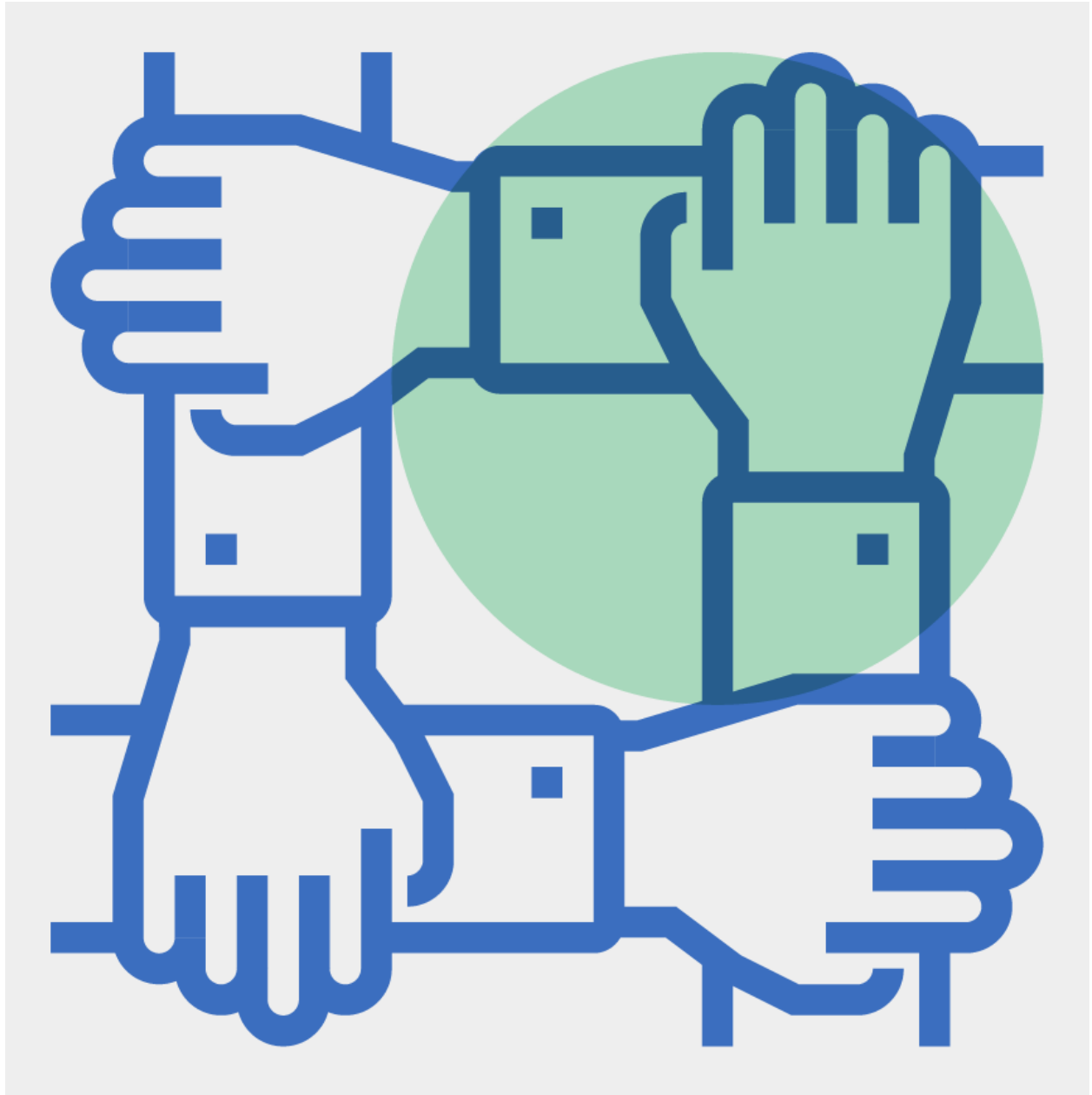


**Support services for young people and
parents in Portugal**



4.1 What are the support structures that exist for young people in Portugal?

A number of local organizations offer support to young people both local young people and young migrants.

- [Telephone Translation Service](#) - Translation can be immediate or by appointment, for example, for a meeting with a parent or guardian who does not understand Portuguese, or for a conversation with a child or youngster who does not understand Portuguese;
- [Portuguese Language Learning Courses for Adults](#) - Free face-to-face courses aimed at young people, aged 15 and up, and adults (e.g. parents);
- [Portuguese Online Course](#) - Free online courses, available in Portuguese, English, Spanish and Arabic, and with no age limit;
- [Choices Program](#) - Local social inclusion projects for children and young people from vulnerable socioeconomic contexts, often working in partnership with schools;
- [Mentors for Migrants Program](#) - Program in which migrants can have individualized support from a volunteer from the host society for specific needs.
- [Youth House of Gondomar](#) - The main activities developed in the Youth Houses are Ateliers and Plastic Expression Workshops, Training Sessions, Employment Workshops, Free Internet Access, Computer Courses, Informal Gatherings and Conversations, Storytime and Summer Camps;
- [Euroescola](#) - The program is aimed at secondary school students, within the scope of citizenship, and consists of simulating the work of MEPs. In the first phase, the competition begins in the district or regional session, followed by a national session in the Portuguese Parliament;
- [Young Creators Program](#) - The Young Creators Program promotes the creation of effective opportunities for the dissemination of the work of young creators in the country, usually deprived of access to cultural circuits. The program promotes the artistic development of young national creators and aims to encourage their participation in cultural and artistic activities;
- [Agora Nós Program](#) - The Agora Nós program is directed to entities that intend to promote volunteer work and to young people who want, through participation, to acquire skills;

- [Debate your City](#) - Laboratory of ideas with young people, policy makers and municipal technicians to debate and co-create solutions for youth policies in Porto. This activity is developed with non-formal learning principles and practices and supports the development of citizenship, personal and social skills;
- [Superpowers School](#) - A peer learning, mentoring and volunteering program, aimed at unveiling and sharing each young person's superpowers and developing community impact projects. Porto joins the Transformers Movement to implement the School of Superpowers and present the final projects at the TNT Festival.