-In was founded, we have favoured this type of method, but we certainly put it into practice on a daily basis through projects such as: Raíces and Mamys.

Target group?

Our target group is between the ages of 9 and 30.

Using the empowerment method in practice

The role of the community in the empowerment process (community created by the organization)?

The role of the community in the empowerment process is fundamental because if we have a community that is aware of the issue in question and working towards a common goal, the number of empowered young people will be greater, the results will be visible in a short-medium term and will be long-lasting.

What types of communities are we creating?

Check-In helps to improve and consolidate communities, mostly far from urban centres or linked to social minorities, such as ethnic communities like the Roma.



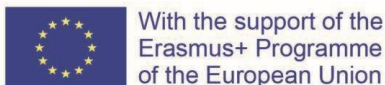
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Using the empowerment method in practice

The benefit of the method for clients?

It is essential that we put the empowerment method into practice, especially in the youth and mental health areas, because only in this way it will be possible to have active and functional citizens and a future generation empowered by skills that will be important to them as citizens of the world, since citizenship, science, language and technology are inextricably linked.





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Using the empowerment method in practice

Here are some of the advantages of using this method:

- Helping people find one or more purposes for their personal and professional lives
- Stimulate and increase people's motivational levels
- Stimulate and increase confidence levels





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Using the empowerment method in practice

Here are some of the advantages of using this method:

- Encouraging and awakening leadership skills
- Empowering people to act and make decisions
- Creating, working on and improving proactivity



Example of good practice - case study

Time before coming to the organization

Having availability and realising that it is essential for the success of the empowerment method is a prerequisite for those who want to use it successfully. Time, commitment, discipline and empathy are essential for the empowerment method.

The situation now

We have currently achieved some direct results from implementing this type of method, such as:

Example of good practice - case study

- a reduction in school drop-outs
- greater demand for help in the area of mental health
- more motivated people who realise that their existence has a purpose

On the importance of the Community

The community is very important because it creates a network of support and contacts where young people and people can support each other, share experiences, motivate, ... in short... work together with a sense of belonging and in search of a purpose in life and implement and follow that purpose.



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Example of good practice - case study

Here are a few points about the importance of the community:

- Union/Bonding between people through a common purpose
- Interest and commitment among community members
- Collaboration and co-creation between community members
- Peer-to-peer exchange and support
- Equality in the transmission and acquisition of knowledge



**Thank you so much for your attention
and time ;)**