

## 全年計畫主題速寫

PT AV-01-20	AVANCA 2020 節慶計畫
PT-AV-03-20	在歐盟 Natura 2000 自然保護區裡協助生態維護
PT-BG-25-20	在國際杜羅自然公園旁的驢保護中心協助生態維護
PT-BG-26-20	在國際杜羅自然公園旁的驢保護中心協助生態維護
PT-BR-17-20	在兩座城市裡參與對抗氣候變遷的社區行動
PT-BR-20-20	透過環境保護行動培力在地青年
PT-CO-07-20	在傳統小鎮 Lousã 參與在地環保行動
PT-EV-02-20	在新蒙特莫爾參與對抗氣候變遷的社區行動
PT-EV-27-20	學習傳統工法維護古堡
PT-FA-08-20	協助在地組織分享永續生活的各種方式
PT-GU-12-20	參與考古計畫拜訪世界遺產
PT-LI-29-20	透過永續生活的行動來對抗氣候變遷

\*志工伙伴如果有找到心儀的計畫，可以用 Ctrl+F 搜尋計畫代碼，瞭解完整計畫資訊！

感謝 VYA 2020 春季實習伙伴貼心整理：

♥ 張淳茹、黃資閔、王若穎、陳子萱、謝汶穎 ♥

# IPDJ Workcamp Programme 2020

PORTUGAL



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

Contact – Luis Mouta – [workcamps.portugal@ipdj.pt](mailto:workcamps.portugal@ipdj.pt); [luis.mouta@ipdj.pt](mailto:luis.mouta@ipdj.pt)  
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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 Movijovem (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 2020 workcamp programme includes 19 camps for 329 volunteers as the board bellow:

Nº	PT code	SCI Plato code	Camp name	Areas	Distrit	Region	Local Organization	Start	End	Nº days	Nº places
1	PT-BR-17-20	PT-IPJ-10.4	Transition Portugal	Sustainability against climate change, Environment, Comunitary	Braga	NORTE	YUPI	01/07/2020	12/07/2020	12	17
2	PT-PO-10-20	PT-IPJ-9.1	STAGE ON THE STREET: ALL INCLUDED!	Disadvantaged, Culture, Creativity, Handicaped	Porto	NORTE	AVENTURA MARÃO CLUBE	01/07/2020	12/07/2020	12	17
3	PT-EV-02-20	PT-IPJ-11.1	For Climate	Sustainability against climate change, Environment	Évora	ALENTEJO	MARCA - ASSOCIAÇÃO DE DESENVOLVIMENTO LOCAL	01/07/2020	12/07/2020	12	12
4	PT-LI-29-20	PT-IPJ-10.7	Urban Act	Sustainability against climate change, Environment, Comunitary	Lisboa	LISBOA	Youth Coop - Cooperativa para o Desenvolvimento e Cidadania CRL	01/07/2020	12/07/2020	12	12
5	PT-CO-07-20	PT-IPJ-10.6	Zero Trash	Sustainability against climate change, Environment, Comunitary	Coimbr a	CENTRO	Activar - Associação de Cooperação da Lousã	13/07/2020	24/07/2020	12	17
6	PT-PO-24-20	PT-IPJ-10.8	Windmills of Change	Sustainability against climate change, Environment, Restauration and Cultural and Historic Patrimony,	Porto	NORTE	Associação Azes Valboenses	15/07/2020	26/07/2020	12	20
7	PT-AV-01-20	PT-IPJ-12.1	AVANCA 2020	Culture, Restauration and Cultural and Historic Patrimony,	Aveiro	CENTRO	Cine-Clube de Avanca	17/07/2020	28/07/2020	12	17

8	PT-AV-03-20	PT-IPJ-10.1	ecoLUSITANICA	Sustainability against climate change, Environment, Restoration and Cultural and Historic Patrimony,	Aveiro	CENTRO	Associação BioLiving	25/07/2020	05/08/2020	12	20
9	PT-VR-18-20	PT-IPJ-10.10	From World to the Valley	Sustainability against climate change, Environment, Comunitary	Vila Real	NORTE	Associação Inspira! - Intervenção juvenil e ambiental	03/08/2020	14/08/2020	12	20
10	PT-GU-12-20	PT-IPJ-12.2	ARQUEOROMA 2020	Archaeology	Guarda	Centro	Associação Cultural Desportiva e Recreativa de Freixo de Numão	03/08/2020	14/08/2020	12	18
11	PT-VI-05-20	PT-IPJ-10.9	Black Gold Culture	Sustainability against climate change, Environment, Restoration and Cultural and Historic Patrimony,	Viseu	Centro	INOVERTERRA - Associação para o Desenvolvimento Local	09/08/2020	20/08/2020	12	17
12	PT-BG-25-20	PT-IPJ-10.2	Powered by Nature II	Sustainability against climate change, Environment, Restoration and Cultural and Historic Patrimony,	Bragança	NORTE	Centro de Acolhimento do Burro	12/08/2020	23/08/2020	12	17
13	PT-BR-20-20	PT-IPJ-10.5	Live nature, live together	Sustainability against climate change, Environment, Comunitary	Braga	NORTE	SYAJ - Associação Juvenil SYnergia	19/08/2020	30/08/2020	12	20
14	PT-EV-27-20	PT-IPJ-11.2	Terra[cota] Patrimony V	Socio-comunitary, Restoration and Cultural and Historic Patrimony, Sustainability	Évora	ALENTEJO	Oficinas do Convento ONGD	24/08/2020	04/09/2020	12	20
15	PT-BG-26-20	PT-IPJ-10.3	Rural Sustainability	Sustainability against climate change, Environment, Restoration and Cultural and Historic Patrimony,	Bragança	NORTE	Centro de Acolhimento do Burro	26/08/2020	06/09/2020	12	17

16	PT-PO-04-20	PT-IPJ-10.8	EcoMezio	Sustainability against climate change, Environment, Restoration and Cultural and Historic Patrimony,	Porto	NORTE	APRISOF - Associação de Protecção dos Rios Sousa e Ferreira	31/08/2020	11/09/2020	12	20
17	PT-VR-23-20	PT-IPJ-10.11	OUR PLANET, OUR HOME	Sustainability against climate change, Environment	Vila Real	NORTE	WAVEMOMENT - Associação Juvenil	01/09/2020	12/09/2020	12	11
18	PT-FA-08-20	PT-IPJ-11.3	Planting Climate Solutions	Sustainability against climate change, Environment	Faro	ALGARVE	Projecto Novas Descobertas - Associação Educativa e Recreativa	03/09/2020	14/09/2020	12	20
19	PT-PO-11-20	PT-IPJ-11.4	ANOTHER WORLD IS POSSIBLE	Sustainability against climate change, Environment	Porto	NORTE	Equação, Cooperativa de Comércio Justo, Crl	19/09/2020	30/09/2020	12	17

You can located all the 19 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.



## WORKCAMP INFOSHEET - 2020



**Workcamp Code**

**Camp Name**

**Dates**

PT AV-01-20

AVANCA 2020

17<sup>th</sup> to 28<sup>th</sup> July

### **Info about the Camp Organization** *(name, aims, main activities, internet address, you can add the organization logo)*

With more than two decades of existence, Cine-Club of Avanca produces, distributes and exhibits cinema works and audiovisuals beyond organizing, since 1997, the “International Meeting of Cinema, Television, Video and Multimedia”.

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

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

### **Info about the Camp** *(aims, tasks and activities – work, leisure and visits)*

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.

In the working periods, IWC volunteers will do the following tasks:

During preparation and setting phase

- Signposting setting for the different spaces in AVANCA 2020;
- 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 for the Television competitive sessions;
- Airport reception and welcoming of the AVANCA 2020 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 2020 participants and guests;
- Maintenance of the Workshop rooms;
- Cantina support;
- AVANCA 2020 Secretariat support;
- Film Projection support during competitive sessions;
- Cleaning and maintenance of the AVANCA 2020 connected areas;

After AVANCA 2020 ending:

- Collecting and verifying workshops' equipment;
- Reposition of the used spaces on their initial configuration and cleaning of the same spaces;
- Collecting the material of the expositions and wrapping the exposed works;
- Collecting AVANCA 2020 posters and pending posters in Avanca and in Aveiro region.

### **Accommodation/Food** *(kind of lodgement, number of meals, other services)*

Volunteers will be accommodated in the school's classrooms where they will be installed. They will have access to sleeping 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.

**Location** (you can add a map or a photo of the city)



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.

**Practical Information**

- **Arrival date – 17<sup>th</sup> July**

- **Working language – English**

- **Insurance (kind of covers) –** Each volunteer of the camp has a valid insurance during its duration.

- **What to Bring (personal things) –** Sleeping camping bag, items of personal hygiene, working clothes for some tasks.

**Conditions of participation** (internal rules of the camp)

Volunteers can only leave the camp after request and authorization of the responsible coordinator/staff

**Meeting point** (day, time, period and place)

Arrival day – 17<sup>th</sup> July in Avanca Train Station (during all day)

Volunteers must provide their time of arrival to Avanca so that the organization staff can pick them up.

**How to reach to....?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

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

1. Bus, Taxi, Uber or Subway to the train station of **Lisboa-Santa Apolónia**
2. Intercity Train “Lisboa–Santa Apolónia” – Aveiro or ALFA service train “Lisboa-Santa Apolónia / Aveiro - [www.cp.pt](http://www.cp.pt)
3. Urban Train North railway - Aveiro to Avanca - [www.cp.pt](http://www.cp.pt)

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

1. Taxi, Uber or Subway transfer to the train station of **Porto- São Bento** or **Porto - Campanhã**.
2. Urban Train North railway - Porto - São Bento / Avanca or Porto - Campanhã / Avanca - [www.cp.pt](http://www.cp.pt)

For more information on train timetables check the website [www.cp.pt](http://www.cp.pt)

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

Cine-Clube de Avanca  
Rua Dr. Egas Moniz, 159  
3860-078 Avanca  
Tel: +351 234 880 658  
Mobile - +351 966190163  
E-mail: [avancafilmfestival@gmail.com](mailto:avancafilmfestival@gmail.com)  
Contact person name - Eunice Castro / Hamilton Trindade

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

Cine-Clube de Avanca  
Rua Dr. Egas Moniz, 159  
3860-078 Avanca  
Tel: +351 234 880 658  
Mobile - +351 966190163  
E-mail: [avancafilmfestival@gmail.com](mailto:avancafilmfestival@gmail.com)  
Contact person name - Eunice Castro / Hamilton Trindade

**Emergency Support** (address, phone, fax, email of IPDJ in the District)

IPDJ Services of Aveiro  
Rua das Pombas  
Aveiro  
3810-052 AVEIRO  
Tel: +351 234 403 100  
Fax: +351 234 403 101  
E-mail: [mailaveiro@ipdj.pt](mailto:mailaveiro@ipdj.pt)

 <small>INSTITUTO PORTUGUÊS DO DESPORTO E JUVENTUDE, I.P.</small>	<b>WORKCAMP INFOSHEET - 2020</b>			 <small>CAMPOS DE TRABALHO INTERNACIONAIS WORKCAMP</small>
	<b>Workcamp Code</b>	<b>Camp Name</b>	<b>Dates</b>	
	PT-AV-03-20	ecoLUSITANICA	25 July – 5 August 2020	

**Info about the Camp Organization** (*name, aims, main activities, internet address, you can add the organization logo*)



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 10 years, aiming at bringing nature and biodiversity to all. Only in the last 3years we have planted over 10000 trees, restored over 15ha of degraded habitat, financed 4 scholarships, and promoted over 500 collective actions of community/environmental volunteering. Know our work at [www.facebook.com/associacaoBioliving](http://www.facebook.com/associacaoBioliving)

**Info about the Camp** (*aims, tasks and activities – work, leisure and visits*)

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;
- 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.

**Specific objectives:**

- Restoration of a degraded land in Canelas, with intervention in a forest, pathways and a fountain (and public presentation of work done to the local community);
- 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;
- 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.

**Tasks and activities:**

- Ecological restoration work (control of invasive species and beneficiation of fauna and flora);
- Vegetation trimming and removal;
- Litter gathering and cleaning of walking trails;
- Improvement of local fauna, flora, and landscape;
- 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.

**Leisure and visits:**

- The amazing city of Aveiro, and its traditional 'moliceiro' boats, [salt pans](#), and [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.

**Accommodation/Food** (*kind of lodgement, number of meals, other services*)

Participants will sleep in a sports complex in Estarreja, in shared rooms with beds. There will be several separated rooms for boys and for girls. The complex has a sports locker room with hot water showers also separated by gender.

Participants have to bring their own towels and hygiene products. 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, fruits, etc.). All canteen meals will be vegetarian.

**Location** (*you can add a map or a photo of the city*).

**BIORIA TRAILS:**





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



**Practical Information**

- **Arrival date** – 25<sup>th</sup> July 2020
- **Nº of volunteers** – 20
- **Work language** – English (but we also speak Spanish, and, of course, Portuguese)
- **Insurance** (kind of covers) – Death and permanent disability, work accidents, treatments, funeral, basic travel assistance.
- **What to Bring** (personal things) – 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.

**No Fees**

**Conditions of participation** (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.

**Meeting point** (day, time, period and place)

- 25/07/2020 – 11:00 AM. - Estarreja train station.- Contact numbers: Rafael Marques (+351)917391689; Guilherme Castro (+351)916588003; Diego Alves (+351)918635616

**How to reach to....?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

- **From Porto airport:** Just outside the airport take the metro (subway <http://en.metrodoporto.pt/>) to Porto – Campanhã main station (30min). At Campanhã, take the train to Estarreja station (direction Aveiro). This ride takes about 40 minutes.
  - **From Lisbon airport:** Just outside the airport take the metro (subway <http://www.metrolisboa.pt/eng/>) 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.
  - Estarreja is also reachable by car (50min from Coimbra, 30 min from Porto), highways A1, A25 or A29.
- Timetables and prices for Portuguese trains at [www.cp.pt](http://www.cp.pt)
- The organization will pick you up at Estarreja train station at 11 A.M.
- All transportations for field work or leisure activities will be provided by the organization.

**Useful Contacts**

**Associação BioLiving**  
www.facebook.com/associacaoBioLiving  
[geral.biolving@gmail.com](mailto:geral.biolving@gmail.com)  
Rafael Marques (+351)917391689;  
Guilherme Castro (+351)916588003;  
Diego Alves (+351)918635616

**Workcamp Address Fieldwork:**

Albergaria-a-Velha, Portugal  
**Camp contact:**  
Associação BioLiving  
www.facebook.com/associacaoBioLiving  
[geral.biolving@gmail.com](mailto:geral.biolving@gmail.com)  
Rafael Marques (+351)917391689

**Emergency Support**

**IPDJ Aveiro**  
**Address:** Rua das Pombas - Edifício IPDJ  
3810-150 Aveiro, Portugal  
**Phone:** (+351) 234 482 233



## WORKCAMP INFOSHEET - 2020



### Workcamp Code

PT-BG-25-20

### Camp Name

Powered by Nature II

### Dates

12/08/2020 – 23/08/2020

### Info about the Camp Organization (name, aims, main activities, internet address, you can add the organization logo)

CAB – Centro de Acolhimento do Burro (Donkey Shelter Center) is a non-profit organization, founded in 2011, whose main objectives are guarantee the welfare and veterinary care of donkeys and mules which are sick or old, that were abandoned or mistreated, or its owner have been unable to continue to care for financial or health reasons. The Center works as a shelter where animals receive all the care necessary for their well-being, guaranteeing them a peaceful and safe end of life.

The Donkey Shelter Center is subsidized by the British non-profit organization *The Donkey Sanctuary* ([www.thedonkeysanctuary.org.uk](http://www.thedonkeysanctuary.org.uk)) which has been working for more than 40 years for the protection of asinine and mule cattle around the world. *The Donkey Sanctuary* has offices in England, Italy and Cyprus, as well as operational centers in other European countries such as Romania, Greece, France and Portugal - Donkey Shelter Center. In addition to the support provided by *The Donkey Sanctuary*, our work is also managed by the AEPGA – Associação para Estudo e Protecção do Gado Asinino (Association for the Study and Protection of Donkeys).

**Centro de Acolhimento do Burro** | M. Bairro de S. Sebastião; 5230-314 Vimioso | T. 00351925790393  
E-mail: [centroacolhimentoburro@gmail.com](mailto:centroacolhimentoburro@gmail.com) | Website: <http://www.centroacolhimentoburro.pt/>

### Info about the Camp (aims, tasks and activities – work, leisure and visits)

The camp will take place in the village of Teixeira/Atenor which lies in adjoining area the International Douro Natural Park (IDNP), about 5 Km from Sendim village (Miranda do Douro). Summer is often dry and characterised by notorious temperature swings – very high during the day (35°C) and relatively low in the evening (10°-15°C).

The **main goals** of this workcamp are enhance the biodiversity of our Center, and improve the landscape for generations of donkeys and visitors to come; to enable the discovery of the Miranda Plateau, a unique rural region, rich in natural beauty, biodiversity, culture and traditions; and bringing together the young participants and the local community, therefore promoting intercultural (urban/rural, international/national) and intergenerational (youngsters/the elderly) encounters and exchanges.

**The tasks** will focus in enhance biodiversity creating shelters, as birdhouses, bat houses or native pollinator houses, as well as the restoration of traditional dry walls that will transform themselves into ecosystems for amphibians, insects and a whole world of flora. Remove the rubbish and debris from streams caused by last winter's storm that affected our watercourses. Encourage work with the local community by developing activities in the villages of Teixeira and Atenor.

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 around Atenor with donkeys and explore the Miranda Donkey Valorization Center, trips through villages, museums and interpretations centers of Mirandese Plateau, nationality day, cinema nights and traditional games with the local community.

### Accommodation/Food (kind of lodgement, number of meals, other services)

Basic housing with electricity, hot water, shower, WC, kitchen, dining room, bedroom (equipped with bunk beds) and barbecue area. Meals will be prepared by all the volunteers, taking turns, yet always accompanied by a cook. Breakfast, lunch, afternoon snacks, dinner, and night snacks will be provided.

### Location (you can add a map or a photo of the city)

Largo da Igreja n.º 48, 5225-011 Atenor, in the municipality of Miranda do Douro. GPS: 41.42100792564617 N, -6.481504440307617

### Practical Information

- Arrival date - 12/08/2020
- Nº of volunteers – 17
- Work language – English
- Insurance (kind of covers) – Each workcamp volunteer has a personal accident injury insurance; EU, Norway, Iceland and Liechtenstein members must bring their European Health Card. If you have health insurance, please bring the certificate as well.
- What to Bring (personal things) – sleeping bag, personal hygiene products, towels, work glasses and gloves, sun screen, bathing suit, tent (in case the volunteer prefers to have some privacy, a spot to put it up will be provided), hiking boots, warm coats (despite the fact that it is Summer, the nights get chilly), lantern..

### No Fees

### Conditions of participation (internal rules of the camp)

No specific rules of participation will be applicable.

**Meeting point** *(day, time, period and place)*

12/08/2020

The meeting point will be the bus station at Miranda do Douro; CAB monitors will pick up the volunteers and drive them to Atenor. We expect a phone call or email to warn us of the time of arrival.

Bus Station Address: EN 218 5210-003 Miranda do Douro

**How to reach to....?** *(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)*

Subway from Porto airport to Bus station - <http://en.metroporto.pt/> | Tel: 225 081 000 | E-mail: [metro@metro-porto.pt](mailto:metro@metro-porto.pt)

Take the Line E (purple color) that goes to "Estádio do Dragão", your stop is "Trindade".

Then you should walk to the bus station which is pretty close to your subway stop.

Ticket price: 1,95€

Bus from PORTO to Miranda do Douro

Option 1 - Rodonorte: <http://www.rodonorte.pt/en/> | E-mail: [geral@rodonorte.pt](mailto:geral@rodonorte.pt) | Tel: 00351 222005638

Bus Station address: Rua do Ateneu Comercial do Porto 19, 4000-092 Porto

Bus timetables: 14h30 / 15h

Bus ticket price: 15,20€

Option 2 - Rede Expressos: <https://www.rede-expressos.pt/en/> | E-mail: [geral@rne.pt](mailto:geral@rne.pt) | Tel: 00351 222006954

Bus Station Address: Campo 24 de Agosto 125, 4300-096 Porto

Bus timetables: 8h30

Bus ticket price: 14,70€

CAB is responsible for driving the volunteers from Miranda do Douro to Atenor and back (both at arrival/departure and during the workcamp, whenever needed). Miranda do Douro municipality will provide a bus to be at the workcamp's disposal.

**Useful Contacts** *(organisation address, phone, mobile, mail, contact person name)*

Centro de Acolhimento do Burro  
Address: Bairro de S. Sebastião | 5230-314 Vimioso  
Tel: 00351925790396  
E-mail:  
[centroacolhimentoburro@gmail.com](mailto:centroacolhimentoburro@gmail.com)  
Website:  
<http://www.centroacolhimentoburro.pt/>

**Workcamp Address** *(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)*

Largo da Igreja n.º 48,  
5225-011 Atenor  
  
Emanuel Catarino  
Tel: 00351 925790394  
Joana Braga / Miguel Nóvoa  
Tel: 00351 925790396 / 00351 925790397  
E-mail: [aepga@aepga.pt](mailto:aepga@aepga.pt)  
Website: <http://www.aepga.pt>

**Emergency Support** *(address, phone, fax, email of IPDJ in the District)*

Delegação Regional de Bragança do IPDJ  
IPDJ's Regional Delegation of Bragança  
  
Tel: 00 351 273 310 600  
Fax: 00 351 273 324 929  
Email: [ipj.braganca@ipj.pt](mailto:ipj.braganca@ipj.pt) Bragança



## WORKCAMP INFOSHEET - 2020



**Workcamp Code**

PT-BG-26-20

**Camp Name**

Rural Sustainability

**Dates**

26/08/2020 – 06/09/2020

### **Info about the Camp Organization** (*name, aims, main activities, internet address, you can add the organization logo*)

CAB – Centro de Acolhimento do Burro (Donkey Shelter Center) is a non-profit organization, founded in 2011, whose main objectives are guarantee the welfare and veterinary care of donkeys and mules which are sick or old, that were abandoned or mistreated, or its owner have been unable to continue to care for financial or health reasons. The Center works as a shelter where animals receive all the care necessary for their well-being, guaranteeing them a peaceful and safe end of life.

The Donkey Shelter Center is subsidized by the British non-profit organization *The Donkey Sanctuary* ([www.thedonkeysanctuary.org.uk](http://www.thedonkeysanctuary.org.uk)) which has been working for more than 40 years for the protection of asinine and mule cattle around the world. *The Donkey Sanctuary* has offices in England, Italy and Cyprus, as well as operational centers in other European countries such as Romania, Greece, France and Portugal - Donkey Shelter Center. In addition to the support provided by *The Donkey Sanctuary*, our work is also managed by the AEPGA – Associação para Estudo e Protecção do Gado Asinino (Association for the Study and Protection of Donkeys).

**Centro de Acolhimento do Burro** | M. Bairro de S. Sebastião; 5230-314 Vimioso | T. 00351925790393

E-mail: [centroacolhimentoburro@gmail.com](mailto:centroacolhimentoburro@gmail.com) | Website: <http://www.centroacolhimentoburro.pt/>

### **Info about the Camp** (*aims, tasks and activities – work, leisure and visits*)

The camp will take place in the village of Teixeira/Atenor which lies in adjoining area the International Douro Natural Park (IDNP), about 5 Km from Sendim village (Miranda do Douro). Summer is often dry and characterised by notorious temperature swings – very high during the day (35°C) and relatively low in the evening (10°-15°C).

The main goals of this workcamp are enhance the biodiversity of our Center, and improve the landscape for generations of donkeys and visitors to come; to enable the discovery of the Miranda Plateau, a unique rural region, rich in natural beauty, biodiversity, culture and traditions; and bringing together the young participants and the local community, therefore promoting intercultural (urban/rural, international/national) and intergenerational (youngsters/the elderly) encounters and exchanges.

The tasks will focus in enhance biodiversity, creating:

- A pond to attract more insectivorous animals helping us to reduce the number of flies in the Center os the donkeys;
- Shelters as birdhouses, bat houses or native pollinator houses;
- as well as the restoration of traditional dry walls that will transform themselves into ecosystems for amphibians, insects and a whole world of flora.

Remove the rubbish and debris from streams caused by last winter's storm that affected our watercourses. Encourage work with the local community by developing activities in the village of Atenor.

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 around Atenor with donkeys and explore the Miranda Donkey Valorization Center, trips through villages, museums and interpretations centers of Mirandese Plateau, nationality day, cinema nights and traditional games with the local community.

### **Accommodation/Food** (*kind of lodgement, number of meals, other services*)

Basic housing with electricity, hot water, shower, WC, kitchen, dining room, bedroom (equipped with bunk beds) and barbecue area. Meals will be prepared by all the volunteers, taking turns, yet always accompanied by a cook. Breakfast, lunch, afternoon snacks, dinner, and night snacks will be provided.

### **Location** (*you can add a map or a photo of the city*)

Largo da Igreja n.º 48, 5225-011 Atenor, in the municipality of Miranda do Douro. GPS: 41.42100792564617 N, -6.481504440307617

### **Practical Information**

- **Arrival date** - 26/08/2020
- **Nº of volunteers** – 17
- **Work language** – English
- **Insurance (kind of covers)** – Each workcamp volunteer has a personal accident injury insurance; EU, Norway, Iceland and Liechtenstein members must bring their European Health Card. If you have health insurance, please bring the certificate as well.
- **What to Bring (personal things)** – sleeping bag, personal hygiene products, towels, work glasses and gloves, sun screen, bathing suit, tent (in case the volunteer prefers to have some privacy, a spot to put it up will be provided), hiking boots, warm coats (despite the fact that it is Summer, the nights get chilly), lantern..

### **No Fees**

### **Conditions of participation** (*internal rules of the camp*)

No specific rules of participation will be applicable.

**Meeting point** (day, time, period and place)

26/08/2020

The meeting point will be the bus station at Miranda do Douro; CAB monitors will pick up the volunteers and drive them to Atenor. We expect a phone call or email to warn us of the time of arrival.

Bus Station Address: EN 218 5210-003 Miranda do Douro

**How to reach to....?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

Subway from Porto airport to Bus station - <http://en.metroporto.pt/> | Tel: 225 081 000 | E-mail: [metro@metro-porto.pt](mailto:metro@metro-porto.pt)

Take the Line E (purple color) that goes to "Estádio do Dragão", your stop is "Trindade".

Then you should walk to the bus station which is pretty close to your subway stop.

Ticket price: 1,95€

Bus from PORTO to Miranda do Douro

Option 1 - Rodonorte: <http://www.rodonorte.pt/en/> | E-mail: [geral@rodonorte.pt](mailto:geral@rodonorte.pt) | Tel: 00351 222005638

Bus Station address: Rua do Ateneu Comercial do Porto 19, 4000-092 Porto

Bus timetables: 14h30 / 15h

Bus ticket price: 15,20€

Option 2 - Rede Expressos: <https://www.rede-expressos.pt/en/> | E-mail: [geral@rne.pt](mailto:geral@rne.pt) | Tel: 00351 222006954

Bus Station Address: Campo 24 de Agosto 125, 4300-096 Porto

Bus timetables: 8h30

Bus ticket price: 14,70€

CAB is responsible for driving the volunteers from Miranda do Douro to Atenor and back (both at arrival/departure and during the workcamp, whenever needed). Miranda do Douro municipality will provide a bus to be at the workcamp's disposal.

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

Centro de Acolhimento do Burro  
Address: Bairro de S. Sebastião | 5230-314 Vimioso  
Tel: 00351925790396  
E-mail: [centroacolhimentoburro@gmail.com](mailto:centroacolhimentoburro@gmail.com)  
Website: <http://www.centroacolhimentoburro.pt/>

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

Largo da Igreja n.º 48,  
5225-011 Atenor  
  
Emanuel Catarino  
Tel: 00351 925790394  
Joana Braga / Miguel Nóvoa  
Tel: 00351 925790396 / 00351 925790397  
E-mail: [aepga@aepga.pt](mailto:aepga@aepga.pt)  
Website: <http://www.aepga.pt>

**Emergency Support** (address, phone, fax, email of IPDJ in the District)

Delegação Regional de Bragança do IPDJ  
IPDJ's Regional Delegation of Bragança  
  
Tel: 00 351 273 310 600  
Fax: 00 351 273 324 929  
Email: [ipj.braganca@ipj.pt](mailto:ipj.braganca@ipj.pt) Bragança



## WORKCAMP INFOSHEET - 2020



**Workcamp Code**

PT-BR-17-20

**Camp Name**

Transition Portugal

**Dates**

1 to 12/7/2020

### **Info about the Camp Organization** (name, aims, main activities, internet address, *you can add the organization logo*)

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. [www.yupi.pt](http://www.yupi.pt)

### **Info about the Camp** (aims, tasks and activities – work, leisure and visits)

The **aim** of this workcamp is to improve the knowledge and the intervention facing climate changes at local level with the eradication of invasive species, creating the conditions for native species to thrive and to support the initial phase of the Community Center for Transition – a learning space for all interested in the Transition Movement (<https://transitionnetwork.org/>) .

The participants will have the chance to engage in activities for regeneration of 2 cities in Portugal (Viana do Castelo and Famalicão) and be part of the ongoing plans for local climate change by the Municipalities

With the implementation of the "Transition Portugal" it is intended to develop a taskforce to create a bigger impact in the nature and in the local community, which aims to protect and preserve the environment but specially to generate curiosity, sense of belonging and willingness to take part in the local habitants of these cities to continue to protect and develop activities.

The **main objectives** of this project are: to develop healthy habits and lifestyles in the participants; promote self-development, self-esteem, responsibility and autonomy, contributing to the acquisition of personal, social and professional skills; to sensitize youth to the importance of their participation in community development and preservation of natural resources; acquire and / or reinforce the language skills of the participants; European citizenship and sustainable growth to fight climate change.

The **tasks** of this workcamp are: eradication and control of exotic species, mainly Acacia Mimosa, Acacia-spike, Acacia Australia, Weeping beaches, Giant cane, at Ribeira de Anha Natural Monument; construction of awareness-raising artwork on the walkways next to the Ribeira de Anha Natural Monument; preparation of land for planting native species; Waste collection; Preparation of organic garden and composting center at the Community Center for Transition; Pond construction and rainwater harvesting system at the Transition Community Center; Artistic creation of informative panel presentation of the Community Center for Transition.

The workcamp will be hosted in 2 different cities of Portugal: Vila Nova de Famalicão for the first 6 days of the camp and then participants will be hosted in Viana do Castelo for the second part.

The participants will have the opportunity to join **free time activities** like swimming pool, cinema, and beach. They will take part in workshops of several activities and workshops related to biodiversity and climate changes and they will have chance to visit and get to know Vila nova de Famalicão, Viana do Castelo and Oporto.

### **Accommodation/Food** (kind of lodgement, number of meals, other services)

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 ham and cheese. Dinner will be served at the accommodation at 8 pm (a warm meal to prepare for a comforting evening).

### **Location** (geo-referencing, you can add a map or a photo of the city)



### **Practical Information**

- **Arrival date** – 01/07/2020

- **Nº of volunteers** – 17

- **Work language** – english

- **Insurance (kind of covers)** – Each participant is covered by a personal accident insurance, for the work camp. Each participant is responsible to ensure his full health and travel insurance. If eligible, don't forget to bring your European Health Insurance Card (EHIC).

- **What to Bring (personal things)** – 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.

### **No Fees**

### **Conditions of participation** *(internal rules of the camp)*

Young people have to participate in activities concerning the functioning of the Camp, meet schedules, follow the guidance of tutors, assist in cleaning of spaces used, participate in the planned activities, meet colleagues, meet the overnight hours, participate in leisure activities. The absence of the field for any reason must be requested and authorized by those responsible.

### **Meeting point** *(day, time, period and place)*

**Day:** 1st July 2020 | Time: We would appreciate if you could arrive until 3PM

**Place:** Francisco Sá Carneiro (Porto) Airport - pick up from the organization, 30minutes to the venue by car/mini van

### **How to reach to....?** *(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)*

Reach Portugal by plane to Porto (OPO) or by train (cp.pt) to Porto-Campanhã (and then by train heading to Braga with stop at Famalicão)

If you arrive to Lisbon, please head to Oriente train/bus station by metro (3 stops in red line - 1,45€) and then take the train to Braga with stop in Famalicao (at 14.09h or 16.09h – at 27,50€ or less if bought ahead in time) – please check [www.cp.pt](http://www.cp.pt); or take a bus at 15h, 17h or 19h to Famalicão at 20,50€ or 17,40€ with youth/student international card.

Airport information: [www.aeroportoporto.com.pt](http://www.aeroportoporto.com.pt)

Train information: [www.cp.pt](http://www.cp.pt)

Bus information: [www.rondonorte.pt/](http://www.rondonorte.pt/)

Bus information: [www.rede-expressos.pt](http://www.rede-expressos.pt)

Subway information: [www.metroporto.pt](http://www.metroporto.pt)

### **Useful Contacts** *(organisation address, phone, mobile, mail, contact person name)*

YUPI Coordinator:

Mariana Marques

+351 927 113 521/ +351 252 376 356

[www.yupi.pt](http://www.yupi.pt)

Email: [geral@yupi.pt](mailto:geral@yupi.pt)

YUPI Address: Rua Henriques Nogueira,

Loja 11

4760-038 Vila Nova de Famalicão

YUPI Monitor

Gil Pereira

Email: [projetos@yupi.pt](mailto:projetos@yupi.pt)

### **Workcamp Address** *(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)*

#### Address (first 7 days):

Padre António José carvalho Guimarães

4760 – Vila Nova de Famalicão

+351 927 113 521/ +351 252 376 356

#### Second address (from day 8 on):

Escola Básica de Passagem, Viana do

Castelo

Lugar Passagem

4905-280 Moreira de Geraz do Lima

+351 258 730 625

### **Emergency Support** *(address, phone, fax, email of IPDJ in the District)*

IPDJ Braga

Rua de Santa Margarida, 6

4710-306 BRAGA

Tel: +351 253 204 250

Fax: +351 253 204 259

E-mail: [ipj.braga@ipj.pt](mailto:ipj.braga@ipj.pt)



## WORKCAMP INFOSHEET - 2020



**Workcamp Code**

**Camp Name**

**Dates**

PT-BR-20-20

Live nature, live together

19/08/2020 – 30/08/2020

**Info about the Camp Organization** (name, aims, main activities, internet address, *you can add the organization logo*)

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)



**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

Aims:

- Promotion of community's active participation in environmental protection prevention
- Promotion and development of social inclusion activities and volunteer work
- Fostering of community awareness actions on environmental issues, combating climate change and social inclusion
- Creation and distribution of eco-friendly material and gadgets
- Raising awareness about the impact of disposable plastics on the forest and marine environment, emissions and toxic consumables
- Creation of an international youth network to assure impact and continuity

Tasks and Activities:

- Environmental awareness actions (open debates, meetings with representatives of institutions, public campaigns, etc.)
- Actions to combat the use and dispersion of plastic (clearing forest areas, cleaning beaches and surrounding forests, creating booklets and flyers on the theme, organizing inclusive cultural and sports events based on the theme, etc.)
- Actions to encourage the reduction of emissions and toxic waste (organization of group tours in the communities of Braga district and in some of the communities of the network created online, organization of creative and recreational activities in public transportation, creation and distribution of eco-friendly ashtrays, etc.)
- Meeting with minority youth groups through existing SYnergia projects and partner institutions
- Organization of inclusive creative and sports activities for the involvement of minority youth (traditional games, theater and music activities, sports tournaments, etc.)
- Awareness campaign planning labs and community interventions

Leisure and Visits:

- Visit to Bom Jesus and Sameiro (cultural places)
- Playing Portuguese traditional games
- Visit to Ofir beach and surf
- Visit to Geres National Park
- Intercultural Night, World dance night, cinema night, etc.

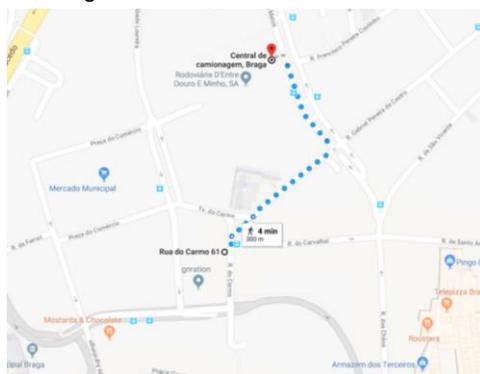
**Accommodation/Food** (kind of lodgement, number of meals, other services)

Accommodation: SYnergia Guest House (<http://synergia.pt/en/new-guesthouse-from-synergia/>) Rooms of 4 or 6 people and shared bathrooms

Food: 3 meals (breakfast, lunch and dinner)

**Location** (you can add a map or a photo of the city and geo referencing)

SYnergia Guest House, Rua do Carmo, nr 61, 4700-309, Braga  
Guest House, Rua do Carmo, nr 61, 4700-309, Braga



**Practical Information**

- Arrival date – 19/08/2020

- **Nº of volunteers** – 20 volunteers
- **Work language** – English
- **Insurance (kind of covers)** – personal accident insurance policy that includes coverage in case of death, permanent disability, treatment expenses, funeral expenses and repatriation
- **What to Bring (personal things)** – 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

**No Fees**

**Conditions of participation** *(internal rules of the camp)*

People that are interested in the environmental protection and in social inclusion as well as helping to bring awareness to this problematic.  
Youngsters full of energy and willing to do crafty and handy work and to step out of their comfort zone.

**Meeting point** *(day, time, period and place)*

Braga Bus Station 19<sup>th</sup> of August 2019 at 2pm

If you arrive after 2 pm, you should call or text the monitor (Mariana Delgado +351961790283 – also available on whatsapp)

**How to reach to....?** *(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)*

Participants must catch a plane to the Sá Carneiro airport, at Oporto.

To travel to Braga, you should use the getbus, directly from the airport to Braga (bus stop at the arrivals in front of the airport).

The price of the getbus ticket is 14€ - both ways and you can check the schedule at <http://getbus.eu/>

**Useful Contacts** *(organisation address, phone, mobile, mail, contact person name)*

Mariana Delgado  
+351961790283  
E-mail: [gap.synergia@gmail.com](mailto:gap.synergia@gmail.com)  
Ricardo Caldas  
+351966390718

Organisation address:  
Associação Juvenil SYnergia  
Praça Dr. Francisco Araújo Malheiro,  
4715-016 Braga

**Workcamp Address** *(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)*

Accommodation:  
  
SYnergia Guest House  
  
Rua do Carmo, nr 61,  
4700-039 Braga

**Emergency Support** *(address, phone, fax, email of IPDJ in the District)*

IPDJ Braga  
  
+351253204250  
  
E-mail: [mailbraga@ipdj.pt](mailto:mailbraga@ipdj.pt)

**Info about the Camp Organization** (name, aims, main activities, internet address, *you can add the organization logo*)

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 programmes.

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

**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

**GENERAL AIMS**

- Value the environmental and natural heritage in rural areas
- Clean small trash in the ditches and verges and large garbage that has been deposited in improper places
- Clean the banks of Ceira river and keep them accessible by pedestrians
- Promote ecological awareness and the adoption of an eco friendly behavior by the locals
- Promote the region and its heritage
- Value volunteering as a tool for local development (whether on the cultural, environmental or touristical level)
- 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

**ACTIVITIES**

- Collecting small trash from ditches and verges
- Collecting and sorting large garbage (eg tires, clothes, appliances, etc.) for later transportation
- Cutting vegetation and small trees using hand tools
- Plucking acacia shoots as a way of stopping their growth (invasive unwanted species)
- Pruning small trees to maintain pedestrian access to river banks
- Developing an activity involving the local community
- Shopping for groceries, cooking and cleaning the place where the group will cook, eat, shower and live

Note: The participants will work outdoors for 6 hours a day, with the support of other technicians whenever necessary

**LEISURE TIME**

On the leisure time, the group will have the opportunity to know Coimbra and the old University, the Atlantic ocean and the river beaches in Lousã and its villages (there is one right next to the camp). At the evenings there will be some cultural activities with the local community. Lousã is a town surrounded by nature and there are many places to explore, relax and get together.

**Accommodation/Food** (kind of lodgement, number of meals, other services)

Participants will be lodged in accommodation in the parish house building in Serpins (9Km from the center of Lousã). There is a kitchen where the group can cook and eat; toilets; wide rooms with mattresses to spend the night (sleeping bags are needed).

The camp includes 5 meals: breakfast; morning coffee break; lunch; afternoon coffee break, dinner and evening coffee break.

**Location** (you can add a map or a photo of the city)

The workcamp will take place in several villages of Lousã (Serpins, Foz de Arouce and Casal de Ermio), a town surrounded by mountains, natural and cultural heritage, located 30Km from Coimbra. Here is a glimpse of what you can find in Lousã, as well as the villages and work to be done.



**Practical Information**

- Arrival date – 13.07.2020
- N° of volunteers – 17
- Work language – English
- Insurance (kind of covers) – Personal accidents and civil liability
- What to Bring (personal things) – Comfortable clothes and sneakers (suitable for work); coat or sweater for the night; sun hat; swimming suit; sunscreen; sleeping bag; insurance documentation (European Health Insurance Card or personal health insurance); a flag of your country, typical games and instruments, cooking recipes or other characteristic materials of your country.

**No Fees****Conditions of participation** (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.

**WHAT WE EXPECT FROM YOU**

- 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

**IMPORTANT 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

**Meeting point** (day, time, period and place)

The meeting point is on the 13th between 15h and 18h in Serpin's church. Google Maps: <https://goo.gl/maps/1KJCd1HnmdRVzxwj8>. If you need help to arrive or need to come earlier, please contact: 00351917251974.

**How to reach to....?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)**FROM OPORTO**

**By train:** Take the metro, bus or taxi to Porto Campanhã (train station); there, take the train to Coimbra B, direction North-South. In Coimbra B, change train in order to get to Coimbra A station; take the Metro Mondego bus to Serpins (bus stop is in front of the train station, by the river). In Serpins, just follow the signs we made to lead to the church.

**By bus:** Take the metro, bus or taxi to Praça da Batalha station; there, take the bus (Rede Expressos) to Coimbra. In Coimbra, walk for about 20 minutes and take the Metro Mondego bus to Serpins. In Serpins, just follow the signs we made to lead to the church.

**FROM LISBON**

**By train:** Take the metro, bus or taxi to Gare do Oriente (train station); there, take the train to Coimbra B, direction South-North. In Coimbra B, change train in order to get to Coimbra A station; take the Metro Mondego bus to Serpins (bus stop is in front of the train station, by the river). In Serpins, just follow the signs we made to lead to the church.

**By bus:** Take the metro, bus or taxi to Gare do Oriente (bus station); there, take the bus to Coimbra. In Coimbra, walk for about 20 minutes and take the Metro Mondego bus to Serpins. In Serpins, just follow the signs we made to lead to the church.

Note: Once you're selected we will provide an interactive map and further detailed info about the camp.

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

Fernanda Vaz  
Daniela Venâncio  
José Gaspar  
ACTIVAR – Associação de Cooperação da Lousã  
Rua General Humberto Delgado, 21  
3200-242 Lousã  
Tel: 00351239996116 / 00351917251974  
Email: [juventude@activar.org](mailto:juventude@activar.org)

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

Fernanda Vaz  
Daniela Venâncio  
Centro Paroquial de Solidariedade Social da Freguesia de Serpins  
Cabeço da igreja, 3200-316, Serpins, Lousã  
Tel: 00351239996116 / 00351917251974  
Email: [juventude@activar.org](mailto:juventude@activar.org)

**Emergency Support** (address, phone, fax, email of IPDJ in the District)

Celeste Moura  
IPDJ Coimbra  
Rua Pedro Monteiro, 73 Coimbra  
3000-329 Coimbra  
Tel: 00351239790600  
Email: [mailcoimbra@ipdj.pt](mailto:mailcoimbra@ipdj.pt) | [lojaja.coimbra@ipdj.pt](mailto:lojaja.coimbra@ipdj.pt)

 <small>INSTITUTO PORTUGUÊS DO DESPORTO (E JUVENTUDE), I.P.</small>	<b>WORKCAMP INFOSHEET - 2020</b>			 <small>CAMPOS DE TRABALHO INTERNACIONAIS WORKCAMP</small>
	<b>Workcamp Code</b>	<b>Camp Name</b>	<b>Dates</b>	
	PT-EV-02-20	For Climate	1/07/2020 – 12/07/2020	

**Info about the Camp Organization** (name, aims, main activities, internet address, *you can add the organization logo*)

MARCA-ADL is a local development organization having as main aims the preservation and conservation of local natural and cultural heritage in Montemor-o-Novo, Alentejo, Portugal. We promote activities like environmental volunteering activities, native trees and shrubs nursery, cultural exchange programs and local products valorisation and communication activities. You can visit our website at [www.marca-adl.pt](http://www.marca-adl.pt) or our Facebook page [www.facebook.com/marca.local/](https://www.facebook.com/marca.local/)

**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

**For Climate -**

The aims of this project are: (1) Raise awareness of the importance of youth mobilization and participation in local and global problem solving; (2) Promote youth participation and involvement in environmental and social issues; (3) Reflect on the causes and consequences of climate change; (4) Promote reflection on sustainable behavior and contribute to individual and community behavior change.

The need to find sustainable development strategies and to provide effective responses to climate change issues, both in terms of mitigation and adaptation, has led Marca – ADL implement activities and actions that have a positive impact on climate change behaviour. In this sense, we intend for 2020 to develop an international field of work on climate change and sustainability.

Young participants will develop the following activities:

1. Collection and sorting of seeds from native plants;
2. Watercourse Cleaning and Reed Control;
3. Designing in different languages about Climate Change;

Integration, sports, creative and playful activities with the community: Collection of urban waste, present in watercourses - Action with the participation of the community; Vermicomposting Workshop; Mill Workshop; Local Gastronomy Workshop; Nature Design Workshop; Walking Tour – Montemor; Cultural Night ; Cooperation activities and group dynamics; Trip to municipal swimming pools and the beach: Visit to Évora; Conversations on different topics: Climate Change - Causes and Possible Solutions | Sustainable Development - Exchange of ideas and realities in different regions of the world.

**Accommodation/Food** (kind of lodgement, number of meals, other services)

Accommodation will be in joint bedrooms (3 person), in the facilities of the youth centre, similar to a hostel. Breakfast and afternoon tea will be provided on the basis of regular products (e.g. milk, bread, tea, fruit,) Hot meals will be served on school facilities at lunch and dinner.

**Location** (you can add a map or a photo of the city and geo referencing)

Montemor-o-Novo (Évora) - Portugal

**Practical Information**

- Arrival date - 1 of July
- Nº of volunteers – 12
- Work language – English
- Insurance (kind of covers) – injuries and other medical expenses.
- What to Bring (personal things) – Regular clothes for hot weather conditions and comfortable clothing for activities in the countryside, sun protector, products for personal hygiene.

**No Fees**

**Conditions of participation** (internal rules of the camp)

Respect for each other, will to participate in joint activities, no smoking indoors, no drinking of alcoholic beverages while working, respect for general rules that will be delivered upon arrival on a welcome meeting.

**Meeting point** (day, time, period and place)

1 July 2020, 10 am at the facilities of Centro Juvenil (Youth Centre), Located in Avenida Gago Coutinho, Montemor-o-Novo. 50m Nearby there is the bus station, with daily buses from the main cities (Lisbon, Oporto and Évora)

**How to reach to....?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

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. If arriving by car, you will be able to park just by the facilities where you will be lodged.

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

Phone : +351 266 891 222

Contact Person: Rosa Coelho

Tel: +351 964069892

Contact Person: Joana Sacristão

Tel: +351 939104344

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

Centro Juvenil (Youth Centre) from the Municipality of Montemor-o-Novo, located in Av. Gago Coutinho, 50m away from the main bus station

**Emergency Support** (address, phone, fax, email of IPDJ in the District)

IPDJ Évora  
Rua da República, 119  
7000-656 Évora | PORTUGAL  
Tel: (+351) 266 737 300  
Fax: (+351) 266 737 329  
e-mail: mailevora@ipdj.pt

 INSTITUTO PORTUGUÊS DO DESPORTO E JUVENTUDE, I.P.	<b>WORKCAMP INFOSHEET – 2020</b>			 CAMPOS DE TRABALHO INTERNACIONAIS WORKCAMPs
	<b>Workcamp Code</b>	<b>Camp Name</b>	<b>Dates</b>	
	EV-PT-27-20	TERRA[COTA] PATRIMONY - V	24-8-2020 4-9-2020	

PT-EV

**Info about the Camp Organization** (name, aims, main activities, internet address, *you can add the organization logo*)

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 cutter, 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.

[HTTP://WWW.OFICINASDOCONVENTO.COM/?PAGE\\_ID=5376](http://www.oficinasdoconvento.com/?page_id=5376)

**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

TERRA[COTA] PATRIMONY V

This **workcamp 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 *Abancandrómo*.

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 adapted every day according to our group needs.

The working environment is relaxed, in the heart of a strong artistic influenced city. Silkprint, ceramics, sculpture, play music, dance, electronics and new technologies are other activities that you can see around and possibly try out.

**Work Activities:** Learning how to apply and repairing traditional lime plasters and paintings; Applying reinforced waterproof membrane in OC facilities; introduction to traditional handmade fired and raw earth, clay preparation and application; Repair traditional terracotta 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.

**Leisure Activities:** Ceramics - make your own clay project and take it home – from modelling to firing. Group games. Opinion and decision-making round tables. Yoga. Open Air Cinema. Landscape and Heritage walks (Learning about the Montado Landscape, visiting the megalithic heritage and the city of Évora). Concerts of main national artists in the local annual fair. This activities are flexible and may adapt to the participants. A suggested program will be proposed and will be subjected to alterations according to the different wills.

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 40°C, the working schedule will be flexible in order to adapt to the best working hours.

**Accommodation/Food** (kind of lodgement, number of meals, other services)

Meals: breakfast, lunch, dinner. There will be vegetarian options/main courses. The lunch meals will be at the primary school canteen with option between meat/fish or vegetarian. The dinner is normally vegetarian. There is access to several shared kitchens around our facilities to prepare your snacks. Accommodation: in shared dormitory inside the old convent. We will use the bathhouse from our facilities. There is the possibility to use your private tent in case you prefer more privacy.

**Location** (you can add a map or a photo of the city)



### Practical Information

- Arrival date - **24<sup>th</sup> August**
- No. of volunteers – **20**
- Work language – **English**
- Insurance (kind of covers) – **Workplace accident insurance (for European citizens it is mandatory to have the European health card)**
- What to Bring (personal things) – Everything for your own sleeping comfort. (Minimum: sleeping bag. Advised: ear plugs, pillow), towel and personal care items, sunscreen, comfortable working and sports clothes and shoes, reusable water bottle and a nice hat.)

### No Fees

### Conditions of participation (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.
- 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.*

### Meeting point (day, time, period and place)

**24th AUGUST FROM 10:00 am TO 1:00 pm (13:00)** (any change please contact us per email or phone)  
**AT Convento de São Francisco, Montemor-o-Novo** - <https://goo.gl/maps/Yhclvo3JHL72> see map details.

### How to reach to....? (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)



In case everything goes well, you will arrive to **Montemor-o-Novo**. It's a small city in Alentejo region, southeast of Lisbon (around 1h) and 20 min west of Évora by car.

**INFO:** Getting to Montemor-o-Novo...

< < **by train from "Gare do Oriente" (Lisboa);**

< < **by plane from "Aeroporto de Lisboa":**

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

**Take the bus to "Montemor-o-Novo" (around 12€); it takes 1h15min.**

**Predicted buses from lisbon – departure>arrival times: 7:00>8:15; 8:30>9:40; 10:30>11:45; 11:45>13:00. Late: 13:00>14:15; 14:15>16:20; 15:00>16:15; 16:00>17:15; 17:00>18:15**

< < **by plane 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. **Take the bus to "Montemor-o-Novo" (around 12€); you will have to change bus either in Fátima or**

**in Lisboa; the trip will take around 4 hours.**

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 of São Francisco. It will be at your right. Oficinas do convento is right beside the church, inside the old convent as in this image.

### Useful Contacts (organisation address, phone, mobile, mail, contact person name)

Carreira de S. Francisco, Convento de São Francisco  
Montemor-o-Novo | PORTUGAL  
00351 266899824  
Mariana Stoffel 00351 917280352

Tânia Teixeira 00351 938137907  
Greta Picotti 0039 3465873398  
Joana Trindade 00351 927607513  
[oc@oficinasdoconvento.com](mailto:oc@oficinasdoconvento.com)

### Workcamp Address (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

Carreira de S. Francisco, Convento de São Francisco  
Montemor-o-Novo | PORTUGAL  
00351 266899824  
Tânia Teixeira 00351 938137907

Greta Picotti 0039 3465873398  
Joana Trindade 00351 927607513  
Mariana Stoffel 00351 917280352  
[oc@oficinasdoconvento.com](mailto:oc@oficinasdoconvento.com)

### Emergency Support (address, phone, fax, email of IPDJ in the District)

Rua da República, 119  
7000-656 Évora | PORTUGAL  
Tel: (+351) 266 737 300  
Fax: (+351) 266 737 329

*e-mail:* [mailevora@ipdj.pt](mailto:mailevora@ipdj.pt)

 <small>INSTITUTO PORTUGUÊS DO DESPORTO E JUVENTUDE, I.P.</small>	<b>WORKCAMP INFOSHEET - 2020</b>			 <small>CAMPOS DE TRABALHO INTERNACIONAIS WORKCAMP</small>
	<b>Workcamp Code</b>	<b>Camp Name</b>	<b>Dates</b>	
	PT-FA-08-20	PLANTING CLIMATE SOLUTIONS	03.9.2020 - 14.9.2020	

**Info about the Camp Organization** (*name, aims, main activities, internet address, you can add the organization logo*)

Projecto Novas Descobertas (Project New Discoveries) is a non-profit organization with 25 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.valedalama.net](http://www.valedalama.net) ; [www.projectonovasdescobertas.org](http://www.projectonovasdescobertas.org)



**Info about the Camp** (*aims, tasks and activities – work, leisure and visits*)

Be part of the solution and help us educate for a sustainable future. Together, we will plant examples of climate solutions at two educational centers - showing people how to reduce energy use, eat locally, plant seeds, reuse and recycle, save water, redesign landscapes, create and purchase fair trade products and take care of our soils, so that future generations of people can live healthy and sustainable lives.

You can expect to be engaged in the following **activities and tasks**:

Create educational landscapes: Creating spaces that demonstrate climate change solutions on the Associations Campus, including an example of “carbon negative” agroforestry /food production, pedagogical nursery, solar cooking space and a “wellness” workshop” for manufacturing of natural health and beauty products

Showcase sustainable development: Create pedagogical examples of sustainable development techniques at the NEW Loops campus: creating a “carbon capturing bed” by applying low water consumption and soil regeneration techniques; creating an example of low environmental impact by building with bioconstruction techniques.

Event Support: Supporting PND’s environmental education actions on the Open Day with the theme “Climate Solutions” – creating craft and nutritional products, preparing spaces for the event ,creating pedagogical-artistic actions and presentations during the event about sustainable and regenerative lifestyles.

Meal preparation and maintenance of collective spaces: We will assist the chef in preparing meals for the group; rotating daily tasks necessary to maintain health, well-being, and the functioning of the camp - cleaning, watering, composting, etc.

In this camp we will also explore together the relationship between nature and culture, through these **activities**:

Nature Connection: We will have a day out and a few afternoons to visit places in the Algarve that are protected nature areas and places of traditional culture, and have opportunities to do walks, bicycle rides, and canoeing close to the camp.

Group dynamics: We will start and end the day with opportunities for sharing and group decision-making, and everyone will participate in planning events, in observing, presenting, and evaluating the work camp results.

Social and leisure activities: Together we will prepare evening activities; Cultural nights sharing cuisine and culture of participants’ countries; Games nights, and celebrations.

This is an opportunity to empower yourself and get inspired by nature, gaining the skills you need to create a more sustainable world.

**Accommodation/Food** (*kind of lodgement, number of meals, other services*)

Accommodation is in tents. Bring your own if you can, if you can’t the project will provide one. There are bathrooms and solar showers.

The project will provide 5 meals per day (breakfast; Lunch; snack; dinner; supper),

Our food ethics is based on following sequence: healthy, local and organic.

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

**Location** (*you can add a map or a photo of the city*)

Quinta do Vale da Lama - Caixa postal nº 322 N, 8600-258, Odiáxere, Lagos - Campo do Vale PND

**Practical Information**

- Arrival date – **3rd September - 12 p.m**

- Nº of volunteers – 20

- Work language – English and Portuguese

- Insurance (kind of covers) – personal accident insurance

- What to Bring (personal things) – Practical and warm clothes; practical and outdoor shoes (trainers, boots, flipflops, sandals); sun cream; insect repellent; torch; sleeping bag; small blanket; personal tent (is preferred); sun hat; small backpack; beach and shower towel; personal hygiene products; swimming suit or bikini; swimming shorts; musical instruments.

**No Fees**

**Conditions of participation** (internal rules of the camp)

Participants are expected to:

Participate with energy and creativity

Join daily 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

Have fun and share fully!

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

**Meeting point** (day, time, period and place)

3rd of September 2020 - 12 p.m, Lagos PORTUGAL - Bus station

**How to reach to....?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

The closest airport is FARO airport. You can also arrive at LISBON airport, but please check bus and train times before buying your plane ticket - it's a long journey and you'll need to plan carefully to avoid arriving late.

**Getting here from Faro airport**

You can catch the train, bus, or a transfer shuttle. The journey usually takes 2 hours.

**Transfer Shuttle:** You can research shuttles here: <https://faroairporttransfers.net/> Shared shuttles go directly from the airport to the farm. They can sometimes be more expensive than other transports, but are faster and can bring you to the farm (put in the destination field: EcoResort Vale da Lama, Lagos)

**Train & Bus:** To get to the train or bus station (located in Faro city center), you'll need to take a bus or taxi from the airport. Bus #16 from the Airport to Faro city center goes about once every hour. You can find trains from Faro to Lagos here:

<https://www.cp.pt/passageiros/en>. There is also regular bus service from Faro bus station to Lagos bus station. More info here:

<http://www.algarvebus.info/003.htm>

**Getting here from Lisbon Airport**

You can come by bus or train. The journey usually takes 5 hours.

**Bus:** Take line 2 of the Airport Shuttle Bus to the 7 Rios station. You can research bus times (origem: Lisboa, destino: Lagos) on this website: <http://eva-bus.com/index.php>

**Train:** Take the metro from the Airport to Oriente train station. You can find train times here: <https://www.cp.pt/passageiros/en>

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

Quinta do Vale da Lama, 8600-258

Odiáxere, Lagos

Phone: 282 697 862 / 282 792 673

Mobile: 967 620 397 / 966 673 570

Email: [info@projectonovasdescobertas.org](mailto:info@projectonovasdescobertas.org)

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

Quinta do Vale da Lama - Caixa postal nº

322 N 8600-258, Odiáxere Lagos

Mobile: 967620397

Phone: 282697862

Email:

[info@projectonovasdescobertas.org](mailto:info@projectonovasdescobertas.org)

**Emergency Support** (address, phone, fax, email of IPDJ in the District)

Instituto Português do Desporto e da

Juventude - Rua da PSP, 8000-408 Faro

Phone: 289 891 820

[faro@ipdj.pt](mailto:faro@ipdj.pt)

**Info about the Camp Organization** (name, aims, main activities, internet address, you can add the organization logo)

ACDR - Associação Cultural Desportiva e Recreativa de Freixo de Numão – ACDR – Freixo de Numão Cultural Sportive and Recreational Association is a youth association which main objectives are protecting and promoting region cultural patrimony. The objective of this program is to give continuity to an archeological research project and the desire to turn the archeological place into a museum that has been developed since 1980 with the permanent support of this association and the Portuguese Youth Institute.

**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

**Objectives** - continue the excavation work that has been going on for over twenty years with the aim of musealization the archaeological site with prehistoric, Roman and medieval remains

**Tasks and activities (work)** - archaeological excavations guided by an archaeologist collecting different elements (coals, seeds, bones ...) for analysis; Materials washing and labeling.

-During the camp volunteers will work no longer than 6h/day.

**Leisure and visits**

- Visit to the rock engravings of Vale do Côa (World Heritage) and the Côa Museum; -

-Boat trip on the Douro River (World Heritage), visit to the historic village of Marialva, Numão Castle, archaeological sites, Casa Grande Museum.

-Traditional games and parties and swimming pool.

**Accommodation/Food** (kind of lodgement, number of meals, other services)

Volunteers will be accommodated at ACDR Youth Centre, composed of 2 dormitories and 8 rooms. Meals will be served in the youth centre restaurant.

**Location** (you can add a map or a photo of the city)



Freixo de Numão – Porto 200 km

Freixo de Numão – Lisboa 400 Km

Freixo de Numão – Guarda 90 Km

Freixo de Numão – Foz Côa 12 Km

**Practical Information**

- Arrival date – 3 of August

- Nº of volunteers – 18
- Work language – English
- Insurance (kind of covers) – Each work camp has personal injury insurance; EU, Norway, Iceland and Liechtenstein members must bring their European Health Card. If you have health insurance, please bring it as well.
- What to Bring (personal things) – Personal hygiene articles, towel, sun protector, bathing suit, hat, practical clothes and shoes for work and amusement.

### **Fees** (if applies)

### **Conditions of participation** (internal rules of the camp)

- Participants will have to:
- respect the regulations and norms of the work field.
  - respect the instructions of the monitors
  - participate in work activities and leisure

### **Meeting point** (day, time, period and place)

We wait participants to arrive the 3 of August, during the day, to Centro de Juventude da ACDR Freixo de Numão (Stadium). It would be great if you could inform us in advance about your arrival prevision.

### **How to reach to...?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

#### 1<sup>st</sup> option – By car

- Coming from Porto use A25 road until Celorico da Beira turning to Vila Nova de Foz Côa. 4 Km before Vila Nova de Foz Côa use national road 222 towards Freixo de Numão.
- Coming from Lisbon or south use A23 road in Torres Vedras towards Guarda and use A25 road until Celorico da Beira changing to IP2 road towards Vila Nova de Foz Côa. 4 Km before Vila Nova de Foz Côa use national road 222 towards Freixo de Numão.
- Coming from Spain use A25 road until Celorico da Beira and turn to IP2 road towards Vila Nova de Foz Côa. 4 Km before Vila Nova de Foz Côa use national road 222 towards Freixo de Numão.

#### 2<sup>nd</sup> option – By bus

Coming from anywhere in Portugal, catch a bus to Vila Nova de Foz Côa. Please contact ACDR (phone no. 00351 279 789 584) in advance so that we can pick you up at the Bus Station.

Coming from abroad take your way to Guarda where you will catch a bus to Vila Nova de Foz Côa. Please contact ACDR (phone no. 00351 279 789 584) in advance so that we can pick you up at the Bus Station.

#### 3rd option – By train

Coming from Porto catch a bus at Douro's line, Campanhã Railway Station or S. Bento Railway Station until Freixo de Numão – Mós do Douro Railway Station. Please contact ACDR (phone no. 00351 279 789 584) in advance so that we can pick you up at the Railway Station because there are no other transfers to Freixo de Numão.

Coming from abroad take your way to Guarda and catch a bus to Vila Nova de Foz Côa. Please contact ACDR (phone no. 00351 279 789 584) in advance so that we can pick you up at the Bus Station.

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

#### **ACDR de Freixo de Numão**

Av. Prof. Guilherme Cunha  
5155-235 Freixo de Numão  
Phone and fax no.: 00351 279 789 573

**CENTRO DE JUVENTUDE** – 00351 279 789 584

MUSEU – 00351 279789117

E-mail [acdr.freixo@hotmail.com](mailto:acdr.freixo@hotmail.com)

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

#### **Susana Mesquita**

Telemóvel.: 00351 919 123 640  
E-mail: [s.p.m.mesquita@gmail.com](mailto:s.p.m.mesquita@gmail.com)

#### **Paulo Moutinho:**

Telefone – 279789 117  
Telemovel 00351 93 282 72 62  
E-mail: [acdr.freixo@hotmail.com](mailto:acdr.freixo@hotmail.com)

**Emergency Support** (address, phone, fax, email of IPJ in the District)  
Delegação Regional da Guarda do IPJ  
IPJ's Regional Delegation of Guarda  
Av. Alexandre Herculano Guarda  
6300-659 GUARDA  
Phone no.: 00351 271 232 100  
E-mail: [ana.caria@ipj.pt](mailto:ana.caria@ipj.pt)

 <small>INSTITUTO PORTUGUÊS DO DESPORTO &amp; JUVENTUDE, I.P.</small>	<b>WORKCAMP INFOSHEET - 2020</b>			 <small>CAMPOS DE TRABALHO INTERNACIONAIS WORKCAMP</small>
	<b>Workcamp Code</b>	<b>Camp Name</b>	<b>Dates</b>	
	PT-LI-29-20	UrbanAct	1 to 12 July 2020	

**Info about the Camp Organization** (*name, aims, main activities, internet address, you can add the organization logo*)

YouthCoop is a non-profit and social-solidarity [co-operative](#) for the empowerment and awareness of young people, on local and international level, acting the field of [Citizenship and Human Rights Education](#), Youth Participation and [Youth Work](#) using [Non-Formal Education](#) methods and community-oriented approaches.

We believe in the empowerment of young people as a way to build a more responsible and conscientious society.

More information in [www.youthcoop.pt](http://www.youthcoop.pt)

// Empowering Youth //

**Info about the Camp** (*aims, tasks and activities – work, leisure and visits*)

UrbanAct International Workcamp will gather 12 volunteers to foster community action to contribute for awareness raising activities regarding the sustainable development to prevent climate change in Aqualva – Cacém, Sintra . Portugal.

Our **main aims** will be:

- Create a community Eco-Space made of materials that would go to waste, such as tires, wooden pallets, plastic caps,...
- Promote awareness raising activities for the community about sustainable development in “Aqui ao Lado” festival and other opportunities.
- Motivate the participants to contribute in their daily lives for the prevention of climate change after the project.
- Promote the practical participation of youngsters in actions that actively contribute for sustainable development and climate change prevention.

The **main tasks** will be:

- Development and implementation of awareness raising activities for the community about sustainable development and climate change prevention in “Aqui ao Lado” Festival and other places.
- Design, create and decorate a community Eco-Space that will be made of waste materials.
- Environmental protection action in Sintra Mountain natural area.
- Clean up activity of a public park

The work schedule will consist mainly of 5h to 6h a day of practical work activities where the group will work together or in teams. There will be leisure activities such as a visit to a nice place when we go to Sintra,

**Free time** and a visit to Sintra is also included in the program, so you can rest, take along walk or get to know the community better. We are planning a very dynamic approach for this workcamp, not staying too much time in a place, but also enough time to get to experience different things and environments.

You will be able to contribute to creating a community space and raise awareness about sustainable development. This will impact the city in a very positive way, so you are welcome to participate 😊

**Accommodation/Food** (*kind of lodgement, number of meals, other services*)

The accommodation will be in bedrooms of 6 people (splitted by gender) in the Quinta da Consolata farm. It is a missionary center for Consolata. They have hosted several of our projects before and here you can get close to nature in an otherwise urban area. The life in the farm goes peacefully as the busy city surrounds it. Here there will be a community meal area and bathrooms also divided by gender. There is plenty of space if you wish to relax a bit. It is also close to the train station of Aqualva – Cacém (10 min walk). The food will be prepared by the cooks of the farm but there will be also space for the participants to prepare some of the meals.

**Location** (*geo-referencing, you can add a map or a photo of the city*)

Aqualva – Cacém is an urban area in the municipality of Sintra close to Lisbon (the capital of Portugal). You can expect a lot of buildings and people. The population in this area is quite interesting since we have a big diversity of nationalities and backgrounds in the city, it is worth the visit. From here you can get quickly to the beach, to the mountain, the airport and the capital.

**Practical Information**

- **Arrival date - 1 July 2020**
- **Nº of volunteers – 12**
- **Work language – English**
- **Insurance (kind of covers) – personal accidents and social responsibility**
- **What to Bring (personal things) – Comfortable clothes and shoes (according to the climate conditions) reusable water bottle, sleeping bag and flash light.**

**No Fees**

**Conditions of participation** (*internal rules of the camp*)

Respect everybody and have an open mind.

In the place where we will be hosted, there are people living, community vegetable gardens, a farm with animals and many more

things. This space has rules to ensure that everybody gets along and has a nice experience.

Everybody will be asked to help with the tasks of the group in order to create a fully functioning team ☐  
 You are welcome if you wish to impact a community and contribute with your time for the goal of the project.

**Meeting point** (day, time, period and place)

At 1 st of July - Between 16h00 and 18h00 in Quinta do Castelo (Accommodation) or at the train station of Aqualva-Cacém  
 If you will arrive in a different schedule please inform the leaders ( contacts below)

**How to reach to...?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

**From the Airport of Lisbon (“Aeroporto Humberto Delgado”) – RECOMMENDED OPTION – ~1h**

1. Grab the subway “Metro”, red Line in direction to “S. Sebastião”



- 1 ticket card per participant – you cannot share the same card. The card can be reused for multiple trips in trains, metro and bus. Price: 0,50€ ticket card + 1,45€ one trip. Work hours: 06:30 to 01:00 – [website](#)
- Enter in “Aeroporto”, exit in “Oriente” station by metro – 15 mins.
- 2. Climb all the way up to the train station, grab a train “CP” in direction to: “Sintra”
- Enter in “Lisboa-Oriente”, exit in “Aqualva-Cacém” station – 30 to 45 mins, there is no need to change train. Price: 1,95€ one trip (ticket for 3 areas/zones). **Use the same ticket card obtained in metro.**
- Multiple urban trains from 5:40 to 01:00 – [website here](#). Route in google maps: <https://bit.ly/2DoXPIC>



3. 15 mins walk from the train station to the meeting point.

Do not trust the directions of google map or any other map service. Directions here: <http://bit.ly/2F2F611>

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

[geral@youthcoop.pt](mailto:geral@youthcoop.pt)  
 Coordinator  
[Edite.pereira@youthcoop.pt](mailto:Edite.pereira@youthcoop.pt)  
 Tel +351 961921212  
 support  
[Jorge.gomes@youthcoop.pt](mailto:Jorge.gomes@youthcoop.pt)  
 Tel +351 961172283  
 Oficce Adress:  
 Rua Carlos Charbel, centro lúdico das lopus

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

Quinta da Consolata (acommodation)  
 Av. Cidade de Lisboa, São Marcos  
<https://goo.gl/maps/ox8B3aGoCC5tuGNKA>

**Emergency Support** (address, phone, fax, email of IPDJ in the District)

IPDJ – Youth and Sport Portuguese Institute  
 Rua de Moscavide, lote 47101 Parque das Nações  
 1998-011 Lisboa | PORTUGAL  
 Tel: (+351) 218 920 800  
[maillisboa@ipdj.pt](mailto:maillisboa@ipdj.pt)

 <small>INSTITUTO PORTUGUÊS DO DESPORTO E JUVENTUDE, I.P.</small>	WORKCAMP INFOSHEET - 2020			
	Workcamp Code	Camp Name	Dates	
	PT-PO-04-20	EcoMezio	31/08/2020 - 11/09/2020	

**Info about the Camp Organization** (name, aims, main activities, internet address, *you can add the organization logo*)

This camp will be organized by [APRISO](#), 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](#) that are implementing a ground-breaking sustainability agenda in Portugal (Lousada is 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.

**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

This camp integrates the Municipality of Lousada's sustainability agenda, which includes many environmental projects, always in cooperation with local communities. This camp will be organized by a team of biologists experienced in both science and animation. Participants will have the opportunity to learn about environmental management and nature conservation, and engage in conservation-training activities in the rivers Sousa and Mezio, which need cleaning and ecological restoration in some parts. Volunteers will also get to see and learn about our flora and fauna, local culture, food, rural landscape, etc.

**General objectives:**

- Promotion of sustainability, environmental awareness, and biodiversity protection;
- Promotion of intercultural relationships, good environmental practices, and citizenship;
- Social inclusion with elderly citizens in some activities;
- Promotion of specific skills in the field of environmental management, nature protection and biodiversity.

**Tasks and activities:**

- Ecological training;
- River restoration activities;
- Control of alien invasive species;
- Restoration of riparian forest with litter cleaning, and trees plantation;
- Beneficiation of local fauna, flora, and landscape;
- Creation of a wildlife pond;
- Cleaning of pathways; waste removal;
- Valorization of local cultural heritage (embellishment of two chapels and surrounding area);
- 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.

**Leisure and visits:**

- Visit to Guimarães, a UNESCO world heritage city.
- Sketch'n Fun (*Pictionary*), music, environmental movies night, Portuguese traditional games, sports, quiz night, talks, cultural and environmental tours, fauna (bats, amphibians, birds) and flora observation, visit to [museums](#), visit to [Mata de Vilar](#).
- Local culture workshops (filigrana, apiculture, vinha do enforcado, etc)

**Accommodation/Food** (kind of lodgement, number of meals, other services)

Participants will sleep in a sports complex in Lousada, in shared rooms with sleeping mattresses. There will be separated rooms for boys and for girls. The complex has locker room 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 sports complex canteen, but some lunches will be served in the field (sandwiches, fruits, etc.). All meals are vegetarian.

**Location** (geo-referencing, you can add a map or a photo of the city)

Discover Lousada: <http://www.cm-lousada.pt/pt/descobrir>; <http://www.cm-lousada.pt/pt/parques-e-jardins>

Intervention area:





### **Practical Information**

- Arrival date – **31/08/2020**
- Nº of volunteers – 20
- Work language – English
- Insurance (kind of covers) – Death and permanent disability, work accidents, treatments, funeral.
- What to Bring (personal things) – 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.

### **No Fees**

### **Conditions of participation** *(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.

### **Meeting point** *(day, time, period and place)*

- Penafiel Train Station
- 31/08/2020 – at 11:00 AM.
- Contact numbers: Milene Matos (+351)964712455; Pedro Sá (+351) 918 222 355; Luís Cunha (+351)916271946

### **How to reach to....?** *(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)*

- Lousada is not far from Porto, where there is the international airport Francisco Sá Carneiro and a very good train system. Just outside the airport take the metro (subway <http://en.metrodoporto.pt/>) to Porto – Campanhã main 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.
- Transportation between the camp base school and fieldwork or leisure activities will be provided by the organization.

### **Useful Contacts** *(organisation address, phone, mobile, mail, contact person name)*

biolousada@cm-lousada.pt  
 Milene Matos (+351) 96 471 2455  
 Pedro Sá (+351) 918 222 355  
 Luís Cunha (+351)916271946

### **Workcamp Address** *(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)*

Município de Lousada  
 biolousada@cm-lousada.pt  
 Milene Matos (+351) 96 471 2455  
 Pedro Sá (+351) 918 222 355  
 Luís Cunha (+351)916271946

### **Emergency Support** *(address, phone, fax, email of IPDJ in the District)*

**IPDJ Norte (Porto)**  
 Rua Rodrigues Lobo, 98, 4150-638 Porto, Portugal  
 Tel: (+351) 226 085 702|19  
 Fax: (+351) 226 085 798|9  
 E-mail: mailporto@ipdj.pt



# WORKCAMP INFOSHEET – 2020



**Workcamp Code**

**Camp Name**

**Dates**

PT-PO-10-20

Stage on the street: all included!

01-07-2020 a 12-07-2020

## **Info about the Camp Organization** (name, aims, main activities, internet address, you can add the organization logo)

**Name:** Aventura Marão Clube (AMC)



**Aim:** to promote 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:** [www.aventuramaraoclube.com](http://www.aventuramaraoclube.com) and **E-mail:** [cj.amarante@gmail.com](mailto:cj.amarante@gmail.com)

## **Info about the Camp** (aims, tasks and activities – work, leisure and visits)

**Aims:** to raise awareness among the participants and the population on social inclusion, mainly concerning handicapped young people; to raise awareness also about fair trade, organic farms and environment preservation.

**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); visits to some of the main cities and spots in the North of Portugal (Guimarães, Porto, Alto Douro Vinhateiro e Parque Natural do Alvão).

## **Accommodation/Food** (kind of lodgement, number of meals, other services)

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.

## **Location** (you can add a map or a photo of the city)



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.

## **Practical Information**

- **Arrival date** - 01.07.19

- **Nº of volunteers** – 17

- Work language – English
  - Insurance (kind of covers) – We will have insurance (personnel accidents and civil responsibility) valid during the workcamp period.
- Members from EU, Norway, Iceland and Liechtenstein should bring their European Wealth Card.
- What to Bring (personal things) – Sleeping bag and hygiene products, sun protector, swimming suits, working and sports clothes and shoes, one black t-shirt and one black trousers.

### No Fees

### Conditions of participation (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..

### Meeting point (day, time, period and place)

**Day:** 01.07.19

**Time:** from 11h00

**Place:** Casa da Juventude de Amarante, Av.<sup>a</sup> General Silveira, n.º 193, Cepelos, 4600-017 Amarante (in the city center)

### How to reach to....? (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

Main connections using public transports:

#### **LISBON-OPORTO**

By train: Lisbon / Oriente station (05h55; etc.; 18h55) – Oporto / Campanhã station (09h05; etc.; 21h55) - Price: around €30,00.

(more details at: <http://www.cp.pt>)

#### **LISBON-AMARANTE**

By bus: Lisbon / Oriente station to Amarante (11h00; 14h00; 09h00; etc.; 16h00; 18h00) - Price: around €20,00

(more details at: <http://www.rondonorte.pt>)

#### **OPORTO-AMARANTE**

By bus: (Street Ateneu Comercial do Porto, 19, from Monday to Friday)

Oporto (07h00; 08h00; 09h00; 10h00; 11h00; 12h10; 13h00; 14h30; 16h30; 17h35; 18h00; 19h30; 20h00) – Amarante (07h50; 08h50; 09h50; 10h50; 11h50; 13h00; 13h50; 15h20; 17h20, 18h25, 18h50, 20h20) - Price: around €7,60

(more details at: <http://www.rondonorte.pt>)

### Useful Contacts (organisation address, phone, mobile, mail, contact person name)

#### **Aventura Marão Clube**

Casa da Juventude de Amarante  
Av.<sup>a</sup> General Silveira, n.º 193, Cepelos  
4600-017 Amarante  
(00351) 255 420 234  
E-mail: [cj.amarante@gmail.com](mailto:cj.amarante@gmail.com)

**Contact person:** Miguel Pinto  
Mobile phone: (00351) 913051999

### Workcamp Address (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

**Casa da Juventude de Amarante**  
Av.<sup>a</sup> General Silveira, n.º 193, Cepelos  
4600-017 Amarante

**Marcella Serra**  
Mobile phone  
(00351)924058956  
E-mail: [cj.amarante@gmail.com](mailto:cj.amarante@gmail.com)

### Emergency Support (address, phone, fax, email of IPDJ in the District)

**IPDJ – Norte**  
Rua Rodrigues Lobo, 98  
4150-638 Porto  
(telf – 226085700 / Fax - 226085799)  
E-mail: [ipdj.porto@ipdj.pt](mailto:ipdj.porto@ipdj.pt)



## WORKCAMP INFOSHEET - 2020

**Workcamp Code**

**Camp Name**

**Dates**

PT-PO-11-20

ANOTHER WORLD IS POSSIBLE

19-09-2020 a 30-09-2020



**Info about the Camp Organization** (*name, aims, main activities, internet address, you can add the organization logo*)

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



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

**Activities:** promotion of fair trade principles in Portugal (fair trade shops, exhibitions, clubes, members and public/private entities); EVS volunteering activities; development of projects about education for cooperation and development, solidarity, healthy lifestyles, responsible tourism and consumption, organic farming, etc.; local awareness for organic products (organic and biodinamic farming); organization of international work camps; organization of youth exchanges and other youth in action projects; Fair Trade awareness (shops, school activities, fairs, etc.).

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

**Info about the Camp** (*aims, tasks and activities – work, leisure and visits*)

**Aims:** 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.

**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).

**Accommodation/Food** (*kind of lodgement, number of meals, other services*)

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.

**Location** (*you can add a map or a photo of the city*)



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 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.

**Practical Information**

- Arrival date - 19.09.20
- Nº of volunteers – 17
- Work language – English
- Insurance (kind of covers) – We will have insurance (personnel accidents and civil responsibility) valid during the workcamp period. Members from EU, Norway, Iceland and Liechtenstein should bring their European Wealth Card.
- What to Bring (personal things) – Sleeping bag and hygiene products, sun protector, swimming suits, working and sports clothes and shoes.

### **No Fees**

### **Conditions of participation** (*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 balcony);
- 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..

### **Meeting point** (*day, time, period and place*)

**Day:** 19.09.20

**Time:** from 11h00

**Place:** Casa da Juventude de Amarante, Av.<sup>a</sup> General Silveira, n.º 193, Cepelos, 4600-017 Amarante (in the city center)

### **How to reach to....?** (*by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address*)

Main connections using public transports:

#### **LISBON-OPORTO**

By train: Lisbon / Oriente station (05h55; etc.; 18h55) – Oporto / Campanhã station (09h05; etc.; 21h55) - Price: around €30,00.  
(more details at: <http://www.cp.pt>)

#### **LISBON-AMARANTE**

By bus: Lisbon / Oriente station to Amarante (11h00; 14h00; 09h00; etc.; 16h00; 18h00) - Price: around €20,00  
(more details at: <http://www.rondonorte.pt>)

#### **OPORTO-AMARANTE**

By bus: (Street Ateneu Comercial do Porto, 19, from monday to friday)

Oporto (07h00; 08h00; 09h00; 10h00; 11h00; 12h10; 13h00; 14h30; 16h30; 17h35; 18h00; 19h30; 20h00) – Amarante (07h50; 08h50; 09h50; 10h50; 11h50; 13h00; 13h50; 15h20; 17h20, 18h25, 18h50, 20h20) - Price: around €7,60  
(more details at: <http://www.rondonorte.pt>)

### **Useful Contacts** (*organisation address, phone, mobile, mail, contact person name*)

#### **Equação, Crl**

Rua do Salto, 143/149

São Gonçalo

4600-017 Amarante

(00351) 913 051 999

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

**Contact person:** Miguel Pinto

### **Workcamp Address** (*address, mobile phone and mail of the responsible, coordinator or animator, contact person name*)

#### **Casa da Juventude de Amarante**

Av.<sup>a</sup> General Silveira, n.º 193, Cepelos

4600-017 Amarante

**Miguel Pinto**

Mobile phone

(00351) 913 051 999

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

### **Emergency Support** (*address, phone, fax, email of IPDJ in the District*)

#### **IPDJ – Norte**

Rua Rodrigues Lobo, 98

4150-638 Porto

(telf – 226085700 / Fax - 226085799)

E-mail: [ipdj.porto@ipdj.pt](mailto:ipdj.porto@ipdj.pt)

**Workcamp Code**

PT-PO-24-20

**Camp Name**

Windmills of Change

**Dates**

15-26 July 2020

**Info about the Camp Organization** (name, aims, main activities, internet address, *you can add the organization logo*)

Azes Valboenses is a youth association that promotes the adoption of healthy and sustainable lifestyles that respect biological and social diversity. We develop local and community activities (up-cycling workshops, sustainable cooking, hiking, cultural activities, film screenings) and international activities (exchanges, training and volunteering) promoting the participation of young people in the life of the community but also promoting new experiences and learning that contribute to a more balanced and fair world. Have a look on: <https://www.facebook.com/azesvalboenses/>

**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

The **main objective** of the Windmills of Change work camp is the rehabilitation of old mills along a footpath in Gondomar and the rehabilitation of the route. At the moment the area is being rehabilitated by the community and the work camp will help in this task. The **main tasks** of the volunteers will be the reconstruction of the mills, rehabilitation of the walkway and the construction of a dry bathroom using natural construction techniques. The participants will build a solar oven with reused materials, and elaborate the signs for the trail with information about local fauna and flora.

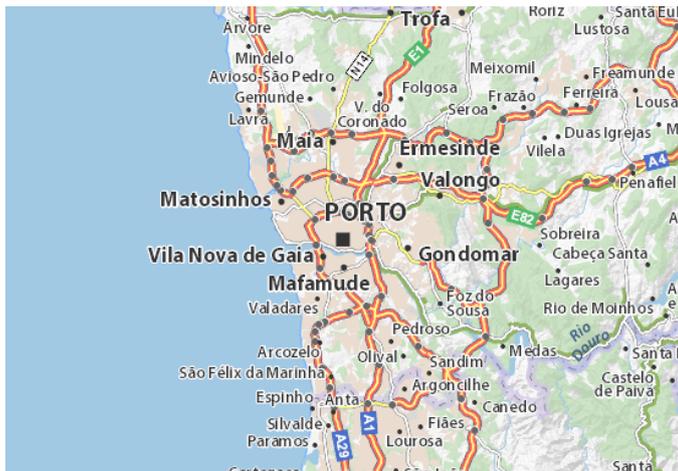
The work camp is not only about working, so participants will have the opportunity to learn about living in contact with nature, learning about birds by bird watching, going to the river for swimming and enjoying, visit the city centre of Gondomar and Porto, practice volleyball and other outdoor activities, learn to make ecological hygiene products, and many other moments of sharing, fun and entertainment. The group will also play night games together, sing by the fire, and enjoy themselves spending time relaxing together.

**Accommodation/Food** (kind of lodgement, number of meals, other services)

Breakfast, lunch and dinner will be provided by the organisation, there are supermarkets and coffeshops around. The participants will be hosted in the association's headquarters sleeping in a big room in sleeping bags and part of the camp in tents.

**Location** (you can add a map or a photo of the city)

The workcamp will happen in Gondomar, in the outskirts of Porto. Porto is the second biggest city in Portugal but Gondomar still has some rural parts where we can enjoy contact with nature. The headquarters of Azes are in Valbom, 10 min away from Porto and the work we will develop will happen in Jancindo (Foz do Sousa) where the windmills are located.



**Practical Information**

- **Arrival date** – 15 July 2020
- **Departure date** – 26 July 2020
- **Nº of volunteers** – 20
- **Work language** – English
- **Insurance (kind of covers)** – All participants will be covered by an insurance for accidents.
- **What to Bring (personal things)** – Tent, flashlight, sleeping bag and camping mattress, sunscreen, hat, boots and glove for work, swimming clothes, toiletries, insect repellent, regular medication, comfortable clothes, some warm clothes for the night.

**No Fees**

**Conditions of participation** (internal rules of the camp)

The participants must attend to the whole program of the camp and collaborate with the other participants. The consumption of alcohol and/or any kind of drugs are not allowed during the camp activities. Every participant must respect the other participants and any kind of violence or discrimination (physical, verbal, etc) is not allowed.

**Meeting point** (day, time, period and place) 15 of July up until 21:00 at Azes Valboenses Headquarters in Rua Alexandre Herculano 158, 4420-369 Valbom. If you need to arrive after that hour please contact +351915993673

**How to reach to....?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

The best way to get to Valbom is by plane to the city of Porto (Francisco Sá Carneiro Airport). There are several airlines with low fares, including Ryanair. From the airport there is a metro available, take the metro to Trindade station and then change to one that goes to Campanhã station. From there you can take a bus to Valbom (ETG bus nº01) and get off at the stop near the firefighters. The association's headquarters are 1 min away on foot.

Another way to travel is by plane to Lisbon and then by bus or train to Oporto and get to Campanhã station, from there just follow the steps described above.

Useful links:

Metro: <https://www.metrodoporto.pt/>

ETG Bus: <http://www.gondomarense.pt/horarios-2006/index.htm>

Train: <https://www.cp.pt/passageiros/en>

National Bus throughout the country: <https://www.rede-expressos.pt/>

Airports: <https://www.aeroportoporto.pt/pt/opo/home>

<https://www.ana.pt/pt/lis/home>

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

Address: Rua Alexandre Herculano 158, 4420-369 Valbom.

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

Phone: +351915993673

Contact person: Joana Pinto

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

Address: Rua Alexandre Herculano 158, 4420-369 Valbom.

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

Phone: +351915993673

Contact person: Joana Pinto

**Emergency Support** (address, phone, fax, email of IPDJ in the District)

Rua Rodrigues Lobo, 98

4150-638 PORTO

Tel: 226 085 700

Fax: 22 608 57 99

E-mail: [mailporto@ipdj.pt](mailto:mailporto@ipdj.pt)

**Workcamp Code**

**Camp Name**

**Dates**

PT-VR-18-20

From World to the  
Valley!

03-14 August 2020

**Info about the Camp Organization** (name, aims, main activities, internet address, *you can add the organization logo*)

'Associação Inspira!' is a youth non-governmental organization focused on environmental education and youth intervention. Evolving from an informal group, we are over 50 youth associates, working for the social and ecological development of our region and the empowerment of its young people. We aim to socially improve education and opportunity on youngsters and young adults, by stimulating their sense of initiative and entrepreneurship. For that, we use non-formal education and intervention tools to promote actions on social inclusion, gender equality, employability, volunteer work, structured dialogue and intercultural education, mobilizing young people to make a change in our region paradigm.

**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

In this workcamp we are gonna help recover an abandoned Ecological park. The park was built and then ignored by the municipality and is now being consumed by the nature, the planted trees are dying, the animals starving, all the infrastructures falling and invading trees taking advantage of the place, raising the risk of fire, that would be the end of the park.

The group of volunteers will **work** in the recovery of the park, cutting the invading bushes and trees, cleaning all the mess and garbage from the artificial lake, fixing and painting the falling wooden structures, building new ones, taking care of the abandoned animals, making a storage of food fore those animals, cleaning the old drying trees and planting new ones, building new labels for the botanical park and mostly organizing educational campaigns for the park in the local population, to call back attention to it.

On the **free time**, you will have the chance to visit and enjoy the roman town of Chaves, where everything is history, the mountain landscapes are awesome and summer is booming with young people from all the country. We will have night programs for summer concerts festivals. There will be a big music festival on the first week of August which you can join, also a lot of social events going on on this time of the year. Plus, during the daytime free periods you can visit the local museums, in which we will organize a free tour with our municipality, together with a program for hiking on the wild nature of our mountains.

**Accommodation/Food** (kind of lodgement, number of meals, other services)

Participants will stay in tents in the camping park nearby, there will be hot showers and swimming pools to use. We will provide with all the meals, breakfast, lunch, snacks and dinner.

**Location** (you can add a map or a photo of the city)

Chaves, on the northern hill region of Portugal, just across the border with Spain and Galicia.



### **Practical Information**

- **Arrival date – 03 August 2020**
- **Nº of volunteers – 20**
- **Work language – English**
- **Insurance (kind of covers) – Accidents, injuries, medical care**
- **What to Bring (personal things) – Camping equipment: sleeping bag, mattress, blankets, mosquito net, etc. Bath towel, personal hygiene accessories, medications (if you need them), slippers, sun cream, anti-mosquito spray, hat, mountain boots. Any other material you feel necessary.**

### **No Fees**

### **Conditions of participation** *(internal rules of the camp)*

Participants must be respectful of other people cultures, traditions, routines, principles and ways of behaving and seeing the world.

### **Meeting point** *(day, time, period and place)*

In general, on 03 of August, on the afternoon period 14:00 - 18:00, at Chaves main bus station. But let us know personally to our contacts if you arrive earlier and to any of the neighbouring towns and we can pick you up. Upon arrival you can contact our team to: +351 938642857.

### **How to reach to....?** *(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)*

Arriving to Chaves is not always easy, as the connections sometimes are complicated and we don't have a train line. Best way to do it is by bus.

From Porto is easy and simple, just by taking a bus in Rede Expressos (<https://www.rede-expressos.pt/>). It's quite straight but, sometimes, you have to change buses in Vila Real (please ask the driver!). Bus Porto - chaves is around 14€ (12€ if you have your student card with you!).

From Lisbon it is a 6 hour bus trip with not so regular departure time options. Best way is to pick the bus in 'Sete rios station, from Rede Expressos (<https://www.rede-expressos.pt/>). If you rather go to Porto first, you can book a train in cp.pt. If booked in advance it is quite cheap (10€), otherwise it gets very expensive and best option is also to take a bus. Bus Lisbon - Chaves is around 23€ (20€ if you have your student card with you!).

Please, address us if you need to know the bus timetables and where to catch it!

From Madrid you can take a bus or train to Verín, our twin city in Spain. Since Chaves sits just across the border with Galícia, it is quite easy to reach our spanish neighbouring town. Please research the best and cheapest options to go from Madrid to Verín, we can also help you. From Verín we can pick you up by car!

### **Useful Contacts** *(organisation address, phone, mobile, mail, contact person name)*

Renato Teixeira Gil (coordinator)  
+351 938642857  
[inspirajuventude@gmail.com](mailto:inspirajuventude@gmail.com)  
Pedro Guerra de Freitas (animator)  
+351 965151948  
[pedrogfreitas1@gmail.com](mailto:pedrogfreitas1@gmail.com)  
Sofia Bermudez Vogensen (animator)  
+351 917800538

### **Workcamp Address** *(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)*

Parque Botânico e Zoológico da Quinta do Rebentão  
R. Freixo 109, 5400-756, Vila Nova de Veiga, Chaves  
  
+351 938642857

### **Emergency Support** *(address, phone, fax, email of IPDJ in the District)*

Rua Dr. Manuel Cardona | 5000-558 Vila Real  
Tel. + 351 259 309 640

 <small>INSTITUTO PORTUGUÊS DO DESPORTO E JUVENTUDE, I.P.</small>	<b>WORKCAMP INFOSHEET – 2020</b>			 <small>CAMPOS DE TRABALHO INTERNACIONAIS para jovens</small>
	<b>Workcamp Code</b>	<b>Camp Name</b>	<b>Dates</b>	
	PT-VR-23-20	Our Planet, Our Home	01/09/2020 – 12/09/2020	

### Info about the Camp Organization



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 band and a regional youth music group. We promote a project named "Solidary Mission", we develop 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.

### Information about the Camp:

#### **Objectives:**

"Our Planet, Our Home" project is based on *sustainable development against climate change*, specifically in the social and environmental field. This international working camp aims to be a multidisciplinary project.

This project works with the following topics: LEARN, CLEAN, REDUCE, REUSE, RECYCLE and AWARENESS.

Each of these themes will have specif tasks that you can read below.

Participants stay in a house in the middle of nature, in the Parque Florestal de Vila Real, in a healthy environment, where they can implement sustainable actions throughout the days such as **recycling**, **saving water** and **electricity**, among others.

#### **Tasks and Activities:**

- Watch several videos and short formative films in order to understand how man is affecting the planet with pollution and the waste;
- Play and reflect educational games about the environmental footprint of each person and activities about cleaning and protection of forests;
- Discover forests and green parks around the city and clean some spaces;
- Develop activities like urban garbage cleaning of the city streets (like cleaning cigarettes put out on the floor, papers and plastics in the streets floor...)
- Participants will be invited first to **reduce** at maximum their waste during the week (reduce the use of plastics, papers and cans...) then to **reuse** their garbage and the garbage from the forests, green park and the city. If this isn't possible, then they will **recycle** the waste using our recycling bins (we will ask them to save the waste they create so that at the end of the project they can observe the amount they produced);
- Construct materials for everyday life (like ashtrays, pen holders, candle holders, plant pots...) and some musical instruments that will be used in an artistic show in the main street of Vila Real, presented to a big audience, reusing the waste.
- We seek to raise awareness of the importance of protecting our planet through the artistic show;
- We will involve population in the activities. We will interview people in order to surveying people's environmental footprint.
- After the interviews, produce several videos in order to awareness information about the project theme;
- Preparation of posters and flyers (with recycled materials) to raise awareness about Global Warming.

#### **Expectations:**

- These days in Vila Real the participants can expect moments of entertainment with several activities, going to pool, exploring the city through a peddy-paper and having contact with the Vila Real population, making a survey of the environmental footprint of the population through interviews.
- At the end of the project, participants will receive a diploma of participation and will be able to apply the knowledge obtained in their home countries.

### Accommodation/Food

- Kind of lodgement: 2 rooms: one is bigger, the other one is smaller; It's possible to camp as well outside the building.  
2 bathrooms with shower, one for women and one for men;  
A kitchen and a lounge room, in a rustic setting;  
It's located 5 minutes walking from the city center, 1 minute from the pool and the city park.
- Number of meals: 4 (Breakfast, Lunch, break and dinner).  
Breakfast will be served to participants every day at 9:30 am and they will have lunch and dinner in snack-bars and restaurants. They can also use the scout's house kitchen to cook for the intercultural night.

### Location

Vila Real, Portugal



Av. Carvalho Araújo, 5000-651 Vila Real



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

### **Practical Information**

- Arrival date – 01/09/2020
  - Nº of volunteers – 11
  - Work language – English
  - Insurance (kind of covers) – Personal accident insurance (Kind of covers: death, permanent disability, treatment costs, funeral costs and repatriation).
  - What to Bring (personal things) –  
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

### **No Fees**

### **Conditions of participation**

- Respect for all participants
- Integrate work and group activities with joy
- Be an active and helpful member
- Bring new ideas to the group
- Accomplish with schedules
- Get to know the city of Vila Real and have fun

### **Meeting point**

The meeting point will be on 01/09/2020, on Vila Real City Hall, in front of the town hall, in the period between 11:00 – 18:00.  
We advise you to arrive in the morning and be in Vila Real as soon as possible so that you can enjoy more of our city.

### **How to reach to....?**

Vila Real city 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 companies are "Transdev" and "Rede Expressos".

Bus companies websites:

<https://transdev.pt/aeroportoporto/>

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

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

This is the final address (meeting point on the town hall): **Av. Carvalho Araújo 10, 5000-651 Vila Real**

### **Useful Contacts**

*Organization address:*  
Rua Nova, Bloco A, 9, R/C

*Mobile phone:* (+351) 918 323 991

*E-mail:* [escola@musiccool.pt](mailto:escola@musiccool.pt)

*Contact person name:* Beatriz Campaniço

**Workcamp Address** (*address, mobile phone and mail of the responsible, coordinator or animator, contact person name*)

*Organization address:*  
Rua Nova, Bloco A, 9, R/C

*Mobile phone:* (+351) 259 322 733

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

*Contact person name:* Tiago Costa

**Emergency Support** (*address, phone, fax, email of IPDJ in the District*)

Address: R. Dr. Manuel Cardona 6

Phone: 259 309 640

E-mail: [ipdj.vreal@ipdj.pt](mailto:ipdj.vreal@ipdj.pt)

**Workcamp Code**

PT-VI-05-20

**Camp Name**

Black Gold Culture

**Dates**

9 to 20 of August

**Info about the Camp Organization** (*name, aims, main activities, internet address, you can add the organization logo*)



**INOV TERRA** INOV TERRA – Association for Local Development is a non-profit youth association in Vila Pouca de Salzedas, Tarouca, Viseu, Portugal. Created in January 2012 to reverse the tendency of abandonment of rural areas, seeking to raise awareness among the population about the "economic power" and capital gains they hold. Its aim is, on one hand, to build a solution to combat the crisis through development of rural environment and green economy.

On the other hand, the base of this association is founded in the valorization of the resources of Earth and Nature that surrounds us, resources that have great potentialities to develop the rural world and, when innovating, to attract young population to this cause. INOV TERRA has outlined a set of objectives that have guided its activity since its inception: promoting rural areas with the aim of repopulating, establishing and rejuvenating peasant populations; Fostering sustainable development and socio-economic dynamism through job creation; Revitalize and promote local heritage and activities, enhancing green, cultural and religious tourism; To provide rural areas with useful services for the community through technical assistance and agricultural advisory services; Promote the return of interest in agriculture. Our internet address: <http://www.inovterra.com/> facebook: <https://www.facebook.com/associacao.inovterra/>.

**Info about the Camp** (*aims, tasks and activities – work, leisure and visits*)

The valorization of one of our main productions, the Elder, focusing mainly on its flower and berry, with the increasing discovery of its value, mainly health properties, allied to our mission, intends to develop the potential of the region that was once little considered.

Our main concern is environmentally friendly tasks, always elevating the region, using Elder's products and the people of the land as well as the advances in what concerns people's quality of life. We aim at value-added Elder products, aligned with current market trends, innovative activities to turn people's eyes, mainly young ones, to the land and its potential.

This camp provides volunteers with a cultural enrichment and vast leisure activities, like social interaction with the habitants of s. Joao Tarouca, and practical experience, mainly the recognition, cultivation, maintenance, harvesting, drying and use of medicinal and aromatic herbs, such as the Elder plant, its flower and berry.

Some leisure activities: welcoming party, traditional party Saint Bernard, night game, gastronomic show and workshop, musical night, stars observation and closing party.

**Accommodation/Food** (*kind of lodgement, number of meals, other services*)

Basic housing with electricity, hot water, shower, WC/toilet, kitchen and bedroom (equipped with bunk beds). Lodgment can be in the bedroom or in a specific place around the building.

Meals will be prepared by all the volunteers, taking turns. Breakfast, lunch and dinner will be provided.

**Location** (*geo-referencing, you can add a map or a photo of the city*)



**Practical Information**

- **Arrival date** – 9 of august
- **Nº of volunteers** – 17
- **Work language** – English
- **Insurance (kind of covers)** – Personal accident insurance, including, as a minimum, cover for death, permanent disability, treatment expenses, funeral and repatriation expenses.
- **What to Bring (personal things)** – In this time of the year, the weather in PT usually is hot and dry. Average temperatures are around 25-32 °C. Bring personal hygiene Kit, beach and bath towel, swimsuit, boots and casual footwear, slippers, work clothes, gardening gloves, warm clothing, hat, sunscreen, personal documents (European health card, identification card, passport), drink and food for intercultural night, 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. Food and accommodation during the camp is covered, however, you may wish to bring along some extra money for your free time or souvenirs.

**No Fees**

**Conditions of participation** *(internal rules of the camp)*

Volunteers have to participate in activities concerning the functioning of the Camp, meet schedules, follow the guidance of tutors, assist in cleaning of spaces used, participate in the planned activities, meet colleagues, meet the overnight hours, participate in leisure activities, and respect silence during the resting hours. Conditions for further reasons must be requested and authorized by those responsible.

**Meeting point** *(day, time, period and place)*

9 of august at bus station of Lamego (address: Largo da Linha, 5100 Lamego – Portugal; Coordinates: 41.09779; -7.80562) between 3pm and 7pm. INOV TERRA monitors will pick up the volunteers and drive them to the camp. Volunteers must provide their time of arrival so that the organization staff can pick them up.

**How to reach to....?** *(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)*

By plane to Porto, take the metro/underground for São Bento station (Rua Alexandre Herculano, Porto), Ticket Price: 2.60€ (<http://en.metrodoporto.pt/>) and then by bus to Lamego (<http://www.rede-expressos.pt/default.aspx>) Ticket Price: between 10€-11€; By plane to Lisbon, take the metro/underground to Jardim Zoológico station (address: Rua Prof. Lima Bastos, Lisboa; coordinates: 38.740252| -9.166675,743) Ticket Price: 1.90€, (<http://www.metrolisboa.pt/eng/customer-info/diagrams-and-maps/journey-planner/>), and then by bus from Jardim Zoológico to Lamego, Ticket Price: 19.50€ (<http://www.rede-expressos.pt/default.aspx>) or by metro/underground to Oriente station (address: Edifício Gare do Oriente, Av. D. João II, 1900-233 Lisboa; coordinates: 38.767891| -9.099116,743), Ticket Price: 1.90€ (<http://www.metrolisboa.pt/eng/customer-info/diagrams-and-maps/journey-planner/>) and then by bus from Oriente to Lamego (<http://rodonorte.pt/en/>) Ticket Price: 19.50€; The organization ensures transportation from Lamego to the camp.

**Useful Contacts** *(organisation address, phone, mobile, mail, contact person name)*

INOV TERRA  
Address: Rua Nova – Vila Pouca  
3610-074 Salzedas  
Number: +351 254 677 510 or  
+351 963 630 803  
Mail: [inovterra@gmail.com](mailto:inovterra@gmail.com)  
Contact person name: Bruno Cardoso

**Workcamp Address** *(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)*

Rua Nova – Vila Pouca  
3610-074 Salzedas  
Mail: [inovterra@gmail.com](mailto:inovterra@gmail.com)  
Coordinator Bruno Cardoso:  
+351 963 630 803  
Assistant: Catarina Oliveira  
+351 918 760 693

**Emergency Support** *(address, phone, fax, email of IPDJ in the District)*

Instituto Português do Desporto e da Juventude de Viseu  
Rua Dr. Aristides Sousa Mendes – Fontelo  
3500-033 Viseu  
Number: +351 232 483 410  
E-mail: [luis.mouta@ipdj.pt](mailto:luis.mouta@ipdj.pt)