

# IPDJ Workcamp Programme 2024

PORTUGAL



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

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## Who are we? What is our mission?

**IPDJ or Instituto Português do Desporto e Juventude** is a governmental organization that has the task to implement in the whole national territory and at international level the youth policy. The PORTUGUESE SPORTS AND YOUTH INSTITUTE (IPDJ), results of the fusion in 2012, and succeeds in all the powers and obligations, of public bodies in the area of sport and youth, in particular the Portuguese Sport Institute, the Portuguese Youth Institute, the Foundation for the Dissemination of Information Technologies and 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 2023 workcamp programme includes 22 camps for 350 volunteers as the board bellow:

JULY CAMPS - 14										
Nº	PT Code	SCI/Plato Code	Camp Name	Areas	Local Host	Local	Start	End	Days	Places
1	PT-GU-16-24	PT-IPJ 11.6	Requalify ro preserve	Enviroment	Associação Desportiva Cultural e Social de Aldeia de S. Sebastião	Guarda	01/07/2024	12/07/2024	12	17
2	PT-VI-28-24	PT-IPJ 10.9	Blue Planet	Enviroment	Associação Desportiva de Avôes	Viseu	01/07/2024	10/07/2024	10	10
3	PT-CB-15-24	PT-IPJ 5.1	Dignitate	Social	ASSOCIAÇÃO BELMONTE EM MOVIMENTO	Castelo Branco	01/07/2024	12/07/2024	12	17
4	PT-PO-08-24	PT-IPJ 9.1	Stage on the Street	Cultural and Social	Aventura Marão Clube	Porto	02/07/2024	13/07/2024	12	17
5	PT-SA-22-24	PT-IPJ 10.6	New Look at Arroquelas	Enviroment	H2O - Associação de Jovens de Arroquelas	Santarém	06/07/2024	17/07/2024	12	17
6	PT-VI-17-24	PT-IPJ 10.8	Suport Nature 2.0	Enviroment	MONTIS, ACN	Coimbra	08/07/2024	17/07/2024	10	12
7	PT-AV-11-24	PT-IPJ 10.2	Beyond the Green	Enviroment	Associação Charcos&Companhia	Aveiro	09/07/2024	20/07/2024	12	17

8	PT-CO-27-24	PT-IPJ 10.4	Valuing Water since roman Times	Environment	Activar - Associação de Cooperação da Lousã	Coimbra	15/07/2024	26/07/2024	12	17
9	PT-EV-13-24	PT-IPJ 11.4	For Climate 4.0	Environment	Marca - Associação de Desenvolvimento Local	Évora	16/07/2024	27/07/2024	12	15
10	PT-AV-04-24	PT-IPJ 12.1	AVANCA 2024	Cultural	Cine-Clube de Avanca	Aveiro	19/07/2024	30/07/2024	12	17
11	PT-VR-18-24	PT-IPJ 5.2	CLOSER	Social	Associação Ger Emergente	Vila Real	20/07/2024	31/07/2024	12	17
12	PT-GU-19-24	PT-IPJ 10.5	Controlo e gestão de espécies invasoras	Environment	Associação de Promoção Social, Recreativa, Desportiva e Humanitária de Maceira	Guarda	22/07/2024	02/08/2024	12	17
13	PT-BG-20-24	PT-IPJ 11.1	United by Donkeys II	Environment	CAB - Centro de Acolhimento do Burro	Bragança	22/07/2024	02/08/2024	12	17
14	PT-BR-01-24	PT-IPJ 11.2	EKOA - it takes a forest to raise a child!	Environment	Associação YUPI Youth Union of People with Initiative	Braga	27/07/2024	07/08/2024	12	17

#### AUGUST CAMPS - 5

Nº	PT Code	SCI/Plato Code	Camp Name	Areas	Local Host	Local	Start	End	Days	Places
15	PT-VR-23-24	PT-IPJ 5.3	Painting Smiles	Environment	WAVEMOMENT - Associação Juvenil	Vila Real	01/08/2024	12/08/2024	12	17
16	PT-VI-12-24	PT-IPJ 10.7	Give a hand to Nature 2.0	Environment	MONTIS, ACN	Viseu	02/08/2024	11/08/2024	10	12
17	PT-BR-10-24	PT-IPJ 11.3	Live Nature Live Together 2024	Environment	SYAJ - ASSOCIAÇÃO JUVENIL SYNERGIA	Braga	02/08/2024	13/08/2024	12	17

18	PT-BG-26-24	PT-IPJ 10.3	Nature Embassadors II	Environment	Associartecline - Associação de Dinamização dos Audiovisuais	Bragança	19/08/2024	30/08/2024	12	17
19	PT-AV-09-24	PT-IPJ 10.1	EcoPortoRiba	Environment	Associação BioLiving	Aveiro	27/08/2024	07/09/2024	12	17

SEPTEMBER CAMPS - 3										
Nº	PT Code	SCI/Plato Code	Camp Name	Areas	Local Host	Local	Start	End	Days	Places
20	PT-SA-25-24	PT-IPJ 12.2	Letters that connect the World	Cultural	Associação Youth Cluster - Um Mundo de Oportunidades	Santarem	02/09/2024	11/09/2024	10	12
21	PT-PO-07-24	PT-IPJ 11.7	Another World is Possible	Environment	Equação, Cooperativa de Comércio Justo, Crl	Porto	19/09/2024	30/09/2024	12	17
22	PT-FA-14-24	PT-IPJ 11.5	Getting Clayful	Environment	Projecto Novas Descobertas	Faro	19/09/2024	30/09/2024	12	17

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

There are no fees in our camps.

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

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

You can see all the 22 camps in the map of Portugal bellow:



<b>WORKCAMP CODE</b>	PT-AV-04-24
<b>CAMP NAME*</b>	AVANCA 2024
<b>DATES</b>	19 to 30 July 2024

*\*Deve ser escolhido um título em inglês, pequeno e apelativo*

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

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

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

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

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

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

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

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

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



**Voluntary Work and Tasks of the Camp**

During preparation and setting phase

- Signposting setting for the different spaces in AVANCA 2024;
- Poster and pending poster distribution;
- Exposition setting and Organization;
- Adaptation of the Egas Moniz school classrooms for workshops attainment;
- Workshop related Video-Informatics equipment installation and testing;
- Cleaning and preparation of the Auditorium of Avanca for competitive sessions of Cinema and Video;
- Organization of the Egas Moniz School's polyvalent;
- Airport reception and welcoming of the AVANCA 2024 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 2024 participants and guests;
- Maintenance of the Workshop rooms;
- Cantina support;
- Support during competitive sessions;
- Cleaning and maintenance of the AVANCA 2024 common areas;

After AVANCA 2024 ending:

- Collecting and verifying workshops' equipment;
- Line-up and cleaning of the used spaces on their initial configuration;
- Collecting the material of the exhibitions and wrapping the works/material;
- Collecting AVANCA 2024 posters and pending posters in Avanca and in Aveiro region.

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

"Volunteers are active participants and play an integral role in the festival's development. They provide crucial support to the organization at all levels, directly contributing to the successful execution of the festival and its multifaceted requirements. The

festival stands as an exceptional platform for communication, creative convergence, and cultural interchange among professionals, students, and enthusiasts of the cinematic arts.

The primary aim is to afford volunteers opportunities for personal and cultural enrichment, fostering the acquisition of fresh knowledge within the realm of Cinema and Audiovisuals. Their involvement spans various stages, encompassing the festival's preparation. This involvement equips these young individuals with essential organizational and social skills, serving as valuable tools for their future endeavors.

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

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

### **LOGISTICAL ARRANGEMENTS**

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

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

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

Address:

Escola Básica Prof Dr Egas Moniz

Rua do Morgado110 / 3860-136 Avanca

40.81097555267849, -8.577419603894413



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

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

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

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

Lunches and dinners will be either in the school canteen or in local restaurants, always accompanied by the monitors.

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

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

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

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

Smoking is not allowed inside the rooms.

The camp has night-time surveillance.

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

All volunteers are covered by a personal accident insurance.

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

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

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

Arrival date:	19 July
Timetable or period:	14:30
Place Name:	Avanca Train Station
Place Address:	Avanca Train Station
Emergency contact:	+351966190163

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

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

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

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

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

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

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

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

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

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

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

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

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

From Aveiro - Urban Train North railway - Aveiro to Avanca - [www.cp.pt](http://www.cp.pt)

#### Special recommendations

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	17
Working language:	English
Country currency:	Euro
Weather expected during the camp:	Normally, warm weather with temperatures around 28/29 Celsius degrees during the day.
Local Host organization address:	Rua Dr. Egas Moniz, nº159 3860-078 Avanca
Local Host organization phone:	+351966190163
Local Host organization email:	<a href="mailto:avancafilmfestival@gmail.com">avancafilmfestival@gmail.com</a>
Local Host contact person:	António Valente
Camp Leader Name:	Hamilton Trindade
Camp Leader mobile phone:	+351966190163
IPDJ Regional address:	Edifício IPDJ, R. das Pombas, 3810-150 Aveiro
IPDJ Regional phone number:	+351 234 403 100

<b>WORKCAMP CODE</b>	PT-AV-09-24	
<b>CAMP NAME</b>	EcoPortoRiba	
<b>DATES</b>	27/08/2024	07/09/2023

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



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

Our team includes biologists, forest engineers, land planners, ecotourism and sports professionals, designers and marketers, historians and professional environmental educators/science communicators. We work together for over 18 years, aiming at bringing nature and biodiversity to all. In the last 4 years we have planted over 10000 trees, restored over 15ha of degraded habitat, financed 4 scholarships, and promoted over 3000 collective actions of community/environmental volunteering. Know our work at [www.bioliving.pt](http://www.bioliving.pt)

**WORKCAMP DESCRIPTION**

**Camp Description and Aims**

**General objectives:**

- Valorization and promotion of natural and cultural heritage (namely, walking trails and green areas);
- Promotion of sustainability, environmental awareness, and biodiversity protection;
- Promotion of intercultural relationships, good environmental practices, and citizenship;
- Promotion of specific skills in the field of cultural and natural heritage protection.

**Specific objectives:**

- Maintenance of walking trails;
- Removal of invasive species and prevention of forest fires by controlling shrubs and invasive vegetation.
- Installation of shelters for wildlife;
- Improvement and protection of biodiversity and ecosystem services;
- Valorization of natural and cultural heritage through participation in leisure activities and workshops.

**Voluntary Work and Tasks of the Camp**

- Restoration work of some degraded pathways and natural heritage;
- Vegetation trimming and removal;
- Improvement of walking trails;
- Improvement of local fauna, flora, and landscape, including fire prevention actions;
- Building nest-boxes for birds, insects and bats;
- Building a pond for wildlife;
- Control invasive species;
- Presentation and discussion of the natural and social reality of the regions of origin of the participants;
- Promotion of environmentally and socially responsible attitudes and values;
- Development of action-training actions focused on individual and collective learning.

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

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

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

- The amazing city of Aveiro, and its traditional 'moliceiro' boats, [salt pans](#), and [colourful houses](#), and modern [university](#).
- The 'village of Portugal' [Vilarinho de São Roque](#).
- [Baixo Vouga Lagunar](#) and the 'Pateira de Frossos' Natura 2000 areas.
- Sketch'n Fun, art crafts, music, environmental movies night, traditional games, quiz night, talks, cultural and environmental tours.
- Several workshops and biodiversity-related activities

**LOGISTICAL ARRANGEMENTS**

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

The camp will take place in rural areas of Albergaria-a-Velha, a municipality rich in water, water mills and green areas.



### Accommodation/Food

Participants will sleep in a sports complex in a rural area of Albergaria-a-Velha, in shared rooms (separated by gender) with beds. The sports locker rooms with hot water showers are also separated by gender.

Participants have to bring their own towels and hygiene products, sleeping bag or sheets+blanket, and pillow. The organization will provide breakfasts, lunches and dinners. Lunches and dinners are prepared/cooked by the municipality's staff and served at a canteen, but some lunches will be served in the field (sandwiches, fruits, etc.). There's a vegetarian option.

### 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).
- Always be punctual.
- Always respect others' opinions.
- Will to interact with local community.
- Respect hygiene and safety measures.

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

### INSURANCE (kind of covers)

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

### WHAT VOLUNTEERS HAVE TO BRING

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, sleeping bag.

### MEETING TIME AND MEETING POINT

Arrival date:	27 August 2024
Timetable or period:	12h30
Place Name:	Centro Coordenador de Transportes de Albergaria-a-Velha (bus station)
Place Address:	<a href="https://maps.app.goo.gl/WEq8qcypTpJuqDBM9">https://maps.app.goo.gl/WEq8qcypTpJuqDBM9</a>
Emergency contact:	Associação BioLiving - +351 935 293 911 / +351 935 722 313

### HOW TO GET TO THE MEETING POINT/CAMP?

Closest Airport:	Porto Airport (Aeroporto Francisco Sá Carneiro)
Closest Train Station:	Aveiro

#### Travelling from Porto Airport by bus or train

There are some Express Bus from the airport to Albergaria-a-Velha. If you can't find a direct bus: just outside the airport take the metro (subway <http://en.metrodoporto.pt/>) to Porto – Campanhã main station (30min). At Campanhã, take the Express Bus to Albergaria-a-Velha (55 min).

Alternative: at Campanhã main station take a train to Aveiro, and from there a bus to Albergaria-a-Velha (local train cheaper and bought on site).

**Travelling from Lisbon Airport by bus or train**

Just outside the airport take the metro (subway <http://www.metrolisboa.pt/eng/>) to Oriente main station (10 min). At Oriente, there are trains and buses. There are Express Buses directly to Albergaria-a-Velha (about 3h). Alternative: at Oriente main station take a train to Aveiro (fast trains are 2h), and from there a bus to Albergaria-a-Velha.

**Special recommendations:**

**Book bus in advance at** <https://rede-expressos.pt/pt/horarios-bilhetes>

**Book intercities or fast trains at** [www.cp.pt](http://www.cp.pt) (local trains are cheaper and tickets bought on site)

**PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Eur
<b>Weather expected during the camp:</b>	Sunny and hot weather
<b>Local Host organization address:</b>	Rua do Outeiro, Frossos; 3850-635 Albergaria-a-Velha; Portugal
<b>Local Host organization phone:</b>	+351 935 293 911 / +351 935 722 313
<b>Local Host organization email:</b>	<a href="mailto:geral.biolving@gmail.com">geral.biolving@gmail.com</a> ;
<b>Local Host contact person:</b>	Sofia Jervis (+351)914216341
<b>Camp Leader Name:</b>	Milene Matos
<b>Camp Leader mobile phone:</b>	(+351)964712455
<b>IPDJ Regional address:</b>	<b>IPDJ Aveiro</b> - Rua das Pombas - Edifício IPDJ; 3810-150 Aveiro, Portugal
<b>IPDJ Regional phone number:</b>	(+351) 234 482 233

<b>WORKCAMP CODE</b>	PT-AV-11-24	
<b>CAMP NAME</b>	Beyond the Green	
<b>DATES</b>	09/07/2024	20/07/2024

LOCAL HOST	
	<p>Charcos &amp; Companhia is an NGO dedicated to nature conservation, to the protection of the natural and built heritage in the Aveiro region and to the engagement and connection of people to the natural world.</p> <p>The camp will be organized in close collaboration with the Municipality of Estarreja that implemented and coordinates the pioneering project of nature and biodiversity conservation in Ria de Aveiro – BioRia – and Associação BioLiving, an award-winning environmental NGO which motto is "Nature and Education for All".</p> <p>These three entities have been working together in the Baixo Vouga Lagunar region to protect this extremely important and rare agroecosystem and the habitats and biodiversity existent in this lagoon system.</p>

## WORKCAMP DESCRIPTION

<p><b>Camp Description and Aims</b></p> <p>This camp will take place in Baixo Vouga Lagunar, in two areas of the Estarreja municipality, both of high ecological and social value. <a href="#">BioRia</a> 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.</p> <p><b>General objectives:</b></p> <ul style="list-style-type: none"> <li>- Valorization and restoration of natural and cultural heritage (biodiversity, cultural heritage, watermills and fountains);</li> <li>- Promotion of sustainability, environmental awareness, and biodiversity protection;</li> <li>- Promotion of intercultural relationships, good environmental practices, and citizenship;</li> <li>- Promotion of intergenerational contact (some activities will have elderly people helping or explaining local traditions);</li> <li>- Promotion of specific skills in the field of cultural and environmental heritage protection</li> </ul>
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<p><b>Voluntary Work and Tasks of the Camp</b></p> <ul style="list-style-type: none"> <li>- Ecological restoration work (control of invasive species and beneficiation of fauna and flora);</li> <li>- Recovery of burnt areas with high ecological potential that were affected by the fire of 2022;</li> <li>- Environmental improvement of water streams;</li> <li>- Recovery of traditional structures (small stone walls and dams; water channels and water tanks);</li> <li>- Litter gathering; cleaning walking trails; controlling invasive vegetation;</li> <li>- Participants will also contribute to prevent forest fires by controlling shrubs and invasive vegetation;</li> <li>- Build shelters and a pond for wildlife;</li> <li>- Vegetation trimming and removal;</li> <li>- Improvement of local fauna, flora, and landscape.</li> </ul>
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<p><b>What the volunteers can Learn in this Camp? (study part)</b></p> <ul style="list-style-type: none"> <li>- 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;</li> <li>- Participants will interact with biology students that are doing their studies in the nature areas where we are going to work;</li> <li>- Participants will also learn why nature conservation is important and how small environmental projects such as these workcamps can be crucial to preserve an entire habitat;</li> <li>- Encouragement of international exchange and exchange of experience;</li> <li>- Presentation and discussion of the natural and social reality of the regions of origin of the participants;</li> <li>- Promotion of environmentally and socially responsible attitudes and values;</li> <li>- Development of action-training actions focused on individual and collective learning;</li> <li>- Get to know local culture and traditions.</li> </ul>
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<p><b>Free Time, Leisure Time and Visits preview</b></p> <ul style="list-style-type: none"> <li>- The amazing city of Aveiro, and its traditional 'moliceiro' boats, <a href="#">salt pans</a>, <a href="#">colourful houses</a>, and modern <a href="#">university</a>.</li> <li>- The <a href="#">BioRia</a> nature trails and aquatic sports;</li> <li>- <a href="#">Baixo Vouga Lagunar</a> Natura 2000 areas;</li> <li>- Rare Portuguese rice fields and <i>bocage</i> habitat;</li> <li>- Sketch'n Fun (<i>Pictionary</i>), art crafts, music, environmental movies night, traditional games, quiz night, talks, cultural and environmental tours.</li> </ul>
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## LOGISTICAL ARRANGEMENTS

<p><b>Description of the Camp Location</b> <i>(if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)</i></p> <p><b>BIORIA TRAILS:</b></p>
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Location: <https://goo.gl/maps/B1GCcddkLT8JVJrr9>

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

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



Location: Canelas (<https://goo.gl/maps/VzXRcd3GwdwgmD7A> )

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

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

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

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

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

#### **CONDITIONS OF PARTICIPATION**

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

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

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

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

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

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

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

MEETING TIME AND MEETING POINT	
Arrival date:	9th of July 2024
Timetable or period:	11 AM
Place Name:	Estarreja train station
Place Address:	<a href="https://goo.gl/maps/bfQnurGKGKwDaqzN7">https://goo.gl/maps/bfQnurGKGKwDaqzN7</a>
Emergency contact:	Sofia Jervis (+351)914216341; Inês Pimentel (+351)915173312

HOW TO GET TO THE MEETING POINT/CAMP?	
Closest Airport:	Porto Airport (Aeroporto Francisco Sá Carneiro)
Closest Train Station:	Estarreja station

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

From the airport, the participants will have to go to Estarreja train station. The easiest way to get there is flying to Porto airport and take the train from there

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

- **From Porto airport:** Just outside the airport take the metro (subway <http://en.metrodoporto.pt/>) to '24 de Agosto main' Walk to the bus station and catch the bus to Aveiro (around 1 hour). In Aveiro take the train to Estarreja train station, urban trains in direction to Porto.
- **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 bus to Aveiro station (about 3h). Finally, in Aveiro, take a train to Estarreja (15min), urban trains in direction to Porto.
- **From Faro airport:** just outside the airport take the bus to the city center bus station (20 min). Catch the Bus to Aveiro (you may have to change buses along the way and the trip will take 8 to 9 hours). From Aveiro train station take the train to Estarreja train station, urban trains in direction to Porto.

Timetables and prices for national bus company at <https://rede-expressos.pt/en>  
 Timetables and prices for Portuguese trains at <https://www.cp.pt/passageiros/en>

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

- **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.
- **From Faro airport:** just outside the airport take the bus to the city center (20 min), walk to the main train station in Faro and take the train to Estarreja station (you will have to make stops and change trains along the way and the trip will take around 6 hours)

Timetables and prices for Portuguese trains at <https://www.cp.pt/passageiros/en>

**Special recommendations**

PRACTICAL INFORMATION AND CONTACTS	
Nº of volunteers:	17
Working language:	English (but we also speak Spanish, and, of course, Portuguese)
Country currency:	Euro
Weather expected during the camp:	Sunny and hot weather
Local Host organization address:	Escola Básica de Cabecinhas-Rua da Escola, nº10; Cabecinhas - Calvão, Aveiro, Portugal
Local Host organization phone:	(+351)935293911
Local Host organization email:	<a href="mailto:geral.biolving@gmail.com">geral.biolving@gmail.com</a> ; <a href="mailto:charcoscompanhia@gmail.com">charcoscompanhia@gmail.com</a>
Local Host contact person:	Sofia Jervis (+351)914216341; Inês Pimentel (+351)915173312
Camp Leader Name:	Milene Matos
Camp Leader mobile phone:	(+351)964712455
IPDJ Regional address:	IPDJ Aveiro - Rua das Pombas - Edifício IPDJ; 3810-150 Aveiro, Portugal
IPDJ Regional phone number:	(+351) 234 482 233

<b>WORKCAMP CODE</b>	PT-BG-10-24	
<b>CAMP NAME*</b>	United by Donkeys II	
<b>DATES</b>	22/07/2024	02/08/2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

<b>LOCAL HOST</b> (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words	
<p>CAB – Centro de Acolhimento do Burro (Donkey Shelter Center) is a non-profit organization, founded in 2011, whose main goals are to guarantee the welfare and veterinary care of sick/old donkeys and mules, that were abandoned or mistreated, or whose owners were unable to take care of for financial or health reasons. The Center intends to be a welfare shelter, where we provide a peaceful, safe and dignified end of life.</p> <p>The Donkey Shelter Center is supported by the British non-profit organization The Donkey Sanctuary. Besides that, our work is also supported and coordinated by AEPGA (Association for the Study and Protection of Donkeys).</p> <p>Phone number: +351 925790394(0)  E-mail: centroacolhimentoburro@gmail.com  Website: <a href="http://www.centroacolhimentoburro.pt/">http://www.centroacolhimentoburro.pt/</a></p>	

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

**Camp Description and Aims**

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



**Voluntary Work and Tasks of the Camp**

- Promote the animal welfare of donkeys - feed the animals and help with their basic care tasks
- Maintenance and improvement of the infrastructure of the donkey shelter
- Dry stone wall rebuilding
- Support autochthonous biodiversity
- Building and placing nest boxes for birds
- Activities to support local community

**What the volunteers can Learn in this Camp? (non-formal learning)**

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

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

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

**LOGISTICAL ARRANGEMENTS**

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

The accommodation is located in Pena Branca village, geographically included in the Natura 2000 network and Douro Internacional Natural Park, about 6 kms from Miranda do Douro city. Located in a rural area in the northeast of Portugal, very close to the border with Spain, it's a village that suffers aging population problems, which makes these experiences very important for the rural development of this region.

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

Basic housing with electricity – with one large room equipped with bunk beds, one living room, WC, and showers with hot water. There is no bar in the village neither a supermarket, but if something is needed, we can easily support the volunteers to get it. Volunteers who want extra privacy can bring camping tents. There's good wifi in the proximity of the accommodation, more precisely at the CAB office, which is in the village.

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

**Internal rules of the Camp**

The Workcamp will take place in a rural village included in the Natura 2000 Network with less than 10 inhabitants, and most of them are elderly, so it is important that participants have respectful behaviour towards the community and nature. Being a more fragile and isolated population, it is important to assume social behaviour that do not compromise the health and well-being of the community.

**Special remarks or requirements of the Camp**

**INSURANCE** (kind of covers)

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

**WHAT VOLUNTEERS HAVE TO BRING**

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

**MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	22/07/2024
<b>Timetable or period:</b>	18:00h to 19:30h
<b>Place Name:</b>	Miranda do Douro Bus Station
<b>Place Address:</b>	Estrada Nacional 218
<b>Emergency contact:</b>	+351 925790394

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

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

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

As you go out of the airport, follow the signs for the Subway and take it direction 'Estádio do Dragão' station (purple line, letter E). Then, go down in the stop 'Campanhã'. Go out of the metro station follow the sign to the bus station (TIC – Terminal Intermodal de Campanhã).

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

From: Porto (Campanhã)  
To: Miranda do Douro  
Departure and Arrival: 14:15h - 18:30h | 15:00h - 19:25h

Ticket price: 16.00€  
Company: Rede expressos  
Address: Travessa Passos Manuel, Porto  
Phone number: +351 222 005 637  
Website: <https://www.rede-expressos.pt/en>

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

From: Lisbon (Oriente Bus Station)  
To: Miranda do Douro  
Departure and Arrival: 11:00h - 18:30h  
Ticket price: 23.00€  
Company: Rede expressos

**Address:** Gare do Oriente, R/C Armazém 1, Sala 2

**Phone number:** +351 218 956 850

**Website:** <https://www.rede-expressos.pt/en>

Our team is responsible for driving the volunteers from Miranda do Douro to Pena Branca and back (both at arrival/departure and during the workcamp, whenever needed).

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

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

**Special recommendations**

No specific rules of participation will be applicable. It is preferable that one of the 3 indicated languages is spoken.

**PRACTICAL INFORMATION AND CONTACTS**

**Nº of volunteers:** 17

**Working language:** English

**Country currency:** € (Euro)

**Weather expected during the camp:** In August, it is very likely to have warm/hot/dry weather; temperatures can get to 35°C during the day, but they generally drop at night to around 10°C.

**Local Host organization address:** Antiga Escola Primária de Pena Branca, 5210-172 Pena Branca (Miranda do Douro)

**Local Host organization phone:** +351 925790394

**Local Host organization email:** geral@centroacolhimentoburro.pt

**Local Host contact person:** Emanuel Catarino

**Camp Leader Name:** Emanuel Catarino

**Camp Leader mobile phone:** +351 925790394

**IPDJ Regional address:** R. Oróbio de Castro, 5300-252 Bragança

**IPDJ Regional phone number:** +351 273310600

<b>WORKCAMP CODE</b>	PT-BG-26-24	
<b>CAMP NAME*</b>	Nature Ambassadors II	
<b>DATES</b>	19-08-2024 a 30-08-2024	

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

Associartecine is an NGO based in the North East of Portugal, founded in 2003. Associartecine's mission is to support European cinema, as well as young, unestablished directors.

The association discloses and promotes the use of audiovisual channels, organizes workshops, encounters and festivals.

Associartecine believes that cultural activities contribute to the promotion of Nordeste Transmontano region and its people, traditions and valuable culture.

Website: <https://www.associartecine.pt/>

FB page: <https://www.facebook.com/Associartecine/>



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

**Camp Description and Aims**

Nature Ambassador Workcamp's main goals consist in the promotion of non-formal education among participants and respect for different cultures in an intergenerational environment. We expect this immersive experience to shape participant's beliefs and to improve their tolerance, respect and appreciation for different cultures.

This Workcamp also aims to have a positive impact in the local communities, which will benefit with the close contact with young participants.

The last goal is to promote Parque Natural de Montesinho and its natural heritage, by improving orientation signs in 3 walking routes and by applying techniques which improve coexistence between rural activities and Park's wildlife.

**Voluntary Work and Tasks of the Camp**

Voluntary work is divided in 3 categories:

- Montesinho Natural Park nature routes improvement – installing and placing orientation and information signs along 3 routes, in order to promote sustainable ecotourism;
- Coexistence between rural activities and wildlife – installation of electric fences to protect beehives from bear and badger damages, and to protect chestnut orchards from wild boars, red and roe deer damages.
- Community work – local community will make a list of their necessities which the workcamp will contribute to.

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

Volunteers will have the opportunity to learn multiple skills, namely:

- Tolerance, respect and appreciation for different cultures;
- New languages;
- How to deploy orientation signs on a homologated nature route;
- How to identify flora species;
- Ecosystems functions and services;
- Techniques that allow coexistence between rural activities and wildlife.

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

Free time will be spent in different places:

- Rivers: Montesinho Natural Park has well preserved rivers, surrounded by lush vegetation. Part of the leisure time will be spent in these places, since August is a very hot month;

- City: Since the workcamp is quite near to Bragança city, some leisure time will take place in the city. The foreseen activities are a tour around the castle and historic centre and visit to the 3 museums: Sefarad, Abade de Baçal and Contemporary Art Graça Morais;
- Nature guided tours: the nature conservation officers will offer the workcamp 2 guided tours around Espinhosela village
- Cinema: a selection of independent directors will be made, according to participant's countries of origin. Movies display will be outdoors and will be open to the participation of local community.
- Board games and music jam sessions will be optional but promoted by Workcamp monitors.

## LOGISTICAL ARRANGEMENTS

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

The Workcamp will be based in Espinhosela, a village located in the heart of Montesinho natural park, Bragança district, in the Northeastern part of Portugal, near the border with Spain ([41.896854, -6.842691](#)). Montesinho Natural Park is one of the best protected areas of Portugal, where it is possible to find red deer, roe deer, wild boar and healthy population of wolves. Its landscape consists of patches of oak tree forests, with forests and orchards of chestnut trees, which constitute one of the main economic incomes of the local community.

Even though Espinhosela is very rural, it is only 17 km away from Bragança city centre. Most of the population is quite aged, but due to the 4 nature routes that cross the village, there is an influx of tourists in the village. The village has a souvenir shop with local products.

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

The accommodation will be in a renovated children school, which no longer serves its purpose. It has bathrooms, hot water, an equipped kitchen. There is minimum mobile internet connection.

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.

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

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

It is a locality with few inhabitants and most of them are elderly, so it is important that participants have respectful behaviors towards the community and nature. Being a more fragile and isolated population, it is important to assume social behaviors that do not compromise the well-being of the community and minimize the risk of contagion by covid-19.

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

## INSURANCE *(kind of covers)*

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

## WHAT VOLUNTEERS HAVE TO BRING

Volunteers have to bring:

- Clothes adapted to a very hot climate
- Sunscreen
- Working/hiking boots
- Bathing suits
- Towels
- Sleeping bag
- Hat
- Water bottle
- backpack

Volunteers may want to bring:

- Board games
- Musical instruments
- Binoculars

- Camera

#### MEETING TIME AND MEETING POINT

Arrival date: 19 August 2024

Timetable or period: 18h30

Place Name: Central de Camionagem de Bragança

Place Address: Av. João da Cruz, 5300-178 Bragança

Emergency contact: 00351964695442

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

Closest Airport: Aeroporto Sá Carneiro (Oporto city) - <https://www.aeroportoporto.pt/pt/opo/home>

Closest Train Station: There is no train service to Bragança

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

Bus: you can pick up the bus directly from the airport to the meeting point (Bragança). This will be a 3:15 trip. You can check Flixbus ([www.flixbus](http://www.flixbus)).

Metro: there is only one line at the airport, which is "Linha E – Violeta – Aeroporto – Estádio do Dragão – Aeroporto". You stop at "Campanhã", where you will find the bus station "Terminal Intermodal da Campanhã".

Bus: the best bus option is to catch a shuttle, which will take you directly from the airport to the bus station "Terminal Intermodal da Campanhã". You can check schedules here <https://www.getbus.eu/pt/>

Associartecine's monitors will pick up volunteers from "Central de Camionagem de Bragança" to the workcamp location.

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

Porto: from "Terminal Intermodal da Campanhã" you can take two companies: Rede Expressos (<https://rede-expressos.pt/en>) or Flixbus ([www.flixbus](http://www.flixbus)). It will be a 3:15 hour trip.

Lisbon: from

Lisboa: from "Estação do Oriente" you can take two companies: Rede Expressos (<https://rede-expressos.pt/en>) or Flixbus ([www.flixbus](http://www.flixbus)). It will be in minimum a 6:30 hour trip

Associartecine's monitors will pick up volunteers from "Central de Camionagem de Bragança" to the workcamp location.

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

There is no train service in Bragança.

##### Special recommendations

Have a charged cell phone with you in case there's a delay and you need to contact us.

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers: 17

Working language: Portuguese, English

Country currency: Euro €

Weather expected during the camp: Very hot and dry during the day (expect temperatures to go above 30°C, nights may be colder (best to bring a warm layer)

Local Host organization address: Antiga Escola Primária de Caçarelhos, 5230-090 Caçarelhos

Local Host organization phone: 00351964695442

Local Host organization email: [associartecine@gmail.com](mailto:associartecine@gmail.com)

Local Host contact person: Laurent Vilaça

Camp Leader Name: Rui Oliveira

Camp Leader mobile phone: +351 912071597

IPDJ Regional address: Rua Orobio de Castro, 5300-220

IPDJ Regional phone number: 00351273310600

<b>WORKCAMP CODE</b>	Pt-BR-01-24	
<b>CAMP NAME*</b>	EKOA It takes a forest to raised a child II	
<b>DATES</b>	27/7/2024	7/8/2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

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

<p><b>Camp Description and Aims</b></p> <p>Concern about the environment and the impact of human activity on the planet has gained increasing proportion in recent decades. It is necessary to adopt responsible attitudes towards the environment on the path to environmental sustainability. It is of utmost importance to promote sustainable development in an innovative action to combat climate change, responding to climate change taking into account the multidimensional challenges to development at global, national and local levels.</p> <p>It is extremely important to identify and recover the community's material heritage, in order to recover old human practices that were more sustainable and a motor of social cohesion (for example, spaces for intergenerational interaction) or to recover environmental heritage that has been showing a decrease in biodiversity due to the increasing presence of exotic species and that, in a heritage recovery programme, could serve the community with trails and leisure spaces in the forest and greater care for forest spaces.</p> <p>Through the following specific objectives: to build an organic, educational and community vegetable garden, to implement the aromatic bed and create spaces to support the recreational and educational activities; to recover spaces for leisure and exploration of nature at the 7pétalas Conviviality Centre in Fornelos, Fafe.</p> <p><u>The main objectives of this project are:</u> 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.</p> <p>These objectives contribute to the priorities and goals of the Europe 2030 Strategy, as they will encourage young participants to learn, develop and update skills through participation in non-formal education activities.</p>
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<p><b>Voluntary Work and Tasks of the Camp</b></p> <p>In Fafe, the tasks include: Creating an organic, pedagogical and community vegetable garden; Repairing garden spaces; Placing a floor for the circulation of articulated chairs (wheel chairs); Painting the exterior walls and repairing the existing one; Repairing playful-pedagogical stimuli, such as trunks, tyres, etc. We will also request the support of participant to recover of environmental heritage through collecting waste and removing invasive species; Creating an organic, educational and community vegetable garden making accessible and signposting the leisure areas to be created in the forest context and identifying and building an interpretative trail in the nature.</p>
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<p><b>What the volunteers can Learn in this Camp? (study part)</b></p> <p>Participants can learn to plant, to prepare wood structures for tree climbing circuit, to select and use natural materials in constructions (that don't harm the nature), to build a pond to study biodiversity, the effect of specific aromatic plants in the control of invasive species, the problem of invasive plants domination in forests, to design and build inclusive platforms for wheel chairs access with natural materials.</p>
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<p><b>Free Time, Leisure Time and Visits preview</b></p> <p>Visit to Guimarães and Porto, concerts around the fireplace in the nature, workshops on how to prepare your own products (soap, tshirts, games), group dynamics for intercultural learning; river activities and exploration; sea/beach and surf initiation, yoga/meditation activities.</p>
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**LOGISTICAL ARRANGEMENTS**

<p><b>Description of the Camp Location</b> (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)</p> <p>Participants will be in Fornelos in the city of Fafe (rural, isolated area with an alternative school <a href="https://www.facebook.com/comunidadeeko">https://www.facebook.com/comunidadeeko</a>). Fornelos is the first eco-village of the district of Braga, in the city of Fafe which is known for its wild nature, mountains, river and dam with pedestrian routes. Fafe is located in the north of Portugal (1 hour distance by car from Porto and around 2h by public transportation). You can check the location of the workcamp and the alternative school here: <a href="https://maps.app.goo.gl/2E7kRJVJTCXGk8w8">https://maps.app.goo.gl/2E7kRJVJTCXGk8w8</a>.</p>
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<p><b>Accommodation/Food</b> (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)</p> <p>Breakfast will be provided at the accommodation (school/gym) 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 midmorning snack to gain energy and delay lunchtime. The</p>
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journey is continuous and at lunch, the food will be delivered by a catering restaurant at school/gym by 14pm. During the afternoon, the association will provide snacks like yogurt, milk or vegetal drinks and other snacks. Dinner will be served at the accommodation at 8 pm (a warm meal to prepare for a comforting evening). Local organic and vegetarian food is provided (if any participant has a specific need for meet/fish products, we can provide too).

Participants will sleep in classrooms of the school/gym divided by gender, with mattresses and access to common showers (one individual shower and one open air shower) and toilets. Extra blankets and pillows can be provided, but please bring your sleeping bag. We can wash clothes at the venue and have it drying. There is also free internet at the school.

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

##### Internal rules of the Camp

Smoking only in indicated areas; no violence, no drugs and no excessive alcohol; respecting the school rules.

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

The food served by the camp is exclusively vegetarian, however if participants cook for intercultural evening we don't oppose on using meet/fish.

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

Personal accidents and third liability party

#### WHAT VOLUNTEERS HAVE TO BRING

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

#### MEETING TIME AND MEETING POINT

Arrival date:	27 <sup>th</sup> July 2024
Timetable or period:	17h
Place Name:	Bus station in Guimarães
Place Address:	<a href="https://maps.app.goo.gl/KnSgSYsVqtAEq45r8">https://maps.app.goo.gl/KnSgSYsVqtAEq45r8</a>
Emergency contact:	+351965413471

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

Closest Airport:	Porto airport
Closest Train Station:	Guimarães train station

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

From airport please check [getbus.eu](http://getbus.eu) for hourly direct buses that cost 8€ (from taxi area in departures floor at Porto airport directly to Bus central in Guimarães)

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

Please check [flixbus.pt](http://flixbus.pt) for options to Guimarães from Lisbon or Porto.

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

From train station in Guimarães you can walk 15min until the Bus Central in Guimarães. For train please check [www.cp.pt](http://www.cp.pt) and there are frequent trains from Porto to Guimarães. In Porto, it is possible to go by metro from the airport to Campanhã or Sao Bento (city centre) to Guimarães and catch the train to Guimarães.

##### Special recommendations

Contact us by email to [geral@yupi.pt](mailto:geral@yupi.pt) for suggestions and we will support you to find the most suitable option.

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	17
Working language:	English
Country currency:	Euro

<b>Weather expected during the camp:</b>	Hot and dry
<b>Local Host organization address:</b>	Rua da Panelada, Fornelos Fafe
<b>Local Host organization phone:</b>	+351965413471
<b>Local Host organization email:</b>	geral@yupi.pt
<b>Local Host contact person:</b>	Mariana Marques
<b>Camp Leader Name:</b>	Mariana Marques
<b>Camp Leader mobile phone:</b>	+351965413471
<b>IPDJ Regional address:</b>	R. de Santa Margarida n. 6, 4710-306 Braga
<b>IPDJ Regional phone number:</b>	+351253 204 250

<b>WORKCAMP CODE</b>	PT-BR-10-24	
<b>CAMP NAME*</b>	Live Nature Live Together 2024	
<b>DATES</b>	2/8/2024	13/8/2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

<b>LOCAL HOST</b> (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words
SYAJ – Associação Juvenil SYnergia is a dynamic and proactive association, with a strong will to work and grow. We are a multidisciplinary team, with the aim to promote events and develop projects for young people in Braga, maintaining a close relationship with the whole community but always open to European awareness. We try to valorize every day young people, through sport and social culture activities, challenging everyone to join us. We are involved in several projects, with the support of numerous volunteers, who bring us the best of what they do. We tried to work on several fronts, assuming primary responsibility for the integration of all young people, with special attention to those who typically have more difficulty in accessing activities. We have several projects focusing on various areas: Urban Design Arts, Web TV, Web Radio, Office Project Support, Psychological Support Office, European Projects, Academy Synergia, Synergia Space and TOCA (Associative and Cultural Office for Associations). www.synergia.pt

<b>WORKCAMP DESCRIPTION</b> ( After WorkCamp description you can add 1 or 2 photos from previous camps, if the same)
<p><b>Camp Description and Aims</b></p> <p>Promotion and development of social inclusion activities and voluntary work;</p> <ul style="list-style-type: none"> <li>● Promotion of community awareness actions on environmental issues, on combating climate change and on social inclusion (with emphasis on the partnership made in the presence of young Luso descendants from Cape Verde and Brazil who will have an excellent opportunity for inclusion here);</li> <li>● Creation and distribution of ecological material and gadgets;</li> <li>● Increased awareness of the impact of single-use plastic on the forest and marine environment;</li> <li>● Creation of an international and district youth network to ensure the impact and sustainability of the proposed challenge.</li> </ul>
<p><b>Voluntary Work and Tasks of the Camp</b></p> <p>Environmental awareness actions, including open discussions and structured dialogue between young people and policy makers in the various municipalities present;</p> <ul style="list-style-type: none"> <li>● Public Campaigns;</li> <li>● Actions to combat the use and contamination through plastic, through cleaning of forest areas, beaches and forests around them;</li> <li>● Creation of leaflets and videos on the theme for dissemination of the environmental message;</li> <li>● Organization of inclusive Cultural and Sporting Events;</li> <li>● Actions to encourage the reduction of emissions and toxic waste, with the realization of group tours in the communities of Braga district and in some communities of the network created online;</li> <li>● Organization of creative and recreational activities in public transport;</li> <li>● Creation and distribution of environmentally friendly ashtrays;</li> <li>● Meeting with groups of minority youth (Brazil and Cape Verde and also roma) through existing SYnergia projects and partner institutions;</li> <li>● Involvement of minority youth (Brazil and Cape Verde and also roma) through traditional games, theater and music activities, sports tournaments, etc.;</li> <li>● Creation of Laboratories for Planning of awareness-raising campaigns and community interventions;</li> <li>● Realization of Leisure activities and Visits, namely Bom Jesus, Sameiro, Guimarães Castle, Duques Palace (cultural places), Surfing in Esposende, , Visit to the Penha in Guimarães;</li> <li>● Realization of Intercultural Nights with gastronomy, dance, cinema, etc.</li> </ul>
<p><b>What the volunteers can Learn in this Camp? (study part)</b></p> <ul style="list-style-type: none"> <li>- Young people will have a greater awareness of the impact of plastic use on the environment</li> <li>-They will participate in actions to combat the use and contamination by plastic, through the cleaning of forest areas, beaches and surrounding woods they;</li> <li>- They will learn to create and distribute environmentally friendly ashtrays;</li> <li>- They will participate in awareness-raising actions where they themselves can convey their ideas</li> </ul>
<p><b>Free Time, Leisure Time and Visits preview</b></p> <p>Realization of Leisure activities and Visits, namely Bom Jesus, Sameiro, Guimarães Castle, Duques Palace (cultural places), Surfing in Esposende,, Visit to the Penha in Guimarães;</p> <ul style="list-style-type: none"> <li>● Realization of Intercultural Nights with gastronomy, dance, cinema, etc.</li> </ul>

**LOGISTICAL ARRANGEMENTS**

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

Accommodation Adress  
Camping Braga  
Portugal, N101 12, Braga



Project Adress  
Centro de Artes e Desporto Inclusivo  
Praça Dr. Francisco Araújo Malheiro, 4715-029 Braga



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

Accommodation: Braga Camping - Individual Camping Tent and shared bathrooms  
Food: 5 meals (breakfast, lunch and dinner and coffe breaks)

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

**Internal rules of the Camp**

Young people between 18 and 30 years, who speak English and want to work.  
People that are interested in the environmental protection and in social inclusion as well as helping to bring awareness to this problematic.

**Special remarks or requirements of the Camp**

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

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

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

**WHAT VOLUNTEERS HAVE TO BRING**

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

**MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	2/8/2024
<b>Timetable or period:</b>	Day 2/8/2024 until 2pm
<b>Place Name:</b>	Braga Camping Park
<b>Place Address:</b>	Portugal, N101 12, Braga
<b>Emergency contact:</b>	+351918067944

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

<b>Closest Airport:</b>	Porto Airport
<b>Closest Train Station:</b>	Estação Ferroviária de Braga

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

Participants must catch a plane to the Sá Carneiro airport, at Oporto, and then come to getbus, from the airport to Braga. The price of the getbus ticket is 18€ (<http://getbus.eu/>)

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

Braga Bus Station 2th of August 2024 at 2pm

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

Braga Bus Station 2th of August 2024 at 2pm

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

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Hot weather (24º to 27º)
<b>Local Host organization address:</b>	Centro de Artes e Desporto Inclusivo, Praça Dr. Francisco Araújo, Malheiro, 4715-029 Braga
<b>Local Host organization phone:</b>	+351918067944
<b>Local Host organization email:</b>	presidente@synergia.pt
<b>Local Host contact person:</b>	Ricardo Sousa
<b>Camp Leader Name:</b>	Ademar Correia
<b>Camp Leader mobile phone:</b>	965736683
<b>IPDJ Regional address:</b>	R. de Santa Margarida n. 6, 4710-306 Braga
<b>IPDJ Regional phone number:</b>	+351 253 204 250

<b>WORKCAMP CODE</b>	PT-CB-15-24	
<b>CAMP NAME*</b>	Dignitate	
<b>DATES</b>	01/July/2024	12/July/2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

Associação Belmonte em Movimento is a youth association with social activities.



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

**Camp Description and Aims**

Belmonte is considered one of the few Portuguese regions with Portuguese maritime discoveries. Among the curiosities that permeate the town's history is the fact that the discoverer of Brazil in the 15th century, the navigator Pedro Álvares Cabral, was born in Belmonte. With the implementation of "**Dignidade**" we intend to implement a support program for children, young people and the elderly in the municipality of Belmonte. We create the first social fashion store in the region on the basis of the circular economy.

*Social fashion has a deeper definition of beauty than the latest vogue: Beauty is something that restores, hopes and reciprocates itself tomorrow.* Blind consumerism tells you to buy and define yourself through your looks, or whoever is associated with it. However, deep down we are all looking for more than just a quick "shopping fix". We want to make a difference, leave a legacy and give from what we've been given.

With Social Fashion we want to create the passion for aesthetics and taste with true values and marry consumerism with care. We want to make it easy to help.

We hope more and more ventures are inspired by this hopeful, highly pragmatic and sustainable approach for a better tomorrow.

**Voluntary Work and Tasks of the Camp**

**SOCIAL FASHION - circular economy.**

Young people will participate in social volunteering actions, namely the preparation and monitoring of actions aimed at children, young people and the elderly and also in the organization and distribution of clothes and toys through the social store in the municipality of Belmonte specifically:

- collection of used clothing.
- laundry treatment (cleaning and small adjustments)
- storage of clothes and toys in the Social store.
- distribution of clothing on a circular economy basis.
- organization of a model walk-through and a promotional campaign to promote the use of clothing in a circular economy.

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

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

The volunteers also will learn about Portugal, and our region, social work and the principles of solidarity.

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

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

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

## **LOGISTICAL ARRANGEMENTS**

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

**Belmonte** is one of the most fascinating villages of Portugal.

Nestled in the interior of the country, close by the mountains of “Serra da Estrela”, this small village has hundreds of history and heritage to show.

The camp is placed in Belmonte Village. Belmonte is located in the center of portugal in a rural area close to the cities of Covilhã and Guarda, the population of Belmonte is 3000 inhabitants.

Exact geographical coordinates, latitude and longitude — 40.3598503, -7.348178600000001.



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

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

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

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

1st “Dignitate” Camps have a zero tolerance policy on any drug, tobacco, alcohol, or vaping use.

2nd “Dignitate” Camps and its staff will not tolerate any bullying, hazing or like behavior that endangers the health and well being of another camper.

3rd - Be on time to all camp activities.

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

## **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 VOLUNTEERS HAVE TO BRING**

Personal use equipment: Comfortable clothes and shoes. Sun hat. Beach slippers. Swim suit. Beach towel. Sunglasses. Sunscreen cream.

## **MEETING TIME AND MEETING POINT**

**Arrival date:** 01/07/2024

**Timetable or period:** 10:00 – 18:00

**Place Name:** Associação Belmonte em Movimento

**Place Address:** Rua Pedro Álvares Cabral 2, 6250-085 Belmonte

**Emergency contact:** +351 935608267

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

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

<b>PRACTICAL INFORMATION AND CONTACTS</b>	
<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English. (possibility of translation into French and Spanish)
<b>Country currency:</b>	euro
<b>Weather expected during the camp:</b>	Average temperatures are around Página 24-35 °C.
<b>Local Host organization address:</b>	Associação Belmonte em Movimento - Rua Pedro Alvares Cabral
<b>Local Host organization phone:</b>	+351 275911656 +351 964520760
<b>Local Host organization email:</b>	abelmontemmovimento@gmail.com
<b>Local Host contact person:</b>	João Santos
<b>Camp Leader Name:</b>	João Santos and Inês Saraiva
<b>Camp Leader mobile phone:</b>	+351 935608267
<b>IPDJ Regional address:</b>	Rua Dr. francisco Jose Palmeiro - 6000 Castelo Branco
<b>IPDJ Regional phone number:</b>	(+351) 272 348 000   mailcbranco@ipdj.pt

<b>WORKCAMP CODE</b>	PT-CO-27-24	
<b>CAMP NAME*</b>	Valuing water since Roman times	
<b>DATES</b>	15.07.2024	26.07.2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

Activar is an NGO created in 2000 in the county of Lousã, district of Coimbra. We aim to promote the local development of the Lousã in an integrated and sustainable way, in cooperation with other entities, to improve people's quality of life. We develop several community projects of a social and cultural nature, in the areas of childhood, youth, nature tourism, and social development. We have been working in the field of youth for more than 15 years, working daily with the local youth both at school and in the community, organizing international work camps, and hosting and sending volunteers on Erasmus+ and European Solidarity Corps programs. Watch the videos of our last work camps! 😊

[https://www.youtube.com/watch?v=x3pI9JvYpEo&list=PLYI\\_8Oak\\_wYYm-NI1oVHIDo2UYkXH\\_G8U](https://www.youtube.com/watch?v=x3pI9JvYpEo&list=PLYI_8Oak_wYYm-NI1oVHIDo2UYkXH_G8U)

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

**Camp Description and Aims**

This workcamp is a partnership with the parish of Ega, in Condeixa-a-Nova, and is focused on the preservation of the biodiversity of the river "Rio dos Mouros", as well as Roman time infrastructures used to take water to the Conimbriga ruins.

**AIMS:**

- Clean the bed and banks of Rio dos Mouros, preserving biodiversity.
- Clean and preserve Roman water supply structures in Alcabideque;
- Clean and preserve community water fountains.
- Promote the participants' autonomy and personal and social development.
- Promote diversity and intercultural relations between young volunteers and the local community.
- Promote the region and its heritage and traditions.
- Value volunteering as a tool for local development.

**Voluntary Work and Tasks of the Camp**

You will perform a set of tasks related to the preservation of biodiversity and heritage related to water, namely:

- Cleaning the water spring of Arrifana and the bed and banks of the Rio dos Mouros, combating invasive species, and preserving native ones.
- Cleaning the Rio dos Mouros pedestrian trail.
- Cleaning and preserving the aqueduct and Roman wall of Alcabideque.
- Cleaning and painting various water fountains for community use in the parish of Ega.



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

You will learn about local biodiversity and how to identify plants and animals that need to be protected, especially in the water spring

of Arrifana, including some species from the Red List of Threatened Species. You will also learn about the preservation of monuments, using instruments and learning techniques for this purpose.

Apart from the task-related knowledge, during these 12 days, you will be learning by experience, improving your skills, and reflecting on common living, cooperation, collective decision-making, conflict management, cultural diversity, and solidarity. You will certainly develop your intercultural skills, communication skills, and autonomy. You will also learn how to manage a collective budget and plan and prepare meals for a large group of people.

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

In your free time, you can enjoy the natural calm of the surroundings for some personal time or use all the space to play games and gather within the group of volunteers. If you take a walk or bike to the town of Condeixa, there are parks, cafes, and several shops.

We will prepare several visits and cultural surprises for the group, which we like to keep (partially) secret... But you can expect a day at the ocean, several evenings of music, animation, and fun with the local community, and a time-traveling experience while visiting the Roman ruins of Conimbriga and an interactive museum.

### **LOGISTICAL ARRANGEMENTS**

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

Condeixa is a town with 17.000 inhabitants, in the center of Portugal. It is very well-located, at a similar distance from Lisbon and Oporto airports and at 16 Km from the beautiful city of Coimbra. The accommodation will be in a small village called Arrifana and the work activities will take place there and in other villages nearby.

**Latitude: 40.09612901263878 | Longitude: -8.51071118769465 | Google maps: 3FWQ+FQ Arrifana**

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

Accommodation will be in a community building from a local association. The building is equipped with mattresses, bathrooms, and a kitchen, as well as common places to spend your free time and play games. It works as a shelter for pilgrims in spring and autumn and is well-equipped for groups of young people as well. Internet access will be provided.

The camp includes 5 meals: breakfast; morning snack; lunch; afternoon snack, dinner, and evening snack. All meals will be prepared by volunteers individually (breakfast and snacks) or in cooking teams (lunch and dinner). Cooking teams change each day and will also go shopping for food for the whole group (we will provide a daily budget to each team). The first meals will be prepared by the camp leaders! We can easily adapt to special diets and/or food allergies.

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

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

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

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

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

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

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

Each volunteer will have a personal accident injury insurance, that includes: death; permanent disability; treatment and repatriation expenses; funeral expenses; absolute temporary disability; temporary disability due to hospitalization.

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

Please bring comfortable clothing and footwear, suitable for work; a sleeping bag and a pillow; your hygiene items (toiletries, towels, etc.); a hat or cap; sunscreen; swimsuit; a coat or sweater for the night; your ID and health insurance (European Health Card or personal health insurance); a flag, games, instruments, recipes or other typical items from your culture and/or country of origin.

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

<b>Arrival date:</b>	15.07.2024
<b>Timetable or period:</b>	Afternoon (after 15:00)
<b>Place Name:</b>	Terminal Rodoviário de Condeixa-a-Nova

<b>Place Address:</b>	R. Dona Maria Elsa Franco Sotto Mayor 1, 3150-124 Condeixa-a-Nova GPS: 40.11256115589649, -8.500957574054878   Google maps: 4F7X+2J Condeixa-a-Nova
<b>Emergency contact:</b>	Daniela Venâncio: +351 910 551 781

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

<b>Closest Airport:</b>	Oporto or Lisbon (distance is similar, so choose based on timing and/or price)
<b>Closest Train Station:</b>	Coimbra

**Travelling from the Airport to (bus or train)**  
 LISBON: Take the metro to Gare do Oriente (Red Line) and follow the directions to the train station.  
 PORTO: Take the metro (Line E) to Campanhã and follow the directions to the train station.

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

- Take the bus (Rede Expressos or FlixBus) to Coimbra.
- If you travel on Rede Expressos, you can take the next bus at the same Bus Terminal (ask for help on how to go to Condeixa, as the screens aren't always working).
- If you travel on FlixBus, walk for about 7min to Terminal Rodoviário de Coimbra (there, ask for help on how to go to Condeixa, as the screens aren't always working).
- Leave in Condeixa (Terminal Rodoviário).
- This is where we meet :)

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

- Take the train to Coimbra-B.
- In Coimbra-B, change the train to get to Coimbra-A station (this is a transfer, you don't need another ticket).
- Take the Transdev bus to Condeixa (the bus stop is just outside the train station, by the river, but you need to ask the bus drivers for help, as Condeixa is not the destination written on the bus).
- Leave in Condeixa (Terminal Rodoviário).
- This is where we meet :)

**Special recommendations**  
 Check our interactive map: [https://www.google.com/maps/d/edit?mid=1LP0kCKkw\\_lzoUK6IXXv9qpoqOe2mQiQ&usp=sharing](https://www.google.com/maps/d/edit?mid=1LP0kCKkw_lzoUK6IXXv9qpoqOe2mQiQ&usp=sharing)  
 Useful links: <https://www.cp.pt/passageiros/en>; <https://rede-expressos.pt/en>; <https://global.flixbus.com>  
 Do not use a taxi for long distances (as it might be very expensive). If you plan your arrival for very late at night, contact us instead.

#### PRACTICAL INFORMATION AND CONTACTS

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	EUR
<b>Weather expected during the camp:</b>	Summer: foggy mornings, sunny afternoons, temperatures from 15°C to 32°C, UV level 6
<b>Local Host organization address:</b>	Rua General Humberto Delgado 21, 3200-242 Lousã, Portugal
<b>Local Host organization phone:</b>	+351 239 996 116
<b>Local Host organization email:</b>	juventude@activar.org
<b>Local Host contact person:</b>	Fernanda Vaz
<b>Camp Leader Name:</b>	Daniela Venâncio
<b>Camp Leader mobile phone:</b>	+351 910 551 781
<b>IPDJ Regional address:</b>	IPDJ Coimbra: Rua Pedro Monteiro 73, 3000-329 Coimbra, Portugal
<b>IPDJ Regional phone number:</b>	+351239790600

<b>WORKCAMP CODE</b>	PT-EV-13-24	
<b>CAMP NAME*</b>	For Climate 4.0	
<b>DATES</b>	16 July 2024	27 July 2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

Marca-ADL is a non-profit association, with headquarters in Montemor-o-Novo, district of Évora. It aims is to promote qualified development of Montemor-o-Novo municipality in particular to support actions in the social & cultural sphere, environmental preservation and enhancement of natural and human heritage, entrepreneurship and support for business creation and quality services. Environmental and heritage concerns were at the root of the creation of the MARCA ADL, that currently has the legal status equivalent to Environmental Non-Governmental Organization ENGO.

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

**Camp Description and Aims**

Following the work that Marca ADL has been developing over the past years on the themes of Climate Change, Sustainability, and Green Economy, this year we intend to work on these themes together, building a perspective on the issue of water resources management and biodiversity as a solution.

- 1) Raise awareness about the importance of youth mobilization and participation in solving local and global problems;
- 2) Promoting youth participation and involvement in environmental and social issues, in particular in the management of water resources and biodiversity;
- 3) Reflect on the causes and consequences of climate change and ways to act as citizens, particularly in terms of managing water resources and biodiversity;
- 4) Reflect on the importance of autochthonous flora species for biodiversity and management of water resources
- 5) To support Marca in setting up and maintaining a nursery of Mediterranean flora species
- 6) Promote reflection on sustainable behaviours, tools that help these behaviours, namely in terms of consumption and their impacts on the management of water resources and biodiversity.

**Voluntary Work and Tasks of the Camp**

Collection and sorting of seeds of native plants. In these activities participants will be able to get to know the region's natural areas; Cleaning of watercourses, control of invasive species and habitat restoration- In order to ensure the normal hydrological and hydraulic functioning of the watercourses, the participants will proceed to clean, cut and remove the invasive vegetation present in the bed and margins of the temporary watercourses, and support biophysics technics implementation; Plant Nursery maintenance work. In this activity participants will be involved in daily plant nursery tasks, such as watering, transplanting, soil preparation, cleaning and organize the plant nursery space, etc.; Zero Waste Cleaning Activity in urban areas. In this activity participants will clean urban areas without producing more waste, like plastic bags.



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

Participants will acquire theoretical and practical knowledge on:

- Climate Action: how to deal with climate change impacts in a natural and rural environment on the Mediterranean area;
- Nature conservation & green business's: how can we use nature, benefiting both local communities and natural environment;
- Water resources management: how water is managed in our community, under the Mediterranean context and that as suffered impacts from severe droughts and flash floods events;
- Autochthones flora species: the importance for biodiversity and water management in rural and urban areas
- Citizen role and participation: how can we contribute to a more sustainable communities capable of tackling climate change impacts - our role and behaviour as consumers.



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

Visit to Évora - World Heritage Site; Walking Tour - Montemor-o-Novo | To know the castle and the city; Cultural night - Sharing cultures and traditions; Arts and crafts workshop with natural materials; Construction of rafts with plastic bottles - Team games – Barragem dos Minutos (Montemor-o-Novo); Going to the municipal swimming pools and / or Arrabida beach; Local gastronomy workshop - Enhancement of local products and the territory. Visit to a sustainable business.



**LOGISTICAL ARRANGEMENTS**

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

This camp takes place in a rural territory, close to a small city, **Montemor-o-Novo** in Alentejo region, Portugal. The camp will be at a 7 minutes distance by car from Montemor-o-Novo, transport for the activities will be assured. It is located at approximately at a 100 km distance from Lisbon, the Portuguese city capital and 35km from Évora.



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

The participants will be accommodated in individual tents which is located 5 km from Montemor-o-Novo. There the participants will cook breakfast and snacks; Lunch and dinner will be provided, exception for weekends where participants have to cook lunch and dinner. Participants are responsible for cleaning the common kitchen and dishes.

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

**Internal rules of the Camp**

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

**Special remarks or requirements of the Camp**

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

**INSURANCE (kind of covers)**

Personal accident insurance

**WHAT VOLUNTEERS HAVE TO BRING**

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

**MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	<b>16 of July 2024</b>
<b>Timetable or period:</b>	7 h – 12 h
<b>Place Name:</b>	Bus Station (Montemor-o-Novo)
<b>Place Address:</b>	R. de São Francisco 19, 7050-173 Montemor-o-Novo
<b>Emergency contact:</b>	Contact Person: Rui Rebocho Tel: +351 961 528 711

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

<b>Closest Airport:</b>	Lisbon
<b>Closest Train Station:</b>	Vendas Novas or Évora

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

By plane, you can get to Lisbon or Oporto with fairly reasonable fares proposed by low-cost companies (e.g. Ryanair or easyjet). From there on the best way to reach Montemor-o-Novo will be by bus, with rates ranging from 10 to 20€ (one way). Before arrival, we can provide you useful information on schedules, departure and arrival hours of main transports to Montemor-o-Novo.

From Lisbon Airport:

1. take the metro (red line) at the airport - it's the only metro line;
2. You have to change lines, at the end of the red line – in S. Sebastião - To the blue line towards the *Jardim Zoológico* (Zoo);
3. It's only 2 stops, when you get to the *Jardim Zoológico* (Zoo) stop, you leave and follow the signs to the bus station.

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

From Lisbon, in the bus station take the bus to Montemor-o-Novo and enjoy the trip of about 1 hour.

You can buy the tickets on bus station or online at <https://rede-expressos.pt>.

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

If you travel by train you will need to take a bus that drops you off at the Montemor-o-Novo Bus Station.

Pay attention that in Évora the bus station is 36 minutes far from the train station, by walking. In Vendas Novas it is 8 minutes far, but you do not have so many bus schedules.

**Special recommendations**

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

**Casais da Adua – Viveiro Marca ADL – Estrada nacional 4 between Montemor-o-novo and Arraiolos**

**PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	15
<b>Working language:</b>	English
<b>Country currency:</b>	Euro (€)
<b>Weather expected during the camp:</b>	Minimum 15°C (night) and maximum up to 40°C
<b>Local Host organization address:</b>	Rua Luís de Camões nº 16, 7050-260 Montemor-o-Novo
<b>Local Host organization phone:</b>	+351 266 891 222
<b>Local Host organization email:</b>	social@marca-adl.pt
<b>Local Host contact person:</b>	Contact Person: Rui Rebocho Tel: +351 961 528 711
<b>Camp Leader Name:</b>	Rosa Coelho
<b>Camp Leader mobile phone:</b>	Tel: +351 964 069 892
<b>IPDJ Regional address:</b>	R. da República 119, 7000-656 Évora
<b>IPDJ Regional phone number:</b>	266 737 300

<b>WORKCAMP CODE</b>	PT-FA-14-24	
<b>CAMP NAME*</b>	"Getting Clayful" – Creating with Nature, Action Camp	
<b>DATES</b>	19/09/2024	30/09/2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

Projecto Novas Descobertas (Project New Discoveries) is a non-profit organization with 30 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.

Projecto Novas Descobertas website: <https://www.projectonovasdescobertas.org/>

Quinta do Vale da Lama website: <https://www.valedalama.net/>

**LOGISTICAL ARRANGEMENTS**

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

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

Find us: Projecto Novas Descobertas,

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

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

**Camp Description and Aims**

Get to know and experience the creative art of working with clay and other natural materials while integrated in a living community that practices regenerative lifestyles and techniques - Together we can reshape the way we think and care for our resources by engaging in regenerative design and practices. We aim to transform materials and learning spaces by having fun, improving our personal wellbeing, help counteract climate change, and bring back more balance into our ecosystems.

We will support the care and improvement of Projecto Novas Descobertas Learning Campus, pedagogical spaces, participate in daily farm routines at Vale da Lama, visit local creative projects and help co-create an awareness raising event about responsible use of local resources.

**This is an opportunity to empower yourself and get inspired, gaining skills to act for a more resilient livelihood, while getting your hands dirty with clay!**



**Voluntary Work and Tasks of the Camp**

**Creating and Maintaining Educational Spaces and Materials:** We will care and improve the associations pedagogical spaces ; create and improve educational activity materials and prepare resources for ongoing education purposes.

**Awareness raising event:** We will cocreate, organize and present a public event (open day) that joins together the local community for a day of cultural, traditional and creative exchange.

**Meal preparation and maintenance of collective spaces:** We will assist the kitchen team in preparing meals for the group; rotate daily tasks necessary to maintain health, well-being, and the functioning of the camp.

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

**Environmental awareness:** We will join in collaborative exploration on Social and Environmental key concepts, where main focus will be how to use natural resources and how to creatively close our cycles.

**Creative skills:** We will present basic skills of how to prepare and work with clay. Building bio-construction structures and upcycling with diverse materials.

**Collaborative design and Project co-creation:** We will present and use a collaborative design method and tools, apply it to create our camp learning community and an awareness raising event.

**Social dynamics and community:** Our daily routines offer opportunities to learn about community building, mindfulness and self-regulation, including reflection dynamics, collective decision making and conflict resolution tools.

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

**Nature Connection:** We will have designated moments to visit places in the Algarve that are protected nature areas and places of traditional culture. Daily opportunities to do walks, bicycle rides, and canoeing in Ribeira do Odiáxere and Alvor, a unique natural place close to our Camp. We are also immersed in Quinta do Vale da Lama, which offers the opportunity to be in deep contact with a relaxing, natural landscape.

**Learning community:** We will start and end the day with opportunities for sharing, tracking learning expectations and group decision-making about our program and daily routines; everyone is invited to participate and offer to share skills.

**Social and leisure activities:** Together we will prepare free time and evening activities; including cultural nights, to share cuisine and participant's cultural traditions and celebrations.

**Visits:** We will go to our local farmers market and visit local initiatives and projects.

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

Our venue's facilities include prepared & shaded camping areas, hot showers, indoor bathrooms and dining hall, as well as WiFi, charging stations, small library, tools and didactic materials.

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

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

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

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

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

Participants are expected to:

Join daily community contributions and tasks;

Not bring pets, as our space is also for wildlife

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

Practice self-care and communicate specific needs

Share and participate on decision making and agreements

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

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

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

Personal accident insurance

## **WHAT VOLUNTEERS HAVE TO BRING**

Please bring with you: Practical working clothes and warm jumper for evenings; Outdoor shoes and shower flip flops; sun cream; insect repellent; torch; sleeping bag and small blanket; personal tent (is preferred); sun hat; small backpack and personal water bottle and drinking cup; beach and shower towel; personal hygiene products; swimming gear; musical instruments. Ingredients/Food that is traditional from your country of origin (to share in a cultural meal).

## **MEETING TIME AND MEETING POINT**

**Arrival date:** 19th of September 2024

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

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

<b>Place Address:</b>	Lagos Train Station
<b>Emergency contact:</b>	Patricia Pereira +351 926681773

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

<b>Closest Airport:</b>	Faro, Algarve
<b>Closest Train Station:</b>	Lagos, Train Station

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

Please view directions from Faro Airport to Projecto Novas Descobertas in Google Maps:

<https://goo.gl/maps/YDweJtLEZeqGAtkM8>

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

From Lisbon/Porto/Faro you can find Rede Expressos buses – <https://rede-expressos.pt/en> or Flixbus - <https://www.flixbus.com/> with destination to Lagos.

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

Best way to reach the meeting point is the train.

Find more about train schedules at <https://www.cp.pt/passageiros/en>

Notice there are different train stations in Lisbon you can use depending on where you are; Lisboa - Oriente is the one closer to the Airport.

#### Special recommendations

<b>Local Host contact person:</b>	Patricia Pereira
<b>Camp Leader Name:</b>	Patricia Pereira
<b>Camp Leader mobile phone:</b>	(+351) 926681773
<b>IPDJ Regional address:</b>	Instituto Português do Desporto e da Juventude - Rua da PSP, 8000-408 Faro <b>IPDJ Regional</b>
<b>IPDJ Regional phone number:</b>	(+351) 289 891 820

### PRACTICAL INFORMATION AND CONTACTS

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Hot sunny days
<b>Local Host organization address:</b>	Caixa Postal Número 322-N Vale da Lama, 8600-258 Odiáxere, Lagos – Portugal
<b>Local Host organization phone:</b>	(+351) 282 697 862
<b>Local Host organization email:</b>	<a href="mailto:info@projectonovasdescobertas.org">info@projectonovasdescobertas.org</a>

<b>WORKCAMP CODE</b>	PT-GU-16-24	
<b>CAMP NAME*</b>	Requalify to Preserve	
<b>DATES</b>	From 1 <sup>st</sup> July 2024	To 12 <sup>th</sup> July 2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

<b>LOCAL HOST</b> (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words	
<b>Associação Desportiva, Cultural e Social de Aldeia de S. Sebastião</b>	
Based in a small village, near the border between Portugal and Spain, this association brings together several different projects within the youth programs, such as national and international youth exchanges, summer camps and international work camps. We organize events at a social, cultural and sportive level and community social work.	
Site: <a href="https://www.adcsaldeia.com">https://www.adcsaldeia.com</a>	
Facebook: <a href="http://www.facebook.com/adcsaldeia">www.facebook.com/adcsaldeia</a>	
	

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

<b>Camp Description and Aims</b>
Make our local reality known, which will serve as a basis for exchanging experiences between participants;
Preserve the Association’s assets and infrastructures, through their maintenance;
Show participants the interior of the country through interaction with the local community;
Provide moments of culture through visits to historical and symbolic places in our region (museums, monuments, points of interest);
Promote activities that allow participants to exchange experiences and knowledge of new sociocultural realities.

<b>Voluntary Work and Tasks of the Camp</b>
After visiting the facilities, the volunteers will carry out their tasks in groups. The tasks will begin with painting railings surrounding the association giving a new image with the new painting; the volunteers will also have to repair walls through painting and small repairs when necessary; cleaning and beautifying gardens replacing “dead” plants with new plants and put new substrate and finally organizing outdoor spaces by creating divisions for materials to be separated into sections to be stored.

<b>What the volunteers can Learn in this Camp? (study part)</b>
Volunteers will understand the importance of preserving an aging rural environment through their contribution with young labour. Volunteers will get to know a little about the reality of the interior of Portugal and these people.

<b>Free Time, Leisure Time and Visits preview</b>
Volunteers have varying periods of free time to carry out various activities such as: swimming pool, mountain bike, field games, leisure time, sport activities – slide and climbing, between others. The association provides cultural visits and tours such as: visit to the historic village of Almeida and military museum; visit to the historic village of Castelo Bom followed by canoeing on the Coa River; Visit to the border village of Vilar Formoso and main places of interest followed by a visit to Fuentes de Oñoro in Spain to buy souvenirs;

**LOGISTICAL ARRANGEMENTS**

<b>Description of the Camp Location</b> (if its urban, rural, isolated, population, etc. Add geo referencing, you can also add a map or a photo of the camp location)
The Association is based in a small village called Aldeia de S. Sebastião, with 80 inhabitants near the border between Portugal and Spain, about 5km. This village is located in the central region of Portugal, near the border to Spain, in the district of Guarda and the municipality of Almeida.
The village has no shopping, restaurants or cafes, the closest is in Vilar Formoso (5km).

<b>Accommodation/Food</b> (describe the kind of lodgement, hygiene facilities, number of meals, kind of food, other services available or not – laundry, kitchen, internet, etc)
Accommodation at Bungalows with 5 or 6 volunteers – with internet and bed/bath linen, Kitchenette;
The food is prepared by the volunteers, who will have everything available in their bungalows.
Take a look at the bungalows in our website - <a href="https://www.adcsaldeia.com">https://www.adcsaldeia.com</a>
<b>Local accommodation with registration nº 92162/AL</b>

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

<b>Internal rules of the Camp</b>
All participants must respect each other, workers and the association. Working tools supplied by the association must be handled with proper care.

<b>Special remarks or requirements of the Camp</b>
Participants have a swimming pool and green spaces at their disposal to enjoy in their free time.

**INSURANCE (kind of covers)**

All participants will have an insurance (personal accidents and civil responsibility) valid during the workcamp period. Please bring the European Youth Card and your medical assurance, if you got one.

**WHAT VOLUNTEERS HAVE TO BRING**

Sportswear, workwear, swimwear (swimming pool), personal hygiene products, country flag, gastronomic products typical of each country. All working tools will be supplied by the association.

**MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	1 <sup>st</sup> July 2024
<b>Timetable or period:</b>	From 15:00 pm to 18:00 pm
<b>Place Name:</b>	ADCS Aldeia de S. Sebastião
<b>Place Address:</b>	Largo da Igreja Nº 6, 6355-041 Aldeia de S. Sebastião
<b>Emergency contact:</b>	+351 271511064

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

<b>Closest Airport:</b>	Oporto
<b>Closest Train Station:</b>	Aldeia de S. Sebastião/Vilar Formoso

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

When volunteers travel by plane to Portugal, Oporto/Lisbon/Faro, they must go from the airport to the main city station and take a bus or train direction to Guarda/Vilar Formoso/Aldeia de S. Sebastião.

If you have any question, please call us so we can help you to find the way.

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

Volunteers have to take the bus in the main stations towards the city of Guarda, and then to Vilar Formoso/Aldeia de S. Sebastião

If you have any question, please call us so we can help you to find the way.

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

Volunteers have to take the train in the main stations towards the city of Guarda, and then to Vilar Formoso, you can hop off in Aldeia de S. Sebastião, and in 200m you are arrived at the association, near to the church.

If you have any question, please call us so we can help you to find the way.

**Special recommendations**

Vilar Formoso is the Portuguese town in the border with Spain (5km to Aldeia de S. Sebastião), call us when you get there and we'll pick you up.

**PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	Spanish + French + English
<b>Country currency:</b>	Euro €
<b>Weather expected during the camp:</b>	Sun and good weather
<b>Local Host organization address:</b>	Largo da Igreja Nº 6, 6355-041 Aldeia de S. Sebastião
<b>Local Host organization phone:</b>	+351 271511064
<b>Local Host organization email:</b>	adcsaldeia@gmail.com
<b>Local Host contact person:</b>	David Pires Fernandes
<b>Camp Leader Name:</b>	David Pires Fernandes
<b>Camp Leader mobile phone:</b>	+351 965017105
<b>IPDJ Regional address:</b>	IPDJ Direção Regional do Centro – Av. Alexandre Herculano 6300-659 Guarda
<b>IPDJ Regional phone number:</b>	+351 271232100

<b>WORKCAMP CODE</b>	PT-GU-19-24	
<b>CAMP NAME*</b>	Control and management of invasive species	
<b>DATES</b>	22/07/2024	02/08/2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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



Since 1976, the Associação de Promoção Social, Recreativa, Desportiva e Humanitária de Maceira has as its main intervention area the improvement of the population's well-being and quality of life through initiatives and projects aimed at supporting children, youth and the third age, promoting the social integration of the most disadvantaged groups and the integrated development of the local territory.

From the activities developed in working with young people, we highlight the Summer Camps, Workcamps and Youth Exchanges within the framework of the Erasmus + Program.

Facebook address - [www.facebook.com/associacaopsrdh.maceira](https://www.facebook.com/associacaopsrdh.maceira)

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

**Camp Description and Aims**

**Control and management of invasive species** aims to promote environmental education and reflect/raise awareness about the importance of preserving the environment, the impact of invasive species on ecosystems, the importance of controlling and managing invasive species and sustainable growth, through initiative to control and manage 5 invasive species in the municipality of Fornos de Algodres.

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

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

**Voluntary Work and Tasks of the Camp**

During the Workcamp participants will perform the following tasks:

- Learn 6 methods/techniques to control invasive species (Strike/Herbicide injection, pulling, peeling, mowing, mowing + application of herbicides and natural control);
- Apply the most appropriate control techniques to the 5 species selected in the municipality of Fornos de Algodres;
- Prepare publicity/awareness-raising materials about the advantages/importance of controlling and managing invasive species with a view to environmental sustainability;
- Raise awareness among the population of the importance of environmental sustainability;
- Remove rubbish improperly deposited in intervention spaces.



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

It is intended that volunteers acquire knowledge in terms of environmental education and reflect/raise awareness about the importance of environmental issues, mainly the importance of controlling and managing invasive species, namely:

- understand the problem of invasive species;
- understand and subsequently raise awareness among the population of the importance of controlling and managing invasive species;
- obtain knowledge about practical actions to control 5 invasive species;
- acquire knowledge to promote a campaign on the advantages/importance of controlling and managing invasive species aiming for environmental sustainability.

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

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

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



**LOGISTICAL ARRANGEMENTS**

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

**Control and management of invasive species** will take place at Maceira.

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

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



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

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

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

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



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

**Internal rules of the Camp**

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

**Special remarks or requirements of the Camp**

No Fees

**INSURANCE** (kind of covers)

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

**WHAT VOLUNTEERS HAVE TO BRING**

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

**MEETING TIME AND MEETING POINT**

Arrival date:	22/07/2024
Timetable or period:	during all day until dinner time (7.30 pm).
Place Name:	Hostel EntryFik
Place Address:	Rua do Vale da Vinha, 1, 6370-341 Maceira - Fornos de Algodres, Portugal
Emergency contact:	(+351) 917395954

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

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

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

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

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

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

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

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

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

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

**Special recommendations**

**PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro (€)
<b>Weather expected during the camp:</b>	Good weather (sun and hot weather)
<b>Local Host organization address:</b>	Lugar do Serrado, 1, 6370-341 Maceira - Fornos de Algodres, Portugal
<b>Local Host organization phone:</b>	(+351) 271 789 817
<b>Local Host organization email:</b>	<a href="mailto:geral@hostelentryfik.com">geral@hostelentryfik.com</a>
<b>Local Host contact person:</b>	António Oliveira
<b>Camp Leader Name:</b>	António Oliveira
<b>Camp Leader mobile phone:</b>	(+351) 917 395 954
<b>IPDJ Regional address:</b>	Av. Alexandre Herculano, 6300-659 GUARDA
<b>IPDJ Regional phone number:</b>	(+351) 271 232 100

<b>WORKCAMP CODE</b>	PT-PO-07-24	
<b>CAMP NAME*</b>	Another World Is Possible!	
<b>DATES</b>	19/09/24	30/09/24

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

**Name:** Equação, Cooperativa de Comércio Justo, Crl  
**Aim:** To promote organic farming, fair trade and healthy lifestyles among the population (especially Youth).  
**Activities:** Organization of international work camps; organization of summer camps; organization of youth exchanges and youth initiatives; organization of sport activities (canoeing, mountain bikes); Fair Trade awareness (shops, school activities, fairs, etc.); coordination of Casa da Juventude de Amarante, a Youth Centre, in partnership with the City Hall.  
**Web-page:** <http://equacao.org/>  
**E-mail:** [jmrppinto@gmail.com](mailto:jmrppinto@gmail.com)



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

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

**What the volunteers can Learn in this Camp? (study part)**  
 Volunteers will acquire different competences and skills such as:  
 - Development/practice of foreign language;  
 - Group dynamics (NFE);  
 - ICT tools for media and visibility;  
 - Cultural awareness and expression;  
 - Organic farming techniques (main task) and Fair-Trade principles;  
 - Self-confidence;  
 - Soft skills (working in groups, communication in public, problem solving, etc.).

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

**Voluntary Work and Tasks of the Camp**  
 Volunteers will be involved in the following work/tasks:  
 - Agriculture in different local/organic farms;  
 - Gardening at the local Urban Garden (Horta Urbana de Amarante);  
 - Cleaning the river sides;  
 - Organize climate actions/challenges;  
 - Promoting local, organic and fair trade products.

**LOGISTICAL ARRANGEMENTS**

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



Amarante is a small town in the North of Portugal, part of Porto district (60km far from Porto to the interior) with 12 thousand inhabitants (in the city center). It is a quite famous city for tourism, culture, and wine production. Indeed, is quite near (18km) the Oporto wine region. Is crossed by Tâmega River (one of the rivers ending at Douro River that crosses Porto till the Atlantic Ocean) and it is on the valley of one of the most important Portuguese mountains, Marão (1450m). Amarante is well located (nearby passes

highway A4 connecting to Oporto and highway A11 connecting to Guimarães) and has a good public transport system (bus station). The city is 40 min way from the nearest airport (Oporto) by car.

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

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

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

##### Internal rules of the Camp

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

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

No.

#### INSURANCE (kind of covers)

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

#### WHAT VOLUNTEERS HAVE TO BRING

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

#### MEETING TIME AND MEETING POINT

Arrival date:	19/09/24
Timetable or period:	Morning from 8h to 12h
Place Name:	Casa da Juventude de Amarante
Place Address:	Avenida General Silveira, 193, 4600-0127 Amarante, Portugal
Emergency contact:	(+351) 913051999

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

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

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

Metro/Aeroporto to 24 agosto

Price: €2,00

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

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

Lisbon/Oriente Station – Amarante/Bus Station

Price: €20,00

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

Porto/Campo 24 de agosto to Amarante/Bus Station

Price: €8,20

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

##### Traveling by Train from Lisbon to Porto

Lisbon/Oriente Station - Porto/Estação Campanhã

Price: from €18,75 to €44,00

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

##### Special recommendations

No.

#### PRACTICAL INFORMATION AND CONTACTS

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

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

<b>WORKCAMP CODE</b>	PT-PO-08-24	
<b>CAMP NAME*</b>	Stage on the street: all included!	
<b>DATES</b>	02/07/24	13/07/24

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

**Name:** Aventura Marão Clube

**Aim:**



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

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

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

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

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

**Camp Description and Aims**

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

**Voluntary Work and Tasks of the Camp**

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

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

Volunteers will acquire different competences and skills such as:

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

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

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

**LOGISTICAL ARRANGEMENTS**

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



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

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

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

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

**Internal rules of the Camp**

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

**Special remarks or requirements of the Camp**

No.

**INSURANCE** (kind of covers)

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

**WHAT VOLUNTEERS HAVE TO BRING**

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

**MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	02/07/24
<b>Timetable or period:</b>	Morning from 8h-12h
<b>Place Name:</b>	Casa da Juventude de Amarante
<b>Place Address:</b>	Avenida General Silveira, 193, 4600-0127 Amarante, Portugal
<b>Emergency contact:</b>	(+351) 913051999

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

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

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

Metro/Aeroporto to 24 agosto  
 Price: €2,00  
 (For more information see: <https://www.metrodoporto.pt/>)

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

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

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

<b>WORKCAMP CODE</b>	PT-SA-22-24	
<b>CAMP NAME*</b>	A New Look at Arroquelas	
<b>DATES</b>	From 6 of July to	17 of July of 2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

<b>LOCAL HOST</b> (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words	
<p>H2O is a Youth Association based in the village of Arroquelas, municipality of Rio Maior, district of Santarém. It has 26 years of many stories and projects, and promises to remain active for many more.</p> <p>The name of the organisation refers to water, since it began as an informal group of friends that organised canoeing trips on Portuguese rivers. Over time, it has grown, adapted to the needs of the entire community and seized national and international opportunities.</p> <p>Today, our objectives are to provide opportunities for young people in rural areas to travel, learn, grow, improve skills, get in touch with young people from other countries and cultures, and help the community with what it needs.</p> <p>The organisation's work is based on non-formal education and has as its fundamental principles education, creativity, innovation and irreverence, characteristics so common to youth. We promote the concepts of citizenship, democracy and social conscience through our work.</p> <p>H2O values teamwork with a responsible attitude, openness to innovation, without dogmas or preconceived ideas, respect for cultural diversity and the promotion of European awareness.</p> <p>At national and international level, we work with Erasmus +, IPDJ and the European Solidarity Corps, with whom we develop projects like this one.</p> <p>To find out more, consult our social networks and our website:</p> <p><a href="https://pt-pt.facebook.com/h2oarrouquelas/">https://pt-pt.facebook.com/h2oarrouquelas/</a>  <a href="https://www.instagram.com/arrouquelas.h2o/?hl=pt">https://www.instagram.com/arrouquelas.h2o/?hl=pt</a>  <a href="https://h2o.pt/">https://h2o.pt/</a></p>	



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

**Camp Description and Aims**  
The main objective of this project is for the young participants to help build the Panoramic Garden for the village of Arroquelas, which also includes the construction of a Swing. Also it has several other objectives such as promoting intercultural activities; involve the population of Arroquelas in the project; create moments of sharing and knowledge about the different participating countries and cultures; make use of creativity and imagination to build this place; create a comfortable and interesting place for our young people to enjoy in the best way; promote our project on social networks and regional media; use, in construction and decoration, reused, recycled and environmentally friendly materials; and create bridges of communication and interaction between national and international youth.

- Voluntary Work and Tasks of the Camp**
- Carrying out manual activities, painting, simple constructions;
  - Maintenance of the existing space and fauna, in order to create a pleasant space for our community;
  - Enhancement of our village, through attractive spaces for visitors;
  - Promotion of cultural visits around the region and the main points of interest;
  - Creation of a Facebook page, which will serve as a diary of the activities carried out and which will be promoted by the participants;
  - Creative and personalized decoration of the space with recycled garbage found in a recycling tour around the village;
  - Creation of a didactic game about forest and nature to the kids;
  - Painting of a needed house of Arroquelas;
  - Making videos about the project, for dissemination and to promote the region and space;
  - Promotion of cultural activities with the population;
  - Organization of an intercultural evening open to the public.

**What the volunteers can Learn in this Camp? (study part)**  
In these tasks, participants will develop various skills, such as: a sense of responsibility; creativity; the ability to work in multicultural teams; the notion of aesthetics and design, social skills, and work skills, as they will be working in teams and on different tasks. All these skills are the basis of Non-Formal Education and learning by doing.

**Free Time, Leisure Time and Visits preview**  
We intend to create an intercultural evening open to Arroquelas community. During nights we intend to create conditions for the participants to create moments of animation and cultural sharing, like music, karaoke, games etc. The volunteers house have a pool that can be used by the participants. We intend to take them to the beach, at least once, to Lisbon and to the public pools in Rio Maior. The participants will be able to visit nearby cities, learn about Portugal, its history, habits, culture and language. We will provide entertaining activities that will keep all participants motivated in this project. During the project we plan to take the participants for a tour in our region, visiting places of cultural and environmental interest.

## LOGISTICAL ARRANGEMENTS

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

The Working Camp will take place in Arroquelas, a small village with +/- 800 inhabitants. Is located in a rural area in central Portugal, +/- 90 km from Lisbon. All young people who are part of H2O are volunteers.

Our Organization is in (39.2596756,-8.8984460).

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

Breakfast, lunch and dinner will be provided to all participants during the project - but the dinner will be prepared each night by a group of participants, with the objective of creating intercultural night (the ingredients will be provided by H2O). Also, vegetarians and Vegans are welcome, we always guarantee balanced and adapted meals.

About accommodation, the participants will be living in tents or in one big house for all, inside of the village.

All participants should know that they will sleep in cantonment or tents. They should collaborate in the confection of food and in the organization of meals. The place of accommodation is inside the village, reason why everyone is expected to respect all the inhabitants, with a way of being responsible.

Laundry, Kitchen and Internet are available for everyone. You should bring towels for you.

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

### Internal rules of the Camp

All participants must respect each other, the institutions and the Association. Working tools supplied by the Association must be handled with proper care. Residences must be kept safe and clean for everyone. Portuguese rules and legislation shall be followed and respected. The participants will leave together in tents or big house in village and they have to respect the other participants and village habitants.

### Special remarks or requirements of the Camp

## INSURANCE (kind of covers)

All participants will be ensured. Working hazards, illness and personal accidents are covered.

## WHAT VOLUNTEERS HAVE TO BRING

All the necessary material will be provided by the Association and the Partners in this project. Participants should only bring comfortable clothing for physical work, and since we intend to take them to Lisbon, to city pool and to the beach, in Peniche, participants should bring suitable clothing for these moments.

## MEETING TIME AND MEETING POINT

<b>Arrival date:</b>	July 6th
<b>Timetable or period:</b>	8 pm
<b>Place Name:</b>	Rodoviária do Tejo, Rio Maior
<b>Place Address:</b>	Av. Dr. Mário Soares 1, Rio Maior
<b>Emergency contact:</b>	962747045 (Alexandre)

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

<b>Closest Airport:</b>	Aeroporto Humberto Delgado, Lisbon
<b>Closest Train Station:</b>	It's better from bus, Lisbon. But if you come from another place, that it's not Lisbon, or by train, say it to us and we find a solution.

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

From Airport to bus, you can go to Sete Rios Bus Station .

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

Participants should be able to reach Lisbon on their own, by Plane, train or bus. When in Lisbon, they must find a Bus in Sete Rios Bus Station to Rio Maior (normal every hour). We can pick up all participants in Rio Maior when we know their arrival dates and time, but probably at 8pm.

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

It's better from bus, Lisbon. But if you come from another place, that it's not Lisbon, or by train, say it to us and we find a solution.

### Special recommendations

Participants should be able to reach Lisbon on their own, by plane, train or bus. When in Lisbon, they must find a Bus in Sete Rios Bus Station to Rio Maior (normal every hour). We can pick up all participants in Rio Maior when we know their arrival dates and time, but probably at 8pm.

<b>PRACTICAL INFORMATION AND CONTACTS</b>	
<b>Nº of volunteers:</b>	17
<b>Working language:</b>	English
<b>Country currency:</b>	Euro
<b>Weather expected during the camp:</b>	Hot weather during the day, but cold nights.
<b>Local Host organization address:</b>	Rua dos Fundadores da Junta Freguesia, nº73 2040-031 Arroquelas
<b>Local Host organization phone:</b>	925001380
<b>Local Host organization email:</b>	h2o@h2o.org.pt
<b>Local Host contact person:</b>	Alexandre Miguel Vitorino Jacinto
<b>Camp Leader Name:</b>	Alexandre Miguel Vitorino Jacinto
<b>Camp Leader mobile phone:</b>	962747045
<b>IPDJ Regional address:</b>	Rua de Moscavide 4.71, 1998-011 Lisboa
<b>IPDJ Regional phone number:</b>	<a href="tel:218920800">21 892 0800</a>

<b>WORKCAMP CODE</b>	PT-SA-25-24	
<b>CAMP NAME*</b>	Letters That Connect the World!	
<b>DATES</b>	02.09.2024	11.09.2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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



**Associação Youth Cluster - Um Mundo de Oportunidades:**

The *Youth Cluster* is a youth organisation created by a group of young people who took part in multiple programmes abroad. Our organisation started by being a platform of opportunities with the aim to promote national and European financed activities. Currently our team actively implements Erasmus+ projects, including Youth Exchanges, Training Courses and Youth Participation Activities and national activities focused on promoting our platform of opportunities, activism and youth participation in the local and European communities.

**Contacts:**

Instagram: @youthcluster  
 Facebook: facebook.com/youthclusterpt  
 Website: youthcluster.org

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

**Camp Description and Aims**

The "Letters Connecting the World!" is a workcamp that aims to revive the tradition and joy of sending letters, fostering intergenerational and multicultural bonds in the community of Constância. Throughout a week in September 2024, the Constância Library will be transformed into a centre of dynamic activities, hosting 12 enthusiastic volunteers. The focus is on building lasting friendships between local and international youth, who will become pen-pals by the end of the project. The project also aims to revitalise interest in libraries as cultural spaces, encouraging the community to rediscover these knowledge-rich locations. To achieve these goals, we propose a series of engaging and inclusive activities, providing opportunities for learning, connection, and creative expression for all ages.

**Voluntary Work and Tasks of the Camp**

The main tasks to be implemented by the volunteers during the workcamp include the following:

1. Facilitation of Activities at the Library:
  - Conduct reading activities and storytelling for children.
  - Organise thematic exhibitions featuring books related to different cultures.
2. Management of the Letter Drop and Collection Point:
  - Establish and maintain a central point in the library for letter drop-off and collection.
  - Encourage visitors to participate in the project by providing writing materials and envelopes.
3. Artistic and Sustainable Workshops:
  - Facilitate the visual arts workshop to create a symbolic stamp for the letters.
  - Organise upcycling workshops, teaching techniques to reuse materials and reduce waste.
  - Lead the sustainable practices workshop, emphasising the importance of eco-consciousness in daily life.
4. Promotion of Calligraphy and Artistic Expression:
  - Offer the calligraphy workshop to enhance handwriting skills.
  - Encourage the creation of artistically decorated letters to make the experience more personal and unique.
5. Cultural Night in the Village:
  - Coordinate the cultural night, where international youth will share their traditions and stories.
  - Collaborate with local youth to create engaging and informative cultural presentations.

This workcamp will utilize creative methodologies, making it an excellent opportunity for those interested in this field to enhance their creative skills. The tasks will enable volunteers to forge stronger connections across generations and cultures, as well as contribute to the transformation of the library into a dynamic centre for learning and cultural exchange in Constância.

English will be the primary language used during the workcamp. However, while engaging with the local community, language barriers may arise. To address these challenges, we will employ creative methodologies, for instance, Portuguese participants will assist with translation and our storytelling activities will incorporate silent theatre techniques. Additionally, during the cultural night, we will introduce dances and games that foster relationships among volunteers and locals without relying on verbal communication.

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

The study component of "Letters Connecting the World!" aims to provide volunteers with a diverse and enriching learning experience. Through a combination of workshops, activities, and cultural exchange, participants will have the opportunity to acquire valuable knowledge and skills, fostering personal growth and intercultural understanding.

1. Penpal Correspondence Skills - Volunteers will delve into the art of penpal correspondence, refining their writing skills and learning the nuances of effective communication across cultures. The exchange of letters will not only strengthen language proficiency but also cultivate empathy and understanding.
2. Sustainable Practices and Upcycling - Workshops on sustainable practices and upcycling will empower volunteers with practical skills to reduce environmental impact. Participants will explore creative ways to repurpose materials, contributing to a more eco-friendly lifestyle.
3. Cultural Awareness and Appreciation - Through cultural workshops and the Cultural Night event, volunteers will gain a deeper appreciation for diversity. Learning about the traditions, customs, and perspectives of both local and international participants will foster cross-cultural understanding and collaboration.
4. Artistic Expression and Symbolism - The arts and crafts workshops, including the creation of a symbolic stamp for letters, will provide volunteers with a platform for artistic expression. This not only enhances creativity but also emphasises the power of visual communication and symbolism in storytelling.
5. Library Engagement and Community Building - Volunteers will learn about the importance of community spaces, specifically libraries, in fostering knowledge-sharing and cultural exchange. Engaging with the local library will highlight the role these institutions play in building strong, informed communities.
6. Practical Skills in Event Coordination - Being involved in the planning and execution of workshops and the Cultural Night event will equip volunteers with practical event coordination skills. This hands-on experience will be valuable in various future endeavours.

The study part of "Letters Connecting the World!" is designed to be a holistic and immersive learning journey, offering volunteers a blend of practical skills, cultural insights, and personal development opportunities. Participants will leave not only as adept penpals but also as individuals enriched by a broader understanding of the world around them.

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

During the free time, the volunteers will have the chance to relax in the camping park where you can find green spaces, tables and also a court to play ball games like futebol and volleyball. It is also possible to visit the fluvial beach in Constância and other venues in the city, many of which we will get to know about during the first days, including the butterfly museum, the science centre, coffee places, among others. There will also be a free afternoon during the programme and there will be the possibility to do canyoning or visit another city in Portugal. The official plans are still to be confirmed, since we would like to know about the volunteers' preferences.

## **LOGISTICAL ARRANGEMENTS**

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

We will be camping in Parque de Campismo de Constância, located in a small village in the countryside of Portugal (approximately 1h away from Lisbon) with an estimated population of 7000 people. Details and photos of the camping facilities can be found in the website:

<http://www.cm-constancia.pt/index.php/pt/visitar/parque-de-campismo-e-caravanismo>.



**Contingencies in Case of Unfavourable Weather Conditions:** Recognising the unpredictability of weather conditions, in the event of adverse weather preventing outdoor camping, we will provide secure and suitable indoor facilities. This indoor camping space will be equipped with sanitary facilities, showers, and all necessary amenities, ensuring the comfort and well-being of participants.

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

The camping park is equipped with multiple hygiene facilities, including toilets, hot showers and a tank for washing clothes by hand - bring washing soap/ detergent if you wish to wash clothes, or you can buy it in the supermarket nearby. Multiple power sockets are also available to charge electronics. In the previous website you can get more information and see photos of the venue. If you have questions, you can also ask our team!

The organisation will provide 4 meals a day - breakfast, lunch, an afternoon snack and dinner. The food will be cooked by a local and will be mostly typical portuguese food. Vegetarian options will also be available. In the proximity of the venue it is also possible to find stores, cafes and restaurants.

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

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

It is not allowed the consumption of alcohol and other substances in the camping park. The participants are responsible to take part in all activities and, if they are prevented from participating for health or other reasons, this information should be communicated to the monitors of the workcamp. Participants can be expelled from the activities if these rules are not followed.

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

To apply, please send a short motivation letter and your CV

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

We advise every participant to bring their European Health Insurance Card (if resident in an EU country), so we can easily and with no costs visit the hospital or health centre, in case of sickness or accidents. We also recommend acquiring travel insurance in case of flight delays or lost luggage. The Youth Cluster hired an insurance company that will cover expenses in case of accidents during the workcamp.

#### WHAT VOLUNTEERS HAVE TO BRING

If possible bring some camping items, including tent, mat and sleeping bag. In case you do not own these materials we will lend them to you. Everyone should bring clothes according to the weather, personal hygiene items and medicines (if applicable), a bag/ backpack for daily use, a torch, a reusable water bottle and some items, of your choosing, to share during the intercultural night (eg: traditional food, clothes, art, etc).

#### MEETING TIME AND MEETING POINT

Arrival date:	2nd September 2024
Timetable or period:	15h
Place Name:	Entroncamento - Train station
Place Address:	Entroncamento - FG6G+J8 Entroncamento
Emergency contact:	+351 926 673 296

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

Closest Airport:	Lisbon airport
Closest Train Station:	Entroncamento - train station where we'll meet; Praia do Ribatejo - closest train station to the camping

##### Travelling from Lisbon Airport to Entroncamento (meeting point)

International volunteers arriving at Lisbon Airport should go to Oriente Train Station, located in Lisbon and easily accessible via the metro system - the red metro line connects "Airport" to "Oriente". From the metro stop multiple signs indicate the direction to the train station - walking distance.

Oriente Station serves as the starting point for the train journey to Entroncamento. From here volunteers can enjoy a train journey to Entroncamento with several train options available throughout the day, flexibility is guaranteed to accommodate different arrival times. The organisers of the international camp will be present at Entroncamento Train Station to welcome the international volunteers. Using a bus from the municipality, we will provide transport from Entroncamento to the camping site in Constância.

##### Travelling by train from (Lisbon, Porto or Faro) to Entroncamento (meeting point)

If you land in another airport or start your journey from another city within Portugal, you can find a route by train that will take you to Entroncamento train station. We advise you to check the travel option in the official train website: <https://www.cp.pt/en>

##### Special recommendations

Our team will provide assistance when you plan your trip no matter which airport you land in or city you depart from.

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	12
Working language:	English
Country currency:	Euro (€)
Weather expected during the camp:	Expected warm temperatures and sunny days (18°C - 27°C)
Local Host organization address:	Rua do Cabeço N1 Malpique 2250-326 Santa Margarida da Coutada, Constância
Local Host organization phone:	+351918433459 / +351 926 673 296
Local Host organization email:	<a href="mailto:helloyouthcluster@gmail.com">helloyouthcluster@gmail.com</a>
Local Host contact person:	Margarida Freitas
Camp Leader Name:	Ana Matos
Camp Leader mobile phone:	+351 926 673 296
IPDJ Regional address:	Av. Grupo de Forcados Amadores de Santarém, 2000-201 Santarém
IPDJ Regional phone number:	920 205 837

<b>WORKCAMP CODE</b>	PT-VI-12-24	
<b>CAMP NAME*</b>	Giving nature a hand 2.0	
<b>DATES</b>	Start: 02 August 2024	End: 11 August 2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

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

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

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

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



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

**Camp Description and Aims**

The work camp has the general objective of bringing together young people from different nationalities, cultures and contexts with the common objective of contributing to the increase of biodiversity, to the restoration of degraded ecosystems and the increase of the landscape's fire resilience. The conservation works will take place in an area managed by MONTIS in the interior of Portugal, in Carvalhais, São Pedro do Sul. The area where the tasks will be carried out, is an ecologically degraded and sensitive area. More info about the area can be found at <https://montisacn.com/en/managed-properties/baldio-de-carvalhais/>.

It is expected that with this joint work, guided by monitors and specialized technicians, the participants will be able to develop new learnings and skills in the areas of nature and restoration of ecosystems. It is also expected, with the joint volunteering tasks, which include individual and collective tasks, fauna workshops and leisure activities, to stimulate cultural, linguistic learning and intercultural interaction amongst the community of participants. The work field is organized in a "learn by doing" logic.

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



**Voluntary Work and Tasks of the Camp**

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

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

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

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

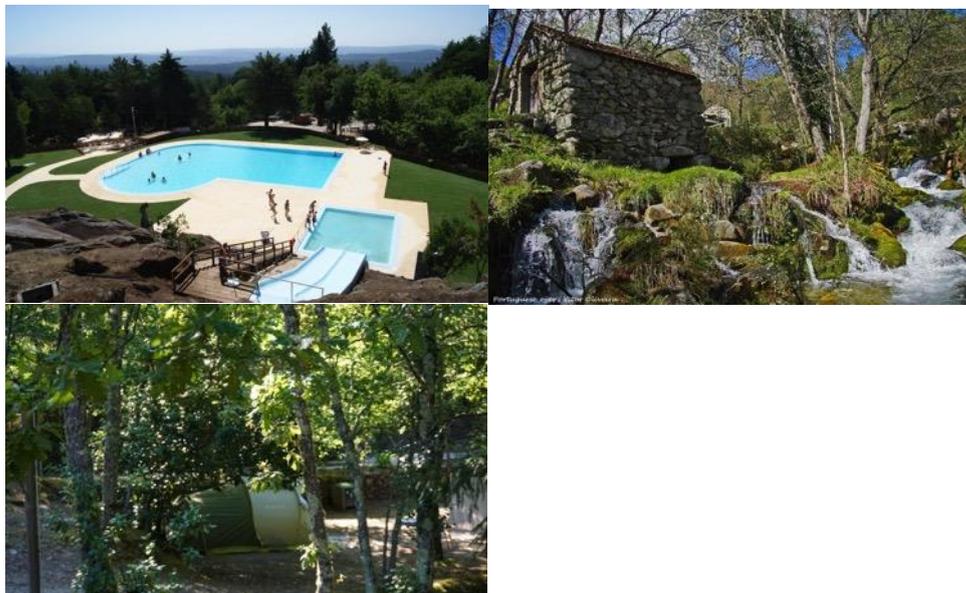
### **Free Time, Leisure Time and Visits preview**

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

## **LOGISTICAL ARRANGEMENTS**

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

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



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

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

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

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

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

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

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

Volunteers should be comfortable with walking and physical activity, as there will be at least a total of 45 minutes of walking during

each day and 5 hours of physical volunteering work. Motivation is important as the work is physical and includes camping all nights.

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

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

#### WHAT VOLUNTEERS HAVE TO BRING

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

#### MEETING TIME AND MEETING POINT

Arrival date:	02 of August 2024
Timetable or period:	From 15:00 to 17:00
Place Name:	São Pedro do Sul – Terminal da Rede Expressos
Place Address:	R. Correia de Oliveira, nº 6, 3660-000 São Pedro do Sul
Emergency contact:	+351933801227

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

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

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

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

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

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

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

There is no train option to travel to the meeting point

##### Special recommendations

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

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	12
Working language:	English
Country currency:	Euro €
Weather expected during the camp:	Sunny days and hot temperatures
Local Host organization address:	Avenida Sidónio Pais, Central de Camionagem, R/C, 3670-249, Vouzela, Viseu
Local Host organization phone:	+351 232 774 040   +351 925 840 014
Local Host organization email:	<a href="mailto:montisacn@gmail.com">montisacn@gmail.com</a>
Local Host contact person:	João Freitas
Camp Leader Name:	João Freitas
Camp Leader mobile phone:	+351933801227
IPDJ Regional address:	Rua Dr. Aristides Sousa Mendes, 3500-151 Viseu
IPDJ Regional phone number:	232 483 410

<b>WORKCAMP CODE</b>	PT-VI-17-24	
<b>CAMP NAME*</b>	Supporting Nature 2.0	
<b>DATES</b>	Start: 8 July 2024	End: 17 July 2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

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

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

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

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

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



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

**Camp Description and Aims**

The work camp has the general objective of bringing together young people from different nationalities, cultures and contexts with the common objective of contributing to the increase of biodiversity, to the restoration of degraded ecosystems and the increase of the landscape's fire resilience. The conservation works will take place in areas managed by MONTIS in the interior of Portugal, in Pampilhosa da Serra. The areas where the tasks will be carried out, are ecologically degraded and sensitive areas. More info about the area can be found at <https://montisacn.com/en/managed-properties/pampilhosa-da-serra-2/>.

It is expected that with this joint work, guided by monitors and specialized technicians, the participants will be able to develop new learnings and skills in the areas of nature and restoration of ecosystems. It is also expected, with the joint volunteering tasks, which include individual and collective tasks, fauna workshops and leisure activities, to stimulate cultural, linguistic learning and intercultural interaction amongst the community of participants. The work field is organized in a "learn by doing" logic.

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



**Voluntary Work and Tasks of the Camp**

The volunteering tasks will all be directed or related to ecosystem restoration. The activities include pruning young trees and pruning and management of pine trees and other native species, to accelerate their growth (with pruning shears and other cutting tools); opening and maintenance of access paths for volunteers and visitors; restore riparian vegetation; construction of barriers to water runoff with local materials, to increase infiltration and improve the soil; control of invasive plant species, namely the *Acacia dealbata*, *Acacia melanoxylon*, *Hakea decurrens* and *Bidens frondosa*, all non-native trees that occupy and degrade local ecosystems, competing with native species (control is carried out by pulling small trees and ring barking medium and large trees, using a pocketknife for *Acacia* sp. and pulling the roots to the others); camera trapping: consists of installing and collecting photo trapping cameras that react to movement, capturing photographs and videos of passing animals (after the work camp, MONTIS compiles all the information collected with the photo trapping cameras and sends it by email to the work camp participants); identification and registration of

species of fauna and flora: this activity is guided by the monitors and supported by the use of the iNaturalist application, an application that helps to recognize species through photography (all data collected is publicly available on the iNaturalist platform <https://www.inaturalist.org/projects/montis>).

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

Ecosystem restoration techniques and approaches. Techniques to: restore riparian vegetation; improve soil quality and reduce water runoff; accelerate the growth of native trees; control invasive plant species. Volunteers will learn to work with camera trapping, and with tools to identify and register fauna and flora. Volunteers will learn about animal species (birds, mammals, reptiles, amphibians and bees) and invasive plant species in workshops dedicated to these themes.

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

Free and leisure time will be spent in the surroundings of Xisto Camping (<https://xistocamping.com/portal/>) and near Santa Luzia water plan. Activities like canoeing, observation of nature, stargazing, swimming in river beaches are available for the volunteer's free time. MONTIS will organise several workshops, regarding the wildlife found in Pampilhosa da Serra, invasive species, natural engineering, pastry workshop of "Filhoses" and visits to the local natural and cultural highlights of the area.

## **LOGISTICAL ARRANGEMENTS**

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

The location of the workcamp is in a remote rural area, with almost no population. Volunteers will camp in Xisto Camping (<https://xistocamping.com/portal/>; coordinates: [40° 02' 48.6" N 7° 48' 05.8" W](#)). MONTIS will have cars available to support the needed transportation. The intervention area distances from the campsite about 20 minutes driving. The cars will be used to transport volunteers every day. MONTIS will transport all tools, water and food needed for the volunteering period to the volunteering site.



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

Volunteers will be camping. There is a central facility with showers, and WC for women and men, with all basic hygiene facilities. There is another central facility for socializing, for board and card games, and a small bar. The camping site has internet available, as well as outdoors barbecue and eating tables. There is no kitchen or laundry. The camping site is next to a fluvial beach. MONTIS will provide regular meals, with the possibility of vegetarian by request. These include breakfast, lunch, afternoon snack and dinner. Lunch will be served on the field as packed lunch if needed. If volunteers have dietary restrictions of any kind, these restrictions must be communicated to MONTIS for proper preparations.

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

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

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

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

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

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

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

## **WHAT VOLUNTEERS HAVE TO BRING**

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

## **MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	8 of July 2024
<b>Timetable or period:</b>	From 19:00 to 20:00
<b>Place Name:</b>	CAFÉ ALVORADA – Pampilhosa da Serra
<b>Place Address:</b>	R. Quinta 9, 3320-228 Pampilhosa da Serra
<b>Emergency contact:</b>	+351933801227

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

<b>Closest Airport:</b>	Porto or Lisbon
<b>Closest Train Station:</b>	There is no train station available close to the location

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

**From Porto Airport:** Travel by Metro, 45 minutes total trip time. Metro leaves from the airport every 30 minutes. Ticket price from 1,00 to 2,00 €. Website (<https://www.metroporto.pt>).

**From Lisbon Airport:** 1. Take the metro (red line) at the airport - it's the only metro line; 2. You have to change lines, at the end of the red line – in S. Sebastião - To the blue line towards the Zoo; 3. It's only 2 stops, when you get to the zoo stop, you leave and follow the signs to the bus station.  
Ticket price from 1,00 to 2,00 €. Website (<https://www.metrolisboa.pt/>)

Or travel by taxi by request. Price ranges from 15 to 20 €.

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

Travel from Porto (Rede Expressos – Terminal Intermodal da Campanhã, R. de Bonjónia 691 4300, 4300-084 Porto) to Pampilhosa da Serra (R. Quinta 9, 3320-228 Pampilhosa da Serra), schedules: 12:00 – 19:05 Price: 16,20 € Website (<https://rede-expressos.pt/en>)  
Travel from Lisboa (Rede Expressos – Terminal de Sete Rios, Praça Marechal Humberto Delgado, 1500-423 Lisboa) to Pampilhosa da Serra (R. Quinta 9, 3320-228 Pampilhosa da Serra), only schedule at 14:45. Price ranges from 15 to 20€. Website (<https://rede-expressos.pt/en>)

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

There is no train option to travel to the meeting point

#### Special recommendations

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

#### PRACTICAL INFORMATION AND CONTACTS

<b>Nº of volunteers:</b>	12
<b>Working language:</b>	English
<b>Country currency:</b>	Euro €
<b>Weather expected during the camp:</b>	Sunny days and hot temperatures
<b>Local Host organization address:</b>	Avenida João de Melo, nº 23, 3670-249, Vouzela, Viseu
<b>Local Host organization phone:</b>	+351 232 774 040   +351 925 840 014
<b>Local Host organization email:</b>	montisacn@gmail.com
<b>Local Host contact person:</b>	João Freitas
<b>Camp Leader Name:</b>	João Freitas
<b>Camp Leader mobile phone:</b>	+351933801227
<b>IPDJ Regional address:</b>	Rua Dr. Aristides Sousa Mendes, 3500-151 Viseu
<b>IPDJ Regional phone number:</b>	232 483 410

<b>WORKCAMP CODE</b>	PT-VI-28-24	
<b>CAMP NAME*</b>	Blue Planet	
<b>DATES</b>	Start: 01 July 2024	End: 10 July 2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

<b>LOCAL HOST</b> (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words
<p>ADA – Associação Desportiva de Avões is a sports and cultural association, of public interest, which operates in Portugal, founded in 1974. the functionality of ecosystems and support the increase of biodiversity.</p> <p>To do this, we put into practice a nature-based approach, relying on the support or restoration of key processes and natural assets, such as soil quality, water management and habitat enhancement.</p> <p>We develop several actions with the community in order to promote the parish, through environmental sustainability, valuing agricultural activities and land in the region.</p> <p>Ecosystem restoration tasks and activities are carried out primarily with volunteers. Since its founding, ADA has promoted actions and events in the defense and conservation of nature. Website: <a href="https://pt-pt.facebook.com/A.D.Avoes/">https://pt-pt.facebook.com/A.D.Avoes/</a></p>

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

**Camp Description and Aims**

Nature restoration actions

Volunteer activities will take place in areas where Associação Desportiva de AVÕES, that presents greater fragility in ecosystems and a greater threat to existing fauna and flora. The work areas are located approximately 20 minutes by van from the rest area. Volunteers will travel in the organization's vans.

During the camp many different moments will be provided:

- Walks in nature, close to the area surrounding the mountains;
- An activity of discovery from the city's monuments, its parishes, and its cultures and customs;
- Open gatherings, after dinner, without a closed program, dedicated to joint games, exchange and sharing of cultures and ideas through the city's monuments;
- Time at the city swimming pool, for rest and refreshment from the summer heat and physical work;
- Daily free time for volunteers to get to know the city better.
- Night of entertainment with traditional Portuguese music;
- A moonlit picnic at dusk in Serra das Meadas. Nature and cultural activities Volunteers will participate in various activities that will allow them to learn about some of the cultural and natural values of the region, namely:
  - Visit the cultural monuments of the city and its parishes, visit and get to know the DOURO world heritage region;
  - Know the traditions and associated culture of the region and nature, particularly in naming names associated with the nature of our region;
  - Visit the village of Resende and the Caldas de Aregos Hot Springs, so that volunteers can discover, as well as the beauty of the thermal spa, framed with the DOURO;



**Voluntary Work and Tasks of the Camp**

The main tasks are:

- Pruning and training of oaks and pines, formation pruning and vegetation removal, in order to accelerate the creation of native forests and increase their resilience to fire.
  - Control of invasive exotic species – actions to control invasive species of native habitats, with a view to reducing their occupancy. Mostly we want to give new life and create new forests more in defense and resistance to fire. Also safeguard more active vigilance in defending the forest against fires.
- Access management – actions that allow opening and maintaining access to the interior of managed areas, and for the use of access means for fighting fires, guaranteeing both public use and access to carry out other management actions. Also safeguard a containment strip for the biological park located in Serra das Meadas In safeguarding the species existing within the park itself, and the kennel existing in the mountains.
- We want to carry out awareness campaigns among adjacent populations around the mountains, for greater care and defense of the forest. Going to meet people and demonstrate techniques for caring for the forest.
- We will also renew and clean existing trails recognized for their beauty and observation of the fauna and flora of our region;
- Get to know organizations that are dedicated to preserving nature and safeguarding biodiversity;

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

Collection and recording of biodiversity data

Volunteers will participate in observation, identification and recording of biodiversity, fauna and flora data. These actions will be supported by certified technicians from the municipality of Lamego. Where with their training they made a more detailed record of all work monitoring. Entertainment, conviviality and leisure During these days of the Work Camp, volunteers will be provided

with several moments of leisure and conviviality on a daily basis.

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

Free and leisure time will be spent in the surroundings of parque biológico de Lamego (<http://parquebiologico.cm-lamego.pt/>). Activities like nature walking trails, slide, observation of nature, swimming pool and outdoor activities are available for the volunteer's free time. ADA will organise workshop and workshop and visits to the local natural and cultural values of the area.

The local for the participants will be in Sports Complex of Lamego.

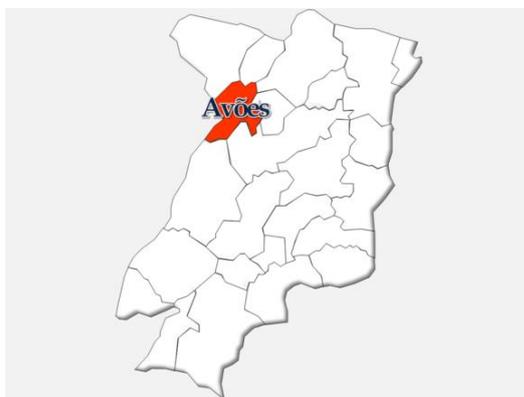
The closest village is 1 km from the camping. ADA will have a van available to support the needed transportation. The intervention area distances from the campsite about 20 minutes walking. The van will be used to transport volunteers when needed, but walking is the main transportation. ADA will transport all tools, water and food needed for the volunteering period to the volunteering site.

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

**CAMP LOCATION** – Associação Desportiva de Avões,

**Avões** is a [Portuguese parish](#) in the [municipality](#) of [Lamego](#) , with an area of 4.87 km<sup>2</sup> and 502 habitants.

An ancient document, which is now missing, shows the passage and stay of Templars in the village of Avões, more or less between the 12th and 14th centuries.



Location in the municipality of Lamego

### **Accommodation/Food**

Volunteers will be in rooms of the Lamego Sport Complex. Located 4 km from Avões.

There is a central facility with showers, and WC for women and man, with all basic hygiene facilities. There is another central facility for socializing, with board and card games, and a small bar/shop. The local has internet available, as well as outdoors barbecue and eating tables. Have kitchen and laundry.

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



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

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

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

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

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

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

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

**WHAT VOLUNTEERS HAVE TO BRING**

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

**MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	01 of July 2024
<b>Timetable or period:</b>	From 15:00 to 17:00
<b>Place Name:</b>	Lamego – Complexo Desportivo de Lamego
<b>Place Address:</b>	Monte de S. Estevão 5100 Lamego
<b>Emergency contact:</b>	+351966663880

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

<b>Closest Airport:</b>	Porto
<b>Closest Train Station:</b>	Peso da Régua (11 Km to Lamego)
The cheapest way to get from Porto Airport (OPO) to Lamego is to bus which costs €9 - €30 and takes 2h 24m By Metro, 15 minutes total to Train Station of Campanha. By Train to Peso da Régua and bus To Lamego.	
<b>Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point</b>	
Travel from Porto (Rede Expressos - Campo 24 de Agosto 125, 4300-096 Porto) to Lamego	
<b>Traveling by train from (Lisbon, Porto or Faro) to the Meeting Point</b>	
There is no train option to travel to the meeting point	
<b>Special recommendations</b>	
None. For further information or help please email us to <a href="mailto:adavoes@hotmail.com">adavoes@hotmail.com</a>	

**PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	10
<b>Working language:</b>	English
<b>Country currency:</b>	Euro €
<b>Weather expected during the camp:</b>	Sunny days, warm to hot temperatures
<b>Local Host organization address:</b>	Associação Desportiva de Avões, Rua 25 de Abril Nº45 ,Avões de Cá, 5100-308Lamego, Portugal
<b>Local Host organization phone:</b>	+351 96 745 9131
<b>Local Host organization email:</b>	<a href="mailto:adavoes@hotmail.com">adavoes@hotmail.com</a>
<b>Local Host contact person:</b>	Fábio Azevedo
<b>Camp Leader Name:</b>	Ricardo Batista
<b>Camp Leader mobile phone:</b>	+351966662880
<b>IPDJ Regional address:</b>	Rua Dr. Aristides Sousa Mendes, 3500-151 Viseu
<b>IPDJ Regional phone number:</b>	232 483 410

<b>WORKCAMP CODE</b>	PT-VR-18-24	
<b>CAMP NAME*</b>	CLOSER – Music & Solidarity	
<b>DATES</b>	From 20-07-2023	to 31-07-2023

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

**Associação Ger Emergente** develops projects essentially in four main areas: **culture, solidarity, environment and entrepreneurship**. The main activities developed over the years include: promoting **solidarity** and **cultural events**, where **music, theater and urban arts** are present, developing **environmental programs to defend nature and the forest**, making Vila Real known and being a pillar for young people entrepreneurs.

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

**Camp Description and Aims**  
 The main goals for “CLOSER | Music & Solidarity” Camp are:  
 1) Socio-community activities with the population of Vila Marim village, involving participants in the preparation of their **Cultural Week event**;  
 2) **Support families** in this village with **solidarity food baskets**;  
 Participants will be staying in a elementary school provided by the Parish Council of Vila Marim.  
**You can watch a movie/resume on Youtube of a previous International Camp about Nature theme:**  
[https://www.youtube.com/watch?v=p0g6Ey-kY44&ab\\_channel=EscolaMusic%27sCool](https://www.youtube.com/watch?v=p0g6Ey-kY44&ab_channel=EscolaMusic%27sCool)

**Voluntary Work and Tasks of the Camp**  
 Tasks to be performed by young participants:

**Popular games**

- Collect and organize material for popular games such as bags for the sack race, bows, walking platform and ropes;
- Distribute the material around the place where the popular games will take place;
- Support the organization during popular games with specific tasks for each game, such as delivering bags to local participants, tightening ropes, among others.
- Support the organization in counting the results, assigning scores to candidates, among others;
- Support in the delivery of prizes to the winners, with young volunteers being responsible for delivering some prizes;

**Musical Events**

- Support in the set-up of shows, placing lights, cables and microphones on the stage;
- Be responsible for the soundboard during musical events. This responsibility will be made easier as you will only need to control the volume of the several microphones/instruments;
- Be responsible for changing lyrics on the shelves between songs;

**Walk around the parish**

- Register participants in the walk who are people from this location;
- Hand over the walk badge, which consists of a plastic sheet with information about the walk that will be carried out;
- Deliver bottles of water to "Checkpoints";
- Support the picnic team at the end of the walk in delivering food to participants;

**Food baskets**

- Construction of cardboard boxes for collecting food;
- Support in the collection of food at various events throughout the Work Camp;
- Create baskets with photos depicting the team;
- Deliver baskets to designated families;

**Plena Moon - Observation event and exhibition about the Full Moon**

- Collection of material (screens, tripods, light and sound material) for the Plena Moon exhibition;
- Place the screens and tripods in the Quintela Tower for the exhibition;
- Placement of light material in the exhibition, consisting of connecting small LED spotlights to beautify the exhibition;
- Placement of sound material in the exhibition, consisting of 2 speakers with ambient music;

**Theater Night**

- Support in placing the scenery on stage;
- Support in the distribution of clothes to the participants of the theater play, inhabitants of that location;
- Place a counter at the entrance to collect food items;

**What the volunteers can Learn in this Camp? (study part)**  
 Besides the participants being aware of spirit of solidarity and being CLOSE to people, they will gain new "skills" that will contribute to their personal development, acquiring new communication skills, socialization skills, knowing how to organize and execute a event, larger spirit of initiative and entrepreneurship, greater self-empowerment and self-esteem, more active participation in society, greater awareness of interculturality, among others.  
 All the tasks and learnings of this project will be documented in a final diploma, delivered by the organisation to each of the young

people.

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

During leisure time and free time, participants can visit Vila Real, visit churches, museums, walk and explore the city's parks, go to the waterfall, go shopping, do some sports or relax.

The group will also be able to visit several green places, like Fisgas de Ermelo and Alvão's waterfall, where they can appreciate the natural beauty that surrounds Vila Real.

## **LOGISTICAL ARRANGEMENTS**

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

The camp will take place in Vila Marim Village.

The participants will be hosted in an elementary school.

Participants will be able to wash their clothes in industrial machines in the city.

The small trips in the city and village will be made on foot. Bigger distances will be made by Van.



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

- Kind of lodgement: A elementary school in Vila Marim. Has 2 rooms: one is bigger, the other one is smaller, 2 bathrooms, showers with hot water, and a large meeting room.
- Number of meals: 4 (Breakfast, Lunch, break and dinner).

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

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

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

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

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

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

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

## **WHAT VOLUNTEERS HAVE TO BRING**

Sleeping bag, sleeping blanket;

Toiletries, bath towels.

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

Pocket Money for the needs of each young person.

## **MEETING TIME AND MEETING POINT**

<b>Arrival date:</b>	20-07-2023
<b>Timetable or period:</b>	11:00 – 18:00
<b>Place Name:</b>	Vila Real City Hall
<b>Place Address:</b>	Av. Carvalho Araújo 10, 5000-651 Vila Real

<b>Emergency contact:</b>	(+351) 967 111 725
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**HOW TO GET TO THE MEETING POINT/CAMP? (Please add addresses, timetables, itinerary trip, ticket prices and internet address)**

<b>Closest Airport:</b>	Porto Airport (OPO)
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<b>Closest Train Station:</b>	Regua's Train Station
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**Travelling from the Airport to (bus or train)**  
Vila Real is located 50 minutes distance from the Porto airport.  
1 - You land in the Porto airport  
2 - Take the bus to Vila Real, the ticket price is about 10,00€.  
The main bus company in Portugal is "Rede Expressos".  
Bus company website:  
<https://www.rede-expressos.pt/>  
3. When you arrive in Vila Real, you have to go to the city hall (5 minutes walking distance).

**Travelling by Bus from (Lisbon, Porto or Faro) to the Meeting point**  
Take the bus to Vila Real, the ticket price in "Rede Expressos" is about 21,00€ (Lisbon to Vila Real) or 30,00€ (Faro to Vila Real).  
When you arrive in Vila Real, you have to go to the city hall (5 minutes walking distance).

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

**Special recommendations**  
Please be aware that the cost of a taxi to Vila Real is much more expensive than traveling by bus.  
Usually, bus trips take 1h30 from Porto to Vila Real, close to 5h from Lisbon to Vila Real and almost 10h from Faro to Vila Real

**PRACTICAL INFORMATION AND CONTACTS**

<b>Nº of volunteers:</b>	17
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<b>Working language:</b>	English
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<b>Country currency:</b>	Euro
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<b>Weather expected during the camp:</b>	Sun and heat (between 22º and 30ºC) but it can rain at any time
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<b>Local Host organization address:</b>	Rua Nova, Bloco A, 9, R/C
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<b>Local Host organization phone:</b>	(+351) 259 322 733
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<b>Local Host organization email:</b>	<a href="mailto:tiagoquinteiracosta@gmail.com">tiagoquinteiracosta@gmail.com</a>
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<b>Local Host contact person:</b>	Tiago Costa
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<b>Camp Leader Name:</b>	Tiago Costa
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<b>Camp Leader mobile phone:</b>	(+351) 967 111 725
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<b>IPDJ Regional address:</b>	R. Dr. Manuel Cardona, 6
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<b>IPDJ Regional phone number:</b>	(+351) 259 309 640
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<b>WORKCAMP CODE</b>	PT-VR-23-24	
<b>CAMP NAME*</b>	Painting Smiles	
<b>DATES</b>	01/08/2024	12/08/2024

\*Deve ser escolhido um título em inglês, pequeno e apelativo

<b>LOCAL HOST</b> (organization name, aims, main activities, internet address, you can add a small logo of your organization) – Maximum - 130 words
In general, <b>WAVEMOMENT – Youth Association</b> promotes <b>musical, cultural, sports, nature protection and solidarity activities</b> . We promote <b>musical workshops, courses of musical expression, contests of musical talents</b> , among others. We <b>founded several musical groups</b> such as: a guitars orchestra, a rock band and a regional youth music group. We promoted a project named <b>“Solidary Mission”</b> , we developed activities such as <b>visiting elderly homes and prisons in Vila Real</b> with one of the musical groups, <b>offering music and food and hygiene items of first necessity</b> . We develop <b>nature protection activities</b> with innovative projects, using the global idea of geocaching and <b>coordinate school awareness</b> in secondary schools in Vila Real about this theme.

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

**Camp Description and Aims**

The main objectives for the project are:

1. Socio-community activities with the population of Vila Marim village, involving young people in improving the **quality of life of needy families**;
2. Support the highlighted families in this parish with the **rehabilitation of their homes** or small repairs, providing greater well-being in their homes to families with **few resources**;

**Voluntary Work and Tasks of the Camp**

Tasks to be performed by young participants:

Prior visit to the homes that will be requalified to identify problems and plan improvements to the home:

- Take notes of main problems in the house;
- Write/Plan and decide which improvements will be implemented taking into account the cost/benefit;
- Definition of priority level for improvements
- Identify how much paint will be needed and what materials to purchase for repairs, taking into account the problems identified;
- Buy material necessary for the renovation of the house;

Rehabilitation of two houses selected by the parish council:

In the rehabilitation of the two houses and taking into account the previous visit and consequent identification of the problems, we will have tasks such as:

- Paint the rooms;
- Change curtains;
- Arrange blinds;
- Arrange garden;
- Sanding and composing iron gates;

Accompany the village population in traditional flax gathering activities:

- Collection of traditional songbooks to be sung during the activity
- Prepare traditional songs;
- Prepare a snack to share with regional products;
- Carry bags to fill and transport the linen;
- Participate in the flax harvest and learn from senior people how this harvest was done;

Meeting of cultures and generations:

- Place tables and chairs for gastronomic sharing;
- Prepare (design and create) country flags;
- Space decoration (place flags of the countries present);
- Transport a platform for a small stage (between rooms);
- Place speakers next to the stage;
- Assemble microphones and stands;
- Prepare gastronomic displays for each country;
- Participation in the music and dance exhibition typical of each country.

Final display of housing rehabilitation:

- Place tables and chairs;
- Assemble projector;
- Assemble columns;
- Prepare symbolic souvenirs;
- Offer symbolic souvenirs to people in renovated homes.

Another task will consist of a team of young Camp participants taking photographs of all the events previously described (Purchase of material, Rehabilitation of houses, Multicultural gastronomic activity).

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

Besides the participants being aware of spirit of solidarity and being close to people, they will gain new "skills" that will contribute to their personal development, acquiring new communication skills, socialization skills, knowing how to rehabilitate a house, knowing how to organize and execute a event, larger spirit of initiative and entrepreneurship, greater self-empowerment and self-esteem, more active participation in society, greater awareness of interculturality, among others.

All the tasks and learnings of this project will be documented in a final diploma, delivered by the organisation to each of the young people.

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

During leisure time and free time, participants can visit Vila Real, visit churches, museums, walk and explore the city's parks, go to the waterfall, go shopping, do some sports or relax.

The group will also be able to visit several green places, like Fiskas de Ermelo and Alvão's waterfall, where they can appreciate the natural beauty that surrounds Vila Real.

### **LOGISTICAL ARRANGEMENTS**

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

The camp will take place in Vila Marim Village.

The participants will be hosted in an elementary school.

Participants will be able to wash their clothes in industrial machines in the city.

The small trips in the city and village will be made on foot. Bigger distances will be made by Van.



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

- Kind of lodgement: A elementary school in Vila Marim. Has 2 rooms: one is bigger, the other one is smaller, 2 bathrooms, showers with hot water, and a large meeting room.
- Number of meals: 4 (Breakfast, Lunch, break and dinner).

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

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

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

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

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

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

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

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

Sleeping bag, sleeping blanket;  
Toiletries, bath towels.

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

Pocket Money for the needs of each young person.

#### MEETING TIME AND MEETING POINT

Arrival date:	01/08/2024
Timetable or period:	11:00 – 18:00
Place Name:	Vila Real City Hall
Place Address:	Av. Carvalho Araújo 10, 5000-651 Vila Real
Emergency contact:	(+351) 967 111 725

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

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

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

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

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

1 - You land in the Porto airport

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

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

Bus company website:

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

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

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

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

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

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

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

##### Special recommendations

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

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

#### PRACTICAL INFORMATION AND CONTACTS

Nº of volunteers:	17
Working language:	English
Country currency:	Euro
Weather expected during the camp:	Sun and heat (between 22º and 30ºC) but it can rain at any time
Local Host organization address:	Rua Nova, Bloco A, 9, R/C
Local Host organization phone:	(+351) 259 322 733
Local Host organization email:	<a href="mailto:tiagoquinteiracosta@gmail.com">tiagoquinteiracosta@gmail.com</a>
Local Host contact person:	Tiago Costa
Camp Leader Name:	Tiago Costa
Camp Leader mobile phone:	(+351) 967 111 725
IPDJ Regional address:	R. Dr. Manuel Cardona, 6
IPDJ Regional phone number:	(+351) 259 309 640