

# IPDJ Workcamp Programme 2022

PORTUGAL



**IPDJ – Instituto Português do Desporto e Juventude**

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## Who are we? What is our mission?

**IPDJ or Instituto Português do Desporto e Juventude** is a governmental organization that has the task to implement in the whole national territory and at international level the youth policy. The PORTUGUESE SPORTS AND YOUTH INSTITUTE (IPDJ), results of the fusion in 2012, and succeeds in all the powers and obligations, of public bodies in the area of sport and youth, in particular the Portuguese Sport Institute, the Portuguese Youth Institute, the Foundation for the Dissemination of Information Technologies and Movilovem (Youth Hostels and Youth Card). IPDJ is widespread in the whole continental territory, with presence in the 5 regions (North, Center, Lisbon, Alentejo and Algarve) and their 18 district capitals

We have 8 areas of intervention as we develop several national programs about it – support youth organizations, citizenship and participation; health and healthy lifestyles, studies on youth; Non-formal education, social inclusion and gender quality and innovation and entrepreneurship and employment. At International level we have several youth actions. We are a member of CCIIVS and we have been an active partner on International Workcamps (especially through SCI) more than 30 years till now.

The IPDJ 2022 workcamp programme includes 21 camps for 340 volunteers as the board bellow:

JULY CAMPS - 8											
Nº	PT Code	SCI Plato Code	Camp Name	Areas	Local organization	Distrit	Region	Start	End	N.º of days	N.º of places
1	PT-CB-20-22	PT-IPJ 12.2	Back to Centum Cellas	Arqueologia;	Santa Casa da Misericórdia de Belmonte	Castelo Branco	Center	01/07/2022	12/07/2022	12	10
2	PT-VI-22-22	PT-IPJ 10.9	Giving nature a hand	Ambiente;	MONTIS, ACN	Viseu	Center	01/07/2022	10/07/2022	10	15
3	PT-EV-17-22	PT-IPJ 11.1	Food & Environment	Ambiente; Sócio-Comunitária ; Restauro e Valorização do Património Histórico-Cultural ;	Marca - Associação de Desenvolvimento Local	Évora	Alentejo	04/07/2022	15/07/2022	12	15

43	PT- PO- 12- 22	PT- IPJ 9.1	Stage on the street: all included	Sócio- Comunitária ;	Aventura Marão Clube	Porto	North	05/07/2022	16/07/2022	12	17
5	PT- AV- 02- 22	PT- IPJ 12.1	Avanca 2022	outras de reconhecido interesse;	Cine-Clube de Avanca	Aveiro	Center	10/07/2022	21/07/2022	12	17
6	PT- AV- 09- 22	PT- IPJ 10.1	All4BioRia	outras de reconhecido interesse; Ambiente; Sócio- Comunitária ;	Associação BioLiving	Aveiro	Center	11/07/2022	22/07/2022	12	17
7	PT- CO- 13- 22	PT- IPJ 3.1	Diversity+ at the Farm	Sócio- Comunitária ;	Activar - Associação de Cooperação da Lousã	Coimbra	Center	18/07/2022	29/07/2022	12	17
8	PT- BR- 33- 22	PT- IPJ 10.4	EKO A - it takes a village to raise a child!	Sócio- Comunitária ;	Associação YUPI Youth Union of People with Initiative	Braga	North	25/07/2022	05/08/2022	12	17

## AUGUST CAMPS - 11

Nº	PT Code	SCI Plato Code	Camp Name	Areas	Local organization	Distrit	Region	Start	End	N.º of days	N.º of places
9	PT-PO-04-22	PT-IPJ 10.11	Greener Park, Greener Future	outras de reconhecido interesse; Ambiente; Sócio-Comunitária ;	VERDE - Associação para a Conservação Integrada da Natureza	Porto	North	01/08/2022	12/08/2022	12	17
10	PT-LI-14-22	PT-IPJ 12.3	The Avecasta Cave-Settlement	Arqueologia;	Double-u Replay - Associação	Lisboa	Lisbon	01/08/2022	12/08/2022	12	17
11	PT-GU-19-22	PT-IPJ 10.6	Taking Care Of Earth's Futur	Ambiente; Sócio-Comunitária ;	Associação de Promoção Social, Recreativa, Desportiva e Humanitária de Maceira	Guarda	Center	01/08/2022	12/08/2022	12	17
12	PT-BG-28-22	PT-IPJ 10.2	Powered by Nature IV	Ambiente; Restauro e Valorização do Património Histórico-Cultural ;	CAB - Centro de Acolhimento do Burro	Bragança	North	01/08/2022	12/08/2022	12	17

13	PT-BR-18-22	PT-IPJ 10.3	Live Nature Live Together 22	outras de reconhecido interesse; Ambiente; Sócio-Comunitária ;	SYAJ - ASSOCIAÇÃO JUVENIL SYNERGIA	Braga	North	02/08/2022	13/08/2022	12	17
14	PT-VR-21-22	PT-IPJ 10.10	CHANGE - Where it starts	Ambiente;	WAVEMOMENT - Associação Juvenil	Vila Real	North	10/08/2022	21/08/2022	12	17
15	PT-LI-10-22	PT-IPJ 10.7	NATURA'Alenquer	outras de reconhecido interesse; Ambiente; Sócio-Comunitária ;	Sociedade Portuguesa de Entomologia	Lisboa	Lisbon	16/08/2022	27/08/2022	12	17
16	PT-SA-24-22	PT-IPJ 12.4	CriArte	Restauro e Valorização do Património Histórico-Cultural ;	Associação Grupo de Dança Dream Dancing	Santarém	Lisbon	20/08/2022	31/08/2022	12	17
17	PT-EV-23-22	PT-IPJ 11.2	Terra[cota] Patrimony VII	Sócio-Comunitária ; Restauro e Valorização do Património Histórico-Cultural ;	Oficinas do Convento - Associação Cultural de Arte e Comunicação	Évora	Alentejo	22/08/2022	02/09/2022	12	17

18	PT- PO- 01- 22	PT- IPJ 10.8	EcoSousa	outras de reconhecido interesse; Ambiente;	Aprisof	Porto	North	22/08/2022	02/09/2022	12	17
19	PT- CB- 27- 22	PT- IPJ 10.5	AASC 22: Rehabilitate, Revive, Relieve	outras de reconhecido interesse; Ambiente; Sócio- Comunitária ; Restauro e Valorização do Património Histórico- Cultural ;	Associação Académica da Universidade da Beira Interior	Castelo Branco	Center	29/08/2022	09/09/2022	12	11

### SEPTEMBER CAMPS - 11

Nº	PT Code	SCI Plato Code	Camp Name	Areas	Local organization	Distrit	Region	Start	End	N.º of days	N.º of places
20	PT- FA- 08- 22	PT- IPJ 11.3	Permaculture Camp	Ambiente; Sócio- Comunitária ;	Projecto Novas Descobertas	Faro	Algarve	16/09/2022	27/09/2022	12	17
21	PT- PO- 11- 22	PT- IPJ 11.4	Another World Is Possible!	Ambiente;	Ecação, Cooperativa de Comércio Justo, Crl	Porto	North	19/09/2022	30/09/2022	12	17

You can see all the 21 camps in the map of Portugal bellow:



All our camps are only for volunteers with 18 to 30 years old

There are no fees in our camps.

We have insurance in all camps have during the stay - a personal accident insurance contract, which includes, as a minimum, coverages in cases of death, permanent disability, treatment costs, funeral and repatriation.

We only accept fully vaccinated volunteers, but if anything changes after we will inform you.

We are not allowed to participate in the ESC (European Voluntary Corps) because we can't receive fund from Erasmus program.

<b>WORKCAMP CODE</b>	<b>PT-AV-02-22</b>	
<b>CAMP NAME*</b>	AVANCA 2022	
<b>DATES</b>	22 July to	2 August

**LOCAL HOST** (*organization name, aims, main activities, internet address, you can add a small logo of your organization*) – *Maximum - 130 words*

The Cine-Clube de Avanca (CCA) is a non-profit association dedicated to the promotion and production of culture through audiovisual media, with headquarters in Avanca and regular and uninterrupted activity since its foundation.

The Cine-Clube de Avanca has been dedicated to the production of films by young filmmakers, to itinerant cinema sessions and cinema in schools, to formative intervention with schools in the region.

Since 1997, CCA has been organizing the “International Film, Television, Video and Multimedia Meetings - AVANCA”. This being the tutelary event for all CCA activity in recent years, past activity is marked by many exhibitions, cycles and extensions of recognized value.

Website: [www.avanca.com](http://www.avanca.com)

Email address: [avancafilmfestival@gmail.com](mailto:avancafilmfestival@gmail.com)

**WORKCAMP DESCRIPTION** (*After WorkCamp description you can add 1 or 2 photos from previous camps, if the same*)

#### **Camp Description and Aims**

Volunteers in this work camp are involved in various levels of the organization, providing a determinant support for the success of this International Meeting.

Being **AVANCA** an idea sharing favored space, creative fusion and cultural interchange between, professionals, students and cinema and multimedia lovers, IWC volunteers will naturally participate and dive in this international, culture and creative atmosphere.

To moments dedicated to cultural animation and discovering of surroundings, Cine-Clube de Avanca offers a set of activities, which will give an insight of the social realities, cultural and gastronomical, between others, from the village of Avanca and the region that extends between the cities of Aveiro and Porto.



#### **Voluntary Work and Tasks of the Camp**

During preparation and setting phase

- Signposting setting for the different spaces in AVANCA 2022;
- Poster and pending poster distribution;
- Exposition setting and Organization;
- Adaptation of the Egas Moniz school classrooms for workshops attainment;
- Workshop related Video-Informatics equipment installation and testing;
- Cleaning and preparation of the Auditorium of Avanca for competitive sessions of Cinema and Video;
- Organization of the Egas Moniz School's polyvalent;
- Airport reception and welcoming of the AVANCA 2022 international guests – directors, actors, producers, technicians, etc...
- Cleaning and maintenance of spaces and sanitary installations used by the IWC.

During the Festival:

- Check-in support for the AVANCA 2022 participants and guests;
- Maintenance of the Workshop rooms;
- Cantina support;
- Support during competitive sessions;
- Cleaning and maintenance of the AVANCA 2022 common areas;

After AVANCA 2022 ending:

- Collecting and verifying workshops' equipment;
- Line-up and cleaning of the used spaces on their initial configuration;
- Collecting the material of the exhibitions and wrapping the works/material;
- Collecting AVANCA 2022 posters and pending posters in Avanca and in Aveiro region.



### **What the volunteers can Learn in this Camp? (study part)**

Volunteers are active participants and play a crucial role in the development of the festival, supporting the organization at all levels and will directly support the organization of the festival and all that that entails. The festival is a privileged space for communication, creative fusion and cultural exchange between professionals, students and film lovers. Thus, it is intended to provide them with opportunities for personal and cultural development, as well as the acquisition of new knowledge in the field of Cinema and Audiovisuals, through their involvement, at different times, in preparing for the festival., providing these young people with organizational skills and social, which can serve as a working tool in the future.

### **Free Time, Leisure Time and Visits preview**

- Visit the Bioria, Natural Heritage of Estarreja, a natural ecosystem known for its richness and biodiversity and the Salinas de Aveiro;
- Trip to Espinho beach;
- Guided visit to the Egas Moniz Museum house, to discover the life of this Nobel Prize winner with such strong links to Avanca;
- Ride along the Ria de Aveiro in typical boats where you can taste the famous "Ovos Moles" of Aveiro;
- Visit to Aveiro's salt pans.

## **LOGISTICAL ARRANGEMENTS**

### **Description of the Camp Location** *(if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)*

Avanca is a Portuguese parish in the municipality of Estarreja, with an area of 21.07 km<sup>2</sup> and 6 189 inhabitants. Avanca belongs to the municipality of Estarreja, District of Aveiro. It is limited by the municipalities of Murtosa, Ovar and Oliveira de Azeméis. It is served by Estrada Nacional 109, by A29, as well as by the North railway line.

The center of the workcamp takes place at the heart of the festival, at Escola Basica do Mato, where the workshops will also take place and where the secretariat and conference are located. The school is located in the center of the small village, from where the volunteers will find it easy to move between places, like supermarket, laundry, drugstore, among other services. In this same place there is a canteen with free access to volunteers.

Address:

Escola Básica do Mato

Rua do Mercado / 3860-078 Avanca

Latitud - 40.803637

Longitude - -8.585749300000002



### **Accommodation/Food** *(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)*

Volunteers will be accommodated in the school's classrooms. They will have access to mattresses.

The school has bathrooms and changing rooms with hot water, open 24 hours/day.

Regarding food, breakfast will be prepared in the school canteen, where volunteers will have at their disposal the most varied items for its preparation.

For lunch and dinner, volunteers will go to local restaurants along with their monitors.

During the festival, lunch is provided by the school canteen.

## **CONDITIONS OF PARTICIPATION** *(if there is any specific information that is important volunteers to know about the camp)*

### **Internal rules of the Camp**

Volunteers can only leave the workcamp with the proper knowledge and authorization of the monitors.

### **Special remarks or requirements of the Camp**

Smoking is not allowed inside the rooms.

The camp will be watched nightly by a professional security.

## **INSURANCE** *(kind of covers)*

All volunteers are covered by a personal accident insurance.

## **WHAT VOLUNTEERS HAVE TO BRING**

Sleeping camping bag, pillow, items of personal hygiene, working clothes for some tasks and other goods that are deemed necessary.

#### MEETING TIME AND MEETING POINT

Arrival date:	22 July
Timetable or period:	14:30
Place Name:	Avanca Train Station
Place Address:	Avanca Train Station
Emergency contact:	+351966190163

#### HOW TO GET TO THE MEETING POINT/CAMP? *(Please add addresses, timetables, itinerary trip, ticket prices and internet address)*

Closest Airport:	International Airport of Oporto <a href="http://www.ana.pt">www.ana.pt</a>
Closest Train Station:	Urban Train North railway - Porto - São Bento / Avanca or Porto - Campanhã / Avanca - <a href="http://www.cp.pt">www.cp.pt</a>

##### Travelling from the Airport to (bus or train)

Getting to Avanca from the International Airport of Lisbon [www.ana.pt](http://www.ana.pt)

1. Bus, Taxi, Uber/Bolt or Subway to the train station of **Lisboa-Santa Apolónia**.

Getting to Avanca from the International Airport of Oporto [www.ana.pt](http://www.ana.pt)

1. Taxi, Uber/Bolt or Subway transfer to the train station of **Porto- São Bento** or **Porto – Campanhã**.

##### Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point

From Lisbon – Bus Lisbon / Aveiro - <https://rede-expressos.pt/pt> and then Urban Train North railway - Aveiro to Avanca. [www.cp.pt](http://www.cp.pt)

From Porto - Bus Porto / Aveiro - <https://rede-expressos.pt/pt> and then Urban Train North railway - Aveiro to Avanca. [www.cp.pt](http://www.cp.pt)

##### Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point

From Porto - Urban Train North railway - Porto - São Bento / Avanca or Porto - Campanhã / Avanca - [www.cp.pt](http://www.cp.pt)

From Lisbon - Intercity Train “Lisboa–Santa Apolónia” – Aveiro or ALFA service train “Lisboa-Santa Apolónia / Aveiro - [www.cp.pt](http://www.cp.pt)  
– From Aveiro - Urban Train North railway - Aveiro to Avanca - [www.cp.pt](http://www.cp.pt)

##### Special recommendations

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	17
Working language:	English
Country currency:	Euro
Weather expected during the camp:	Normally, hot weather with temperatures around 29 Celsius degrees Celsius during the day.
Local Host organization address:	Rua Dr. Egas Moniz, nº159 3860-078 Avanca
Local Host organization phone:	+351966190163
Local Host organization email:	<a href="mailto:avancafilmfestival@gmail.com">avancafilmfestival@gmail.com</a>
Local Host contact person:	Eunice Castro
Camp Leader Name:	Hamilton Trindade
Camp Leader mobile phone:	+351966190163
IPDJ Regional address:	Edifício IPDJ, R. das Pombas, 3810-150 Aveiro
IPDJ Regional phone number:	+351 234 403 100

<b>WORKCAMP CODE</b>	<b>PT-AV-09-22</b>
<b>CAMP NAME*</b>	All4BioRia
<b>DATES</b>	11/07/2022   22/07/2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words



Associação BioLiving is an award-winning non-profit NGO which motto is "Nature and Education for All". Our objectives are, among others, to Promote sustainability; Encourage environmental citizenship and public participation in the defence of natural values; Boosting the social economy; Promote inclusion, peace and solidarity, using education, natural resources and the protection of nature as their trigger; Provide monitoring and scientific consultancy in the fields of forest, biodiversity and environmental education; but essentially to demonstrate that nature belongs to everyone and to all.

Our team includes biologists, forest engineers, land planners, ecotourism and sports professionals, designers and marketers, historians and professional environmental educators/science communicators. We work together for over 12 years, aiming at bringing nature and biodiversity to all. In the last 4 years we have planted over 10000 trees, restored over 15ha of degraded habitat, financed 4 scholarships, and promoted over 1000 collective actions of community/environmental volunteering. Know our work at [www.bioliving.pt/en](http://www.bioliving.pt/en).

**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

This camp will take place in Baixo Vouga Lagunar, in two areas of the Estarreja municipality, both of high ecological and social value. [BioRia](#) is a network of nature trails, a paradise for birdwatching, integrated in a Natura 2000 site. In Canelas, the LUSITANICA project has been running since 2016, aiming to convert a degraded area into a model forest for nature conservation and fire prevention, as well as to rebuild heritage buildings: an abandoned water mill and a historic fountain ('Fonte dos Namoricos') which is very degraded. It is an area much cherished by the population, but it requires a major intervention to return to being the social dynamic pole it was in the past. This project integrates environmental and social interventions promoting sustainability as a whole.

**General objectives:**

- Valorization and restoration of natural and cultural heritage (biodiversity, cultural heritage, watermills and fountains);
- Promotion of sustainability, environmental awareness, and biodiversity protection;
- Promotion of intercultural relationships, good environmental practices, and citizenship;
- Promotion of intergenerational contact (some activities will have elderly people helping or explaining local traditions);
- Promotion of specific skills in the field of cultural and environmental heritage protection

**Voluntary Work and Tasks of the Camp**

- Ecological restoration work (control of invasive species and beneficiation of fauna and flora);
- Litter gathering; cleaning walking trails; controlling invasive vegetation;
- Participants will also contribute to prevent forest fires by controlling shrubs and invasive vegetation;
- Build shelters and a pond for wildlife;
- Vegetation trimming and removal;
- Improvement of local fauna, flora, and landscape;
- Improvement of a small structure used to receive groups and deliver environmental activities.

**What the volunteers can Learn in this Camp? (study part)**

- Participants will perform field tasks but also learn about nature conservation and engage in conservation-training activities, while getting to know the Portuguese fauna and flora;
- Participants will also learn why nature conservation is important and how small environmental projects such as these workcamps can be crucial to preserve an entire habitat;
- Encouragement of international exchange and exchange of experience;
- Presentation and discussion of the natural and social reality of the regions of origin of the participants;
- Promotion of environmentally and socially responsible attitudes and values;
- Development of action-training actions focused on individual and collective learning;
- Get to know local culture and traditions.

**Free Time, Leisure Time and Visits preview**

- The amazing city of Aveiro, and its traditional 'moliceiro' boats, [saltpans](#), [colourful houses](#), and modern [university](#).
- The [BioRia](#) nature trails and aquatic sports;
- [Baixo Vouga Lagunar](#) Natura 2000 areas;
- Rare Portuguese rice fields and *bocage* habitat;
- Sketch'n Fun (*Pictionary*), art crafts, music, environmental movies night, traditional games, quiz night, talks, cultural and environmental tours.

**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)

BIORIA TRAILS:



Location: <https://goo.gl/maps/B1GCcddkLT8JVJrr9>

This place is located in a more rural area but it is easily accessible by train. It is only 15 minutes from Aveiro city (by train).

#### **LUSITANICA PROJECT (integrated restoration of natural and cultural heritage):**



Location: Canelas (<https://goo.gl/maps/VZxXRCd3GwdwgmD7A>)

Canelas is also a rural area but easily accessible by train. It is also 15 minutes from Aveiro city by train.

All transportations for field work or leisure activities will be provided by the organization.

**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)

Participants will sleep in a shared sports complex in Estarreja with beds, separated by gender. The complex has a sports locker room with hot water showers also separated by gender.

The organization will provide breakfasts, lunches and dinners. Lunches and dinners are prepared/cooked by the municipality's staff and served in a canteen, but some lunches will be served in the field (sandwiches, fruit, etc.). Vegetarian/vegan meals are an option.

#### **CONDITIONS OF PARTICIPATION** (if there is any specific information that is important volunteers to know about the camp)

##### **Internal rules of the Camp**

- High sense of citizenship and environmental protection.
- Will to work for nature protection and improvement.
- Will to learn and share nature protection techniques and good practice.
- Language skills (English preferable, but also Portuguese, Spanish or French).
- Always be punctual.
- Always respect others' opinions.
- Will to interact with local community.
- Respect COVID-19 hygiene and safety measures.

##### **Special remarks or requirements of the Camp**

#### **INSURANCE** (kind of covers)

Death and permanent disability, work accidents, treatments, funeral.

#### **WHAT VOLUNTEERS HAVE TO BRING**

Participants have to bring their own towels and hygiene products. Participants can also bring typical food items/beverages from their country for the international cultural dinner and a presentation about the nature of your region. It is also important to bring working clothes and shoes, sunscreen and hat.



MEETING TIME AND MEETING POINT	
Arrival date:	11th of July 2022
Timetable or period:	11 AM
Place Name:	Estarreja train station
Place Address:	<a href="https://goo.gl/maps/bfQnurGKGKwDagzN7">https://goo.gl/maps/bfQnurGKGKwDagzN7</a>
Emergency contact:	Rafael Marques (+351)917391689; Sofia Jervis (+351)914216341;

HOW TO GET TO THE MEETING POINT/CAMP? <i>(Please add addresses, timetables, itinerary trip, ticket prices and internet address)</i>	
Closest Airport:	Porto Airport (Aeroporto Francisco Sá Carneiro)
Closest Train Station:	Estarreja station
<b>Travelling from the Airport to (bus or train)</b>	
From the airport, the participants will have to go to Estarreja train station. The easiest way to get there is flying to Porto airport and take the train from there	
<b>Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point</b>	
<ul style="list-style-type: none"> <li>- <b>From Porto airport:</b> Just outside the airport take the metro (subway <a href="http://en.metrodoporto.pt/">http://en.metrodoporto.pt/</a>) to '24 de Agosto main' Walk to the bus station and catch the bus to Aveiro (around 1 hour). In Aveiro take the train to Estarreja train station, urban trains in direction to Porto.</li> <li>- <b>From Lisbon airport:</b> Just outside the airport take the metro (subway <a href="http://www.metrolisboa.pt/eng/">http://www.metrolisboa.pt/eng/</a>) to Oriente main station (10 min). At Oriente, take the bus to Aveiro station (about 3h). Finally, in Aveiro, take a train to Estarreja (15min), urban trains in direction to Porto.</li> <li>- <b>From Faro airport:</b> just outside the airport take the bus to the city center bus station (20 min). Catch the Bus to Aveiro (you may have to change buses along the way and the trip will take 8 to 9 hours). From Aveiro train station take the train to Estarreja train station, urban trains in direction to Porto.</li> </ul>	
Timetables and prices for national bus company at <a href="https://rede-expressos.pt/en">https://rede-expressos.pt/en</a>	
Timetables and prices for Portuguese trains at <a href="https://www.cp.pt/passageiros/en">https://www.cp.pt/passageiros/en</a>	
<b>Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point</b>	
<ul style="list-style-type: none"> <li>- <b>From Porto airport:</b> Just outside the airport take the metro (subway <a href="http://en.metrodoporto.pt/">http://en.metrodoporto.pt/</a>) to Porto – Campanhã main station (30min). At Campanhã, take the train to Estarreja station (direction Aveiro). This ride takes about 40 minutes.</li> <li>- <b>From Lisbon airport:</b> Just outside the airport take the metro (subway <a href="http://www.metrolisboa.pt/eng/">http://www.metrolisboa.pt/eng/</a>) to Oriente main station (10 min). At Oriente, take the train to Aveiro station. You can get an InterCities or an AlfaPendular train (about 2h). Finally, in Aveiro, take a train to Estarreja (15min), urban trains in direction to Porto.</li> <li>- <b>From Faro airport:</b> just outside the airport take the bus to the city center (20 min), walk to the main train station in Faro and take the train to Estarreja station (you will have to make stops and change trains along the way and the trip will take around 6 hours)</li> </ul>	
Timetables and prices for Portuguese trains at <a href="https://www.cp.pt/passageiros/en">https://www.cp.pt/passageiros/en</a>	
<b>Special recommendations</b>	

PRACTICAL INFORMATION AND CONTACTS	
Nº of volunteers:	17
Working language:	English (but we also speak Spanish, and, of course, Portuguese)
Country currency:	Euro
Weather expected during the camp:	Sunny and hot weather
Local Host organization address:	Rua do Outeiro, Frossos, 3850-635 Albergaria-a-Velha, Portugal
Local Host organization phone:	(+351)935293911
Local Host organization email:	geral.bioliving@gmail.com
Local Host contact person:	Rafael Marques (+351)917391689; Sofia Jervis (+351)914216341;
Camp Leader Name:	Milene Matos
Camp Leader mobile phone:	(+351)964712455
IPDJ Regional address:	IPDJ Aveiro - Rua das Pombas - Edifício IPDJ; 3810-150 Aveiro, Portugal
IPDJ Regional phone number:	(+351) 234 482 233

<b>WORKCAMP CODE</b>	<b>PT-BG-28-22</b>	
<b>CAMP NAME*</b>	Powered by Nature IV	
<b>DATES</b>	01/08/2022	12/08/2022

**LOCAL HOST** (*organization name, aims, main activities, internet address, you can add a small logo of your organization*) – Maximum - 130 words

CAB – Centro de Acolhimento do Burro (Donkey Shelter Center) is a non-profit organization, founded in 2011, whose main goals are to guarantee the welfare and veterinary care of sick/old donkeys and mules, that were abandoned or mistreated, or whose owners were unable to take care of for financial or health reasons. The Center intends to be a welfare shelter, where we provide a peaceful, safe and dignified end of life.

The Donkey Shelter Center is subsidized by the British non-profit organization The Donkey Sanctuary. In addition, our work is also supported and coordinated by AEPGA (Association for the Study and Protection of Donkeys).

Phone number: +351 925790394(5)

E-mail: [centroacolhimentoburro@gmail.com](mailto:centroacolhimentoburro@gmail.com)

Website: <http://www.centroacolhimentoburro.pt/>

**WORKCAMP DESCRIPTION** (*After WorkCamp description you can add 1 or 2 photos from previous camps, if the same*)

**Camp Description and Aims**

The main goals of this workcamp are recovery of rural heritage, enhance the biodiversity of our Centers, and promote the animal welfare of donkeys and their quality of life. We want to enable the discovery of the Miranda Plateau, a unique rural region, rich in natural beauty, biodiversity, culture and traditions. With so aging population in this villages, one of the goals is bringing together the young participants and the local community, therefore promoting intercultural (urban/rural, international/national) and intergenerational (youngsters/the elderly) encounters and exchanges.



**Voluntary Work and Tasks of the Camp**

- Support autochthonous biodiversity
- Promote the animal welfare of donkeys
- Dry stone wall rebuilding
- Cleaning waste from Angueira river and fields, area that belongs to Natura 2000 network
- Building and placing nestboxes for birds and bats
- Activities to support local community

**What the volunteers can Learn in this Camp? (study part)**

Our work team is multidisciplinary, so this workcamp it's an opportunity to learn ancient techniques of dry stone wall rebuilding shared by local people, basic care of donkey maintenance with veterinarians, more about biodiversity with biologists.

**Free Time, Leisure Time and Visits preview**

As for leisure time, there are several activities planned for the participants to get the opportunity to know the beautiful local landscapes, the rich cultural traditions and the local community as: trekking with donkeys, trips through villages, visits to local interpretation centers (like visit the Donkey Shelter, the Interpretive Center of Traditional Dovecotes, Miranda donkey improvement center), nationality day - intercultural sharing, birdwatching, cinema nights and traditional games.

**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (*if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location*)

The accommodation is located in Serapicos village, geographically included in the Natura 2000 network and Special Protected Area (SPA), about 9 kms from Vimioso city and 4km from S. Joanico where we will dedicate part of our working time. Located in a rural area in the northeast of Portugal, very close to the border with Spain, it's a village that suffers aging population problems, which makes these experiences very important for the rural development of this region.

Coordinates: 41.62929287038844, -6.4600805202929905



**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)

Basic housing with electricity – with three large rooms equipped with bunk beds, one living room, WC with showers with hot water. there is a bar in the village that we will help to boost during the work camp. where we can Volunteers who want extra privacy can bring camping tents. There's no wifi and it's common to have network problems in some areas.

#### CONDITIONS OF PARTICIPATION (if there is any specific information that is important volunteers to know about the camp)

##### Internal rules of the Camp

The Workcamp will take place in a rural village included in the Natura 2000 Network with less than 20 inhabitants, and most of them are elderly, so it is important that participants have behaviors that respect the community and nature. Being a more fragile and isolated population, it is important to assume social behaviors that do not compromise the well-being of the community.

##### Special remarks or requirements of the Camp

#### INSURANCE (kind of covers)

Each workcamp volunteer has a personal accident injury insurance, that includes: Coverage Base (Death; Permanent Disability; Death or Permanent Disability) and Complementary Coverages (Treatment and Repatriation Expenses; Funeral expenses; Absolute Temporary Disability; Temporary Disability due to Hospitalization)

#### WHAT VOLUNTEERS HAVE TO BRING

Sleeping bag; towels; comfortable work clothing (for cold and hot weather); waterproof hiking boots (or similar); sun screen; waterproof coat.

Really important: to bring individual protective masks and disinfection products.

#### MEETING TIME AND MEETING POINT

Arrival date:	01/08/2022
Timetable or period:	18:00h
Place Name:	Vimioso bus station
Place Address:	Largo da Capela, 5230-000 Vimioso
Emergency contact:	+351 925790394

#### HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)

Closest Airport:	Oporto Airport
Closest Train Station:	It's not possible to get a train to the meeting point.

##### Travelling from the Airport to (bus or train) bus station

As you go out of the airport, follow the signs for the Subway and take it direction Estádio do Dragão (purple line, letter E). Then, go down in the stop 24 de Agosto. Go out of the metro station and cross the square until the bus station.

##### Travelling by Bus from Porto to the Meeting point

From: Porto (Campo 24 de Agosto Bus Station)

To: Vimioso  
Departure and Arrival: 14:15h - 18:00h  
Ticket price: 16.00€  
Company: Rede expressos  
Address: Travessa Passos Manuel, Porto  
Phone number: +351 222 005 637  
Website: <https://www.rede-expressos.pt/en>

#### **Travelling by Bus from Lisbon to the Meeting point**

From: Lisbon (Oriente Bus Station)  
To: Vimioso  
Departure and Arrival: 11:00h - 18:00h  
Ticket price: 23.00€  
Company: Rede expressos  
Address: Gare do Oriente, R/C Armazém 1, Sala 2  
Phone number: +351 218 956 850  
Website: <https://www.rede-expressos.pt/en>

Our team is responsible for driving the volunteers from Vimioso to Serapicos and back (both at arrival/departure and during the workcamp, whenever needed).

#### **Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point**

It's not possible by train to the meeting point.

#### **Special recommendations**

No specific rules of participation will be applicable.

#### **PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	In August, it is very likely to have warm/hot/dry weather; temperatures can get to 35°C during the day, but they generally drop at night to around 10°C.
<b>Local Host organization address:</b>	Antiga Escola Primária de Pena Branca, 5210-172 Pena Branca (Miranda do Douro)
<b>Local Host organization phone:</b>	+351 925790394
<b>Local Host organization email:</b>	centroacolhimentoburro@gmail.com
<b>Local Host contact person:</b>	Emanuele Lundi
<b>Camp Leader Name:</b>	Emanuel Catarino
<b>Camp Leader mobile phone:</b>	+351 925790394
<b>IPDJ Regional address:</b>	R. Oróbio de Castro, 5300-252 Bragança
<b>IPDJ Regional phone number:</b>	+351 273310600



<b>WORKCAMP CODE</b>	<b>PT-BR-18-22</b>	
<b>CAMP NAME*</b>	Live Nature Live Together 2022	
<b>DATES</b>	2/8/2022	13/8/2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

SYAJ – Associação Juvenil SYnergia is a dynamic and proactive association, with a strong will to work and grow. We are a multidisciplinary team, with the aim to promote events and develop projects for young people in Braga, maintaining a close relationship with the whole community but always open to European awareness. We try to valorize every day young people, through sport and social culture activities, challenging everyone to join us. We are involved in several projects, with the support of numerous volunteers, who bring us the best of what they do. We tried to work on several fronts, assuming primary responsibility for the integration of all young people, with special attention to those who typically have more difficulty in accessing activities. We have several projects focusing on various areas: Urban Design Arts, Web TV, Web Radio, Office Project Support, Psychological Support Office, European Projects, Academy Synergia, Synergia Space and TOCA (Associative and Cultural Office for Associations). [www.synergia.pt](http://www.synergia.pt)

**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

Promotion and development of social inclusion activities and voluntary work;

- Promotion of community awareness actions on environmental issues, on combating climate change and on social inclusion (with emphasis on the partnership made in the presence of young Luso descendants from Cape Verde and Brazil who will have an excellent opportunity for inclusion here);
- Creation and distribution of ecological material and gadgets;
- Increased awareness of the impact of single-use plastic on the forest and marine environment;
- Creation of an international and district youth network to ensure the impact and sustainability of the proposed challenge.

**Voluntary Work and Tasks of the Camp**

Environmental awareness actions, including open discussions and structured dialogue between young people and policy makers in the various municipalities present;

- Public Campaigns;
- Actions to combat the use and contamination through plastic, through cleaning of forest areas, beaches and forests around them;
- Creation of leaflets and videos on the theme for dissemination of the environmental message;
- Organization of inclusive Cultural and Sporting Events;
- Actions to encourage the reduction of emissions and toxic waste, with the realization of group tours in the communities of braga district and in some communities of the network created online;
- Organization of creative and recreational activities in public transport;
- Creation and distribution of environmentally friendly ashtrays;
- Meeting with groups of minority youth (Brazil and Cape Verde and also roma) through existing SYnergia projects and partner institutions;
- Involvement of minority youth (Brazil and Cape Verde and also roma) through traditional games, theater and music activities, sports tournaments, etc.;
- Creation of Laboratories for Planning of awareness-raising campaigns and community interventions;
- Realization of Leisure activities and Visits, namely Bom Jesus, Sameiro, Guimarães Castle, Duques Palace (cultural places), Surfing in Esposende, canoeing in Vila Verde, Visit to the Peneda Gerês National Park;
- Realization of Intercultural Nights with gastronomy, dance, cinema, etc.

**What the volunteers can Learn in this Camp? (study part)**

- Young people will have a greater awareness of the impact of plastic use on the environment
- They will participate in actions to combat the use and contamination by plastic, through the cleaning of forest areas, beaches and surrounding woods
- they;
- They will learn to create and distribute environmentally friendly ashtrays;
- They will participate in awareness-raising actions where they themselves can convey their ideas

### **Free Time, Leisure Time and Visits preview**

Realization of Leisure activities and Visits, namely Bom Jesus, Sameiro, Guimarães Castle, Duques Palace (cultural places), Surfing in Esposende, canoeing in Vila Verde, Visit to the Peneda Gerês National Park;

- Realization of Intercultural Nights with gastronomy, dance, cinema, etc.

### **LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** *(if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)*

Accommodation Address

Camping Braga

Portugal, N101 12, Braga

Project Address

Centro de Artes e Desporto Inclusivo

Praça Dr. Francisco Araújo Malheiro, 4715-029 Braga

**Accommodation/Food** *(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)*

Accommodation: Braga Camping - Individual Camping Tent and shared bathrooms

Food: 5 meals (breakfast, lunch and dinner and coffee breaks)

### **CONDITIONS OF PARTICIPATION** *(if there is any specific information that is important volunteers to know about the camp)*

#### **Internal rules of the Camp**

Young people between 18 and 30 years, who speak English and want to work.

People that are interested in the environmental protection and in social inclusion as well as helping to bring awareness to this problematic.

#### **Special remarks or requirements of the Camp**

Youngsters full of energy and willing to do crafty and handy work and to step out of their comfort zone.

### **INSURANCE** *(kind of covers)*

personal accident insurance policy that includes coverage in case of death, permanent disability, treatment expenses, funeral expenses and repatriation

### **WHAT VOLUNTEERS HAVE TO BRING**

Camping blanket, comfortable clothing, shoes, boots, work clothes, pyjama, beach towels, bathing suit, shower slippers, bath towel, sporting equipment, informative material about their country (maps, flags or leaflets etc..) and traditional food and drinks

### **MEETING TIME AND MEETING POINT**

**Arrival date:** 2/8/2021

**Timetable or period:** 12 days

**Place Name:** Braga Camping Park

**Place Address:** Portugal, N101 12, Braga

**Emergency contact:** +351918067944

HOW TO GET TO THE MEETING POINT/CAMP? <i>(Please add addresses, timetables, itinerary trip, ticket prices and internet address)</i>	
<b>Closest Airport:</b>	Porto Airport
<b>Closest Train Station:</b>	Estação Ferroviária de Braga
<b>Travelling from the Airport to (bus or train)</b>	
Participants must catch a plane to the Sá Carneiro airport, at Oporto, and then come to getbus, from the airport to Braga. The price of the getbus ticket is 14€ ( <a href="http://getbus.eu/">http://getbus.eu/</a> )	
<b>Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point</b>	
<u>Traveling by bus from Lisbon to Braga</u> Lisbon (Oriente) - Braga (Central bus station (Flixbus €14.99) <a href="http://www.flixbus.pt">www.flixbus.pt</a>	
<u>Traveling by bus Faro to Braga</u> Faro - Braga (Central bus station (€19.99) <a href="https://rede-expressos.pt/pt">https://rede-expressos.pt/pt</a>	
<b>Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point</b>	
Train Porto (Campanhã) - Braga 3,25€ <a href="https://www.cp.pt/passageiros/pt">https://www.cp.pt/passageiros/pt</a>	
Train Lisboa (Oriente) - Braga 35€ <a href="https://www.cp.pt/passageiros/pt">https://www.cp.pt/passageiros/pt</a>	
Train Faro - Braga 55€ <a href="https://www.cp.pt/passageiros/pt">https://www.cp.pt/passageiros/pt</a>	
<b>Special recommendations</b> We advise you to make the trip to Sá Carneiro airport (Porto) and then travel by bus to Braga	

PRACTICAL INFORMATION AND CONTACTS	
<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	12 days
<b>Local Host organization address:</b>	Centro de Artes e Desporto Inclusivo Praça Dr. Francisco Araújo Malheiro, 4715-029 Braga
<b>Local Host organization phone:</b>	+351918067944
<b>Local Host organization email:</b>	presidente@synergia.pt
<b>Local Host contact person:</b>	Ricardo Sousa
<b>Camp Leader Name:</b>	Michaela Kelemenova
<b>Camp Leader mobile phone:</b>	+351920346449
<b>IPDJ Regional address:</b>	R. de Santa Margarida n. 6, 4710-306 Braga
<b>IPDJ Regional phone number:</b>	+351 253 204 250

<b>WORKCAMP CODE</b>	<b>PT-BR-33-22</b>	
<b>CAMP NAME*</b>	EKOIA - it takes a village to raise a child!	
<b>DATES</b>	25/7/2022	5/8/2022

<b>LOCAL HOST</b> <i>(organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words</i>
Association for Social and Community Development works with young people since 2007 on youth mobility, entrepreneurship, volunteerism and international cooperation. Activities are geared according to the values of democracy, active participation, cooperation and equal opportunities. The objectives of our work with young people between 14 and 30 years are to promote youth mobility and consciousness of belonging to Europe, encouraging personal and social development of young people, a logic of social inclusion, provide information and training for young people to increase their levels of assets, the company aware and committed to promoting their empowerment and autonomy, support initiatives and projects of cooperation, solidarity and youth entrepreneurship. Thus, YUPI performs and participates in international exchanges, sending young people to training courses on various topics of personal and professional development and promotes an exchange of youth volunteering - Time4U - for young people to develop projects of social, organizational and personal. <a href="http://www.yupi.pt">www.yupi.pt</a>

<b>WORKCAMP DESCRIPTION</b> <i>( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)</i>
<p><b>Camp Description and Aims</b></p> <p>The forest school methodology matches the concept, born in the 1950s in Scandinavia, of taking children to the countryside, to the forest. Learning in the open air in permanent contact with nature, without forgetting the individuality of each being and the importance of playing. Forest School is set in a natural environment so that children can take risks, develop positive attitudes and become confident, independent and active adults. Social, emotional and physical components are valued every day.</p> <p>A new movement of free education and alternative to traditional teaching wants to reconnect children to nature through emotional and fun experiences, through play. It is an inspiring process and a pedagogy that allows a permanent contact with the outside environment and works on social and emotional skills, creative thinking, communication, resilience and problem solving.</p> <p>A rich environment is one that offers different stimuli in nature and so we intend to prepare a space in nature to offer this possibility to a group of children between 3 and 14 years old.</p> <p>Through these tasks, we intend to requalify and return to the community a leisure and emotional, social and motor learning space especially dedicated to children and young people between 3 and 14 years old, for a more integral development and in connection with nature, allowing them to grow in a freer, more stimulating way and with greater respect for nature.</p> <p>These objectives contribute to the priorities and goals of the Europe 2020 Strategy, as they will encourage young participants to learn, develop and update skills through participation in non-formal education activities.</p>
<p><b>Voluntary Work and Tasks of the Camp</b></p> <p>We want to rehabilitate some spaces in nature, with tasks such as: thinning out invasive plants, planting aromatic plants to control pests, building a natural pond to play in the water and welcome a greater diversity, making a tree climbing circuit out of natural materials (ropes, wood, cork) for children to explore, putting up safety signs and identifying flora species in a forest space, building a playground out of natural materials and in a forest context.</p>
<p><b>What the volunteers can Learn in this Camp? (study part)</b></p> <p>Participants can learn to plant, to prepare wood structures for tree climbing circuit, to select and use natural materials in constructions (that don't harm the nature), to build a pond to study biodiversity, the effect of specific aromatic plants in the control of invasive species, the problem of invasive plants domination in forests.</p>
<p><b>Free Time, Leisure Time and Visits preview</b></p> <p>Visit to Guimarães and Porto, concerts around the fireplace in the nature, workshops on how to prepare your own hygiene products (soap, shampoo and others), workshop on stencils (natural ink for t-shirt and bags design), workshop on cianotipia and aromatics</p>

<b>LOGISTICAL ARRANGEMENTS</b>
<p><b>Description of the Camp Location</b> <i>(if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)</i></p> <p>Rural, isolated area with an alternative school.</p>
<p><b>Accommodation/Food</b> <i>(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)</i></p> <p>Breakfast will be provided at the accommodation (schools) by the monitors and a rotating team among the participants. Since the work starts early (to avoid the hours of greatest heat), we intend to serve a snack midmorning to gain energy and delay lunchtime. The journey is continuous and at lunch, the food will be delivered by a catering restaurant at school by 14pm. During the afternoon, the association will provide snacks like yogurt, chocolate milk and croissant with cheese. Dinner will be served at the accommodation at 8</p>

pm (a warm meal to prepare for a comforting evening). Local organic and vegetarian food is provided (if any participant has a specific need for meat/fish products, we can provide too).

Participants will sleep in classrooms of the school, with mattresses and access to common showers and toilets divided by gender.

#### CONDITIONS OF PARTICIPATION *(if there is any specific information that is important volunteers to know about the camp)*

##### Internal rules of the Camp

Smoking only in indicated areas; no swearing or manipulation with children of the school

##### Special remarks or requirements of the Camp

#### INSURANCE *(kind of covers)*

Personal accidents and third liability party

#### WHAT VOLUNTEERS HAVE TO BRING

In this season of the year, weather in PT usually is hot and dry. Average temperatures are around 24-30 °C (be aware that nights specially by the beach are cold). Bring personal hygiene Kit, beach and bath towel, swimsuit, sleeping bag, camping mattress, boots and casual footwear, slippers, work clothes, beat, warm clothing, waterproof, hat, sunscreen, personal documents (European health card, identification card, passport), drink and food for the night intercultural, traditional music and traditional instruments, personal medication. Also bring a beach towel and bathing suit. Please, also make sure you have enough of any medication you may need e.g. asthma inhaler and that you have, inform us of any health problems, allergies and special needs. All food and accommodation during the camp is covered, however, you may wish to bring along some extra money for your free time or souvenirs.

#### MEETING TIME AND MEETING POINT

Arrival date: 25<sup>th</sup> July 2022

Timetable or period: Until 15h local time

Place Name: Airport (meeting point)

Place Address: Airport Francisco Sá Carneiro

Emergency contact: +351965413471

#### HOW TO GET TO THE MEETING POINT/CAMP? *(Please add addresses, timetables, itinerary trip, ticket prices and internet address)*

Closest Airport: Porto

Closest Train Station: Guimarães

##### Travelling from the Airport to (bus or train)

Metro to Porto (Campanhã) and from there train to Guimarães

##### Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point

Bus to Guimarães station

##### Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point

Train to Guimarães

##### Special recommendations

The venue is hard to reach by public transportation so please inform your itinerary and where you can reach (train or bus station in Guimarães) so that the organization can pick you up in private transport.

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers: 17

Working language: English

Country currency: Euro

Weather expected during the camp: 25-28º, sun, no rain

Local Host organization address: Rua Camilo Castelo Branco 96, 3º esquerdo, 4760 Vila Nova de Famalicão

Local Host organization phone: +351927113521

Local Host organization email: [geral@yupi.pt](mailto:geral@yupi.pt)

Local Host contact person: Mariana Marques

Camp Leader Name: Mariana Marques

Camp Leader mobile phone: +351965413471

IPDJ Regional address: Rua de Santa Margarida, 6, Braga

IPDJ Regional phone number: +351253204250

<b>WORKCAMP CODE</b>	<b>PT-CB-20-22</b>	
<b>CAMP NAME*</b>	Back to Centum Cellas	
<b>DATES</b>	01/July/2022	12/July/2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

Santa Casa da Misericórdia de Belmonte is a social support organization with activities for children, youth and seniors.



**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

#### **Camp Description and Aims**

The Roman ruins of Centum Cellas located in Colmeal da Torre (Belmonte) is a National Monument and is one of the most emblematic and enigmatic of the Region, partly due to its function not been yet identified. The monument has been excavated since 1974 until now. The preservation work and restauration, to which we have applied to an "International Work Camp" has with major goal to promote the preservation and restauration of the Tower, and as well the surrounding buildings, promoting their future preservation.

This work camp will promote, as well, the rebuilding of some walls, leading to a better view of the archeologic structures.



#### **Voluntary Work and Tasks of the Camp**

The volunteers will participate in all the actions of preservation and restauration established for the place; cleaning of the walls, filling of the fissures, execution of the mortars, and filling of the vain and rising of the walls

#### **What the volunteers can Learn in this Camp? (study part)**

The volunteers will learn about Portugal, and our region. About preservation and restauration; about the Roman period in the Iberic Peninsula.

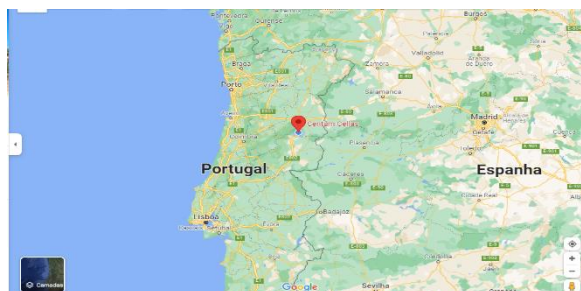
#### **Free Time, Leisure Time and Visits preview**

In the free time the volunteers will be able to perform sport activities, outdoor walks, travel de region and take part in social volunteer work. Hiking, visit to Serra da Estrela and the region, concerts of traditional music, workshop on products and local culture.

### **LOGISTICAL ARRANGEMENTS**

#### **Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)

The camp is placed in a rural area, very close to the Belmonte village and the cities of Covilhã and Guarda, the population of Belmonte is 3000 inhabitants.



#### **Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc).

The accomodation will be provided in an local housing or simmilar, equipped with bathroom, and daily meals will be provided with mediterranean food, and diet food will be also available. Internet available



CONDITIONS OF PARTICIPATION <i>(if there is any specific information that is important volunteers to know about the camp)</i>	
<b>Internal rules of the Camp</b>	
1st BCC Camps have a zero tolerance policy on any drug, tobacco, alcohol, or vaping use.	
2nd BCC Camps and its staff will not tolerate any bullying, hazing or like behavior that endangers the health and well being of another camper.	
3rd Be on time to all camp activities.	
<b>Special remarks or requirements of the Camp</b>	

INSURANCE <i>(kind of covers)</i>	
Personal accident insurance-DEATH OR PERMANENT DISABILITY 25,000.00 EUR; TREATMENT AND REPATRIATION EXPENSES 2,500.00 EUR; FUNERAL EXPENSES 1,500.00 EUR; TEMPORARY ABSOLUTE INC. (DAILY) 25.00 EUR.	

WHAT VOLUNTEERS HAVE TO BRING	
Personal use equipment: Comfortable clothes and shoes. Work clothes for archaeological work. Sun hat. Beach slippers. Swim suit. Beach towel. Sunglasses. Sunscreen cream.	

MEETING TIME AND MEETING POINT	
Arrival date:	01/07/2022
Timetable or period:	morning
Place Name:	Santa Casa da Misericórdia de Belmonte
Place Address:	Rua da Misericórdia
Emergency contact:	+351964520760

HOW TO GET TO THE MEETING POINT/CAMP? <i>(Please add addresses, timetables, itinerary trip, ticket prices and internet address)</i>	
Closest Airport:	Lisbon Airport (LIS)
Closest Train Station:	Belmonte Train Station
<b>Travelling from the Airport to (bus or train)</b>	
<b>Lisbon Airport (LIS) to oriente station</b>	
<p>The closest train station of Lisbon Airport is Oriente Station (Gare do Oriente), which is also the main train station of Lisbon and the busiest of Portugal. It is located at roughly 4 kilometres from Lisbon Airport. From Oriente Station you may get to other Portuguese cities.</p> <p>There are several options that may help you getting to Oriente Station: <b>Metro</b> The fastest and most convenient mean to Oriente Station, simply and clear. Take the metro at Terminal 1 and take off at Oriente metro station. Total trip time is 10 minutes. <b>Taxi</b> Even it is the most expensive mean of transport to Oriente Station, it is the suitable choice. Trip time is about 10 minutes. Cost: € 5.84. <b>Bus</b> By bus will take you longer to reach Oriente Station compared to the other options showed above. Bus lines 208, 705 and 744 stop at Oriente Station.</p>	
<b>Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point</b>	
<p>The journey time between Oriente station and Belmonte is around 4h 36m and covers a distance of around 355 km. This includes an average layover time of around 1h. Operated by Expresso (BUS), the Lisbon Airport (LIS) to Belmonte service departs from Lisboa-Oriente and arrives in Ginjal. Typically three services run diary, although weekend and holiday schedules can vary so check in advance. The ticket costs approximately 14 euros by bus. (Price for young people)</p>	
<b>Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point</b>	
<p>The journey time between Oriente Station (LIS) and Belmonte is around 3h 36m and covers a distance of around 355 km. This includes an average layover time of around 1h. Operated by CP- Comboios de Portugal (train), the Lisbon Airport (LIS) to Belmonte service departs from Lisboa-Oriente and arrives in Ginjal. Typically three services run diary, although weekend and holiday schedules can vary so check in advance. The ticket costs approximately 10 euros by bus. (Price for young people)</p>	
<b>Special recommendations</b>	

PRACTICAL INFORMATION AND CONTACTS	
Nº of volunteers:	10
Working language:	English. (possibility of translation into French and Spanish)

<b>Country currency:</b>	euro
<b>Weather expected during the camp:</b>	summer time
<b>Local Host organization address:</b>	Santa casa da Misericórdia de Belmonte - Rua da Misericórdia 6250- 044 Belmonte
<b>Local Host organization phone:</b>	+351 275911656 +351 964520760
<b>Local Host organization email:</b>	miseicordiabelmonte@gmail.com
<b>Local Host contact person:</b>	Luís D´Elvas
<b>Camp Leader Name:</b>	Elisabete Robalo
<b>Camp Leader mobile phone:</b>	+351 965157270
<b>IPDJ Regional address:</b>	Rua Dr. Francisco Jose Palmeiro - 6000 Castelo Branco
<b>IPDJ Regional phone number:</b>	(+351) 272 348 000 l mailcbranco@ipdj.pt



<b>WORKCAMP CODE</b>	<b>PT-CB-27-22</b>	
<b>CAMP NAME*</b>	AAUBI SUMMER CAMP 2022	
<b>DATES</b>	29/08/2022	09/09/2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

The Academic Association of the University of Beira interior (AAUBI) is the representative organisation of all students of the University of Beira Interior. Since 1988, the year of its foundation, AAUBI has been guided by an active voice in the claim of the rights and interests of all the students it represents. AAUBI carries out extensive work in the development of activities that enrich the academic life of students in various areas such as cultural, pedagogical, sports, social action and health, among others.



Website: <http://www.aaubi.org/>

Facebook: <https://www.facebook.com/AAUBI>

**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

In the camp will be carried out garbage collection and reforestation of Serra da Estrela with native species raising awareness of young people on the issue of climate change. Conservation and restoration of local heritage will also be carried out by the participants to convey to young people the importance of protecting and valuing the heritage. In the municipality of Fundão they may have contact with the local community who will transmit their knowledge about the agricultural sector.

**Voluntary Work and Tasks of the Camp**

- Cleaning and reforestation of the Serra da Estrela;
- Promoting forest conservation;
- Cleaning and recovery of local heritage;
- Acquisition of knowledge about the agricultural sector and help from the local community.

**What can the volunteers learn in this Camp? (study part)**

- Social responsibility;
- Reflect on the consequences of climate changes;
- Valorisation of Cultural heritage;
- Autonomy;
- Development of personal and social skills;
- Promoting of intercultural relationships.

**Free Time, Leisure Time and Visits preview**

- Walking Tours Covilhã;
- Visit to Serra da Estrela;
- Walking tour Street Art;
- Visit to museums in the city;
- Picnics on river beaches and gardens;
- Cinema night;
- Intercultural dinner;
- River Beaches;
- Swimming pool;
- Yoga;
- Laser Tag;
- Theme nights at the Academic Bar (BA).

**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)

The camp is located in Covilhã, a city in the District of Castelo Branco and one of the main urban centers of the interior of the country. It is a city known for the wool industry and for being located only 18km from the highest point of mainland Portugal, the tower of Serra da Estrela.

Address of the Camp: Estrada do Sineiro, nº39, 6200-209, Covilhã

GPS Coordinates: 40°17'11"N 7°30'43"W

**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)

Participants will be staying at the University's student residences in double rooms with bathroom and shower. Access to the rooms has a space equipped with a fridge. It also has common areas, for the preparations of meals, equipped with stove and microwave and a living room with TV and internet access. Young people can have access to communal laundries equipped with washing machines and dryers.

Meals will be given by the organization and served in the University canteens and some outdoors. Meals from the University Canteens are composed of soup, a main course with choice of meat, fish or vegetarian, bread, salad, dessert, water or juice.

#### CONDITIONS OF PARTICIPATION (if there is any specific information that is important volunteers to know about the camp)

##### Internal rules of the Camp

No specific rules of participation will be applicable.

##### Special remarks or requirements of the Camp

#### INSURANCE (kind of covers)

Death and permanent disability, treatments, funeral and repatriation expenses.

#### WHAT VOLUNTEERS HAVE TO BRING

They will need to bring towels and hygiene products, comfortable clothes and footwear to work with, sunscreen, fresh clothes, coat, beachwear, personal documents, personal medication, traditional drink and food for intercultural dinner.

#### MEETING TIME AND MEETING POINT

Arrival date: 29/08/2022

Timetable or period: Participants must send an e-mail with the arrival time

Place Name: Train Station ou Bus Station

Place Address: Train Station: Largo da Estação dos Caminhos de Ferro, 6200-087, Covilhã; Bus Station: Terminal Rodoviário da Covilhã, 6200-505, Covilhã

Emergency contact: 968139660

#### HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)

Closest Airport: Lisbon or Porto

Closest Train Station: Covilhã, Largo da Estação dos Caminhos de Ferro, 6200-087

##### Travelling from the Airport to (bus or train)

##### From Lisbon airport:

Take the subway (<https://www.metrolisboa.pt/en/>) to Oriente train station. Ticket price: 1,5€

##### From Porto Airport:

Take the subway (<https://en.metrodoporto.pt>) (line E purple colour) to "Trindade". Then take the subway (line A blue colour) to "Estádio do Dragão". (Ticket price: 2€). Then you must walk to the bus station which is pretty close (Campo 24 de Agosto 125, 4300-096 Porto, Portugal)

**Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point****Lisbon:**

At the Oriente train station you must walk to the bus station (Terminal Rodoviário da Gare do Oriente Av. de Berlim 1885-034 Lisboa, Portugal) and take the bus from Lisboa (Oriente) to Covilhã. Ticket Price: 14€ or less if bought ahead in time. (<https://rede-expressos.pt/en> )

**Porto:**

Take the bus from Porto (Campo 24 de Agosto) to Covilhã (<https://rede-expressos.pt/en> ) Ticket price: 14,90€

**Travelling by train from (Lisbon, Porto or Faro) to the Meeting Point****Lisbon:**

At the Oriente train station (Edifício Gare do Oriente, Piso 1 - Av. D. João II, 1900-233, Lisboa) take the train to Covilhã (<https://www.cp.pt/passageiros/pt>) Ticket price: 13,5€ or less if bought ahead in time.

**Special recommendations****PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	11
<b>Working language:</b>	English
<b>Country currency:</b>	Covilhã, Portugal
<b>Weather expected during the camp:</b>	Sunny
<b>Local Host organization address:</b>	Rua Sr. da Paciência, nº39, 6200-158 Covilhã
<b>Local Host organization phone:</b>	275313626
<b>Local Host organization email:</b>	presidente@aaubi.org
<b>Local Host contact person:</b>	968139660
<b>Camp Leader Name:</b>	Bruna Romoaldo
<b>Camp Leader mobile phone:</b>	961707451
<b>IPDJ Regional address:</b>	Rua Dr. Francisco José Palmeiro - 6000 Castelo Branco
<b>IPDJ Regional phone number:</b>	(+351) 272 348 000   mailcbranco@ipdj.pt

<b>WORKCAMP CODE</b>	<b>PT-CO-13-22</b>	
<b>CAMP NAME*</b>	Diversity+ at the Farm	
<b>DATES</b>	18.07.2022	29.07.2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

Activar is an association created in 2000 that is involved in developing several community projects of social and cultural nature, in the areas of childhood, youth, nature tourism and professional training. Our slogan is "We activate the place, we value people". We are an NGO that aims to promote the local development of the county of Lousã in an integrated and sustainable way and in cooperation with other entities, in a perspective of improving people's quality of life. We have been working in the field of youth for more than 15 years, organizing international workcamps and hosting and sending volunteers in Erasmus+ and European Solidarity Corps programs.



+info: [www.activar.org](http://www.activar.org) | [www.facebook.com/activarlousa](https://www.facebook.com/activarlousa) | [www.instagram.com/activar\\_lousa](https://www.instagram.com/activar_lousa)

**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

The Camp will take place in "Quinta do Caimão", a farm from a local association which focus it work on the integration and inclusion of people with disabilities. The farm lacks several fixes and improvements to make it more appealing to the people who work there every day, as well as to highlight its importance and recognition among visitors.

**AIMS:**

- Promote diversity and inclusion among young people and people with disabilities
- Clean and recover equipment and infrastructures at Quinta do Caimão, dignifying the space for the community and visitors
- Promote the region and its heritage
- Value volunteering as a tool for local development
- Promote the autonomy and personal and social development of the participants
- Promote cultural exchange among young people from different countries around the world
- Promote intercultural exchange between the young participants and the local community

**Voluntary Work and Tasks of the Camp**

- Cleaning and painting walls and fences
- Cleaning and painting gates
- Painting an Artistic mural related to the Farm's work at the main entrance building
- Cleaning and recovering water norias
- Cleaning and recovering animal stables
- Clearing the landfill
- Animal treatment (e.g.: brushing, cleaning feeders, etc.)
- Building small equipment using hand tools (e.g.: compost bins, shelves, etc.)
- Developing an activity involving the local community
- Shopping for groceries, cooking and cleaning the place where the group will cook and eat (breakfast and dinner)





### What the volunteers can Learn in this Camp? (study part)

Volunteers will be able to learn by experience, improving their knowledge and reflection about common living, cooperation, collective decision making, conflict management, cultural diversity, and solidarity. They will develop their intercultural skills, communication skills and autonomy. Moreover, they will learn how to manage a collective budget and plan meals for a large group of people. They will also learn about disability and will acquire practical knowledge related to the manual tasks performed.

### Free Time, Leisure Time and Visits preview

In their free time, volunteers can enjoy the center of the town, namely its park, cafes, shops, and river beach, or they can stay in and play games. There will be a few organized tours both in the town and in the mountains. At the evenings there will be some cultural activities with the local community and a possibility to freely explore the town. On the weekend, the group will visit the city of Coimbra and one of our coast beaches and step foot in the Atlantic Ocean. Lousã is a small town surrounded by nature and there are many places to explore, relax and get together!

## LOGISTICAL ARRANGEMENTS

### Description of the Camp Location *(if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)*

Lousã is a small town (17.000 inhabitants) surrounded by mountains, natural and cultural heritage, located 30Km from Coimbra. The accommodation will be in the center of the town and work activities will take place in a village nearby. Here is a glimpse of Lousã:



### Accommodation/Food *(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)*

Accommodation will be in the local Youth Hostel. Volunteers will have shared bedrooms and toilets and need to bring sleeping bags. The camp includes 5 meals: breakfast; morning snack; lunch; afternoon snack, dinner, and evening snack. With exception of lunch, meals will be prepared by volunteers individually and in cooking teams. Internet from the Youth Hostel will be available.

## CONDITIONS OF PARTICIPATION *(if there is any specific information that is important volunteers to know about the camp)*

### Internal rules of the Camp

Workcamps are run according to the principles of communal living, group decision making, equal participation and collective problem solving. The quality of the workcamp depends very much on your input, ideas and initiative! The most important is that you are flexible and act in a friendly and responsible way. Here are the main rules:

- Do not use drugs
- Do not drink alcohol during activities and especially in the presence of children and young people
- Be motivated and bring your own ideas

### Special remarks or requirements of the Camp

- Willingness to work and to learn more about the topic
- Participation from the very first till the very last day
- Engagement in daily tasks (shopping, cooking, cleaning, setting the table, etc.)
- Help and shared responsibility by making suggestions for group activities, discussions, games, etc.
- Commitment to a group experience and to making decisions and solving problems together
- Respect for your peers and people in the hosting project

## INSURANCE *(kind of covers)*

Personal accidents and civil liability

## WHAT VOLUNTEERS HAVE TO BRING

Comfortable clothes and sneakers suitable for work; facemask; coat or sweater for the night; sun hat; swimming suit; sunscreen; sleeping bag; personal hygiene items; insurance documentation (European Health Insurance Card or personal health insurance); a flag of your country, typical games/instruments, cooking recipes or other typical items of your country. \*Pillows might be needed.

## MEETING TIME AND MEETING POINT

Arrival date:	18.07.2022
Timetable or period:	Afternoon (after 15:00)
Place Name:	HI Lousã – Pousada de Juventude
Place Address:	R. Feira 3200-122, Lousã, Portugal (Google maps: 4Q75+26 Lousã)
Emergency contact:	+351 239 996 116   +351 917 251 974

HOW TO GET TO THE MEETING POINT/CAMP? <i>(Please add addresses, timetables, itinerary trip, ticket prices and internet address)</i>	
<b>Closest Airport:</b>	Porto / Lisbon
<b>Closest Train Station:</b>	Coimbra
<b>Travelling from the Airport to (bus or train)</b> FROM PORTO: By train - Take the metro, bus or taxi to Porto Campanhã; By bus - Take the metro, bus or taxi to Praça da Batalha. FROM LISBON: By train or by bus: Take the metro, bus or taxi to Gare do Oriente.	
<b>Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point</b> FROM PORTO OR LISBON: take the bus (Rede Expressos) to Coimbra. In Coimbra, walk for about 20 minutes (towards the river) and take the Metro Mondego bus to Lousã. Leave at "Lousã-A" bus stop and walk for 10-15min to "Pousada da Juventude".	
<b>Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point</b> FROM PORTO OR LISBON: take the train to Coimbra-B. In Coimbra-B, change trains to get to Coimbra-A station; take the Metro Mondego bus to Lousã (the bus stop is in front of the train station, by the river). Leave at "Lousã-A" bus stop and walk for 10-15min to "Pousada da Juventude".	
<b>Special recommendations</b> Once you're selected, we will provide an interactive map and further detailed info about the camp location and how to get there. Do not use taxi for long distances (as it might be very expensive). If you plan your arrival for very late, contact us instead.	

PRACTICAL INFORMATION AND CONTACTS	
<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	EUR
<b>Weather expected during the camp:</b>	Summer
<b>Local Host organization address:</b>	Rua General Humberto Delgado 21, 3200-242 Lousã, Portugal
<b>Local Host organization phone:</b>	+351 239 996 116
<b>Local Host organization email:</b>	juventude@activar.org
<b>Local Host contact person:</b>	Fernanda Vaz
<b>Camp Leader Name:</b>	Daniela Venâncio
<b>Camp Leader mobile phone:</b>	+351 917 251 974
<b>IPDJ Regional address:</b>	IPDJ Coimbra: Rua Pedro Monteiro 73, 3000-329 Coimbra, Portugal
<b>IPDJ Regional phone number:</b>	+351239790600

<b>WORKCAMP CODE</b>	<b>PT-EV-17-22</b>	
<b>CAMP NAME*</b>	Food & Environment	
<b>DATES</b>	4 july 2022	15 july 2022

<b>LOCAL HOST</b> <i>(organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words</i>
<p>Marca-ADL is a non-profit association, with headquarters in Montemor-o-Novo, district of Évora. It aims is to promote qualified development of Montemor-o-Novo municipality in particular to support actions in the social &amp; cultural sphere, environmental preservation and enhancement of natural and human heritage, entrepreneurship and support for business creation and quality services. Environmental and heritage concerns were at the root of the creation of the MARCA ADL, that currently has the legal status equivalent to Environmental Non-Governmental Organization ENGO.</p>

<b>WORKCAMP DESCRIPTION</b> <i>( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)</i>
<p><b>Camp Description and Aims</b></p> <p>Following the work that Marca ADL has been developing over the past years on the themes of Climate Change, Sustainability, and wild edible plants, this year we intend to work on these themes together, with greater emphasis on the issue of food and the impact it has on the environment.</p> <p><b>Goals:</b></p> <ol style="list-style-type: none"> <li>1) To promote youth participation and involvement in environmental and social issues;</li> <li>2) To contribute to the conservation of the natural and cultural heritage of Montemor-o-Novo;</li> <li>3) To promote reflection on sustainable behaviours and to contribute to behavioural change at individual and community levels.</li> <li>4) To enhance youth participation in the resolution of local and global problems;</li> <li>5) To make young people aware of the impact that our food choices have on the environment.</li> </ol> <p><b>Voluntary Work and Tasks of the Camp</b></p> <p>Activities Plan:</p> <ol style="list-style-type: none"> <li>1) Visit local producers</li> <li>2) Workshop on handcrafted honey production - with the design of candles from beeswax.</li> <li>3) Nutrition Workshop</li> <li>4) Workshop on food waste</li> <li>5) Local gastronomy workshop and Going to the Market - Enhancement of local products and the territory;</li> <li>6) Collect edible wild species in the field</li> <li>7) Debates/Conversations about different themes: Food - Local products and wild resources; Traditional trade/Local production vs Supermarkets/Industrial production - We will use non formal education to improve reflexion and team work.</li> <li>8) Nursery maintenance work: Collection and sorting of seeds of native plants; transplanting plants into pots with greater capacity, watering the mother plants, among other tasks that are relevant to the normal functioning of the plant nursery. In these activities young people will be able to get to know the region's natural areas.</li> <li>9) Control of invasive alien species that endanger the native biodiversity</li> <li>10) Activities open to the community - Collection of urban waste, present in watercourses and Vermicomposting workshop – activity related to the circular economy and sustainable daily practices.</li> <li>11) Cooperative activities and group dynamics - took place throughout the project, so that participants establish interpersonal relationships and reflect on their learning.</li> </ol> <p><b>What the volunteers can Learn in this Camp? (study part)</b></p> <p>The Food &amp; Environment Camp intent to promote in a short, medium and long term changes in individual and community habits, with the goal of creating impact at the local level. Therefore, our approach will aim to generate changes in the behaviour of young people and the community with regard to the choices we make about our food.</p> <p><b>Free Time, Leisure Time and Visits preview</b></p> <ol style="list-style-type: none"> <li>1) Cultural night - Sharing cultures and traditions;</li> <li>2) Walking Tour - Montemor-o-Novo   To know the castle and the city</li> <li>3) Trip to the municipal swimming pools and/or Comporta beach;</li> <li>4) Visit to Évora - World Heritage Site;</li> </ol>



## LOGISTICAL ARRANGEMENTS

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)  
The camp will be at Montemor-o-Novo (Évora), a small city in Alentejo region. That is located in a rural área.

**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)

The participants will be accommodated in Rural Tourism (Burriscas - <https://www.facebook.com/burriscas/>) which is located 3 km from Montemor-o-Novo; There the participants can cook breakfast and snacks; Lunch and dinner will be cooked by the Montemor-o-Novo school, and delivered to Tourism during the week, on the weekend participants have to cook lunch and dinner. Participants are responsible for cleaning the common areas (kitchen and bathroom).

## CONDITIONS OF PARTICIPATION (if there is any specific information that is important volunteers to know about the camp)

### Internal rules of the Camp

- Respect for each other;
- Respect for the environment;
- Motivation to participate in environmental activities;
- Participate in joint activities,
- No smoking indoors;
- No drinking of alcoholic beverages while working.

### Special remarks or requirements of the Camp

- You have to clean the space after cook and eat;
- You have to clean the WC's;
- Respect the hours of sleeping;
- Clean the food boxes every day;
- Do not leave trash on the floor.

The rules that will be decreed by the government at that time, referring to the pandemic.

## INSURANCE (kind of covers)

Accidents at work

## WHAT VOLUNTEERS HAVE TO BRING

Sleeping bag;  
Towels and toiletries;  
Clothes and shoes appropriate for high temperatures and for work in the field;  
Warm clothes for the night (minimum temperature 12°C);  
Torch for night use;  
Insect repellent;  
Bathing suit, sun cream and towel (we have pool and we are going to the beach)  
Necessary documents;  
Motivation and positive energy to work as a team!

## MEETING TIME AND MEETING POINT

Arrival date:	4 of July 2022
Timetable or period:	07:00 - 12:00
Place Name:	Bus Station (Montemor-o-Novo)
Place Address:	R. de São Francisco 19, 7050-173 Montemor-o-Novo
Emergency contact:	Contact Person: Lúcia Pereira Tel: +351 967 777 545

## HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)



<b>Closest Airport:</b>	Lisbon
<b>Closest Train Station:</b>	Vendas Novas or Évora
<b>Travelling from the Airport to (bus or train)</b> By plane, you can get to Lisbon or Oporto with fairly reasonable fares proposed by low-cost companies (e.g. Ryanair or easyjet). From there on the best way to reach Montemor-o-Novo will be by bus, with rates ranging from 10 to 20€ (one way). Before arrival, we can provide you useful information on schedules, departure and arrival hours of main transports to Montemor-o-Novo. From Lisbon Airport: 1. take the metro (red line) at the airport - it's the only metro line; 2. You have to change lines, at the end of the red line – in S. Sebastião - To the blue line towards the Zoo; 3. It's only 2 stops, when you get to the zoo stop, you leave and follow the signs to the bus station.	
<b>Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point</b> From Lisbon, in the bus station take the bus to Montemor-o-Novo and enjoy the trip of about 1 hour.	
<b>Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point</b> If you travel by train you will need to take a bus that drops you off at the Montemor-o-Novo Bus Station. Pay attention that in Évora the bus station is 36 minutes far from the train station, by walking. In Vendas Novas it is 8 minuts far, but you do not have so many bus schedules.	
<b>Special recommendations</b> If arriving by car, you will be able to park just by the facilities where you will be lodged. <b>Burriscas Campismo Rural</b> , Monte das Burriscas, 7050-021 Montemor-o-Novo Contact Person: Telma: 969 280 645 Email: burriscascr@gmail.com	

PRACTICAL INFORMATION AND CONTACTS	
<b>Nº of volunteers:</b>	15
<b>Working language:</b>	English
<b>Country currency:</b>	Euro (€)
<b>Weather expected during the camp:</b>	Sunny and hot weather
<b>Local Host organization address:</b>	Rua Luís de Camões nº 16, 7050-260 Montemor-o-Novo   PORTUGAL
<b>Local Host organization phone:</b>	+351 266 891 222
<b>Local Host organization email:</b>	social@marca-adl.pt
<b>Local Host contact person:</b>	Contact Person: Lúcia Pereira Tel: +351 967 777 545
<b>Camp Leader Name:</b>	Rosa Coelho
<b>Camp Leader mobile phone:</b>	Tel: +351 964 069 892
<b>IPDJ Regional address:</b>	IPDJ Évora - Rua da República, 119, 7000-656 Évora   PORTUGAL e-mail: mailevora@ipdj.pt
<b>IPDJ Regional phone number:</b>	Tel: (+351) 266 737 300

<b>WORKCAMP CODE</b>	<b>PT-EV-23-22</b>
<b>CAMP NAME*</b>	Terracota Patrimony VII
<b>DATES</b>	22.08.2022 to   02.09.2022

<b>LOCAL HOST</b> <i>(organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words</i>
OFICINAS DO CONVENTO ONGD – OFICINAS DA CERÂMICA E DA TERRA [OC-OCT] One of the aims of oc-oct is to understand tradition so to innovate from it, walking towards the future with an eye on the past. We are engaged in various fields since heritage, vernacular architecture and techniques, ceramics, sound, silkprint, typography, design, performance, video, new technologies applied to all of them, like 3d printers, laser cut, cnc, electronics...). we are engaged with the local community with different educational projects and activities. our facilities are divided into 4 spaces: the headquarters in the Convent of São Francisco; a ceramic research centre; a workshop for the production of handmade tiles and fired bricks and finally the raw earth laboratory where we can produce compressed earth blocks and do research for other earthen architecture techniques. <a href="http://www.oficinasdoconvento.com">HTTP://WWW.OFICINASDOCONVENTO.COM</a>

<b>WORKCAMP DESCRIPTION</b> <i>( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)</i>
<p><b>Camp Description and Aims</b></p> <p>This work camp aims to awaken youth for the traditional building techniques and the surrounding built heritage. It is an Hands-on approach in ancient building techniques, specially lime mortars and plasters, with introductions to raw earth (adobe, rammed earth, CEB, earth plasters) and ceramics (modelling, raku firing, other firing techniques). During the camp we will act in public structures repairing, maintaining and co-creating new assets on these buildings, focusing on the Castle's Kiosk and OCT's facilities (workshops where raw and fired earth materials/works are explored and produced). Cooperation, communication, self esteem, problem solving, risk evaluation, leadership and decision making are competences that we will work together while (re)building for and with the local community. We will have a detailed schedule that will be questioned and can be adapted according to the group needs.</p> <p><b>Voluntary Work and Tasks of the Camp</b></p> <p>Terra[cota] VII will provide the opportunity to build street furniture on a heritage protected area in Montemor-o-Novo. A drinking fountain will be built inside the walls of the Castle, a place with daily turistic visitors where a water point is still missing. The tasks include the building from scratch of this element and the intervention on an existing building and surrounding elements to obtain a welcoming place for visitors with space and supporting facilities in a coherent aesthetical line that still mixes traditional and innovative sustainable building solutions. A suggested program will be proposed and will be subjected to alterations according to the different wills and needs.</p> <p>Note: some of the works can be repetitive and hard, it is a hands-on approach and very practical, touching the materials and tools. Knowing your limits and communicating with the monitors is essential in order to adapt the tasks to each volunteer individually. The climate can be extreme in some years, with intense sunny days reaching over 40°C, the working schedule will be flexible in order to adapt to the best working hours.</p> <p><b>What the volunteers can Learn in this Camp? (study part)</b></p> <p>Learning how to build in masonry technique; building arches (funicular geometry structures); glazing terracota; different finishings for terracota; apply and repair traditional lime plasters and paintings; Applying reinforced waterproof membrane on terraces; introduction to traditional handmade fired and raw earth, clay preparation and application; Repair traditional terracota brick structures (remove vegetation, cleaning and apply natural waterproof coatings like lime-wash); Cleaning and organize working areas and tools used during the activities; You will use tools like brushes, trowels, shovels, spatulas to perform tasks like painting, scratching, cleaning, mixing mortar, applying mortar, among other activities.</p> <p>Opinion sharing, decision-making and feedback methods for collaborative design and implementation.</p> <p><b>Free Time, Leisure Time and Visits preview</b></p> <p>Ceramics - make your own clay project and take it home – from modelling to firing. Group games. Yoga. Open Air Cinema. Landscape and Heritage tour (Learning about the Montado Landscape, visiting and learning about the megalithic heritage of the region). Concerts of main national artists in the local annual fair. This activities are flexible and may adapt to the participants.</p> <p>Silkprint, sculpture, music, dance, electronics and new technologies are other activities that you can see around and possibly try out.</p>

<b>LOGISTICAL ARRANGEMENTS</b>
<p><b>Description of the Camp Location</b> <i>(if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)</i></p> <p>The working environment is relaxed, in the heart of a strong artistic influenced small city in Alentejo Region. Although this region has a low population density, the city can be very busy in terms of cultural activity.</p> <p><b>Accommodation/Food</b> <i>(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)</i></p> <p>Meals: breakfast, lunch, dinner. The lunch and dinner meals will be at the convent and will be vegetarian with possibility of vegan choice, in respect to the protein needs of the body in mainly physical activity. The breakfast will be have different options that can be adapted during the camp according to the groups's preferences and in line with the available budget. There is access to several shared kitchens around our facilities to prepare your snacks.</p> <p>Accommodation: in shared dormitory inside the old convent and in a Youth center 3 minutes away. There is the possibility to use your private tent in case you prefer more privacy.</p>

**CONDITIONS OF PARTICIPATION** *(if there is any specific information that is important volunteers to know about the camp)***Internal rules of the Camp**

Feeling like you can use your energy to achieve a collective goal. Being interested in building with your own hands and discover new materials and crafts. Being on time for the activities and respecting the silence during resting times (night and siesta). Feeling open to a collective living environment, where the space is shared with workspaces for artistic residencies.

**Special remarks or requirements of the Camp**

When using the kitchen or bathroom - as well as other spaces - look back, leaving everything as you found before (or even better!). Feeling free to propose different activities and to suggest alternatives on some issue. Taking care of yourself and the ones around you.

**INSURANCE** *(kind of covers)*

Workplace accident insurance (for European citizens it is mandatory to have the European health card)

**WHAT VOLUNTEERS HAVE TO BRING**

Everything for your own sleeping comfort (Minimum: sleeping bag. Advised: ear plugs, pillow); towel and personal care items; sunscreen; comfortable working clothes and shoes; reusable water bottle and a nice hat/head cover

**MEETING TIME AND MEETING POINT**

**Arrival date:** 22<sup>nd</sup> of August

**Timetable or period:** 9am to 1pm

**Place Name:** Convento de São Francisco

**Place Address:** Convento de São Francisco, Carreira de São Francisco 7050-160 Montemor-o-Novo

**Emergency contact:** 00351 927607513

**HOW TO GET TO THE MEETING POINT/CAMP?** *(Please add addresses, timetables, itinerary trip, ticket prices and internet address)*

**Closest Airport:** Lisbon

**Closest Train Station:** Casa Branca/Vendas Novas

**Travelling from the Airport to (bus or train)**

>>from "Aeroporto de Lisboa": Take the metro to "Jardim Zoológico" (around 1,5€) and follow onsite information to "Sete Rios - Rede Expresso" bus station.

>>from "Aeroporto Francisco Sá Carneiro" (Porto) Take the metro to "Campo 24 de Agosto" (around 1,3€) and follow onsite information to the bus station.

**Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point**

>>from Sete Rios (Lisbon central Bus station) Take the bus to "Montemor-o-Novo" (around 12€); it takes 1h15min.

>>from Campo 24 de Agosto (Porto central bus station) Take the bus to "Montemor-o-Novo" (around 20€); it takes around 4,5 hours; you will have to change bus either in Fátima or in Lisboa

**Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point**

there is no train to Montemor-o-Novo city

**Special recommendations**

Rede-expressos website: <http://www.rede-expressos.pt/>.

< < arriving to Oficinas do Convento: when arriving to the bus station in Montemor-o-Novo, turn left until getting to the church. It will be at your right. Oficinas do Convento is right beside the church In the old convent.

**PRACTICAL INFORMATION AND CONTACTS**

**Nº of volunteers:** 17

**Working language:** ENGLISH (spanish/french/portuguese as help languages)

**Country currency:** euro

**Weather expected during the camp:** Hot and dry (temperature between 30-42º)

**Local Host organization address:** Convento de São Francisco, Carreira de São Francisco 7050-160 Montemor-o-Novo

**Local Host organization phone:** 00351 266899824

**Local Host organization email:** [oc@oficinasdoconvento.com](mailto:oc@oficinasdoconvento.com)

**Local Host contact person:** Nélia Martins - 00351 969852390

**Camp Leader Name:** Joana Trindade

**Camp Leader mobile phone:** 00351 927607513

**IPDJ Regional address:** R. da República 119, 7000-656 Évora

**IPDJ Regional phone number:** [00351 266 737 300](tel:00351266737300)

<b>WORKCAMP CODE</b>	<b>PT-FA-08-22</b>	
<b>CAMP NAME*</b>	PERMACULTURE CAMP	
<b>DATES</b>	16/09/2022	27/09/2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

Projecto Novas Descobertas (Project New Discoveries) is a non-profit organization with 27 years of experience in eco-social work, offering programs for all ages. Programs include educational and recreational activities on a 43 hectare farm in the western Algarve. PND promotes a deeper connection with nature, practicing values of integration, sustainability and sharing with the aim of ecological and social regeneration. It combines creative learning approaches with traditional knowledge providing new discoveries for all.

To know more visit: [www.projectonovasdescobertas.org](http://www.projectonovasdescobertas.org); [www.valedalama.net](http://www.valedalama.net)



**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

**Get to know and experience Permaculture and regenerative practices** - Together we can reshape the way we care for our resources by engaging in regenerative design and practices. Aligned with the UN Decade for Ecosystem Restoration this is a Camp that supports the global mission to improve people's wellbeing, to help counteract climate change, and bring back more biodiversity into our ecosystems.

We will support the care and improvement of Projecto Novas Descobertas Learning Campus, pedagogical gardens and plant nursery, participate in daily permacultural farm routines at Vale da Lama, visit and engage in a local regenerative project and help co-create a awareness raising event about regenerative livelihoods and growing food.

**This is an opportunity to empower yourself and get inspired, gaining skills to act for a more resilient livelihood.**



**Voluntary Work and Tasks of the Camp**

- **Permaculture practice:** We will care for pedagogical gardens and nursery; improve Permaculture educational spaces and resources; support organic farming and regenerative agricultural production spaces.
- **Awareness raising event:** We will cocreate, organize and present a public event about regenerative livelihoods and growing food; a partnership with a local network of farms.
- **Meal preparation and maintenance of collective spaces:** We will assist the chef in preparing meals for the group; rotate daily tasks necessary to maintain health, well-being, and the functioning of the camp.

**What the volunteers can Learn in this Camp? (study part)**

- **Permaculture awareness and training:** We will join in collaborative exploration on Permaculture key concepts, having daily topics of focus to guide our common learning; we will visit and engage in practical examples of Permacultura strategies.
- **Collaborative design and Project co-creation:** We will present and use a collaborative design method and tools, apply it to create our camp learning community and an awareness raising event.
- **Social dynamics and community:** Our daily routines offer opportunities to learn about community building, mindfulness and self-regulation, including reflection dynamics, collective decision making and conflict resolution tools.

**Free Time, Leisure Time and Visits preview**

- **Nature Connection:** We will have a day out to visit places in the Algarve that are protected nature areas and places of traditional culture. Daily opportunities to do walks, bicycle rides, and canoeing in Ribeira do Odiáxere and Alvor, a unique natural place close

to our Camp. We are also immersed in Quinta do Vale da Lama, which offers the opportunity to be in deep contact with a relaxing, natural landscape.

- **Learning community:** We will start and end the day with opportunities for sharing, tracking learning expectations and group decision-making about our program and daily routines; everyone is invited to participate and offer to share skills.
- **Social and leisure activities:** Together we will prepare free time and evening activities; including cultural nights, to share cuisine and participant's cultural traditions and celebrations.
- **Visits:** We will go to our local farmers market and visit a couple of partners' lands and projects.

## LOGISTICAL ARRANGEMENTS

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)

Quinta do Vale da Lama, Odiáxere, Lagos, Faro, Algarve, Portugal

Find us: [Projecto Novas Descobertas](#)

Know more about our facilities: <https://www.projectonovasdescobertas.org/en/sobre-nos/o-nosso-espaco>

**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc) Our venue's facilities include prepared & shaded camping areas, hot showers, indoor bathrooms and dining hall, as well as WiFi, charging stations, small library, tools and didactic materials.

Accommodation is made in individual tents; please bring your own if you can, if you can't the project will provide one.

The project will provide 5 meals per day (breakfast; Lunch; snack; dinner; supper). We serve a mediterranean diet, mainly vegetarian based as much as possible on the following ethical sequence: seasonal, local and organic.

As an Association that has programs for all ages, you can expect to share the space with a children, youth and elders from several backgrounds and cultures.

## CONDITIONS OF PARTICIPATION (if there is any specific information that is important volunteers to know about the camp)

### Internal rules of the Camp

Participants are expected to:

Join daily community contributions and tasks

Not bring pets, as our space is also for wildlife

To avoid drugs, and restrain from too much smoking and excessive drinking (there is a designated smoking area)

Practice self-care and communicate specific needs

Share and participate on decision making and agreements

### Special remarks or requirements of the Camp

Notice that group agreements are made on the first day of camp in order to maintain common needs satisfied and promote self-regulation.

## INSURANCE (kind of covers)

We provide a general insurance that covers personal accidents and injuries.

## WHAT VOLUNTEERS HAVE TO BRING

Please bring with you:

Practical working clothes and warm jumper for evenings; Outdoor shoes and shower flip flops; sun cream; insect repellent; torch; sleeping bag and small blanket; personal tent (is preferred); sun hat; small backpack and personal water bottle and drinking cup; beach and shower towel; personal hygiene products; swimming gear; musical instruments.

## MEETING TIME AND MEETING POINT

**Arrival date:** Friday, 16th September 2022

**Timetable or period:** 12 a.m

**Place Name:** Lagos, Portugal TRAIN STATION

**Place Address:** [Lagos Train Station](#)

**Emergency contact:** Patricia Pereira +351 926681773

## HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)

**Closest Airport:** Faro Airport

**Closest Train Station:** Lagos Train Station

The meeting point will be at **Lagos Train Station**. Best way to reach the meeting point is the train, but there are also buses available

If you arrive at Faro Airport (you can catch a train or a bus from Faro to Lagos, links bellow):

When you arrive to Faro airport you can catch a bus to the train or bus station – see routes here: <https://www.proximo.pt/pt/>

- **Trains to Lagos:** <https://www.cp.pt/passageiros/en>
- **Bus to Lagos:** <https://eva-bus.com/horarios.php>

**If you arrive at Lisbon Airport\*:**

- **Trains to Lagos:** <https://www.cp.pt/passageiros/en>
- **Bus to Lagos:** <https://rede-expressos.pt/pt>

\*Notice there are different train stations in Lisbon you can use depending on where you are; Lisboa - Oriente is the one closer to the airport. To get around in Lisbon, the underground Metro is very useful.'.

**In case you are arriving by car, here are our GPS coordinates and location:**

- 37.14092630678659, -8.628344288793409  
<https://www.projectonovasdescobertas.org/en/sobre-nos/o-nosso-espaco>

**Special recommendations****PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Hot sunny days
<b>Local Host organization address:</b>	Caixa Postal Número 322-N Vale da Lama, 8600-258 Odiáxere, Lagos – Portugal
<b>Local Host organization phone:</b>	(+351) 282 697 862
<b>Local Host organization email:</b>	<a href="mailto:info@projectonovasdescobertas.org">info@projectonovasdescobertas.org</a> ; <a href="mailto:patricia@projectonovasdescobertas.org">patricia@projectonovasdescobertas.org</a>
<b>Local Host contact person:</b>	Patricia Pereira
<b>Camp Leader Name:</b>	Patricia Pereira
<b>Camp Leader mobile phone:</b>	(+351) 926681773
<b>IPDJ Regional address:</b>	Instituto Português do Desporto e da Juventude - Rua da PSP, 8000-408 Faro
<b>IPDJ Regional phone number:</b>	(+351) 289 891 820



<b>WORKCAMP CODE</b>	<b>PT-GU-19-22</b>	
<b>CAMP NAME*</b>	TAKING CARE OF EARTH'S FUTURE	
<b>DATES</b>	01/08/2022	12/08/2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words



Since 1976, the Associação de Promoção Social, Recreativa, Desportiva e Humanitária de Maceira has as its main intervention area the improvement of the population's well-being and quality of life through initiatives and projects aimed at supporting children, youth and the third age, promoting the social integration of the most disadvantaged groups and the integrated development of the local territory. From the activities developed in working with young people, we highlight the Summer Camps, Workcamps and Youth Exchanges within the framework of the Erasmus + Program. Facebook address - [www.facebook.com/associacaopsrdh.maceira](https://www.facebook.com/associacaopsrdh.maceira)

**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

#### **Camp Description and Aims**

"TAKING CARE OF EARTH'S FUTURE" aims to promote environmental education and reflect on the issue of garbage, waste, the cycle of materials and sustainable growth. This project will have as main objective to raise awareness among participants and the local community about the importance of environmental issues, namely the practice of recycling through cleaning spaces (removing garbage improperly deposited in green spaces) and the recovery of organic material that can be composted. , transforming it into a natural fertilizer to be used in the vegetable garden or garden, thus enriching the land and reducing the amount of organic matter that is mixed with urban solid waste.

#### **Voluntary Work and Tasks of the Camp**

During the Workcamp participants will perform the following tasks:

- collection of garbage and artificial waste in green spaces with collection at collection points;
- clean and prepare the 2 community composting areas;
- construction and placement of the 2 wooden composters;
- construction and placement of 2 litter bins to place bio-waste transport bags;
- elaboration and placement of 2 information panels summarizing the scope of the project, approaching the concept of community urban composting, its benefits, the waste that must be placed, etc;
- construction and placement of 2 wooden fences around the composting pens;
- development of materials for dissemination/awareness of the advantages of using community composters (posters, flyers and videos for dissemination on social networks and distribution in the community).



#### **What the volunteers can Learn in this Camp? (study part)**

It is intended that volunteers acquire knowledge in terms of environmental education on the issue of garbage, waste, the cycle of materials and sustainable growth, namely:

- get into the habit of recycling used material, instead of mixing it with organic waste;
- awareness of the importance of using community composting and environmental sustainability;
- build community composters;
- promote community composting.

#### **Free Time, Leisure Time and Visits preview**

As for leisure activities, we will have visits (to the museum, library, river beach, social solidarity institutions), intercultural evenings, sports activities, traditional games, parties, swimming pool, cultural activities, ect.

In Workcamp, the days will be organized in this way: during the morning and beginning the afternoon the participants do their volunteering work, during second half of the afternoon and night the participants will have the leisure activities.



#### **LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)

**TAKING CARE OF EARTH'S FUTURE** will take place at Maceira.

Maceira is a rural portuguese parish in the municipality of Fornos de Algodres, in the province of Beira Alta, in the Center region and sub-region of Serra da Estrela, with an area of 8.06 km<sup>2</sup> and 229 inhabitants.

The address is: Rua do Vale da Vinha, 1, 6370-341 Maceira - Fornos de Algodres, Portugal.



**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)

**ACCOMODATION:** The participants will stay at Hostel EntryFik. The Hostel is working since 2016 and the building was completely reformulated. The participants will sleep in dormitories divided per gender. In the Hostel, we will have a team that clean the accommodation and cook the meals. For more information about hostel, the participants can check Hostel Website: [www.hostelentryfik.com](http://www.hostelentryfik.com).

**MEALS:** Meals will be served at the hostel. All special food requirements will be respected if there's prior information sent to the participants. We will have 5 meals a day (breakfast, lunch, snack, dinner and supper).

**INTERNET:** The hostel provides free Wi-Fi.



#### CONDITIONS OF PARTICIPATION *(if there is any specific information that is important volunteers to know about the camp)*

##### Internal rules of the Camp

Young volunteers should be between the ages of 18 and 30, and have a proper conduct in performing the tasks during the Camp. In order for the whole group to function properly, the stipulated timetables must be fulfilled.

##### Special remarks or requirements of the Camp

No Fees

#### INSURANCE *(kind of covers)*

All volunteers will have a personal accident insurance that in case of an accident will have the following coverages: death, permanent disability, treatment expenses, funeral expenses and repatriation.

#### WHAT VOLUNTEERS HAVE TO BRING

Participants should bring: the usual and necessary items for the duration of the Camp; practical and / or sporting clothing; comfortable shoes (and socks); sunscreen, cap / hat; towels.

#### MEETING TIME AND MEETING POINT

Arrival date:	01/08/2022
Timetable or period:	during all day until dinner time (7.30 pm).
Place Name:	Hostel EntryFik
Place Address:	Rua do Vale da Vinha, 1, 6370-341 Maceira - Fornos de Algodres, Portugal
Emergency contact:	(+351) 917395954

#### HOW TO GET TO THE MEETING POINT/CAMP? *(Please add addresses, timetables, itinerary trip, ticket prices and internet address)*

Closest Airport:	Lisbon, Porto
Closest Train Station:	Fornos de Algodres

##### Travelling from the Airport to (bus or train)

Arriving at Porto airport or Lisbon airport, the participants can take subway until bus or train station. One time in this stations (bus/train), the participants should take one this public transportation until Fornos de Algodres.

##### Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point

Buses to Fornos de Algodres: <https://rede-expressos.pt/en>

The connection of Fornos de Algodres to the Hostel will be ensured by the Workcamp Organization.

##### Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point

Trains to Fornos de Algodres: <http://www.cp.pt/passageiros/en/>

The connection of Fornos de Algodres to the Hostel will be ensured by the Workcamp Organization.

##### Special recommendations

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	17
Working language:	English
Country currency:	Euro (€)
Weather expected during the camp:	Good weather (sun and hot weather)
Local Host organization address:	Lugar do Serrado, 1, 6370-341 Maceira - Fornos de Algodres, Portugal



<b>Local Host organization phone:</b>	(+351) 271 789 817
<b>Local Host organization email:</b>	<a href="mailto:geral@hostelentryfik.com">geral@hostelentryfik.com</a>
<b>Local Host contact person:</b>	António Oliveira
<b>Camp Leader Name:</b>	António Oliveira
<b>Camp Leader mobile phone:</b>	(+351) 917 395 954
<b>IPDJ Regional address:</b>	Av. Alexandre Herculano, 6300-659 GUARDA
<b>IPDJ Regional phone number:</b>	(+351) 271 232 100

<b>WORKCAMP CODE</b>	<b>PT-LI-10-22</b>	
<b>CAMP NAME*</b>	NATUR'Alenquer	
<b>DATES</b>	16/08/2022	27/08/2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words



SPEN (Portuguese Society for Entomology) is a non-profit civil association which work is mainly related to the investigation and protection of entomological fauna, that is, insects and other invertebrates (entomology = study of insects). These animals are generally overlooked by funding opportunities and by the general society who, not knowing and understanding this fauna, is also unaware of the fundamental importance it plays in the functioning of ecosystems and of life on Earth. For example, the latest international scientific studies demonstrate the global decline of pollinators, which negatively impacts the balance of ecosystems, but also food sustainability. 35% of the plants used for food production, worldwide, depend on pollinators, as well as the ecological functionality of all ecosystems, which guarantee the conditions for life on the Planet.

SPEN's work is EDUCATIONAL: it focuses on disseminating science and raising awareness in the community about the importance of insects in particular and biodiversity in general; ENVIRONMENTAL: We work in nature conservation in order to safeguard habitats and biodiversity (with a special focus on insects), helping to maintain functional ecosystems and quality of life for all; and SCIENTIFIC: we promote the investigation and publication of scientific research related to insects and their role in nature conservation.

**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

This camp will take place in Alenquer, a city very close to Lisbon with beautiful protected natural landscapes. In this workcamp, participants will have the opportunity to work in these areas, such as Serra de Montejunto and Serra da Ota, doing forest management work, which is essential for nature conservation and fire prevention. Close to the city centre, participants will also be able to work in smaller natural spaces, such as municipal gardens and small forests, and close to the river Alenquer where they will learn about natural engineering to recover degraded riverbanks. NATUR'Alenquer will be a great opportunity to know more about sustainability, the environment and, of course, to get to know a beautiful region of Portugal with amazing cultural trips. It will also be an excellent opportunity to actively contribute to the protection of endangered biodiversity, such as insects and pollinators, which face a drastic crisis.

**General objectives:**

- Valorization and restoration of natural heritage;
- Promotion of sustainability, environmental awareness, and biodiversity protection;
- Promotion of intercultural relationships, good environmental practices, and citizenship;
- Promotion of intercultural contact (some activities will demonstrate local traditions to the participants);
- Promotion of specific skills in the field of environmental heritage protection.

**Voluntary Work and Tasks of the Camp**

- Ecological restoration work (control of invasive species and beneficiation of fauna and flora);
- Litter gathering; cleaning walking trails; controlling invasive vegetation;
- Build a pond for wildlife;
- Vegetation trimming and removal;
- Improvement of local fauna, flora, and landscape;
- Stabilization of the riverbanks with natural engineering techniques;
- Building bug hotels and other shelters for fauna.

**What the volunteers can Learn in this Camp? (study part)**

- Participants will perform field tasks but also learn about nature conservation and engage in conservation-training activities, while getting to know the Portuguese fauna and flora;
- Participants will also learn why nature conservation is important and how small environmental projects such as these workcamps can be crucial to preserve an entire habitat or wildlife populations;
- Encouragement of international exchange and exchange of experience;
- Presentation and discussion of the natural and social reality of the regions of origin of the participants;
- Promotion of environmentally and socially responsible attitudes and values;
- Development of action-training actions focused on individual and collective learning;
- Get to know local culture and traditions.

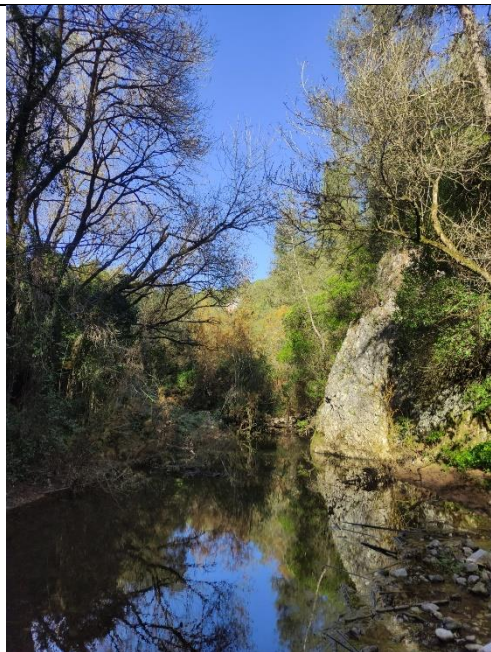
**Free Time, Leisure Time and Visits preview**

- The amazing city of Lisbon;
- Beautiful landscapes, Natural Monuments and mountains ([Serra de Montejunto](#), Serra da Ota, [Canhão Cársico](#));
- Wine areas and landscapes;
- Wine museums and possibility of wine tastings;
- Sketch'n Fun (*Pictionary*), art crafts, music, environmental movies night, traditional games, quiz night, talks, cultural and environmental tours.

**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)

**ALENQUER**



Alenquer is an urban area very close to Lisbon. This workcamp will happen mainly along the river Alenquer in natural areas very close to the city center. Location: <https://goo.gl/maps/FvBhSF3xUyq3QFtdA>

All transportations for field work or leisure activities will be provided by the organization.

**Accommodation/Food** *(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)*

Participants will sleep in a military training center in Alenquer with beds, separated by gender. The complex has a balneary room with hot water showers also separated by gender.

The organization will provide breakfasts, lunches and dinners. Lunches and dinners are prepared/cooked by the municipality's staff and served in a canteen, but some lunches will be served in the field (sandwiches, fruit, etc.). Vegetarian/vegan meals are an option.

#### CONDITIONS OF PARTICIPATION *(if there is any specific information that is important volunteers to know about the camp)*

##### Internal rules of the Camp

- High sense of citizenship and environmental protection.
- Will to work for nature protection and improvement.
- Will to learn and share nature protection techniques and good practice.
- Language skills (English preferable, but also Portuguese, Spanish or French).
- Always be punctual.
- Always respect others' opinions.
- Will to interact with local community.
- Respect COVID-19 hygiene and safety measures.

##### Special remarks or requirements of the Camp

#### INSURANCE *(kind of covers)*

Death and permanent disability, work accidents, treatments, funeral, basic travel assistance.

#### WHAT VOLUNTEERS HAVE TO BRING

Participants have to bring their own towels and hygiene products. Participants can also bring typical food items/beverages from their country for the international cultural dinner and a presentation about the nature of your region. It is also important to bring working clothes and shoes, sunscreen and hat.

#### MEETING TIME AND MEETING POINT

Arrival date:	16th of August 2022
Timetable or period:	11 AM
Place Name:	Carregado train station

<b>Place Address:</b>	<a href="https://goo.gl/maps/SG5viS2uoq4gN2RK7">https://goo.gl/maps/SG5viS2uoq4gN2RK7</a>
<b>Emergency contact:</b>	

<b>HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)</b>	
<b>Closest Airport:</b>	Lisbon Airport
<b>Closest Train Station:</b>	Carregado train station
<b>Travelling from the Airport to (bus or train)</b>	
From the airport, the participants will have to go to Carregado train station. The easiest way to get there is flying to Lisbon airport and take the train from there to Carregado train station.	
<b>Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point</b>	
<ul style="list-style-type: none"> <li>- <b>From Lisbon airport (only train):</b> Just outside the airport take the metro (subway <a href="http://www.metrolisboa.pt/eng/">http://www.metrolisboa.pt/eng/</a>) to Oriente main station (10 min). At Oriente, take the train to Carregado station (30 min).</li> <li>- <b>From Porto airport:</b> Just outside the airport take the metro (subway <a href="http://en.metrodoporto.pt/">http://en.metrodoporto.pt/</a>) to '24 de Agosto main' Walk to the bus station and catch the bus to Lisbon – Sete Rios (around 4 hours). In Lisbon – Sete Rios, go to the train station and take the train to Carregado station (about 1 hour and you might have to change trains along the way).</li> <li>- <b>From Faro airport:</b> just outside the airport take the bus to the city center bus station (20 min). Catch the Bus to Lisbon – Sete Rios or to Lisbon – Oriente (about 4 hours). From there take the train to Carregado station (30 min to 1 hour and you might have to change trains along the way).</li> </ul>	
Timetables and prices for national bus company at <a href="https://rede-expressos.pt/en">https://rede-expressos.pt/en</a>	
Timetables and prices for Portuguese trains at <a href="https://www.cp.pt/passageiros/en">https://www.cp.pt/passageiros/en</a>	
<b>Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point</b>	
<ul style="list-style-type: none"> <li>- <b>From Lisbon airport:</b> Just outside the airport take the metro (subway <a href="http://www.metrolisboa.pt/eng/">http://www.metrolisboa.pt/eng/</a>) to Oriente main station (10 min). At Oriente, take the train to Carregado station (30 min).</li> <li>- <b>From Porto airport:</b> Just outside the airport take the metro (subway <a href="http://en.metrodoporto.pt/">http://en.metrodoporto.pt/</a>) to Porto – Campanhã main station (30min). At Campanhã, take the train to Carregado station. This ride takes about 3h30 and you might have to change trains along the way.</li> <li>- <b>From Faro airport:</b> just outside the airport take the bus to the city center (20 min), walk to the main train station in Faro and take the train to Carregado station (you will have to make stops and change trains along the way and the trip will take around 4h30 hours).</li> </ul>	
Timetables and prices for Portuguese trains at <a href="https://www.cp.pt/passageiros/en">https://www.cp.pt/passageiros/en</a>	
<b>Special recommendations</b>	

<b>PRACTICAL INFORMATION AND CONTACTS</b>	
<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English (but we also speak Spanish, and, of course, Portuguese)
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Sunny and hot weather
<b>Local Host organization address:</b>	Rua Alfredo Duarte Marceneiro, lote 553, 1.º piso, letras CDE. Apartado 8221 1803-001 Lisboa
<b>Local Host organization phone:</b>	(+351)964712455
<b>Local Host organization email:</b>	spen.entomologia@gmail.com
<b>Local Host contact person:</b>	Milene Matos
<b>Camp Leader Name:</b>	Milene Matos
<b>Camp Leader mobile phone:</b>	(+351)964712455
<b>IPDJ Regional address:</b>	IPDJ Lisboa e Vale do Tejo - Rua de Moscavide 71, 1990-100 Lisboa
<b>IPDJ Regional phone number:</b>	(+351)218 920 800

<b>WORKCAMP CODE</b>	<b>PT-LI-14-22</b>	
<b>CAMP NAME*</b>	The Avecasta Cave-Settlement International Archaeological Working Camp	
<b>DATES</b>	1 <sup>st</sup> of August	12 <sup>th</sup> of August

**LOCAL HOST** (*organization name, aims, main activities, internet address, you can add a small logo of your organization*) – Maximum - 130 words

Double-u Replay (WR) is a non-profit association of young and senior archaeologists, ecologists, videogame creators and artists concerned with research, valuation and dissemination of Cultural (and Natural) Heritage. Our work focuses on an innovative plural approach to the “monument” - here conceived freely under the transdisciplinary notion of “Ancient Scenic Territory” – a concrete space-time matrix, assumed (apart from its research & preservation), as an ancient scenario, a stage with actors and performances. WR promotes 4 interweaved approaches to revive ‘ancient human achievements’ which take form, expand and disseminate with the support of virtual and miniature maquette realistic replayable replicas of the PAST: A) Territory Sciences (archaeology, ecology, ethnology, history), B) Performance (theatre, opera, musical drama, scenic concert, scenography), C) Storytelling, D) Interactive Simulation. see: <https://xn--double-u-replay-associacio-nbc7h.pt/joomla30/> contact: doubleureplay@gmail.com

**WORKCAMP DESCRIPTION** (*After WorkCamp description you can add 1 or 2 photos from previous camps, if the same*)

**Camp Description and Aims**

The Avecasta Cave-Settlement International Archaeological Working Camp is taken place in Central Portugal (Areias - Ferreira do Zêzere (FZ)) under the scientific coordination of the inter-disciplinary research team of the Double-u Replay Association - WR (led by José Mateus and Paula Queiroz) and the full support of the Ferreira do Zêzere Municipality. The archaeological site is unique: a vast (hall-shaped) cave, its associated karts doline (on a densely wild forested hill) which has been occupied for many centuries, mostly from the Neolithic till the dawn of the Modern Age - a unique collection of overlapping villages extraordinarily well preserved in muddy clay. The excavation is meticulous, dismounting layer by layer the ancient dwelling ground-surfaces with their domestic and artisanal structures and implies a plural scientific approach, where natural sciences, physical-chemistry (archaeometry) and geomatics (3D registration and virtualization) join the traditional archaeological disciplines

**Voluntary Work and Tasks of the Camp**

The work implies: meticulous (but technically simple) digging in clayey sand (with fine tools, such as trowels and brushes); drawing sketches (for the occurrence of the findings) on top of photographic prints of excavated soil surfaces (or as CAD-layers on digital images on tablets); collecting ancient artifacts on bags with adequate labeling and packaging (according to fragility); taking photos of the findings “in situ”; Sieving the sediments (collected in buckets) under hose water-jet (on a protected shadowed sieving installation, just outside the cave) for collecting the interesting small objects (previously unnoticed during digging); cleaning artifacts and unique identification labelling; Screening micro-fossil assemblages (seeds, charcoal, micro-mammal bones) under stereo microscopes. All participants will experience all the activities on a turn-basis schedule.

**What the volunteers can Learn in this Camp? (study part)**

Avecasta is a rich field-laboratory where the participants will have the opportunity to have direct contact with many diverse archaeological findings from many epochs and domains of ancient craftwork, such as ceramic shards, lithic and bone tools, metallic objects, bones (from domestic and wild macro & microfauna), as well as seeds and charcoal. They will learn about the new interdisciplinary research strategies (namely archaeometry, palynology, macropalaeobotany, micro-faunal analysis, provenance analysis, traceology) and their on-going museographic re-creative and edutainment outreach strategies.

**Free Time, Leisure Time and Visits preview**

The Ferreira do Zêzere region is full of beautiful sites to visit and enjoy during the daily spare time of the archaeological campaign. With the logistic support of the Ferreira do Zêzere Municipality and under the WR (hosting organization) assistance and guidance we will visit the Lago Azul (“Blue-Lake” in the margins of the vast Zêzere river dam-lake), Dornes (the old riverine medieval settlement), and the Areias village (with its renaissance old church). Music, nature exploration, speleological introductory practice will be among the extra-work activities organized and monitored by the WR experienced team.

**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (*if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location*)

The Avecasta cave large-hall with its high vault (like a natural cathedral, frankly open to the exterior) is a very pleasant (and beautiful) place for staying and digging in day's journeys. The atmosphere is always fresh (but dry in Summer) and inspired by the wild beautiful and dense oak forest around, which is part of a Nature Protected NATURA 2000 site. The modern village of Avecasta, nearby, is well preserved in what concerns traditional and old rural architecture.

**Accommodation/Food** (*describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc*)

Participants will stay overnight in the well-equipped installations of the Scouts Centre of the town (Ferreira do Zêzere), twenty minutes (by bus) from the Avecasta cave. They will use large collective dormitories with several bunk-beds which are supported by 8 WCs and 2 large bathrooms (masculine & feminine) with many (hot-water) showers. Breakfast and dinner will be served (around 8.00 and 19.00) in a well-equipped canteen (CRIFZ – with traditional Portuguese food but



where a vegetarian choice may be previewed); Lunch (and tea-break in the afternoon) will be taken in the field (pick-nick) based on fruit, sandwiches and juices.

#### CONDITIONS OF PARTICIPATION *(if there is any specific information that is important volunteers to know about the camp)*

##### Internal rules of the Camp

Participants should confine strictly to the daily time schedules (breakfast, transport, dinner) as the logistic support relies on precise timings and services from personal outside the scope of Double-u Replay. After 23.00h silence must prevail in the dormitories and associated installations.

##### Special remarks or requirements of the Camp

No special remarks

#### INSURANCE *(kind of covers)*

The insurance covers: death or permanent invalidity by accident; treatment costs, medical transportation and repatriation (on accidents).

#### WHAT VOLUNTEERS HAVE TO BRING

A sleeping bag is needed. A pillow, bathing shoes and comfortable clothes may be convenient;

#### MEETING TIME AND MEETING POINT

Arrival date:	1_08_2022
Timetable or period:	Arrival around 20.15h (after dinner)
Place Name:	Ferreira do Zêzere
Place Address:	Centro de Actividades Escutistas de Ferreira do Zêzere (CAEFZ) – Agrupamento 988 (rua Dr. António Baião 8 – 2240-347 Ferreira do Zêzere)
Emergency contact:	+351 967102874

#### HOW TO GET TO THE MEETING POINT/CAMP? *(Please add addresses, timetables, itinerary trip, ticket prices and internet address)*

Closest Airport:	Lisbon
Closest Train Station:	Tomar (18 km from Ferreira do Zêzere).

##### Travelling from the Airport to (bus or train)

Metro to the bus (Sete-Rios) or train station in Lisbon (Santa Apolónia or Estação do Oriente)

##### Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point

PREFERABLE: The Bus from rede-expressos (14€ and taking 2h15m) must be taken at 'Sete Rios' bus station (in Lisbon) at 18:00.

##### Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point

(Alternative): The train (to TOMAR) departs from Lisboa- Santa Apolónia (16.45h) or at Lisboa-Oriente Station (16.53h) and Arrives at Tomar at 18.53h. Participants coming by train must contact the 967102874 (organization), some days previously, in order to schedule a pick-up shuttle from Tomar to Ferreira do Zêzere.

##### Special recommendations

Participants coming by train (arriving in Tomar) must contact the 967102874 (organization) in order to schedule a pick up shuttle from Tomar to Ferreira do Zêzere.

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	17
Working language:	English (and French)
Country currency:	euros
Weather expected during the camp:	Good dry and warm sunny weather
Local Host organization address:	Urb. Praceta da Mexilhoeira, lote 9, Póvoa de Penafirme 2560-046 A-dos-Cunhados
Local Host organization phone:	+351 967102874
Local Host organization email:	doubleureplay@gmail.com
Local Host contact person:	José Mateus
Camp Leader Name:	José Mateus
Camp Leader mobile phone:	+351 967102874
IPDJ Regional address:	Av. Grupo de Forcados Amadores de Santarém 101, 2000-201, Santarém / Portugal
IPDJ Regional phone number:	+351 243350410

<b>WORKCAMP CODE</b>	<b>PT-PO-01-22</b>	
<b>CAMP NAME</b>	EcoSousa	
<b>DATES</b>	29/08/2022	09/09/2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

This camp will be organized by [APRISOE](#), an environmental NGO focused on the protection of rivers in the district of Porto, Portugal. We promote volunteering activities, environmental training and education.

The camp will be organized in close collaboration with the [Municipality of Lousada](#), who are implementing a ground-breaking sustainability agenda in Portugal (Lousada was the Winner of the 2019's [European Transformative Action towards Sustainability](#)), and also with colleagues from the [Associação BioLiving](#), an award-winning environmental NGO which motto is "Nature and Education for All".

As a group, these three entities have been working together in Lousada and Gondomar to Promote sustainability; Encourage environmental citizenship and public participation in the defence of natural values; Boosting the social economy; Promote inclusion, peace and solidarity, using education, natural resources and the protection of nature as their trigger.

**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

This camp integrates the Municipality of Lousada's sustainability agenda, which includes many environmental projects, always in cooperation with local communities and NGOs. This camp will be organized by a team of biologists experienced in both conservations science and animation.

**General objectives:**

- Promotion of sustainability, environmental awareness, and biodiversity protection;
- Promotion of intercultural relationships, good environmental practices, and citizenship;
- Building structures for environmental education and biodiversity beneficiation;
- Promotion of specific skills in the field of environmental management, nature protection and biodiversity.

**Voluntary Work and Tasks of the Camp**

- Ecological training;
- Control of alien invasive species;
- Beneficiation of local fauna, flora, and landscape;
- Creation of natural structures for cleaning a wildlife pond;
- Creation of wildlife shelters and a wildlife pond;
- Plogging, cleaning of pathways; waste removal;
- Construction of wood structures for environmental education;
- Valorisation of local cultural heritage through workshops;
- Encouragement of international exchange and exchange of experience;
- Presentation and discussion of the natural and social reality of the regions of origin of the participants;
- Promotion of environmentally and socially responsible attitudes and values;
- Development of action-training actions focused on individual and collective learning.

**What can the volunteers learn in this Camp? (study part)**

Participants will have the opportunity to learn about environmental management and nature conservation, and engage in conservation-training activities including cleaning and ecological restoration in some habitats. We will build floating wooden structures that serve as wildlife shelters, depuration material and environmental education equipment. Volunteers will also get to see and learn about our flora and fauna, local culture, food, rural landscape, etc.

**Free Time, Leisure Time and Visits preview**

- Visit to Guimarães, a UNESCO world heritage city.
- Sketch'n Fun (*Pictionary*), music, environmental movies night, Portuguese traditional games, quiz night, talks, cultural and environmental tours, fauna and flora observation, visit to several museums, visit to [Mata de Vilar](#).
- Local culture workshops (traditional music, ancient agriculture techniques, old water mill, etc)

**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location**

Discover Lousada: <https://www.cm-lousada.pt/pages/667> Google maps: <https://goo.gl/maps/S8zqhFY3immx7nq98>

Lousada is a periurban municipality which mixes rural and urban settings. It is not isolated, there are many shops, cafes, etc.

Lousada general landscape (Protected Landscape of the Superior Sousa - <https://www.sousasuperior.pt/>):



Pias, one area of intervention:

Type of wooden structures to build:



**Accommodation/Food** *(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)*

Participants will sleep in a school in Lousada, in shared rooms with military-style beds. There will be separated rooms for boys and for girls. The school has sports locker rooms with hot water showers also separated by gender. Participants have to bring their own towels and hygiene products.

The organization will provide breakfasts, lunches, break snacks, and dinners. Lunches and dinners are prepared/cooked by the municipality's staff and served at the school canteen, but some lunches will be served in the field (sandwiches, fruits, etc.). There will always be a vegetarian option.

There are facilities to hand wash small clothing items (such as underwear).  
The school may not have internet access.

#### **CONDITIONS OF PARTICIPATION** *(if there is any specific information that is important volunteers to know about the camp)*

##### **Internal rules of the Camp**

- High sense of citizenship and environmental protection.
- Will to work for nature protection and improvement.
- Will to learn and share nature protection techniques and good practice.
- Language skills (English preferable, but also Portuguese and Spanish).
- Always be punctual.
- Always respect others' opinions.
- Will to interact with local community and culture.
- Be inclusive and respectful to all.
- Follow the monitors' instructions.

**Special remarks or requirements of the Camp:** Bring all hygiene products.

#### **INSURANCE** *(kind of covers)*

We will provide an insurance that covers medical assistance in case of an accident or injury related to field work. Please note that it does not cover travels, your belongings, or 'normal' health issues such as headaches, the flu, insect bites, etc.

#### **WHAT VOLUNTEERS HAVE TO BRING**

Music and food from your region, working clothes and shoes, sun screen, hat, a presentation on the nature of your region, towels and all needed hygiene products.

#### **MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	29/08/2022
<b>Timetable or period:</b>	Meeting at 11h00 AM at Penafiel train station
<b>Place Name:</b>	Penafiel train station
<b>Place Address:</b>	Penafiel
<b>Emergency contact:</b>	+351 964712455

#### **HOW TO GET TO THE MEETING POINT/CAMP?** *(Please add addresses, timetables, itinerary trip, ticket prices and internet address)*

<b>Closest Airport:</b>	Porto (OPO)
<b>Closest Train Station:</b>	Penafiel

**Travelling from the Airport to Penafiel (bus or train)**

-Just outside the Porto airport take the metro (subway <http://en.metrodoporto.pt/>) to Porto – Campanhã main train station (30min). At Campanhã, take the train to Penafiel station (35min; line to 'Caíde') – timetables and prices for Portuguese trains at [www.cp.pt](http://www.cp.pt).  
 - If coming from Lisbon, take a train at Lisboa - Oriente main station directly to Porto – Campanhã (2.5h), and then change train to Penafiel.  
 - The organization will provide transportation from the train station of Penafiel to Lousada.

#### Travelling by Bus from Lisbon, Porto or Faro to the Meeting point

If coming from Lisbon or Faro, check buses available to Porto at <https://rede-expressos.pt/en>.  
 From Porto to the camp, take the train as explained above.

#### Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point

If coming from Lisbon, take a train at Lisboa - Oriente main station directly to Porto – Campanhã (2.5h), and then change train to Penafiel as explained above.

**Special recommendations:** If you have a delay or flight cancelation, let us know asap!

#### PRACTICAL INFORMATION AND CONTACTS

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Hot and sunny: over 30°C during the day. About 18°C at night.
<b>Local Host organization address:</b>	Lousada, Portugal
<b>Local Host organization phone:</b>	+351 964712455
<b>Local Host organization email:</b>	aprisof@gmail.com
<b>Local Host contact person:</b>	Milene Matos
<b>Camp Leader Name:</b>	Milene Matos
<b>Camp Leader mobile phone:</b>	+351 964712455
<b>IPDJ Regional address:</b>	<b>IPDJ Norte (Porto)</b> Rua Rodrigues Lobo, 98, 4150-638 Porto, Portugal E-mail: <a href="mailto:mailporto@ipdj.pt">mailporto@ipdj.pt</a>
<b>IPDJ Regional phone number:</b>	Tel: (+351) 226 085 702   19

<b>WORKCAMP CODE</b>	<b>PT-PO-04-22</b>	
<b>CAMP NAME*</b>	Greener Park, Greener Future	
<b>DATES</b>	01-08-2022	12-08-2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

VERDE (<https://www.verde-associacao.pt/>) is a recent Portuguese environmental NGO. We want to value the territory and ensure nature preservation through actions with ecological impact in the short and long term, through the creation of strategies meticulously studied by our team of biologists and ecologists linked to the sea and the land, but also economists, jurists, designers and communication professionals. Our main activities and services are:

- Carrying out activities and providing specialized scientific consultancy for land management or communication in the areas of urban trees, biodiversity conservation and improvement, forest management, technical and scientific training, ecological restoration.
- Interpretive nature walks.
- Environmental education activities.
- Consulting and services for personal or corporate footprint offset.
- Corporate team building environmental actions.
- Assessment of ecosystem and arboretum services.

**WORKCAMP DESCRIPTION** (After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

This camp aims at improving the ecological condition and the visiting areas of the protected area 'Parque das Serras do Porto'. This area is located near the city of Porto and faces many human pressures. With this camp we will help nature, promote biodiversity conservation, but also celebrate and encourage local traditions and cultural heritage in small villages, engaging the local community in nature conservation activities.

**General objectives:**

- Biodiversity conservation;
- Beneficiation of a Protected Area;
- Forest improvements;
- Promotion of intercultural relationships, good environmental practices, and citizenship;
- Building structures for environmental education and biodiversity beneficiation;
- Helping maintain and cultivate rural heritage in a small village; promote social inclusion through nature conservation activities;
- Promotion of specific skills in the field of environmental management, nature protection and biodiversity.

The camp will have a strong partnership with the award-winning NGO BioLiving ([www.bioliving.pt](http://www.bioliving.pt)) and of the municipalities that comprise the Parque das Serras do Porto.

**Voluntary Work and Tasks of the Camp**

- Ecological training;
- Understand the management of protected areas;
- Control of alien invasive species;
- Beneficiation of local fauna, flora, and landscape;
- Plogging, cleaning of pathways; waste removal;
- Construction of wood structures for environmental education;
- Valorization of local cultural heritage through workshops and activities in small villages;
- Encouragement of international exchange and sharing of experiences;
- Promotion of environmentally and socially responsible citizenship;
- Development of action-training actions focused on individual and collective learning regarding nature conservation.

**What the volunteers can Learn in this Camp? (study part)**

Participants will have the opportunity to learn about environmental management and nature conservation, and engage in conservation-training activities including cleaning and ecological restoration in some visiting areas. Volunteers will also get to see and learn about our flora and fauna, local culture, food, rural landscape, agricultural traditions. They will participate in many workshops and visits to get to know our landscape and culture.

**Free Time, Leisure Time and Visits preview**

- Visit to Porto, a UNESCO world heritage city.
- Games, music, environmental movies night, quiz night, talks, cultural and environmental tours, visit to a horse center; visit to several museums and touristic places.
- Local culture workshops (ancient agriculture techniques, traditional bakery, etc).

**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)

The territory of the 'Parque das Serras do Porto', with nearly 6,000 hectares, assumes a strategic position in the metropolitan area of Porto due to its natural and cultural values, the ecological services it provides and the proximity to urban centers, communication routes and tourist circuits.



The vast bibliography unquestionably supports its heritage richness, the mountain ranges and river valleys, the habitats and species of flora and fauna with a special conservation status and the archaeological remains, which allow us to understand the human occupation of the region, with emphasis on the Roman gold mining.

The area is not isolated, but is characterized by a forest-agriculture matrix with larger cities and small villages. More info about the Park at <https://serrasdoporto.pt/>



**Accommodation/Food** *(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)*

Participants will sleep in a sports complex, in shared rooms with military-style beds. There will be separated rooms for boys and for girls. The sports center has locker rooms with hot water showers also separated by gender. Participants have to bring their own towels and hygiene products.

The organization will provide breakfasts, lunches, break snacks, and dinners. Lunches and dinners are prepared/cooked by local staff and served at the local canteen, but some lunches will be served in the field (sandwiches, fruits, etc.). There will always be a vegetarian option.

There are facilities to hand wash small clothing items (such as underwear).  
There is no wifi at the sports center.

#### **CONDITIONS OF PARTICIPATION** *(if there is any specific information that is important volunteers to know about the camp)*

##### **Internal rules of the Camp**

- High sense of citizenship and environmental protection.
- Will to work for nature protection and improvement.
- Will to learn and share nature protection techniques and good practice.
- Language skills (English preferable, but also Portuguese and Spanish).
- Always be punctual.
- Always respect others' opinions.
- Will to interact with local community and culture.
- Be inclusive and respectful to all.
- Follow the monitors' instructions.

##### **Special remarks or requirements of the Camp**

Bring all hygiene products.

#### **INSURANCE** *(kind of covers)*

We will provide an insurance that covers medical assistance in case of an accident or injury related to field work. Please note that it does not cover travels, your belongings, or 'normal' health issues such as headaches, the flu, insect bites, etc.

#### **WHAT VOLUNTEERS HAVE TO BRING**

Music and food from your region, working clothes and shoes, sun screen, hat, a presentation on the nature of your region, towels and all needed hygiene products.

#### **MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	01 August 2022
<b>Timetable or period:</b>	Meeting at 11h00 AM at Valongo train station
<b>Place Name:</b>	Valongo train station
<b>Place Address:</b>	Valongo
<b>Emergency contact:</b>	Milene Matos +351 964712455

<b>HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)</b>	
<b>Closest Airport:</b>	Porto (OPO)
<b>Closest Train Station:</b>	Valongo
<b>Travelling from the Airport to Valongo (bus or train)</b> -Just outside the Porto airport take the metro (subway <a href="http://en.metrodoporto.pt/">http://en.metrodoporto.pt/</a> ) to Porto – Campanhã main train station (30min). At Campanhã, take the train to Valongo station (20min) – timetables and prices for Portuguese trains at <a href="http://www.cp.pt">www.cp.pt</a> . - If coming from Lisbon, take a train at Lisboa - Oriente main station directly to Porto – Campanhã (2.5h), and then change train to Valongo. - The organization will provide transportation from the train station of Valongo to the sports center.	
<b>Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point</b> If coming from Lisbon or Faro, check buses available to Porto at <a href="https://rede-expressos.pt/en">https://rede-expressos.pt/en</a> . From Porto to the camp, take the train as explained above.	
<b>Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point</b> If coming from Lisbon, take a train at Lisboa - Oriente main station directly to Porto – Campanhã (2.5h), and then change train to Valongo as explained above.	
<b>Special recommendations</b> If you have a delay or flight cancelation, let us know asap!	

<b>PRACTICAL INFORMATION AND CONTACTS</b>	
<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Hot and sunny: over 30°C during the day. About 15°C at night.
<b>Local Host organization address:</b>	Lousada, Portugal
<b>Local Host organization phone:</b>	+351 964712455
<b>Local Host organization email:</b>	verde.acin@gmail.com
<b>Local Host contact person:</b>	Milene Matos
<b>Camp Leader Name:</b>	Milene Matos
<b>Camp Leader mobile phone:</b>	+351 964712455
<b>IPDJ Regional address:</b>	<b>IPDJ Norte (Porto)</b> Rua Rodrigues Lobo, 98, 4150-638 Porto, Portugal E-mail: mailporto@ipdj.pt
<b>IPDJ Regional phone number:</b>	Tel: (+351) 226 085 702   19

<b>WORKCAMP CODE</b>	<b>PT-PO-11-22</b>	
<b>CAMP NAME*</b>	Another World Is Possible!	
<b>DATES</b>	19/09/22	30/09/22

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

**Name:** Equação, Cooperativa de Comércio Justo, Crl

**Aim:** To promote organic farming, fair trade and healthy lifestyles among the population (especially Youth).

**Activities:** Organization of international work camps; organization of summer camps; organization of youth exchanges and youth initiatives; organization of sport activities (canoeing, mountain bikes); Fair Trade awareness (shops, school activities, fairs, etc.); coordination of Casa da Juventude de Amarante, a Youth Centre, in partnership with the City Hall.

**Web-page:** <http://equacao.org/>

**E-mail:** [jmrppinto@gmail.com](mailto:jmrppinto@gmail.com)



**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

#### **Camp Description and Aims**

**Aims:** Support to local/regional organic farmers to raise awareness among the participants and the population on organic farms, organic food and fair trade; to develop skills related to agriculture work in organic farms and environment preservation; to run activities in order to increase the level of commitment at local level (Amarante) for organic and Fair-Trade products.

#### **Voluntary Work and Tasks of the Camp**

**Activities:** working in organic farms from the region of Amarante; training on fair trade and sustainable development (ex.: workshop about Fair Trade and healthy food); presentation to the city and region; group dynamics; visit to the most important places of the city; visits to some of the main cities and spots in the North of Portugal (Guimarães, Porto, Alto Douro Vinhateiro and Parque Natural do Alvão).

#### **What the volunteers can Learn in this Camp? (study part)**

Volunteers will acquire different competences and skills such as:

- Development/practice of foreign language;
- Group dynamics (NFE);
- ICT tools for media and visibility;
- Cultural awareness and expression;
- Organic farming techniques (main task) and Fair-Trade principles;
- Self-confidence;
- Soft skills (working in groups, communication in public, problem solving, etc.).

#### **Free Time, Leisure Time and Visits preview**

Volunteers will be able to participate in many different experiences (thematic movie, intercultural night, fair trade workshop, awareness session about UNESCO creative city, Yoga workshop) and visits to some of the main cities and spots in the North of Portugal (Guimarães, Porto, Alto Douro Vinhateiro and Parque Natural do Alvão).

### **LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)



Amarante is a small town in the North of Portugal, part of Porto district (60km far from Porto, to the interior) with 12 thousand inhabitants (in the city center). It is a quite famous city for tourism, culture and wine production. Indeed, is quite near (18km) the Oporto wine region. Is crossed by Tâmega River (one of the rivers ending at Douro River that crosses Porto till the Atlantic Ocean) and it is on the valley of one of the most important Portuguese mountains, Marão (1450m). Amarante is well located (nearby passes highway A4 connecting to Oporto and highway A11 connecting to Guimarães) and has a good public transport system (bus station). The city is 40 min way from the nearest airport (Oporto) by car.

**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)

Participants will be accommodated in shared rooms (4 participants each) of Casa da Juventude de Amarante (even so participants should bring sleeping bag). Casa da Juventude de Amarante is located in the city center of Amarante (just 10m walking distance from the bus station) and has its own kitchen, WC and showers. In terms of food, our youth centre has a bar\restaurant proposal for the volunteers (breakfast, lunch and dinner) always taking into consideration our aims (healthy food with organic and vegetarian ingredients). Laundry available (self-service). This youth centre has free wireless.

**CONDITIONS OF PARTICIPATION** (if there is any specific information that is important volunteers to know about the camp)

**Internal rules of the Camp**

- Inside the building of Casa da Juventude de Amarante is not allowed to smoke or drink alcohol (except in the bar or terrace);
- Garbage should be separated: glass, plastic, paper, organic;
- We all have different time perceptions and so we should respect others and prepare in time our participation in daily activities;
- Every day we meet at 21h00 in a circle to evaluate our day, share whatever with the group and read our mail box;
- Each day a different room is responsible for daily house work: food preparation support, garbage, dinner cleanings, etc..

**Special remarks or requirements of the Camp**

No.

**INSURANCE** (kind of covers)

Our insurance covers personal accidents and civil responsibility. Members from EU, Norway, Iceland and Liechtenstein should bring their European Wealth Card.

**WHAT VOLUNTEERS HAVE TO BRING**

- Sleeping bag;
- Hygiene products and sun protector;
- Swimming suits;
- Working and sports clothes and shoes.

**MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	19/09/22
<b>Timetable or period:</b>	11h00
<b>Place Name:</b>	Casa da Juventude de Amarante
<b>Place Address:</b>	Avenida General Silveira, 193, 4600-0127 Amarante, Portugal
<b>Emergency contact:</b>	(+351) 913051999

**HOW TO GET TO THE MEETING POINT/CAMP?** (Please add addresses, timetables, itinerary trip, ticket prices and internet address)

<b>Closest Airport:</b>	Porto (OPO)
<b>Closest Train Station:</b>	Porto/Estação Campanhã

**Travelling from the Airport to Porto (for bus)**

Metro/Aeroporto to 24 Agosto

Price: €2,00

(For more information see: <https://www.metrodoporto.pt/>)

**Travelling by Bus from Lisbon or Porto to the Meeting point**

Lisbon/Oriente Station – Amarante/Bus Station

Price: €20,00

(For more information see: <http://www.rede-expressos.pt>)

Porto/Campo 24 de Agosto to Amarante/Bus Station

Price: €8,20

(For more information see: <http://www.rede-expressos.pt>)

**Traveling by Train from Lisbon to Porto**

Lisbon/Oriente Station - Porto/Estação Campanhã

Price: from €18,75 to €44,00

(For more information see: <http://www.cp.pt>)

**Special recommendations**

No.

**PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Sunny

<b>Local Host organization address:</b>	Avenida General Silveira, 193, 4600-0127 Amarante, Portugal
<b>Local Host organization phone:</b>	(+351) 913 051 999
<b>Local Host organization email:</b>	<a href="mailto:jmrppinto@gmail.com">jmrppinto@gmail.com</a>
<b>Local Host contact person:</b>	Miguel Pinto
<b>Camp Leader Name:</b>	Alfredo Carvalho
<b>Camp Leader mobile phone:</b>	(+351) 913 051 999
<b>IPDJ Regional address:</b>	<b>IPDJ – Norte</b> , Rua Rodrigues Lobo, 98, 4150-638 Porto, <a href="mailto:ipdj.porto@ipdj.pt">ipdj.porto@ipdj.pt</a>
<b>IPDJ Regional phone number:</b>	(+351) 226 085 700



<b>WORKCAMP CODE</b>	<b>PT-PO-12-22</b>	
<b>CAMP NAME*</b>	Stage on the street: all included!	
<b>DATES</b>	05/07/22	16/07/22

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

**Name:** Aventura Marão Clube

**Aim:**



- Sustainability: We try to source our food from local or regional producers and introduce this culture to our community. But we don't stop there. We built Amarante's first biodynamic garden in the beginning of 2015 and will continue to spread the word about the benefits of eating and growing local through our weekly Bio & Fair market. Our dedication to being sustainable is in all aspects: financial, ecological, social. It is an ongoing process and as the saying goes: "Practice makes perfection."
- Fairness: Being fair is more than just a one-time declaration. It's in our everyday and in our every move. Not only are we a valuable local partner to many schools, kindergartens, and places such as Cercimarante and Santa Casa, but we are also a promoter of a #Fairness mindset that we want to spread across Portugal – the appreciation of Fair Trade as a tool of bringing justice to underprivileged people around the globe. To open the first Fair Trade Shop in the country in late 1999 was the first declaration for a bigger goal – turn Amarante into the country's first Fair Trade Certified Town.
- Dialogue: Last but not least, we are dedicated to dialogue. Through our many mobility and volunteer projects, youth exchanges, and cultural events we try to bring the world to Amarante.

**Activities:** Organization of international work camps; organization of summer camps; organization of youth exchanges and youth initiatives; organization of sport activities (canoeing, mountain bikes); Fair Trade awareness (shops, school activities, fairs, etc.); coordination of Casa da Juventude de Amarante, a Youth Centre, in partnership with the City Hall.

**Web-page:** <http://cj-amarante.org/>

**E-mail:** [cj.amarante@gmail.com](mailto:cj.amarante@gmail.com)

**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

- To support the local community, namely the Cooperative Cercimarante, an institution linked to young people with disabilities, in the preparation of the Street Theatre;
- Developing the autonomy and self-esteem of young people with disabilities;
- Stimulating the contact of young people with fewer opportunities with other young people from different cultures;
- Fostering the personal and social development of young volunteers through non-formal education activities;
- Providing young volunteers with knowledge of a new social and cultural reality enabling them to combat any kind of prejudice and stereotypes;
- To promote the preservation and protection of cultural heritage at international and local level through direct contact and inclusion of the participants with the community of Amarante and with the heritage of the region, organising public actions/events such as the Intercultural Night and presentation of the different countries and cultures;
- Promoting human rights and values of tolerance and respect.

**Voluntary Work and Tasks of the Camp**

**Activities:** group dynamics; presentation to the city and region; discussion on the workcamp theme (objectives, tasks division); visit to the most important places of the city; training on theatre performance and workshop on how to deal with the difference; direct contact and work with local NGO (Cercimarante) responsible for activities with local handicapped young people; organize an event (theatre performance) involving both groups (workcamp participants and local handicapped young people) to be presented to the local community (street performance – expected more than 500 persons to attend);

**What the volunteers can Learn in this Camp? (study part)**

Volunteers will acquire different competences and skills such as:

- Development/practice of foreign language;
- Group dynamics (NFE);
- ICT tools for media and visibility;
- Cultural awareness and expression;
- Drama expression (main working method) and self-confidence;
- Soft skills (working in groups, communication in public, problem solving, etc.).

**Free Time, Leisure Time and Visits preview**

Volunteers will be able to participate in many different experiences (thematic movie, intercultural night, fair trade workshop, awareness session about UNESCO creative city, Yoga and Drums workshops) and visits to some of the main cities and spots in the North of Portugal (Guimarães, Porto, Alto Douro Vinhateiro and Parque Natural do Alvão).

**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)



Amarante is a small town in the North of Portugal, part of Porto district (60km far from Porto, to the interior) with 12 thousand inhabitants (in the city center). It is a quite famous city for tourism, culture and wine production. Indeed, is quite near (18km) the Oporto wine region. Is crossed by Tâmega River (one of the rivers ending at Douro River that crosses Porto till the Atlantic Ocean) and it is on the valley of one of the most important Portuguese mountains, Marão (1450m). Amarante is well located (nearby passes highway A4 connecting to Oporto and highway A11 connecting to Guimarães) and has a good public transport system (bus station). The city is 40 min way from the nearest airport (Oporto) by car.

**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)

Participants will be accommodated in shared rooms (4 participants each) of Casa da Juventude de Amarante (even so participants should bring sleeping bag). Casa da Juventude de Amarante has its own kitchen, WC and showers. In terms of food, our youth centre has a bar/restaurant proposal for the volunteers (breakfast, lunch and dinner) always taking into consideration our aims (healthy food with organic and vegetarian ingredients). Laundry available (self-service). Our youth centre has free wireless.

#### CONDITIONS OF PARTICIPATION (if there is any specific information that is important volunteers to know about the camp)

##### Internal rules of the Camp

- Inside the building of Casa da Juventude de Amarante is not allowed to smoke or drink alcohol (except in the bar or terrace);
- Garbage should be separated: glass, plastic, paper, organic;
- We all have different time perceptions and so we should respect others and prepare in time our participation in daily activities;
- Every day we meet at 21h00 in a circle to evaluate our day, share whatever with the group and read our mail box;
- Each day a different room is responsible for daily house work: food preparation support, garbage, dinner cleanings, etc..

##### Special remarks or requirements of the Camp

No.

#### INSURANCE (kind of covers)

Our insurance covers personal accidents and civil responsibility. Members from EU, Norway, Iceland and Liechtenstein should bring their European Wealth Card.

#### WHAT VOLUNTEERS HAVE TO BRING

- Sleeping bag;
- Hygiene products and sun protector;
- Swimming suits;
- Working and sports clothes and shoes;
- One black t-shirt and one black trousers.

#### MEETING TIME AND MEETING POINT

Arrival date:	05/07/22
Timetable or period:	11h00
Place Name:	Casa da Juventude de Amarante
Place Address:	Avenida General Silveira, 193, 4600-0127 Amarante, Portugal
Emergency contact:	(+351) 913051999

#### HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)

Closest Airport:	Porto (OPO)
Closest Train Station:	Porto/Estação Campanhã

##### Travelling from the Airport to Porto (for bus)

Metro/Aeroporto to 24 Agosto

Price: €2,00

(For more information see: <https://www.metrodoporto.pt/>)

##### Travelling by Bus from Lisbon or Porto to the Meeting point

Lisbon/Oriente Station – Amarante/Bus Station Price: €20,00 (For more information see: <a href="http://www.rede-expressos.pt">http://www.rede-expressos.pt</a> ) Porto/Campo 24 de Agosto to Amarante/Bus Station Price: €8,20 (For more information see: <a href="http://www.rede-expressos.pt">http://www.rede-expressos.pt</a> )
<b>Traveling by Train from Lisbon to Porto</b> Lisbon/Oriente Station - Porto/Estação Campanhã Price: from €18,75 to €44,00 (For more information see: <a href="http://www.cp.pt">http://www.cp.pt</a> )
<b>Special recommendations</b> No.

PRACTICAL INFORMATION AND CONTACTS	
<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Sunny
<b>Local Host organization address:</b>	Avenida General Silveira, 193, 4600-0127 Amarante, Portugal
<b>Local Host organization phone:</b>	(+351) 255 420 234
<b>Local Host organization email:</b>	<a href="mailto:cj.amarante@gmail.com">cj.amarante@gmail.com</a>
<b>Local Host contact person:</b>	Miguel Pinto
<b>Camp Leader Name:</b>	Alfredo Carvalho
<b>Camp Leader mobile phone:</b>	(+351) 913 051 999
<b>IPDJ Regional address:</b>	IPDJ – Norte, Rua Rodrigues Lobo, 98, 4150-638 Porto, <a href="mailto:ipdj.porto@ipdj.pt">ipdj.porto@ipdj.pt</a>
<b>IPDJ Regional phone number:</b>	(+351) 226 085 700

<b>WORKCAMP CODE</b>	<b>PT-SA-24-22</b>	
<b>CAMP NAME*</b>	Criarte	
<b>DATES</b>	20-08-2022	31-08-2022

**LOCAL HOST** (*organization name, aims, main activities, internet address, you can add a small logo of your organization*) – Maximum - 130 words

Dream Dancing, is a non-profit association whose main goal is to develop socio-cultural activities in the field of dance and sport for children and young people.

<https://www.facebook.com/dreamdancingsm>

**WORKCAMP DESCRIPTION** (*After WorkCamp description you can add 1 or 2 photos from previous camps, if the same*)

**Camp Description and Aims**

Promote mobility and exchange through craft activities related to the Municipality of Salvaterra de Magos that encourage the exchange of experiences and knowledge of the sociocultural and artistic reality of the territory, facilitating the relationship of all young people in the community through non-formal educational activities of marked consistency in interculturality. CreArte has with the objective of establishing contacts, making friends, helping to carry out a project artisan reference and better understand Portuguese Culture and its arts/crafts. It is intended that the project will produce/reuse objects to be sold later and in this way raise funds that can help needy families, through the restoration of furniture.

All of the activities will be safeguarded by hygiene, safety and health conditions at work.

**Voluntary Work and Tasks of the Camp**

This camp is organized by the Dream Dancing association. We will two partnerships with local organizations (Camara Municipal de Salvaterra de Magos, Associação de Artesões).

This camp will have activities with 3 association monitors will always be present from 9 am to 6 pm. From 18:00 to 9:00 we will only have the work camp coordinator.

Despite craftsmanship being the inspiration for this field of work and the central theme where young people will be able to experience various forms of manual work, it is in the restoration of furniture that will predominantly focus the various tasks to be developed. Young people will learn to transform monos into unique and original specimens. The challenge is to make the participants work the furniture and in this way learn in real time to give it another life. The intention is to collect a mono or rescuing an object from someone to prevent it from having a less happy end. Criarte will have two fundamental components that give rise to 2 paths to the same end:

- Restoration – return the original luster and qualities of the piece of furniture;
- Recovery – recover the furniture, transforming its appearance and structure. The approach is essentially practical, therefore, the intervention starts on the first day of work;
- There will also be a day dedicated to visiting Lisbon, the capital of Portugal, where young people will have the opportunity to get to know various tourist attractions in the region through an Uber ride through the capital;
- There will also be an afternoon dedicated to the municipality of salvaterra de magos in which a tourism technician from the City Council will accompany the group on the visit explaining the history, origin and characteristics of the municipality, always with reference to the artisanal work that Salvaterra de Magos represents so much.

– It is advisable to wear comfortable clothes and a gown or apron in order to protect her; – All participants will have to tidy their bench at the end of each class;

– They will also be responsible for cleaning and conserving all materials they use. In addition to the collection that the association will do with the community, there is a warehouse in the municipality with various furniture donated by the population and with the collaboration of artisan Rui, young people will learn to give a new life to these furniture.

**What the volunteers can Learn in this Camp? (study part)**

- Identify, analyze and solve problems of conservation and renovation of cultural assets furniture, respecting and discussing the peculiarities of each situation.
- Be able to apply a methodology of conservation and renovation procedures, based on the necessary integration of knowledge that is transmitted over the days.
- Possess manual dexterity and mastery of techniques to make interventions in cultural goods
- Work cooperatively in multidisciplinary teams, maintaining the necessary dialogue and exchange of knowledge with other areas that work for the benefit of the preservation of cultural furniture.

### **Free Time, Leisure Time and Visits preview**

On their break time, the volunteers can have their social time during the activities.

Besides that the activities during the nights after the labour work will be themed nights such as:

- Movie theater;
- Guide tour to the vilages of the county of Salvaterra de Magos to visit local organizations and to its main tourist attractions (Salvaterra de Magos, Glória do Ribatejo, Muge, Granho, Marinhas);
- intercultural night;
- popular party;
- night walk.

## **LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** *(if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)*

Salvaterra de Magos is a Portuguese village belonging to the district of Santarém, and the former province of Ribatejo, with about 6,200 inhabitants. It is the seat of the municipality of Salvaterra de Magos with an area of 243.93 km<sup>2</sup> and 22,159 inhabitants, subdivided into 4 parishes.

**Accommodation/Food** *(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)*

Food will be prepared by everyone and the accommodation will be at the sports hall in Salvaterra de Magos. The food include 17 breakfast, lunches, coffee break, dinners and 17 suppers.

This accommodation includes kitchen, bathrooms with showers and wi-fi.

## **CONDITIONS OF PARTICIPATION** *(if there is any specific information that is important volunteers to know about the camp)*

### **Internal rules of the Camp**

The participants should not miss any day of the work camp (except for a medical situation) and should not get late to the activities. they should always pay attention to their work area, being responsible for tidying and cleaning. It is forbidden to have any kind of conflict.

### **Special remarks or requirements of the Camp**

Team spirit and skills for craftship if possible

## **INSURANCE** *(kind of covers)*

Our insurance covers: Death or Permanent Disability; Treatment Expenses; Commercial premium per insured person5



WHAT VOLUNTEERS HAVE TO BRING	
Mattress, Sleeping Bag, Pillow, Hygiene products, Towels.	

MEETING TIME AND MEETING POINT	
Arrival date:	August 20 <sup>th</sup> of 2022
Timetable or period:	5 pm
Place Name:	Sports hall in Salvaterra de Magos ( <a href="https://goo.gl/maps/uANZQc5GndVirRNi8">https://goo.gl/maps/uANZQc5GndVirRNi8</a> )
Place Address:	Bombeiros Voluntários Street, Pavilhão de Salvaterra de Magos (Salvaterra de Magos's Sports Hall), 2120-072 Salvaterra de Magos.
Emergency contact:	Santarém IPDJ: +351 243 350 410 / mailsantarem@ipdj.pt loja.santarem@ipdj.p

HOW TO GET TO THE MEETING POINT/CAMP? <i>(Please add addresses, timetables, itinerary trip, ticket prices and internet address)</i>	
Closest Airport:	Aeroporto Humberto Delgado, Lisbon
Closest Train Station:	Santarém / Vila Franca de Xira

#### Travelling by Bus from Lisbon to the Meeting point

From Lisbon airport to Salvaterra de Magos it's needed to take the bus (line 901) from the company Ribatejana that leaves right outside the airport, directly to the city of Salvaterra de Magos, by the time of 15:10. This trip takes about 1 hour and 15 minutes and stop in the cities of Vila Franca de Xira, Porto Alto, Samora Correia, Benavente and finally Salvaterra de Magos. The volunteers should buy the ticket to stop in Estação Rodoviária and leave there. From there, there will be a van with the responsible of the association to welcome them and pick them to the Sports Hall.

More info: Ribatejana's website: <https://www.ribatejana.pt/FileGet.aspx?FileId=7417>

#### Special recommendations

PRACTICAL INFORMATION AND CONTACTS	
Nº of volunteers:	17
Working language:	English
Country currency:	Euro €
Weather expected during the camp:	Sunny days and heat. (summer)
Local Host organization address:	Pavilhão de Salvaterra de Magos (Salvaterra de Magos's Sports Hall): R. dos Bombeiros Voluntários, 2120-072 Salvaterra de Magos
Local Host organization phone:	+351 912 032 231
Local Host organization email:	<a href="mailto:dreamdancing@live.com.pt">dreamdancing@live.com.pt</a>
Local Host contact person:	+351 912 431 911
Camp Leader Name:	Bárbara Vieira
Camp Leader mobile phone:	+351 912 431 911
IPDJ Regional address:	Av. Grupo de Forcados Amadores de Santarém 101, 2000-201 Santarém, Portugal
IPDJ Regional phone number:	+351 243 350 410

<b>WORKCAMP CODE</b>	<b>PT-VI-22-22</b>	
<b>CAMP NAME*</b>	Giving nature a hand	
<b>DATES</b>	Start: 01 July 2022	End: 10 July 2022

**LOCAL HOST** (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words

MONTIS is a nature conservation NGO that operates in Portugal, founded in 2014. The main goal of MONTIS is to manage abandoned marginal land, with low or no economic value, with an ecosystem restoration approach, to recover ecosystem functionality and support increasing biodiversity. For that goal we put into practice a nature-based approach, relying on the support or restoration of the key natural processes and assets, such as soil quality, water management and habitat enhancement.

In order to get land to manage we buy land for nature conservation through crowdfunding, and we also establish management agreements with landowners.

Ecosystem restoration tasks and activities are performed mostly with volunteers. Since its foundation MONTIS has created a strong volunteering programme, with different types of volunteers. For us volunteering is an awareness-raising tool, and a way to involve people in nature conservation.

Website: [www.montisacn.com](http://www.montisacn.com)



**WORKCAMP DESCRIPTION** ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)

**Camp Description and Aims**

The work camp has the general objective of bringing together young people from different nationalities, cultures and contexts with the common objective of contributing to the increase of biodiversity, to the restoration of degraded ecosystems and the increase of the landscape's fire resilience. The conservation works will take place in an area managed by MONTIS in the interior of Portugal, in Carvalhais, São Pedro do Sul. The area where the tasks will be carried out, is an ecologically degraded and sensitive area. More info about the area can be found at <https://montisacn.com/en/managed-properties/baldio-de-carvalhais/>. It is expected that with this joint work, guided by monitors and specialized technicians, the participants will be able to develop new learnings and skills in the areas of nature and restoration of ecosystems. It is also expected, with the joint volunteering tasks, which include individual and collective tasks, fauna workshops and leisure activities, to stimulate cultural, linguistic learning and intercultural interaction amongst the community of participants. The work field is organized in a "learn by doing" logic.

As for nature outputs of the workcamp, the following are expected: to improve the conditions for the vegetation growth; improve habitats; increase fire resilience; improve soil quality; increase water infiltration into the ground; identify and record fauna and flora, which will be publicly available on the open platform iNaturalist (<https://www.inaturalist.org/projects/montis>). The ecological restoration techniques to be applied are replicable in other geographical contexts in Europe, so there is a high European added value in international participation and in the transfer of skills and learning between participants and monitors.



**Voluntary Work and Tasks of the Camp**

The volunteering tasks will all be directed or related to ecosystem restoration. The activities include pruning young trees with pruning shears and other cutting tools, to accelerate their growth; opening and maintenance of access paths for volunteers; construction of barriers to water runoff with local materials, to increase infiltration and improve the soil; pruning and management of pine trees, to accelerate their growth; camera trapping: consists of installing and collecting photo trapping cameras, cameras that react to movement by capturing photographs and videos of passing animals. After the work camp, MONTIS compiles all the information collected with the photo trapping cameras and sends it by email to the work camp participants; control of invasive plant species: control of the *Acacia dealbata* species, a non-native tree that occupies and degrades local ecosystems, competing with native species. Control is carried out by pulling small trees and ring barking medium and large trees, using a pocket knife; identification and registration of species of fauna and flora: this activity is guided by the monitors and supported by the use of the

iNaturalist application, an application that helps to recognize species through photography. All data collected is publicly available on the iNaturalist platform <https://www.inaturalist.org/projects/montis>.

### **What the volunteers can Learn in this Camp? (study part)**

Ecosystem restoration techniques and approaches. Techniques to: restore riparian vegetation; improve soil quality and reduce water runoff; accelerate the growth of native trees; control invasive plant species. Learn about the effects and use of prescribed fire for ecosystem restoration. Volunteers will learn to work with camera trapping, and also with tools to identify and register fauna and flora. Volunteers will learn about animal species (bats and/or amphibians) and invasive plant species in workshops dedicated to these themes.

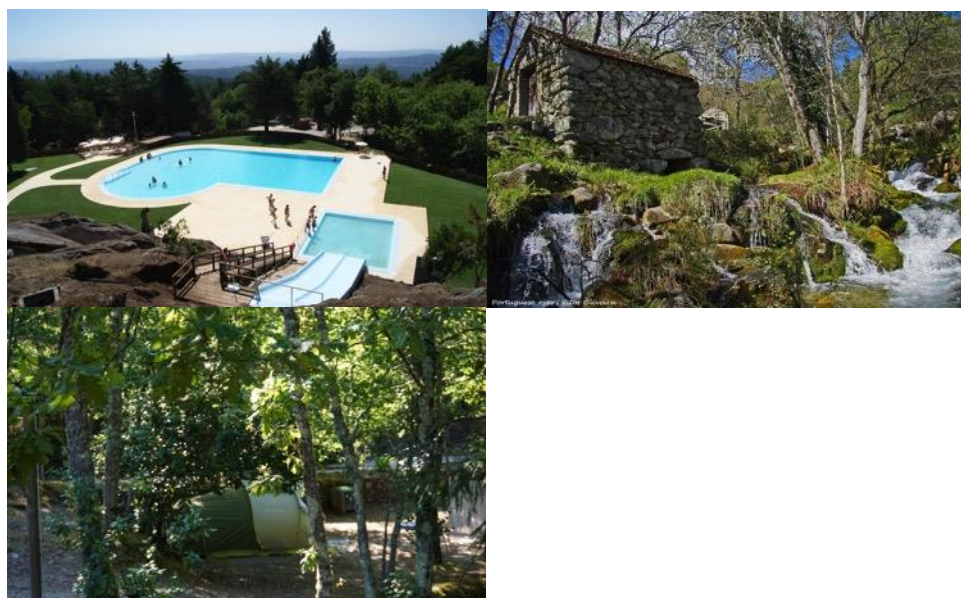
### **Free Time, Leisure Time and Visits preview**

Free and leisure time will be spent in the surroundings of Bioparque de Carvalhais (<https://bioparque.org>). Activities like nature walking trails, slide, observation of nature, swimming pool and outdoor activities are available for the volunteer's free time. MONTIS will organise a bat workshop, an invasive species workshop, a natural engineering workshop and visits to the local natural and cultural values of the area (watermills, heritage "Castro's", streams and oaklands).

## **LOGISTICAL ARRANGEMENTS**

### **Description of the Camp Location** *(if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)*

The location of the workcamp is in a remote rural area, with almost no population. Volunteers will camp in bioparque de Carvalhais (<https://bioparque.org>). The closest village is 2 km from the camping. MONTIS will have a van available to support the needed transportation. The intervention area distances from the campsite about 20 minutes walking. The van will be used to transport volunteers when needed, but walking is the main transportation. MONTIS will transport all tools, water and food needed for the volunteering period to the volunteering site. Camping site coordinates: 40°47'51.4"N 8°07'43.8"W. Working site coordinates: 40°48'17.0"N 8°07'46.5"W.



### **Accommodation/Food** *(describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)*

Volunteers will be camping. There is a central facility with showers, and WC for women and man, with all basic hygiene facilities. There is another central facility for socializing, with board and card games, and a small bar/shop. The camping site has internet available, as well as outdoors barbecue and eating tables. There is no kitchen or laundry.

MONTIS will provide regular meals, with the possibility of vegetarian by request. These include breakfast, lunch, afternoon snack and dinner. Lunch will be served on the field as packed lunch. If volunteers have dietary restrictions of any kind, these restrictions must be communicated to MONTIS for proper preparations.

## **CONDITIONS OF PARTICIPATION** *(if there is any specific information that is important volunteers to know about the camp)*

### **Internal rules of the Camp**

There are no specific rules for the Camp. Participants shall commit to the working schedules and be on time for the activities. MONTIS will make a daily briefing at the end of each day to prepare the following day. Volunteers should respect other campers at all times.

### **Special remarks or requirements of the Camp**

Volunteers should be comfortable with walking and physical activity, as there will be at least a total of 45 minutes of walking during each day and 5 hours of physical volunteering work. Motivation is important as the work is physical and includes camping all nights.

#### INSURANCE *(kind of covers)*

The insurance covers death by accident, permanent invalidity by accident, treatment expenses by accident, simultaneous death of the person insured and husband or spouse, funeral expenses and expenses with rescue, search and transport of injured the person.

#### WHAT VOLUNTEERS HAVE TO BRING

Volunteers should bring their own sleeping bags, comfortable clothes and footwear suitable for mountain and nature working, several changes of clothes (there is no laundry), personal hygiene items, flip flops for bathing, reusable water bottle, towel, sunscreen and working hat (sun and heat are expected), and a traditional food or drink from their original country to share.

#### MEETING TIME AND MEETING POINT

Arrival date:	01 of July 2022
Timetable or period:	From 15:00 to 17:00
Place Name:	São Pedro do Sul – Terminal da Rede Expressos
Place Address:	R. Correia de Oliveira, nº 6, 3660-000 São Pedro do Sul
Emergency contact:	+351910202759

#### HOW TO GET TO THE MEETING POINT/CAMP? *(Please add addresses, timetables, itinerary trip, ticket prices and internet address)*

Closest Airport:	Porto
Closest Train Station:	There is no train station available close to the location

##### Travelling from the Airport to (bus or train)

Travel by Metro, 45 minutes total trip time. Metro leaves from the airport every 30 minutes. Ticket price from 1,00 to 2,00 €. Website (<https://www.metrodoporto.pt>). Travel by taxi by request. Price ranges from 15 to 20 €.

##### Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point

Travel from Porto (Rede Expressos - Campo 24 de Agosto 125, 4300-096 Porto) to São Pedro do Sul (R. Correia de Oliveira, nº 6, 3660-000 São Pedro do Sul) schedules: 8:30 – 11:25 or 13:00 – 15:00. Price: 8,20 € Website (<https://rede-expressos.pt/en>)

##### Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point

There is no train option to travel to the meeting point

##### Special recommendations

None. For further information or help please email us to [montisacn@gmail.com](mailto:montisacn@gmail.com)

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	15
Working language:	English
Country currency:	Euro €
Weather expected during the camp:	Sunny days, warm to hot temperatures
Local Host organization address:	Avenida João de Melo, nº 23, 3670-249, Vouzela, Viseu
Local Host organization phone:	+351 232 774 040   +351 925 840 014
Local Host organization email:	<a href="mailto:montisacn@gmail.com">montisacn@gmail.com</a>
Local Host contact person:	Margarida Silva
Camp Leader Name:	Margarida Silva
Camp Leader mobile phone:	+351910202759
IPDJ Regional address:	Rua Dr. Aristides Sousa Mendes, 3500-151 Viseu
IPDJ Regional phone number:	232 483 410



<b>WORKCAMP CODE</b>	<b>PT-VR-21-22</b>	
<b>CAMP NAME*</b>	CHANGE – Where it starts	
<b>DATES</b>	10/08/2022	21/08/2022

**LOCAL HOST** (*organization name, aims, main activities, internet address, you can add a small logo of your organization*) – Maximum - 130 words

In general, WAVEMOMENT – Youth Association promotes musical, cultural, sports, nature protection and solidarity activities. We promote musical workshops, courses of musical expression, contests of musical talents, among others. We founded several musical groups such as: a guitars orchestra, a rock band and a regional youth music group. We promoted a project named “Solidary Mission”, we developed activities such as visiting elderly homes and prisons in Vila Real with one of the musical groups, offering music and food and hygiene items of first necessity. We develop nature protection activities with innovative projects, using the global idea of geocaching and coordinate school awareness in secondary schools in Vila Real about this theme.

**WORKCAMP DESCRIPTION** (*After WorkCamp description you can add 1 or 2 photos from previous camps, if the same*)

**Camp Description and Aims**

The "Change - Where it starts" project, based on environmental protection and preservation, is a multidisciplinary field of work that will work on the following topics: LEARNING, CLEANING, PLANTING, REDUCING, REUSE, RECYCLE AND AWARENESS.

As young people are the future leaders and rulers of countries, it's very important that they are aware of the changes that our planet is undergoing and how they can try to help, so they can have a habitable planet in the future. For this, is urgent that they learn to reduce their environmental footprints, that they protect nature and above all, that they have sustainable habits.

Due to the state of the COVID-19 pandemic, participants will stay in buildings in two small villages in Alvão's Natural Park, in a healthy and protected environment, where they can implement sustainable actions over the days such as recycling, reducing, reusing, saving water and electricity.



**Voluntary Work and Tasks of the Camp**

The main tasks outlined for the project are:

- 1) Learning to reduce the environmental footprint;
- 2) Know strategic places in Alvão to clean them;
- 3) Cleaning urban waste in green spaces;
- 4) Reuse of garbage and construction of useful materials;
- 5) Planting seeds, flowers and trees;
- 6) Home recycling and energy and water savings in the place where they will stay in the middle of nature;
- 7) Raising awareness in the local community about the importance of protecting the planet, through a video made by the participants;
- 8) Creation of sustainable habits;
- 9) Visit to the Information and Interpretation Center of Alvão's Natural Park;
- 10) Geocaching in Alvão.

**What the volunteers can Learn in this Camp? (study part)**

The main objective will be to protect the environment, learn to reduce your environmental footprint, recycle, reuse and reduce the waste we produce and above all, help nature by planting some plants, flowers and seeds.

**Free Time, Leisure Time and Visits preview**

During leisure time and free time, participants can visit Vila Real, museums, walk and explore the city's parks, go shopping, do some sports or relax. We will visit a waterfall in Alvão, some churches and we will go to the pool and the river.

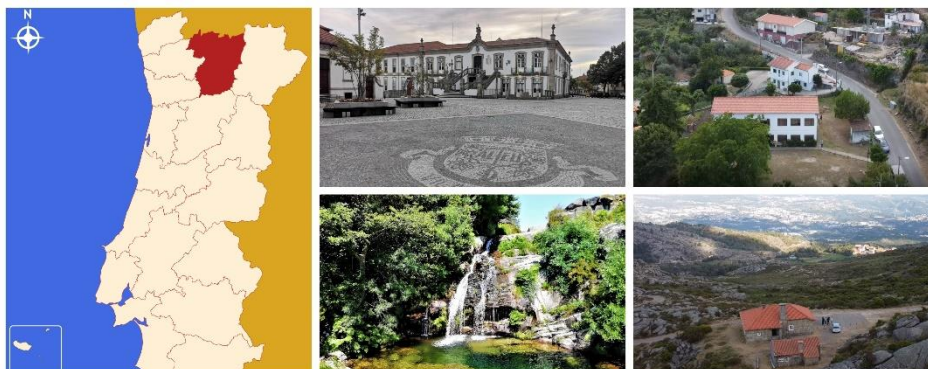
**LOGISTICAL ARRANGEMENTS**

**Description of the Camp Location** (*if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location*)



The camp will take place in a small village in Vila Real, in a private building. In the village there is contact with the population but at the same time, we will be isolated with due comfort and privacy.

During the week there will be times when we will travel to Vila Real to explore the city, have lunch, dinner and for leisure time.



**Accommodation/Food** (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)

- Kind of lodgement: A building in a small village in Alvão's Natural Park, and has 2 rooms: one is bigger, the other one is smaller, 2 bathrooms, showers with hot water in the building, a large meeting room with a small kitchen and a private yard. It's possible to camp as well outside of the building.
- Number of meals: 4 (Breakfast, Lunch, break and dinner).
- We will eat lunch and dinner in restaurants but you can cook meals in the kitchen of the place where you will be staying.
- Free Internet in the building and in the city.
- Participants will be able to wash their clothes in paid industrial machines in the city.

#### CONDITIONS OF PARTICIPATION (if there is any specific information that is important volunteers to know about the camp)

##### Internal rules of the Camp

- Respect for all participants;
- Integrate work and group activities with joy;
- Accomplish with schedules;
- Get to know the city of Vila Real and have fun.

##### Special remarks or requirements of the Camp

- Be an active and helpful member;
- Be a positive member in the group;
- Be willing to accept changes that the group democratically decides;
- Bring new ideas to the group;
- Enjoy nature, recycling and planting

#### INSURANCE (kind of covers)

Personal accident insurance (Kind of covers: death, permanent disability, treatment costs, funeral costs and repatriation).

#### WHAT VOLUNTEERS HAVE TO BRING

Sleeping bag, mattress and extra sleeping blanket; Sleeping tent (optional).

Toiletries, bath towels.

A typical food of the locality of each young person that awakens some senses to use in the intercultural night.

Pocket Money for the needs of each young person.

#### MEETING TIME AND MEETING POINT

Arrival date:	10/08/2022
Timetable or period:	11:00 – 18:00
Place Name:	Vila Real City Hall
Place Address:	Av. Carvalho Araújo 10, 5000-651 Vila Real
Emergency contact:	(+351) 918 323 991

#### HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)

Closest Airport:	Porto Airport (OPO)
Closest Train Station:	Regua's Train Station

**Travelling from the Airport to (bus or train)**

Vila Real is located 50 minutes distance from the Porto airport.

1 - You land in the Porto airport

2 - Take the bus to Vila Real, the ticket price is about 10,00€.

The main bus company in Portugal is "Rede Expressos".

Bus company website:

<https://www.rede-expressos.pt/>

3. When you arrive in Vila Real, you have to go to the city hall (5 minutes walking distance).

**Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point**

Take the bus to Vila Real, the ticket price in "Rede Expressos" is about 21,00€ (Lisbon to Vila Real) or 30,00€ (Faro to Vila Real).

When you arrive in Vila Real, you have to go to the city hall (5 minutes walking distance).

**Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point**

We don't have train station in Vila Real but if you want, you can take a train to Régua or Porto (if traveling from Lisbon or Faro) and then take a bus to Vila Real.

**Special recommendations**

Please be aware that the cost of a taxi to Vila Real is much more expensive than traveling by bus.

Usually, bus trips take 1h30 from Porto to Vila Real, close to 5h from Lisbon to Vila Real and almost 10h from Faro to Vila Real.

**PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Sun and heat (between 22°C and 30°C) but it can rain at any time
<b>Local Host organization address:</b>	Rua Nova, Bloco A, 9, R/C
<b>Local Host organization phone:</b>	(+351) 259 322 733
<b>Local Host organization email:</b>	tiagoquinteiracosta@gmail.com
<b>Local Host contact person:</b>	Tiago Costa
<b>Camp Leader Name:</b>	Beatriz Campaniço
<b>Camp Leader mobile phone:</b>	(+351) 918 323 991
<b>IPDJ Regional address:</b>	R. Dr. Manuel Cardona, 6
<b>IPDJ Regional phone number:</b>	(+351) 259 309 640