IPDJ Workcamp Programme 2021

PORTUGAL

IPDJ – Instituto Português do Desporto e Juventude

Contact – Luis Mouta – workcamps.portugal@ipdj.pt; luis.mouta@ipdj.pt
phone: 00351210470000
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 CCIVS and we have been an active partner on International Workcamps (especially through SCI) more than 30 years till now.

The IPDJ 2021 workcamp programme includes 20 camps for 326 volunteers as the board bellow:

<table>
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<tr>
<th>Nº</th>
<th>PT code</th>
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<th>Camp name</th>
<th>Areas</th>
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You can located all the 20 camps in the map of Portugal bellow:

![Map of Portugal](image)

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.
Info about the Camp Organization (name, aims, main activities, internet address, you can add the organization logo)
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
Email address: avancafilmfestival@gmail.com

Info about the Camp (aims, tasks and activities – work, leisure and visits)
Volunteers in this work camp are involved in various levels of the organization, providing a determinant support for the success of this International Meeting.

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

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

In the working periods, IWC volunteers will do the following tasks:
During preparation and setting phase
- Signposting setting for the different spaces in AVANCA 2021;
- 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 2021 international guests – directors, actors, producers, technicians, etc...
- Cleaning and maintenance of spaces and sanitary installations used by the IWC.

During the Festival:
- Check-in support for the AVANCA 2020 participants and guests;
- Maintenance of the Workshop rooms;
- Cantina support;
- Support during competitive sessions;
- Cleaning and maintenance of the AVANCA 2021 common areas

After AVANCA 2021 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 2021 posters and pending posters in Avanca and in Aveiro region.

Accommodation/Food (kind of lodgement, number of meals, other services)
Volunteers will be accommodated in the school's classrooms. They will have access to sleeping mattresses. The school has bathrooms and changing rooms with hot water, open 24 hours/day.
Regarding food, breakfast will be prepared in the school canteen, where volunteers will have at their disposal the most varied items for its preparation.
For lunch and dinner, volunteers will go to local restaurants along with their monitors.
During the festival, lunch is provided by the school canteen.

Location (you can add a map or a photo of the city)
Avanca is a Portuguese parish in the municipality of Estarreja, with an area of 21.07 km² and 6 189 inhabitants. Avanca belongs to the municipality of Estarreja, District of Aveiro. It is limited by the municipalities of Murtosa, Ovar and Oliveira de Azeméis. It is served by Estrada Nacional 109, by A29, as well as by the North railway line.

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Practical Information
- **Arrival date** – 23 July
- **Working language** – English

- **Insurance (kind of covers)** – Each volunteer of the camp has a valid insurance during its duration.
- **What to Bring (personal things)** – Sleeping camping bag, items of personal hygiene, working clothes for some tasks, masks.

Conditions of participation (internal rules of the camp)
Volunteers can only leave the camp after request and authorization of the responsible coordinator/staff

Meeting point (day, time, period and place)
Arrival day – 23 July in Avanca Train Station (preferentially in the afternoon)
Volunteers must provide their time of arrival to Avanca so that the organization staff can pick them up.

How to reach to…? (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)
Getting to Avanca since the International Airport of Lisbon [www.ana.pt](http://www.ana.pt)
1. Bus, Taxi, UBer or Subway to the train station of Lisboa-Santa Apolónia
2. Intercity Train “Lisboa–Santa Apolónia” – Aveiro or ALFA service train “Lisboa-Santa Apolónia / Aveiro - [www.cp.pt](http://www.cp.pt)
3. Urban Train North railway - Aveiro to Avanca - [www.cp.pt](http://www.cp.pt)

Getting to Avanca since the International Airport of Oporto [www.ana.pt](http://www.ana.pt)
1. Taxi, UBer or Subway transfer to the train station of Porto-São Bento or Porto - Campanhã.
2. Urban Train North railway - Porto - São Bento / Avanca or Porto - Campanhã / Avanca - [www.cp.pt](http://www.cp.pt)

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

Useful Contacts (organisation address, phone, mobile, mail, contact person name)
Cine-Clube de Avanca
Rua Dr. Egas Moniz, 159
3860-078 Avanca
Tel: +351 234 880 658
Mobile - +351 966190163
E-mail: avancafilmmestival@gmail.com
Contact person name - Eunice Castro / Hamilton Trindade

Workcamp Address (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)
Cine-Clube de Avanca
Rua Dr. Egas Moniz, 159
3860-078 Avanca
Tel: +351 234 880 658
Mobile - +351 966190163
E-mail: avancafilmmestival@gmail.com
Contact person name - Eunice Castro / Hamilton Trindade

Emergency Support (address, phone, fax, email of IPDJ in the District)
IPDJ Services of Aveiro
Rua das Pombas
Aveiro
3810-052 AVEIRO
Tel: +351 234 403 100
Fax: +351 234 403 101
E-mail: mailaveiro@ipdj.pt
**Info about the Camp Organization** (name, aims, main activities, internet address, you can add the organization logo)

Charcos & 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. 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" 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.

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

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

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

**Specific objectives:**
- Restoration of a degraded land in Canelas, with intervention in a forest, pathways and construction of a community garden;
- Participants will perform field tasks but also learn about nature conservation and engage in conservation-training activities, while getting to know the Portuguese fauna and flora;
- Litter gathering; cleaning walking trails; controlling invasive vegetation;
- Participants will also contribute to prevent forest fires by controlling shrubs and invasive vegetation;
- Build shelters and a pond for wildlife;
- Get to know local culture and traditions.

**Tasks and activities:**
- Ecological restoration work (control of invasive species and beneficiation of fauna and flora);
- Vegetation trimming and removal;
- Litter gathering and cleaning of walking trails;
- Improvement of local fauna, flora, and landscape;
- Encouragement of international exchange and exchange of experience;
- Presentation and discussion of the natural and social reality of the regions of origin of the participants;
- Promotion of environmentally and socially responsible attitudes and values;
- Development of action-training actions focused on individual and collective learning.

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

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

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

Participants have to bring their own towels and hygiene products. The organization will provide breakfasts, lunches and dinners. Lunches and dinners are prepared/cooked by the municipality's staff and served in a canteen, but some lunches will be served in the field (sandwiches, fruits, etc.). Vegetarian/vegan meals are an option.

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

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

Practical Information
- Arrival date – 5th July 2021 - Nº of volunteers – 17
- Work language – English (but we also speak Spanish, and, of course, Portuguese)
- Insurance (kind of covers) – Death and permanent disability, work accidents, treatments, funeral, basic travel assistance.
- What to Bring (personal things) – Music and food from your region, working clothes and shoes, sun screen, hat, a presentation on the nature of your region, towels and all needed hygiene products.

No Fees

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

Meeting point (day, time, period and place)
- 5/07/2021 – 11:00 AM. Estarreja train station.
- Contact numbers: Rafael Marques (+351)917391689; Sofia Jervis (+351)914216341; Diego Alves (+351)918635616

How to reach to….? (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)
- From Porto airport: Just outside the airport take the metro (subway http://en.metrodoporto.pt) to Porto – Campanhã main station (30min). At Campanhã, take the train to Estarreja station (direction Aveiro). This ride takes about 40 minutes.
- From Lisbon airport: Just outside the airport take the metro (subway http://www.metrolisboa.pt/eng/) to Oriente main station (10 min). At Oriente, take the train to Aveiro station. You can get an InterCities or an AlfaPendular train (about 2h). Finally, in Aveiro, take a train to Estarreja (15min), urban trains in direction to Porto.
- Estarreja is also reachable by car (50min from Coimbra, 30 min from Porto), highways A1, A25 or A29.

Useful Contacts
gerald.bioliving@gmail.com
charcoscompanhia@gmail.com
Rafael Marques (+351)917391689
Sofia Jervis (+351)914216341
Diego Alves (+351)918635616

Workcamp Address Fieldwork:
Estarreja, Portugal
Camp contact: geral.bioliving@gmail.com
Rafael Marques (+351)917391689
Sofia Jervis (+351)914216341
Diego Alves (+351)918635616

Emergency Support
IPDJ Aveiro
Address: Rua das Pombas - Edificio IPDJ
3810-150 Aveiro, Portugal
Phone: (+351) 234 482 233
**Info about the Camp Organization** (name, aims, main activities, internet address, you can add the organization logo)

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

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

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

**General objectives:**
- Valorization and promotion of natural and cultural heritage (namely, Caminhos de Santiago and watermills);
- 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 and Caminhos de Santiago;
- Removal of invasive species and prevention of forest fires by controlling shrubs and invasive vegetation.
- Installation of shelters for wildlife;
- Litter and cigarette butts gathering;
- Valorization of natural and cultural heritage through participation in leisure activities and workshops.

**Tasks and activities:**
- Restoration work of some degraded pathways and heritage;
- Vegetation trimming and removal;
- Litter gathering and cleaning of walking trails;
- Improvement of local fauna, flora, and landscape;
- Building nest-boxes for birds, insects, and bats;
- Encouragement of international exchange and exchange of experience;
- Presentation and discussion of the natural and social reality of the regions of origin of the participants;
- Promotion of environmentally and socially responsible attitudes and values;
- Development of action-training actions focused on individual and collective learning.

**Leisure and visits:**
- The amazing city of Aveiro, and its traditional ‘moliceiro’ boats, saltpans, 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 (Pictionary), art crafts, music, environmental movies night, traditional games, quiz night, talks, cultural and environmental tours.

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

Participants will sleep in a school of Albergaria-a-Velha, in shared rooms with beds. There will be several separated rooms for boys and girls. The school has a sports locker room with hot water showers 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.

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

- **Arrival date** – 2nd August 2021
- **Nº of volunteers** – 17
- **Work language** – English (but we also speak Spanish, and, of course, Portuguese)
- **Insurance** (kind of covers) – Death and permanent disability, work accidents, treatments, funeral, basic travel assistance.
- **What to Bring** (personal things) – Music and food from your region, working clothes and shoes, sun screen, hat, a presentation on the nature of your region, towels and all needed hygiene products, sleeping bag.

### No Fees

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

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

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

- 02/08/2021 – 11:00 AM.
- Aveiro train station.
- Contact numbers: Pedro Sá (+351) 918 222 355; Gonçalo Abreu (+351) 926 441 451

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

- **From Porto airport:** Just outside the airport take the metro (subway [http://en.metrodoporto.pt/](http://en.metrodoporto.pt/)) to Porto – Campanhã main station (30min). At Campanhã, take the train to Aveiro station. InterCities or AlfaPendular trains are faster (~30min) but more expensive. Urban trains are cheaper but take longer (~60min).
- **From Lisbon airport:** Just outside the airport take the metro (subway [http://www.metrolisboa.pt/eng/](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). Aveiro is also reachable by car (45min from Coimbra, 50 min from Porto), highways A1, A25 or A29 or national road N109.

Timetables and prices for Portuguese trains at [www.cp.pt](http://www.cp.pt)

The organization will pick you up at Aveiro train station and then take you to Albergaria-a-Velha (~20min distance by car). All transportations for field work or leisure activities will be provided by the organization.

<table>
<thead>
<tr>
<th><strong>Useful Contacts</strong></th>
<th><strong>Workcamp Address</strong></th>
<th><strong>Emergency Support</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Associação BioLiving</td>
<td>Fieldwork: Albergaria-a-Velha, Portugal</td>
<td>IPDJ Aveiro</td>
</tr>
<tr>
<td><a href="http://www.facebook.com/associacaoBioLiving">www.facebook.com/associacaoBioLiving</a></td>
<td>Camp contact: Associação BioLiving</td>
<td>Address: Rua das Pombas - Edificio IPDJ</td>
</tr>
<tr>
<td><a href="mailto:geral.bioliving@gmail.com">geral.bioliving@gmail.com</a></td>
<td><a href="http://www.facebook.com/associacaoBioLiving">www.facebook.com/associacaoBioLiving</a></td>
<td>3810-150 Aveiro, Portugal</td>
</tr>
<tr>
<td>Pedro Sá (+351) 918 222 355</td>
<td><a href="mailto:geral.bioliving@gmail.com">geral.bioliving@gmail.com</a></td>
<td>Phone: (+351) 234 482 233</td>
</tr>
<tr>
<td>Gonçalo Abreu (+351) 926 441 451</td>
<td>Pedro Sá (+351) 918 222 355</td>
<td></td>
</tr>
</tbody>
</table>
Info about the Camp Organization (name, aims, main activities, internet address, you can add the organization logo)

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

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

Centro de Acolhimento do Burro | M. Bairro de S. Sebastião; 5230-314 Vimioso | T. 00351925790394
E-mail: centroacolhimentoburro@gmail.com | Website: http://www.centroacolhimentoburro.pt/

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

The camp will take place in São Joanico village (Vimioso district) which lies in adjoining area of the Natura 2000, about 5 Km from Vimioso village. Summer is often dry and characterised by notorious temperature swings – very high during the day (~35°C) and relatively low in the evening (10⁰-15⁰C).

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

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

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

As for leisure time, there are several activities planned for the participants to get the opportunity to know the beautiful local landscapes, the rich cultural traditions and the local community as: trekking with donkeys, trips through villages, interpretation centers, nationality day, cinema nights and traditional games.

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

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

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

Rua de São João, 5230-251 São Joanicco, in the municipality of Vimioso. GPS: 41°36'32.0"N , 6°28'17.4"W

Practical Information

- Arrival date – 02/08/2021
- Nº of volunteers – 17
- Work language – English, Spanish and Portuguese
- Insurance (kind of covers) – Each workcamp volunteer has a personal accident injury insurance; EU, Norway, Iceland and Liechtenstein members must bring their European Health Card. If you have health insurance, please bring the certificate as well
- What to Bring (personal things) – sleeping bag, personal hygiene products, towels, work glasses and gloves, sun screen, tent (just in case the volunteer prefers to have some privacy, a spot to put it up will be provided), hiking boots, warm coats (despite the fact that it is Summer, the nights get chilly), lantern. With the constraints caused by the pandemic, it is important for participants to take responsibility for bringing individual and / or collective protection materials / products, such as protective masks and disinfectant gel (ensuring responsible civic behavior before and during the trip to CTI)
### Conditions of participation (internal rules of the camp)

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

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

02/08/2021

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

Bus Station Adress: Largo da Capela 5230-000 Vimioso

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

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

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

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

Ticket price: 1,95€

**Bus from PORTO to VIMIOSO**

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

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

Bus timetables: 14h15 (arrives at 18h00)

Bus ticket price: 16,00€

CAB is responsible for driving the volunteers from Vimioso to São Joanicó and back (both at arrival/departure and during the workcamp, whenever needed). Vimioso municipality will provide a bus to be at the workcamp’s disposal.

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

**Centro de Acolhimento do Burro**

Address: Bairro de S. Sebastião | 5230-314 Vimioso

Tel: 00351925790394

E-mail: centroacolhimentoburro@gmail.com

Website: [http://www.centroacolhimentoburro.pt/](http://www.centroacolhimentoburro.pt/)

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

**Rua de São João, 5230-251 São Joanicó (Vimioso)**

Emanuel Catarino

Tel: 00351 925790394

Joana Braga / Miguel Nóvoa

Tel: 00351 925790396 / 00351 92 5790397

E-mail: centroacolhimentoburro@gmail.com

Website: [http://www.centroacolhimentoburro.pt/](http://www.centroacolhimentoburro.pt/)

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

Delegação Regional de Bragança do IPDJ

IPDJ’s Regional Delegation of Bragança

Tel: 00 351 273 310 600

Fax: 00 351 273 324 929

Email: ipj.braganca@ipj.pt Bragança
Info about the Camp Organization
(name, aims, main activities, internet address, you can add the organization logo)

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

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Centro de Acolhimento do Burro | M. Bairro de S. Sebastião; 5230-314 Víminoso | T. 00351925790394
E-mail: centroacolhimento@burro@gmail.com | Website: http://www.centroacolhimento@burro.pt

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

The camp will take place in São Joanico village (Vimioso district) which lies in adjoining area of the Natura 2000, about 5 Km from Víminoso village. Summer is often dry and characterised by notorious temperature swings – very high during the day (~35°C) and relatively low in the evening (10°-15°C).

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

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

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

Rua de São João, 5230-251 São Joanico, in the municipality of Víminoso. GPS: 41°36'32.0"N , 6°28'17.4"W

Practical Information

- Arrival date – 20/08/2021
- Nº of volunteers – 17
- Work language – English, Spanish and Portuguese
- Insurance (kind of covers) – Each workcamp volunteer has a personal accident injury insurance; EU, Norway, Iceland and Liechtenstein members must bring their European Health Card. If you have health insurance, please bring the certificate as well
- What to Bring (personal things) – sleeping bag, personal hygiene products, towels, work glasses and gloves, sun screen, tent (just in case the volunteer prefers to have some privacy, a spot to put it up will be provided), hiking boots, warm coats (despite the fact that it is Summer, the nights get chilly), lantern. With the constraints caused by the pandemic, it is important for participants to take responsibility for bringing individual and / or collective protection materials / products, such as protective masks and disinfectant gel (ensuring responsible civic behavior before and during the trip to CTI)

No Fees
Conditions of participation (internal rules of the camp)

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

Meeting point (day, time, period and place)

20/08/2021

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

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

Centro de Acolhimento do Burro
Address: Bairro de S. Sebastião | 5230-314 Vimioso
Tel: 00351925790394
E-mail: centroacolhimentoburro@gmail.com
Website: [http://www.centroacolhimentoburro.pt/]

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

Rua de São João,
5230-251 São Joanico (Vimioso)
Emanuel Catarino
Tel: 00351 925790394
Joana Braga / Miguel Nóvoa
Tel: 00351 925790396 / 00351 92 5790397
E-mail: entroacolhimentoburro@gmail.com
Website: [http://www.centroacolhimentoburro.pt/]

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

Delegação Regional de Bragança do IPDJ
IPDJ’s Regional Delegation of Bragança
Tel: 00 351 273 310 600
Fax: 00 351 273 324 929
Email: ipj.braganca@ipj.pt Bragança
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

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

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

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

Leisure and Visits:
- Realization of Leisure activities and Visits, namely Bom Jesus, Sameiro, Guimarães Castle, Duques Palace (cultural places), Surfing in Esposende, Canoeing in Vila Verde, Visit to the Peneda Gerês National Park;
- Realization of Intercultural Nights with gastronomy, dance, cinema, etc.

Accommodation/Food (kind of lodgement, number of meals, other services)
Accommodation: Braga Camping - Individual Camping Tent and shared bathrooms
Food: 5 meals (breakfast, lunch and dinner and coffee breaks)
**Project Address**
Centro de Artes e Desporto Inclusivo
Praça Dr. Francisco Araújo Malheiro, 4715-029 Braga

**Practical Information**
- **Arrival date**: 14/08/2021
- **Nº of volunteers**: 17
- **Work language**: English
- **Insurance (kind of covers)** – personal accident insurance policy that includes coverage in case of death, permanent disability, treatment expenses, funeral expenses and repatriation
- **What to Bring (personal things)** – 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

**No Fees**

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

**Meeting point** *(day, time, period and place)*
Braga Bus Station 14th of August 2021 at 2pm

**How to reach to....?** *(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)*
Participants must catch a plane to the Sá Carneiro airport, at Oporto, and then come to getbus, from the airport to Braga. The price of the getbus ticket is 14€ *(http://getbus.eu/)*

**Useful Contacts** *(organisation address, phone, mobile, mail, contact person name)*
Ricardo Sousa
+351918067944
E-mail: synergiajovem@gmail.com

**Workcamp Address** *(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)*
Centro de Artes e Desporto Inclusivo
Praça Dr. Francisco Araújo Malheiro, 4715-029 Braga
Ricardo Sousa
+351918067944
E-mail: synergiajovem@gmail.com

**Emergency Support** *(address, phone, fax, email of IPDJ in the District)*
IPDJ Braga
+351253204250
E-mail: mailbraga@ipdj.pt
## WORKCAMP INFOSHEET - 2021

<table>
<thead>
<tr>
<th>Workcamp Code</th>
<th>Camp Name</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>PT-BR-16-21</td>
<td>Recover Community</td>
<td>1 to 12/7/2021</td>
</tr>
<tr>
<td></td>
<td>Assets</td>
<td></td>
</tr>
</tbody>
</table>

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

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

It is of utmost importance to identify and recover the material heritage of the community, in order to recover old human practices that were more sustainable and an engine of social cohesion (for example the street) or to recover environmental heritage that has been showing a decrease in biodiversity by increasing presence of exotic species and that, in a heritage recovery program, could serve the community with trails and leisure spaces in the forest and greater care for forest spaces.
The participants will have the chance to engage in activities for regeneration of 2 cities in Portugal (Viana do Castelo and Famalicão) and be part of the ongoing plans for local community recovery actions by the Municipalities and local stakeholders.
With the implementation of the "+ Community: recover community assets" it is intended to develop a taskforce to create a bigger impact in the local culture and in the local community, which aims to protect and preserve the environment but specially to generate curiosity, sense of belonging and willingness to take part in the local habitants of these cities to continue to protect and develop activities in what concerns the cultural heritage that can be an asset for the social cohesion.
The main objectives of this project are: to develop healthy habits and lifestyles in the participants; promote self-development, self-esteem, responsibility and autonomy, contributing to the acquisition of personal, social and professional skills; to sensitize youth to the importance of their participation in community development and preservation of natural resources; acquire and / or reinforce the language skills of the participants; European citizenship and sustainable growth for the sustainability of local communities.
Through specific objectives such as requalifying the washrooms and adjacent spaces; develop healthy habits and lifestyles in the participants; recovering sustainable habits of our ancestors in the community; remove invasive species in a forest area and design / implement a leisure space and interpretive trail in nature (and in harmony with it), it is intended to put the general objectives into practice.
The workcamp will be hosted in 2 different cities of Portugal: Vila Nova de Famalicão for the first 6 days of the camp and then participants will be hosted in Viana do Castelo for the second part, with the following tasks: Requalification of the washbasins, through painting, cleaning and works in the washbasins and adjacent spaces; Construction of artistic work to raise awareness of sustainable practices in washrooms; Waste collection; Make access to washers accessible; Create social spaces for the community; and in Famalicão the tasks will be to recover the environmental heritage through: waste collection and removal of invasive species make leisure spaces to be created in the context of forest accessible and signposted identify and build interpretive trail create space for the community, respecting nature.
The participants will have the opportunity to join free time activities like swimming pool, cinema, and beach. They will take part in workshops of several activities and workshops related to biodiversity and sustainability as well as renovation of cultural heritage and they will have chance to visit and get to know Vila nova de Famalicão, Viana do Castelo and Oporto.

### Accommodation/Food (kind of lodgement, number of meals, other services)
Breakfast will be provided at the accommodation (schools) by the monitors and a rotating team among the participants. Since the work starts early (to avoid the hours of greatest heat), we intend to serve a snack midmorning to gain energy and delay lunchtime. The journey is continuous and at lunch, the food will be delivered by a catering restaurant at school by 14pm. During the afternoon, the association will provide snacks like yogurt, chocolate milk and croissant with ham and cheese. Dinner will be served at the accommodation at 8 pm (a warm meal to prepare for a comforting evening).

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

### Practical Information
- **Arrival date** – 01/07/2021
- ** Nº of volunteers** – 17
- **Work language** – English
- **Insurance (kind of covers)** – Each participant is covered by a personal accident insurance, for the work camp. Each participant is responsible to ensure his full health and travel insurance. If eligible, don't forget to bring your European Health Insurance Card (EHIC).
- **What to Bring (personal things)** – In this season of the year, weather in PT usually is hot and dry. Average temperatures are around...
24-30 °C (be aware that nights specially by the beach are cold). Bring personal hygiene Kit, beach and bath towel, swimsuit, sleeping bag, camping mattress, boots and casual footwear, slippers, work clothes, beat, warm clothing, waterproof, hat, sunscreen, personal documents (European health card, identification card, passport), drink and food for the night intercultural, traditional music and traditional instruments, personal medication. Also bring a beach towel and bathing suit. Please, also make sure you have enough of any medication you may need e.g. asthma inhaler and that you have, inform us of any health problems, allergies and special needs.

All food and accommodation during the camp is covered, however, you may wish to bring along some extra money for your free time or souvenirs.

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

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

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

**Day:** 1st July 2021  |  **Time:** We would appreciate if you could arrive until 3PM  
**Place:** Francisco Sá Carneiro (Porto) Airport - pick up from the organization, 30 minutes to the venue by car/mini van

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

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

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


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

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

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

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

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

**YUPI Coordinator:**
- Mariana Marques  
  +351 927 113 521  
  [www.yupi.pt](http://www.yupi.pt)  
  Email: geral@yupi.pt

**YUPI Address:** Rua Henriques Nogueira, Loja 11  
4760-038 Vila Nova de Famalicão  
[www.yupi.pt](http://www.yupi.pt)

**YUPI Monitor:**
- Gil Pereira  
  Email: projetos@yupi.pt

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

**Address (first 7 days):**
- Padre António José carvalho Guimarães  
  4760 – Vila Nova de Famalicão  
  +351 927 113 521

**Second address (from day 8 on):**
- Escola Básica de Passagem, Viana do Castelo  
  Lugar Passagem  
  4905-280 Moreira de Geraz do Lima  
  +351 258 730 625

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

**IPDJ Braga**
- Rua de Santa Margarida, 6  
  4710-306 BRAGA  
  Tel: +351 253 204 250  
  Fax: +351 253 204 259  
  E-mail: ipj.braga@ipj.pt
Info about the Camp Organization (name, aims, main activities, internet address, you can add the organization logo)
Activar is an association created in 2000 that is involved in developing several community projects of social and cultural nature, in the areas of childhood, youth, nature tourism and professional training.
Our slogan is "We activate the place, we value people".
We are an NGO that aims to promote the local development of the county of Lousã in an integrated and sustainable way and in cooperation with other entities, in a perspective of improving people’s quality of life.
We have been working in the field of youth for more than 15 years, organizing international workcamps and hosting and sending volunteers in Erasmus+ and European Solidarity Corps programmes.
+info: www.activar.org | www.facebook.com/activarlousa

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

GENERAL AIMS
- Value the environmental and natural heritage in rural areas
- Clean small trash in the ditches and verges and large garbage that has been deposited in improper places
- Clean the banks of Ceira river and keep them accessible by pedestrians
- Promote ecological awareness and the adoption of an eco friendly behavior by the locals
- Promote the region and its heritage
- Value volunteering as a tool for local development (whether on the cultural, environmental or touristical level)
- Promote the autonomy and personal and social development of the participants
- Promote cultural exchange among young people from different countries around the world
- Promote intercultural exchange between the young participants and the local community

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

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

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

Accommodation/Food (kind of lodgement, number of meals, other services)
Participants will be lodged in accommodation in the parish house building in Serpins (9Km from the center of Lousã). There is a kitchen where the group can cook and eat; toilets; wide rooms with mattresses to spend the night (sleeping bags are needed).
The camp includes 5 meals: breakfast; morning coffee break; lunch; afternoon coffee break; dinner and evening coffee break.

Location (you can add a map or a photo of the city)
The workcamp will take place in several villages of Lousã (Serpins, Foz de Arouce and Casal de Ermio), a town surrounded by mountains, natural and cultural heritage, located 30Km from Coimbra. Here is a glimpse of what you can find in Lousã, as well as the villages and work to be done.
Practical Information
- Arrival date – 12.07.2021
- Nº of volunteers – 17
- Work language – English
- insurance (kind of covers) – Personal accidents and civil liability
- What to Bring (personal things) – Comfortable clothes and sneakers (suitable for work); facemask; coat or sweater for the night; sun hat; swimming suit; sunscreen; sleeping bag; insurance documentation (European Health Insurance Card or personal health insurance); a flag of your country, typical games and instruments, cooking recipes or other characteristic materials of your country.

No Fees

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

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

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

Meeting point (day, time, period and place)
The meeting point is on the 12th July between 3pm and 6pm in Serpins’ church. Google Maps: https://goo.gl/maps/1KJCd1HmmdRVxwj8.
If you need help to arrive or need to come earlier, please contact: 00351917251974.

How to reach to….? (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)
FROM OPORTO
By train: Take the metro, bus or taxi to Porto Campanhã (train station); there, take the train to Coimbra B, direction North-South. In Coimbra B, change trains in order to get to Coimbra A station; take the Metro Mondego bus to Serpins (the bus stop is in front of the train station, by the river). In Serpins, just follow the signs we made to lead to the church.
By bus: Take the metro, bus or taxi to Praça da Batalha station; there, take the bus (Rede Expressos) to Coimbra. In Coimbra, walk for about 20 minutes and take the Metro Mondego bus to Serpins. In Serpins, just follow the signs we made to lead to the church.

FROM LISBON
By train: Take the metro, bus or taxi to Gare do Oriente (train station); there, take the train to Coimbra B, direction South-North. In Coimbra B, change trains in order to get to Coimbra A station; take the Metro Mondego bus to Serpins (the bus stop is in front of the train station, by the river). In Serpins, just follow the signs we made to lead to the church.
By bus: Take the metro, bus or taxi to Gare do Oriente (bus station); there, take the bus to Coimbra. In Coimbra, walk for about 20 minutes and take the Metro Mondego bus to Serpins. In Serpins, just follow the signs we made to lead to the church.

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

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

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

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

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

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

Celeste Moura  
IPDJ Coimbra  
Rua Pedro Monteiro, 73 Coimbra  
3000-329 Coimbra  
Tel: 00351239790600  
Email: mailcoimbra@ipdj.pt | loja.coimbra@ipdj.pt
Info about the Camp Organization (name, aims, main activities, internet address, you can add the organization logo)

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.

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

Goals:

1) To raise awareness of the importance of youth mobilization and participation in solving local and global problems;

2) Promote youth participation and involvement in environmental and social issues;

3) Reflect on the causes and consequences of climate change;

4) Promote reflection on sustainable behaviours and contribute to behaviour change at the individual level and in the community.

Activities Plan:

1) Collection and sorting of seeds of native plants. In these activities young people will be able to get to know the region’s natural areas.

2) Cleaning of watercourses and control of invasive species - 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.

3) Nursery maintenance work;

4) Practical workshop about sustainability individual behaviours - Participants will be divided into working groups and discussed questions about circular economy, food and climate change. We will use non formal education to improve reflexion and team work.

5) Activities open to the community - Collection of urban waste, present in watercourses and Vermicomposting workshop – activity related to the circular economy and sustainable daily practices.

6) Mill workshop - Reuse of sugarcane (invasive exotic species) as a way of building traditional toys in the region.

7) Local gastronomy workshop - Enhancement of local products and the territory;

8) Nature Design Workshop - Recognition of natural elements, development of artistic skills;

9) Walking Tour - Montemor-o-Novo | To know the castle and the city

10) Cultural night - Sharing cultures and traditions;

11) Cooperative activities and group dynamics - took place throughout the project, so that participants establish interpersonal relationships and reflect on their learning;

12) Going to the municipal swimming pools and / or Comporta beach;

13) Visit to Évora - World Heritage Site;
15) Debates / Conversations on different topics: Climate Change - Causes and possible solutions; Circular Economy; Local products and wild resources.
16) Construction of rafts with plastic bottles - Team games – Barragem dos Minutos (Montemor-o-Novo)

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

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

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

Montemor-o-Novo (Évora) – Portugal

**Practical Information**

- **Arrival date** – 5 of July 2021
- **Nº of volunteers** – 15
- **Work language** – English
- **Insurance (kind of covers)** – accidents at work
- **What to Bring (personal things)** –
  - Tent;
  - Sleeping Bag;
  - Sunscreen;
  - Bottle of water;
  - Comfortable clothes and shoes.

**No Fees**

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

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

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

5 of July 2021 – Bus Station (Montemor-o-Novo)

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

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

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

Marca-ADLPhone : +351 266 891 222

Contact Person: Rosa Coelho
Tel: +351 964069892

And

Contact Person: Joana Sacristão
Tel: +351 939104344

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

Largo General Humberto Delgado nº7
7050-130 Montemor o Novo
+351 266 891 222

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

IPDJ – ÉVORA:+351 266 737 300
Location (you can add a map or a photo of the city)

Info about the Camp (aims, tasks and activities – work, leisure and visits)
TERRA(COTA) PATRIMONY V
This work camp aims to awaken youth for the traditional building techniques and the surrounding built heritage. It is an Hands-on approach in ancient building techniques, specially lime mortars and plasters, with introductions to raw earth (adobe, rammed earth, CEB, earth plasters) and ceramics (modelling, raku firing, other firing techniques). During the camp we will act in public structures repairing, maintaining and co-creating new assets on these buildings, focusing on the Convent, the Castle's Kiosk and Abancandrómo. Cooperation, communication, self esteem, problem solving, risk evaluation, leadership and decision making are competences that we will work together while (re)building for and with the local community.

We will have a detailed schedule that will be questioned and adapted every day according to our group needs. The working environment is relaxed, in the heart of a strong artistic influenced city. Silkprint, ceramics, sculpture, music, dance, electronics and new technologies are other activities that you can see around and possibly try out.

Work Activities: Learning how to apply and repairing traditional lime plasters and paintings; Applying reinforced waterproof membrane in OC facilities; introduction to traditional handmade fired and raw earth, clay preparation and application; Repair traditional terracotta brick structures (remove vegetation, cleaning and apply natural waterproof coatings like lime-wash); Cleaning and organize working areas and tools used during the activities; You will use tools like brushes, trowels, shovels, spatulas to perform tasks like painting, scratching, cleaning, mixing mortar, applying mortar, among other activities.

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

Note: some of the works can be repetitive and hard, it is a hands-on approach and very practical, touching the materials and tools. Knowing your limits and communicating with the monitors is essential in order to adapt the tasks to each volunteer individually. The climate can be extreme in some years, with intense sunny days reaching over 40ºC, the working schedule will be flexible in order to adapt to the best working hours.

Accommodation/Food (kind of lodgement, number of meals, other services)
Meals: breakfast, lunch, dinner. There will be vegetarian options on main courses. The lunch meals will be at the primary school canteen with option between meat/fish or vegetarian. The dinner is usually vegetarian. There is access to several shared kitchens around our facilities to prepare your snacks. Accommodation: in shared dormitory inside the old convent. There is the possibility to use your private tent in case you prefer more privacy. We will us the bathhouse from our facilities.
### Practical Information
- **Arrival date** - 23rd August
- **No. of volunteers** – 17
- **Work language** – English
- **Insurance (kind of covers)** – Workplace accident insurance (for European citizens it is mandatory to have the European health card)
- **What to Bring (personal things)** – Everything for your own sleeping comfort. (Minimum: sleeping bag. Advised: ear plugs, pillow, towel and personal care items, sunscreen, comfortable working and sports clothes and shoes, reusable water bottle and a nice hat.)

### No Fees

### Conditions of participation (internal rules of the camp)
Feeling like you can use your energy to achieve a collective goal.
Being interested in building with your own hands and discover new materials and crafts.
Being on time for the activities and respecting the silence during resting times (night and siesta).
Feeling open to a collective living environment, where the space is shared with workspaces for artistic residencies.
When using the kitchen or bathroom - as well as other spaces - look back, leaving everything as you found before (or even better!).
Feeling free to propose different activities and to suggest alternatives on some issue.
Taking care of yourself and the ones around you.

### Meeting point (day, time, period and place)
23th AUGUST FROM 10:00 am TO 1:00 pm (13:00) (any change please contact us per email or phone)
**AT Convento de São Francisco, Montemor-o-Novo** - [https://goo.gl/maps/YhcLvo3JHL72](https://goo.gl/maps/YhcLvo3JHL72) see map details.

### How to reach to....? (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)
In case everything goes well, you will arrive to Montemor-o-Novo. It’s a small city in Alentejo region, southeast of Lisbon (around 1h) and 20 min west of Évora by car.

**INFO:**
- **by train from “Gare do Oriente”(Lisboa):**
- **by plane from “Aeroporto de Lisboa”:**
  - Take the metro to “Jardim Zoológico” (around 1.5€) and follow onsite information to “Sete Rios - Rede Expresso” bus station.
  - Take the bus to “Montemor-o-Novo” (around 12€); it takes 1h15min.
- Predicted buses from lisbon – departure>arrival times: 7:00>8:15; 8:30>9:40; 10:30>11:45; 11:45>13:00. Late: 13:00>14:15; 14:15>16:20; 15:00>16:15; 16:00>17:15; 17:00>18:15
- **by plane from “Aeroporto Francisco Sá Carneiro” (Porto)**
  - Take the metro to “Campo 24 de Agosto” (around 1,3€) and follow onsite information to the bus station.
  - Take the bus to “Montemor-o-Novo” (around 12€); you will have to change bus either in Fátima or in Lisboa; the trip will take around 4 hours.


**< < arriving to Oficinas do Convento:** when arriving to the bus station in Montemor-o-Novo, turn left until getting to the church of São Francisco. It will be at your right. Oficinas do convento is right beside the church, inside the old convent as in this image.

### Useful Contacts
(organisation address, phone, mobile, mail, contact person name)
Carreira de S. Francisco, Convento de São Francisco
Montemor-o-Novo | PORTUGAL
00351 266899824
Nélia Martins 00351 969852390
Joana Trindade 00351 927607513
Mariana Stoffel 00351 917280352
oc@oficinasdoconvento.com

### Workcamp Address
(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)
Carreira de S. Francisco, Convento de São Francisco
Montemor-o-Novo | PORTUGAL
00351 266899824
Joana Trindade 00351 927607513
Mariana Stoffel 00351 917280352
Nuno Grenha 00351 968079037
oc@oficinasdoconvento.com

### Emergency Support
(address, phone, fax, email of IPDJ in the District)
Rua da República, 119
7000-656 Évora | PORTUGAL
Tel: (+351) 266 737 300
Fax: (+351) 266 737 329
e-mail: mailevora@ipdj.pt
Participants are expected to:

**Conditions of participation**

- Follow the internal rules of the camp;
- Participate with energy and creativity;
- Join daily tasks;
- Not bring pets, as our space is not designed for pets;
- Not bring drugs, and restrain from too much smoking and excessive drinking (there is a designated smoking area);
- To avoid drugs, and restrain from too much smoking and excessive drinking (there is a designated smoking area);
- Not bring towels, personal hygiene products, sunscreen, insect repellant, torch, sleeping bag, small blanket, personal ten (kind of covers);
- Bring your own if you can, if you can't the project will provide one. There are bathrooms and solar showers.

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

Projecto Novas Descobertas (Project New Discoveries) is a non-profit organization with 25 years of experience in eco-social work, offering programs for all ages. Programs include educational and recreational activities on a 43 hectare farm in the western Algarve. PND promotes a deeper connection with nature, practicing values of integration, sustainability and sharing with the aim of ecological and social regeneration. It combines creative learning approaches with traditional knowledge providing new discoveries for all.

To know more visit: www.projectonovasdescobertas.org ; www.valedalama.net

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

Be part of the solution and help us take action to regenerate our ecosystems - Together, for the benefit of people and nature, we will be regenerating different local landscapes (Farmland, Freshwater areas and Forests) as a way of protecting and reviving our ecosystems. In the year that launches the UN Decade for Ecosystem Restoration, join us in this global mission to improve people’s well-being, to help counteract climate change, and to help bring back more biodiversity.

(see more on the UN Decade for Ecosystem Restoration here: https://www.decadeonrestoration.org/)

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

**Ecosystem Restoration Tasks:** We will be propagating plants for the restoration of forest, agricultural and freshwater ecosystems; Improving agricultural production spaces that are in transition to organic farming; implementing reforestation; Improving and restoring an educational space with the creation of a wild life observation area.

**Awareness and training tasks:** Creating media awareness material for ecosystem restoration; Creating and presenting awareness raising dynamics at Vivó Mercado (Market of local producers); Participating in collaborative exploration actions on key concepts on eco-social regeneration and ecosystem restoration, as well as sessions on the importance of the United Nations decade for the restoration of ecosystems.

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

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

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

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

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

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

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

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

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

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

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

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

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

**Practical Information**

- **Arrival date** – 04 of September, 2021
- **No of volunteers** – 17
- **Work language** – English and Portuguese
- **Insurance (kind of covers)** – personal accident insurance
- **What to Bring (personal things)** – Practical and warm clothes; practical and outdoor shoes (trainers, boots, flipflops, sandals); sun cream; insect repellant; torch; sleeping bag; small blanket; personal tent (is preferred); sun hat; small backpack; beach and shower towel; personal hygiene products; swimming suit or bikini; swimming shorts; musical instruments.

**No Fees**

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

Participants are expected to:

- Participate with energy and creativity;
- Join daily tasks;
- Not bring pets, as our space is also for wildlife;
- To avoid drugs, and restrain from too much smoking and excessive drinking (there is a designated smoking area);
- Practice self-care and communicate specific needs;
  Notice that group agreements are made on the first day of camp in order to maintain common needs satisfied and promote self-regulation.

**Meeting point (day, time, period and place)**
4rd of September 2021 - 12 p.m, Lagos PORTUGAL - Bus station

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

**COMING FROM PORTIMÃO - FARO**

1. **Driving on A22 from Portimão/Faro:**
   On the highway turn at the sign "Mexilhoeira" and "Autódromo". When arriving at N125 turn right in direction to Lagos.
2. **Driving on N125 from Portimão:** Coming from Portimão, entering Odiáxere (open field with a big clearing on the right and a big pavilion - Clube de Odiáxere - on the left side) leave N125 and turn left to Vale da Lama.

**COMING FROM LAGOS - ALJEZUR**

1. **Driving on A22 from Bensafrim/Aljezur:**
   Get off the highway when signed "Odiáxere" and "Lagos Leste". When arriving on N125 turn left to Odiáxere/Portimão.
2. **Coming on N125 from Lagos:**
   Coming from Lagos, before leaving Odiáxere (open field with a big clearing on the left side and a big pavilion - Clube de Odiáxere - on the right side) get off N125 turning right direction Vale da Lama, then follow the wooden signs for ‘Project Novas Descobertas’.

View this link to our website for better directions: [http://www.valedalama.net/en/directions/](http://www.valedalama.net/en/directions/)

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

| Quinta do Vale da Lama, 8600-258, Odiáxere, Lagos | urbandização Quinta do Vale da Lama, 8600 |
| Phone: 282 697 862 / 282 792 673 | Mobile: 926 681 773 / 969 760 575 |
| Email: info@projectonovasdescobertas.org | Email: info@projectonovasdescobertas.org |

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

| Urbanização Quinta do Vale da Lama, 8600 |
| Phone: 282697862 |
| Email: info@projectonovasdescobertas.org |

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

| Instituto Português do Desporto e da Juventude - Rua da PSP, 8000-408 Faro |
| Phone: 289 891 820 |
| faro@ipdj.pt |

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WORKCAMP INFOSHEET - 2021

<table>
<thead>
<tr>
<th>Workcamp Code</th>
<th>Camp Name</th>
<th>Dates</th>
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<tbody>
<tr>
<td>PT-GU-13-21</td>
<td>Community composting is another way to recycle - Pilot Project</td>
<td>30/08/2021 – 10/09/2021</td>
</tr>
</tbody>
</table>

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

Info about the Camp
(aims, tasks and activities – work, leisure and visits)
Community composting is another way to recycle - Pilot Project will have as main objective to build community composters in order to valorise the organic matter that can be composted, transforming it into a natural fertilizer to be used in vegetable gardens or gardens (private and / or public), thereby enriching the land and reducing the amount of organic matter that is mixed with solid urban waste.
The work to be carried out will be: clean and prepare the 3 community composting facilities; construction and placement of the 3 wooden composters; construction and placement of 3 litter bins for placing the bio-waste transport bags; development and placement of 3 information panels summarizing the scope of the project, addressing the concept of community urban composting, its benefits, the waste that must be placed, etc.; construction and placement of 3 wooden fences around the composting facilities; elaboration of materials for the dissemination / awareness of the advantages of using community composters (posters, flyers and videos for dissemination on social networks and distribution in the community).
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, etc.
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.

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

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.

Location (geo-referencing, you can add a map or a photo of the city)
Community composting is another way to recycle - Pilot Project will take place at Hostel Entryfik.
The address is: Rua do Vale da Vinha, 1, 6370-341 Maceira - Fornos de Algodres, Portugal

Practical Information
- Arrival date – 30/08/2021
- Nº of volunteers – 17
- Work language – English
- 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 to Bring (personal things) – 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.

No Fees

Conditions of participation (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.

### Meeting point (day, time, period and place)
Day - 30/08/2021  
Time/period – during all day until dinner time (7.30 pm).  
Place – Hostel EntryFik  
Address: Rua do Vale da Vinha, 1, 6370-341 Maceira - Fornos de Algodres, Portugal

### How to reach to….? (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)
You can reach the Field using public transportation or by car.  
By car:  
To get to the Hostel, from Porto airport or Lisbon airport, you must take the A1 motorway and after take the A25 motorway and exit at the Fornos de Algodres exit. Follow the N330 towards Maceira. In Maceira you should look for the Hostel EntryFik.  
GPS coordinates: 40° 41' 12.57''N; 7° 28' 19.952''O  
By public transport - Getting to Fornos de Algodres:  
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.  
Fornos de Algodres has very good connections to Porto and Lisbon by bus and train, however, only from Lisbon there is direct public transport. Please check the links bellow for the train and bus schedule to Fornos de Algodres.  
The connection of Fornos de Algodres to the Hostel will be ensured by the Workcamp Organization.

### Useful Contacts (organisation address, phone, mobile, mail, contact person name)
**Associação de Maceira**  
Address: Lugar do Serrado, 1, 6370-341 Maceira - Fornos de Algodres, Portugal  
Telephone: (+351) 271 789 817  
WhatsApp: (+351) 917 395 954  
E-mail: geral@hostelentryfik.com  
Contact person: António Oliveira

### Workcamp Address (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)
**Coordinator:** António Oliveira  
E-mail: geral@hostelentryfik.com  
Address: Rua do Vale da Vinha, 1, 6370-341 Maceira - Fornos de Algodres, Portugal  
Telephone: (+351) 271 789 817  
Mobile Phone: (+351) 926 844 919

### Emergency Support (address, phone, fax, email of IPDJ in the District)
Address: Av. Alexandre Herculano 6300-659 GUARDA  
Tel: 271 232 100  
Fax: 271 232 121  
E-mail: mailguarda@ipj.pt  
loja.guarda@ipdj.pt
Info about the Camp Organization (name, aims, main activities, internet address, you can add the organization logo)

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

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

1. Maintenance and restoration aiming at turning the archeological place into a museum;
2. Methodological digging, with an archaeologist help;
3. Soil riddling and floating aiming at collecting different elements (coals, seeds, bones …) for analysis;

During the camp volunteers will work no longer than 6h/day. In spare time volunteers will visit belvederes, castles, historical villages (Marialva), Vale do Côa engraving and Douro Wine Region (UNESCO Patrimonies).

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

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

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

Freixo de Numão – Porto 200 km
Freixo de Numão – Lisboa 400 Km
Freixo de Numão – Guarda 90 Km
Freixo de Numão – Foz Côa 12 Km

Practical Information
- Arrival date – 2 of August
- Nº of volunteers – 17
- Work language – Portuguese and English
- Insurance (kind of covers) – Each work camp has personal injury insurance; EU, Norway, Iceland and Liechtenstein members must bring their European Health Card. If you have health insurance, please bring it as well.
- What to Bring (personal things) – Personal hygiene articles, towel, sun protector, bathing suit, hat, practical clothes and shoes for work and amusement.

Fees (If applies)

Conditions of participation (internal rules of the camp)

Meeting point (day, time, period and place)

We wait participants to arrive the 2 of August, during the day, to Freixo de Numão Youth Centre. It would be great if you could inform us in advance about your arrival prevision.
**How to reach to…?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

1st option – By car
- Coming from Porto use A25 road until Celorico da Beira turning to Vila Nova de Foz Côa. 4 Km before Vila Nova de Foz Côa use national road 222 towards Freixo de Numão.
- Coming from Lisbon or south use A23 road in Torres Vedras towards Guarda and use A25 road until Celorico da Beira changing to IP2 road towards Vila Nova de Foz Côa. 4 Km before Vila Nova de Foz Côa use national road 222 towards Freixo de Numão.
- Coming from Spain use A25 road until Celorico da Beira and turn to IP2 road towards Vila Nova de Foz Côa. 4 Km before Vila Nova de Foz Côa use national road 222 towards Freixo de Numão.

2nd option – By bus
Coming from anywhere in Portugal, catch a bus to Vila Nova de Foz Côa. Please contact ACDR (phone no. 00351 279 789 584) in advance so that we can pick you up at the Bus Station.
Coming from abroad take your way to Guarda where you will catch a bus to Vila Nova de Foz Côa. Please contact ACDR (phone no. 00351 279 789 584) in advance so that we can pick you up at the Bus Station.

3rd option – By train
Coming from Porto catch a bus at Douro’s line, Campanhã Railway Station or S. Bento Railway Station until Freixo de Numão – Mós do Douro Railway Station. Please contact ACDR (phone no. 00351 279 789 584) in advance so that we can pick you up at the Railway Station because there are no other transfers to Freixo de Numão.
Coming from abroad take your way to Guarda and catch a bus to Vila Nova de Foz Côa. Please contact ACDR (phone no. 00351 279 789 584) in advance so that we can pick you up at the Bus Station.

---

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

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

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

**MUSEU** – 00351 279789117

E-mail: acdr.freixo@hotmail.com

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

Paulo Moutinho:
Telefone – 279789 117
Telemoveil 00351 93 282 72 62
E-mail: acdr.freixo@hotmail.com

workcampfreixo@gmail.com

António Sá Coixão
Telefone 00351 279 789 573
Telemóvel.: 969 483 827
E-mail: sacoixao@hotmail.com

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

Delegação Regional da Guarda do IPJ
IPJ’s Regional Delegation of Guarda
Av. Alexandre Herculano Guarda
6300-659 GUARDA
Phone no.: 00351 271 232 100
E-mail: ana.caria@ipj.pt
### WORKCAMP INFOSHEET - 2021

<table>
<thead>
<tr>
<th>Workcamp Code</th>
<th>Camp Name</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>PT-LE-14-21</td>
<td>Óbidos for Everyone</td>
<td>02/08/2021-13/08/2021</td>
</tr>
</tbody>
</table>

### Info about the Camp Organization
**Organization:** Associação Espeleológica de Óbidos (Óbidos’ Speleology Association)

**Aims:** Sponsor the contact between cultures and cultural growth, with aid of the natural resources of our region; Provide a diversity of activities which our region is known for; Exchange gastronomic habits and traditions; Provide the learning of some speleology techniques; highlight the importance of voluntary assignments in a community; Preserve and maintenance of local historic patrimony.

**Main activities:** Speleology (visit and explore caves); Canoeing; Paintball; All Terrain Cycling; Rope activities (courses above ground, between trees); Archaeology, Surf and Bodyboard.

**Internet address:** aeobidos@gmail.com | www.aeobidos.com

### Info about the Camp

**Aims:**
- Sponsor intercultural learning through the interaction of campers from different countries, providing debate moments to measure the value of voluntary work on a community’s appraisement.
- Promote cultural enrichment with visits to our region’s highlight locations (Castle of Óbidos, one of the seven wonders of Portugal, monasteries, forts, the natural reserve of the Island of Berlenga, rich in species of sea birds and it’s wonderful landscape, among others).
- In this camp, the work of the participants will consist on preserve and maintenance of our local historic patrimony, learn and utilize the whitewash painting technique on Óbidos village infrastructures (walls, buildings, waterfontains, etc) and some speleology proceedings to vertical ascend and descend, if needed...

**In their times of leisure, the campers will have the opportunity to enjoy activities our coast zone is known for, as well as one of the best to the practice of Surf and Bodyboard at Baleal and other outdoor experiences. At some dinners, the exchange of gastronomic habits and traditions will be promoted with thematic meals.**

### Accommodation/Food

**Lodgment:** School’s gymnasium with gymnastic mattresses and showerooms, washing machine, kitchen, area for meals and social gathering, free internet acess and wi-fi, local commerce nearby.

**Food:** breakfast, lunch and dinner.

### Location

**Obidos**

### Practical Information

- **Arrival date** - 02/08/21
- **Nº of volunteers** → 17
- **Work language** – English, Spanish and French
- **Insurance (kind of covers)** – Insurance of personal accidents (death or permanent invalidity; expenditures of treatment and repatriation; funeral expenditures; people assistance – personal accidents).
- **What to Bring (personal things)** – sleeping bag, personal hygiene material (e.g.: toothbrush), sun blocker, sportive and practical clothes, swim suit, other appropriate clothes for the activities, clothes and shoes can get very dirty on speleology and can get paint and be permanently marked by the whitewash.

### No Fees

### Meeting point

<table>
<thead>
<tr>
<th>02/08/21</th>
<th>16:00h</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period:</td>
<td>from 15:00 to 20h00.</td>
</tr>
</tbody>
</table>

### How to reach to….?

- **(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)**
  - By plane: Lisbon airport → www.aeroportodelisboa.com
  - By car: From Lisbon, A8, 1 hour trip, toll charge around €5.

### Useful Contacts

**Associação Espeleológica de Óbidos**

- **Apartado 44**
  - 2510 Óbidos
  - 965062895| 918855533
  - Fax: 262959302
  - aeobidos@gmail.com

**Associação Espeleológica de Óbidos**

- **Apartado 44**
  - 2510 Óbidos
  - Coordinator: Vítor Rodrigues – 965062895
  - Animator: Alexandre Ribeiro - 915082717

**Emergency Support**

- **P.J.** – Delegação Regional de Leiria
  - Av. 25 de Abril
  - 2400 – 265 Leiria
  - Tel.: +351 244 81 34 21
  - Fax: +351 244 81 38 10
  - ipj.leiria@ipj.pt

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WORKCAMP INFOSHEET - 2021

<table>
<thead>
<tr>
<th>Workcamp Code</th>
<th>Camp Name</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>PT-LI-24-21</td>
<td>Ota Archeologic Proj</td>
<td>6 to 17/9/2021</td>
</tr>
</tbody>
</table>

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

Centro Social recreativo e desportivo de Ota is a non-profit and public benefit institution which aims to develop the practices of sports, recreation and culture activities within the scope of its responsibilities as an important social agent. It is therefore a mobilizing agent and congregator of Ota people - a population of about one thousand inhabitants and of a rural nature, just 50km from Lisbon. Among the main activities developed in recent years, Theaters/"Revista" stand out, as well as the annual gymnastics activities, that range from kids to elderly participants. Another field that has brought good results is our cycling section, with several podiums in regional and national events. In the area of culture, in addition to the theater, support to the archaeological excavations campaign at the Ota site has been constant over the past two years.

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

Unravel Ota's prehistoric past on a 5000-year journey. To this end, we have the following general objectives:

1º Understand space occupation strategies of the communities of the 3rd millennium BC, through the analysis of architectures and implantations.

2º Assess the viability, potential and limitations of new technologies in archaeological surveys and in the current context of national Archaeology.

3º Empirically test / confirmation of the results obtained through UAVs and associated technologies.

Regarding activities: Archaeological excavation is our main activity however it will be accompanied by cultural visits to archaeological sites and geological monuments. At leisure, group games and trips to the pool/beach will be part of the experience. In addition, you can expect from us a good dose of training in archaeology and in the past communities of this space. Besides, you will learn about new technologies applied to cultural heritage.

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

Shared Lodgement (by sex: Boys; Girls) – Single beds with single pillow. Bathrooms follow the same logic (1 shared for boys and 1 shared for girls). Showers will have warm water.

3 meals: Breakfast, Lunch, Dinner. You'll have fridge and we can't prepare any special meal (nor vegetarian nor vegan).

There is free internet connection, a small supermarket and several cafes.

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

Lat - 39°5’18.32”N / Long - 8°59’17.36”W
## Practical Information
- **Arrival date** – 06/09/2021
- **Nº of volunteers** – 12
- **Work language** – English
- **Insurance (kind of covers)** – Personal accidents (Accidental death; Permanent disability in an accident; Coverage for Treatment Costs Due to an Accident; Funeral)
- **What to Bring (personal things)** – Sleeping Bag, Field boots, Field-appropriate clothing, Towels, Personal hygiene materials, Swimwear, Sunscreen, Hat, Water bottle

### No Fees

## Conditions of participation (internal rules of the camp)
All participants are welcome, nevertheless, due to logistical conditions, we have some reservations:
People with physical or dietary restrictions can’t be allowed to participate;
We advise:
Good physical preparation;
Like for physical activities;
Desire to learn more about our past.
Some rules:
It is not allowed to damage to the premises of Centro Social;
Comply with the orders of the monitors;
Comply with schedules.
Other rules will be presented and negotiated with the participants on the first day of the international field.

## Meeting point (day, time, period and place)
06/09/2021 – Morning – between 11/12 o’clock.
Lisbon (Oriente Station – subway red line – Near the Airport and near the bus/train station): the meeting point will be at the street that is at the left from the entrance of Aki store.

## How to reach to….? (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)
By plane – Catch a plane to Lisbon. In the airport look for the subway access. Oriente is the 3rd station from the Airport and it has the same name.
By Bus/By Train – you can get out exactly at Oriente in both cases. If you go to “Sete Rios station” or “Entrecampos station” you have to catch the subway to Oriente (red line).
The subway ticket is 1,50 euros, but you need to buy a card to get in the subway. The card if 0,50 euros. You can only get subway tickets at the subway stations.
To buy tickets online go to (station- Lisboa-Oriente):
Bus: Rede Nacional de Expressos (rede-expressos.pt)
Train: CP - Comboios de Portugal

## Useful Contacts (organisation address, phone, mobile, mail, contact person name)
Centro Social Recreativo e Desportivo da Ota (President Zélia Anselmo)
Rua do Centro Social, nº2
2580-243 Ota
+351 263 748 199
c.s.r.dota@sapo.pt
André Texugo Lopes (Coordinator)
Rua Rainha Santa Isabel nº9 1ºDTO
2580-243 Ota
+351 935149117
andrelopes@campus.ul.pt

## Workcamp Address (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)
André Texugo Lopes (Coordinator)
Rua Rainha Santa Isabel nº9 1ºDTO
2580-243 Ota
+351 935149117
andrelopes@campus.ul.pt

## Emergency Support (address, phone, fax, email of IPDJ in the District)
IPDJ
R. Rodrigo da Fonseca 55
1250-190 Lisboa
+351 128 920 800
geral@ipdj.pt
Info about the Camp Organization
(name, aims, main activities, internet address, you can add the organization logo)
This camp will be organized by APRISOF, an environmental NGO focused on the protection of rivers in the district of Porto, Portugal. We promote volunteering activities, environmental training and education.
The camp will be organized in close collaboration with the Municipality of Lousada that are implementing a ground-breaking sustainability agenda in Portugal (Lousada was the Winner of the 2019’s European Transformative Action towards Sustainability), and also with colleagues from the Associação BioLiving, an award-winning environmental NGO which motto is "Nature and Education for All".
As a group, these three entities have been working together in Lousada and Gondomar to promote sustainability; Encourage environmental citizenship and public participation in the defence of natural values; Boosting the social economy; Promote inclusion, peace and solidarity, using education, natural resources and the protection of nature as their trigger.

Info about the Camp
(aims, tasks and activities – work, leisure and visits)
This camp integrates the Municipality of Lousada’s sustainability agenda, which includes many environmental projects, always in cooperation with local communities. This camp will be organized by a team of biologists experienced in both science and animation. Participants will have the opportunity to learn about environmental management and nature conservation, and engage in conservation-training activities including cleaning and ecological restoration in some parts. We will build environmental structures for social inclusion, such as natural amphitheatres and sensorial trails. Volunteers will also get to see and learn about our flora and fauna, local culture, food, rural landscape, etc.

General objectives:
- Promotion of sustainability, environmental awareness, and biodiversity protection;
- Promotion of intercultural relationships, good environmental practices, and citizenship;
- Social inclusion with elderly citizens in some activities and building structures for environmental education of publics with special needs;
- Promotion of specific skills in the field of environmental management, nature protection and biodiversity.

Tasks and activities:
- Ecological training: - Control of alien invasive species;
- Beneficization of local fauna, flora, and landscape;
- Creation of natural structures for cleaning a wildlife pond;
- Plogging, cleaning of pathways; waste removal;
- Construction of structures for environmental inclusion of people with special needs;
- Valorization of local cultural heritage though workshops;
- Encouragement of international exchange and exchange of experience;
- Presentation and discussion of the natural and social reality of the regions of origin of the participants;
- Promotion of environmentally and socially responsible attitudes and values;
- Development of action-training actions focused on individual and collective learning.

Leisure and visits:
- Visit to Guimarães, a UNESCO world heritage city.
- Sketch'n Fun (Pictionary), music, environmental movies night, Portuguese traditional games, quiz night, talks, cultural and environmental tours, fauna and flora observation, visit to several museums, visit to Mata de Vilar.
- Local culture workshops (traditional music, agriculture, etc)

Accommodation/Food
(kind of lodgement, number of meals, other services)
Participants will sleep in a school in Lousada, in shared rooms with sleeping mattresses. There will be separated rooms for boys and for girls. The complex has sports locker rooms with hot water showers also separated by gender.
Participants have to bring their own towels and hygiene products. The organization will provide breakfasts, lunches, break snacks, and dinners. Lunches and dinners are prepared/cooked by the municipality’s staff and served at the sports complex canteen, but some lunches will be served in the field (sandwiches, fruits, etc.). He will always have vegetarian options.

Location
(geo-referencing, you can add a map or a photo of the city)
Discover Lousada: https://www.cm-lousada.pt/pages/667

Lousada general landscape:
Mata de Vilar, one area of intervention:

Structures to build:

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**Practical Information**

- **Arrival date**: 30/08/2021
- ** Nº of volunteers**: 17
- **Work language**: English (but we also speak Portuguese and Spanish)
- **Insurance**: (kind of covers) – Death and permanent disability, work accidents, treatments, funeral.
- **What to Bring (personal things)** – Music and food from your region, working clothes and shoes, sun screen, hat, a presentation on the nature of your region, towels and all needed hygiene products.

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**No Fees**

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

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

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

- **Penafiel Train Station**
- 30/08/2021 – at 11:00 AM.
- **Contact numbers**: Luís Cunha (+351)916271946, Mariana Cardoso (+351)919634676

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

- Lousada is not far from Porto, where there is the international airport Francisco Sá Carneiro and a very good train system. Just outside the airport take the metro (subway [http://en.metrodopporto.pt/](http://en.metrodopporto.pt/)) to Porto – Campanhã main station (30min). At Campanhã, take the train to Penafiel station (35min; line to ‘Caide) – timetables and prices for Portuguese trains at [www.cp.pt](http://www.cp.pt).
- If coming from Lisbon, take a train at Lisboa - Oriente main station directly to Porto – Campanhã (2.5h), and then change train to Penafiel.
- The organization will provide transportation from the train station of Penafiel to Lousada.
- Transportation between the camp base school and fieldwork or leisure activities will be provided by the organization.

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Phone</th>
<th>Mobile</th>
<th>Mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milene Matos</td>
<td>(+351) 96 471 2455</td>
<td>(+351) 96 471 2455</td>
<td><a href="mailto:biolousada@cm-lousada.pt">biolousada@cm-lousada.pt</a></td>
</tr>
<tr>
<td>Luís Cunha</td>
<td>(+351) 916271946</td>
<td>(+351) 916271946</td>
<td><a href="mailto:biolousada@cm-lousada.pt">biolousada@cm-lousada.pt</a></td>
</tr>
<tr>
<td>Mariana Cardoso</td>
<td>(+351)919634676</td>
<td></td>
<td><a href="mailto:biolousada@cm-lousada.pt">biolousada@cm-lousada.pt</a></td>
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**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

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<tbody>
<tr>
<td>Município de Lousada</td>
<td>(+351) 96 471 2455</td>
<td>(+351) 96 471 2455</td>
<td><a href="mailto:biolousada@cm-lousada.pt">biolousada@cm-lousada.pt</a></td>
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**Emergency Support** (address, phone, fax, email of IPDJ in the District)

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

**Name:** Aventura Marão Clube (AMC)

**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 perfect.”

- 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 2000 was the first declaration for a bigger goal – turn Amarante into the country’s first Fair Trade Certified Town.

- Dialogue: Last but not least, we are dedicated to dialogue. Through our many mobility and volunteer projects, youth exchanges, and cultural events we try to bring the world to Amarante.

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

**Web-page:** [http://cj.amarante.org/](http://cj.amarante.org/) and E-mail: cj.amarante@gmail.com

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

**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.

**Activities:** group dynamics; presentation to the city and region; discussion on the workcamp theme (objectives, tasks division); visit to the most important places of the city; training on theatre performance and workshop on how to deal with the difference; direct contact and work with local NGO (Cercimarante) responsible for activities with local handicapped young people; organize an event (theatre performance) involving both groups (workcamp participants and local handicapped young people) to be presented to the local community (street performance – expected more than 500 persons to attend); visits to some of the main cities and spots in the North of Portugal (Guimarães, Porto, Alto Douro Vinhateiro e Parque Natural do Alvão).

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

Participants will be accommodated in shared rooms (4 participants each) of Casa da Juventude de Amarante (even so participants should bring sleeping bag). Casa da Juventude de Amarante has its own kitchen, WC and showers. In terms of food, our youth centre has a bar/restaurant proposal for the volunteers (breakfast, lunch and dinner) always taking into consideration our aims (healthy food with organic and vegetarian ingredients). Laundry available (self-service). Our youth centre has free wireless.
Amarante is a small town in the North of Portugal, part of Porto district (60km far from Porto, to the interior) with 12 thousand inhabitants (in the city center). It is a quite famous city for tourism, culture and wine production. Indeed, is quite near (18km) the Oporto wine region. Is crossed by Tâmega River (one of the rivers ending at Douro River that crosses Porto till the Atlantic Ocean) and it is on the valley of one of the most important Portuguese mountains, Marão (1450m). Amarante is well located (nearby passes highway A4 connecting to Oporto and highway A11 connecting to Guimarães) and has a good public transport system (bus station). The city is 40 min way from the nearest airport (Oporto) by car.

**Practical Information**
- **Arrival date** - 06.07.21
- **Nº of volunteers** – 17
- **Work language** – Portuguese, English
- **Insurance (kind of covers)** – We will have insurance (personnel accidents and civil responsibility) valid during the workcamp period. Members from EU, Norway, Iceland and Liechtenstein should bring their European Wealth Card.
- **What to Bring (personal things)** – Sleeping bag and hygiene products, sun protector, swimming suits, working and sports clothes and shoes, one black t-shirt and one black trousers.

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

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

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

**Day:** 06.07.21  
**Time:** from 11h00  
**Place:** Casa da Juventude de Amarante, Av.ª General Silveira, n.º 193, Cepelos, 4600-017 Amarante (in the city center)

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

**Main connections using public transports:**
- **LISBON-PORT**
  - By train: Lisbon/Oriente Station - Porto/Estação Campanhã  
  - Price: from €18,75 to €44,00  
  - (For more information see: http://www.cp.pt)
  - By bus (Lisbon (07h00; 08h00; 09h00; etc.; 12h00; 15h00) - Porto (10h25; 11h30; 12h25; etc.; 15h30; 18h30) - Price: Euro 20,00  
  - (For more information see: http://www.rede-expressos.pt)

**PORTO-AMARANTE**
- By bus (Rede Expressos, Campo 24 de Agosto 125, 4300-096 Porto)  
  - Price: €8,20  
  - (For more information see: http://www.rede-expressos.pt)

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Address</th>
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<tbody>
<tr>
<td><strong>Aventura Marão Clube</strong></td>
<td>Casa da Juventude de Amarante</td>
<td>(00351) 255 420 234</td>
<td><a href="mailto:cj.amarante@gmail.com">cj.amarante@gmail.com</a></td>
<td><a href="mailto:cj.amarante@gmail.com">cj.amarante@gmail.com</a></td>
</tr>
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<td><strong>Casa da Juventude de Amarante</strong></td>
<td>Av.ª General Silveira, n.º 193, Cepelos 4600-017 Amarante</td>
<td>(00351)924058956</td>
<td><a href="mailto:cj.amarante@gmail.com">cj.amarante@gmail.com</a></td>
<td><a href="mailto:cj.amarante@gmail.com">cj.amarante@gmail.com</a></td>
</tr>
</tbody>
</table>

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

<table>
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<tr>
<td><strong>IPDJ – Norte</strong></td>
<td>Rua Rodrigues Lobo, 98</td>
<td>4150-638 Porto</td>
<td>telf – 226085700 / Fax - 226085799</td>
<td><a href="mailto:ipdj.porto@ipdj.pt">ipdj.porto@ipdj.pt</a></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Contact</th>
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**WORKCAMP INFOSHEET - 2021**

<table>
<thead>
<tr>
<th>Workcamp Code</th>
<th>Camp Name</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>PT-PO-10-21</td>
<td>ANOTHER WORLD IS POSSIBLE</td>
<td>19-09-2021 a 30-09-2021</td>
</tr>
</tbody>
</table>

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

**Name:** Equação, Cooperação de Comércio Justo, CrL

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

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

**E-mail:** jmrrpinto@gmail.com

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

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

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

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

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

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

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

Practical Information

- **Arrival date** – 19.09.21
- **No of volunteers** – 17
- **Work language** – Portuguese, English
- **Insurance (kind of covers)** – We will have insurance (personnel accidents and civil responsibility) valid during the workcamp period. Members from EU, Norway, Iceland and Liechtenstein should bring their European Wealth Card.
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### Conditions of participation (internal rules of the camp)

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

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

**Day:** 19.09.21  
**Time:** from 11h00  
**Place:** Casa da Juventude de Amarante, Av.ª General Silveira, n.º 193, Cepelos, 4600-017 Amarante (in the city center)

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

The means of travel we recommend for the Lisbon - Oporto and Oporto - Amarante connections by public transport are:

- LISBON-PORTO  
**By train:** Lisbon/ Oriente Station - Porto/Estação Campanhã  
**Price:** from €18.75 to €44.00  
(For more information see: [http://www.cp.pt](http://www.cp.pt))  
**By bus:** Lisbon (07h00; 08h00; 09h00; etc.; 12h00; 15h00) - Porto (10h25; 11h30; 12h25; etc.; 15h30; 18h30) - Price: EUR 20,00  
(For more information see: [http://www.rede-expressos.pt](http://www.rede-expressos.pt))

- PORTO-AMARANTE  
**By bus (Rede Expressos, Campo 24 de Agosto 125, 4300-096 Porto)**  
**Price:** EUR 68,20  
(For more information see: [http://www.rede-expressos.pt](http://www.rede-expressos.pt))

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

**Equação, Crí**
Rua do Salto, 143/149  
São Gonçalo  
4600-017 Amarante  
(00351) 913 051 999  
E-mail: jmrppinto@gmail.com  
**Contact person:** Miguel Pinto

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

**Casa da Juventude de Amarante**
Av.ª General Silveira, n.º 193, Cepelos  
4600-017 Amarante  
**Miguel Pinto**
Mobile phone  
(00351) 913 051 999  
E-mail: jmrppinto@gmail.com

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

**IPDJ – Norte**
Rua Rodrigues Lobo, 98  
4150-638 Porto  
(telf – 226085700 / Fax - 226085799)  
E-mail: ipdj.porto@ipdj.pt
### Info about the Camp Organization (name, aims, main activities, internet address, you can add the organization logo)

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

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

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

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

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

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

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

The workcamp will happen in Gondomar, in the outskirts of Porto. Porto is the second biggest city in Portugal but Gondomar, just next to Porto, has amazing rural parts where we can enjoy contact with nature. The camp will happen in the Mills of Jancido in Jancindo (Foz do Sousa). It is a small village with very welcoming people where you can feel Portugal at its best. You can find more info about the work that is already being done in the Mills of Jancido following this link https://www.facebook.com/moinhosdejancido/

### Practical Information
- Arrival date – 19/07/2021
- Nº of volunteers – 10
- Work language – English
- Insurance (kind of covers) – Personal Accident Insurance
- What to Bring (personal things) – Tent, sleeping bag and camping mattress, flashlight, sunscreen, hat, boots and gloves for work, comfortable shoes, swimming clothes, toiletries, insect repellent, regular medication, comfortable clothes, some warm clothes for the night.

**No Fees**

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

The participants must attend to the whole program of the camp and collaborate with the other participants.

The consumption of alcohol and/or any kind of drugs are not allowed during the camp activities.

Every participant must respect the other participants and any kind of violence or discrimination (physical, verbal, etc) is not allowed.

Participants that need visa to travel to Portugal, is their own responsibility to take it and pay for it.

The travel to and from the camp is participants responsibility.

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

On the 19th of July we meet in the Estádio 1º de Dezembro of União Desportiva Sousense, anytime between 14:30 and 20:00, if possible.

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

You can take a plane to Porto (easiest option) but also to Lisbon (if it is much cheaper and then travel by bus or train to Porto which should cost you around 10€ if you buy tickets in advance). When in Porto, travel by metro to Campanhã. There you need to find the bus stop for the bus 07 of Gondomarense bus company. Take that one and ask to get out at Sede do União Desportiva Sousense.

When you arrive, we will be waiting for you.


Please note that the last bus leaves Porto at 20:30 on the arrival day. If you don’t manage to get that one you will need to reach the camp by taxi/uber.

Other useful links:

Metro: [https://www.metrodoporto.pt/](https://www.metrodoporto.pt/)


National Bus throughout the country: [https://www.rede-expressos.pt/](https://www.rede-expressos.pt/)


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

Adress of the Organisation:
Rua Alexandre Herculano 158, 4420-369 Valbom

PLEASE DON'T USE THIS ADDRESS TO REACH THE CAMP!
Joana Pinto, Camp Coordinator
+351915993673 (also for whatsapp)
azesvalboenses@gmail.com

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

Address of the Camp:
Rua 1º de Dezembro, 55,
4510, Foz do Sousa
Joana Pinto, Camp Coordinator
+351915993673 (also for whatsapp)
azesvalboenses@gmail.com

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

Rua Rodrigues Lobo, 98
4150-638 PORTO
Tel: 226 085 700
Fax: 22 608 57 99
E-mail: mailporto@ipdj.pt
**WORKCAMP INFOSHEET - 2021**

<table>
<thead>
<tr>
<th>Workcamp Code</th>
<th>Camp Name</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>PT-VR-21-21</td>
<td>We are the Future of our Planet</td>
<td>21/07/2021 – 01/08/2021</td>
</tr>
</tbody>
</table>

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

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

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

"We are the Future of our Planet" project is based on environmental protection and preservation, specifically in the social field. This international working camp aims to be a multidisciplinary project, and we will work on this main topics:

**1 - LEARN**
Watch several videos and short formative films in order to understand how climate change is affecting the planet and how can we reduce our environmental footprint; How to plant trees and small seedlings and what are the species of native plants and animals in the region.

**2 - CLEAN**
Participants will be able to know the forests and green parks around the city and clean some spaces. We will also develop activities like urban garbage cleaning.

**3 - REDUCE, REUSE AND RECYCLE**
The "3 R's idea" fits perfectly in this project. Participants will be invited first to reduce at maximum their waste, then to reuse the garbage. If this isn’t possible, then they will recycle the waste. We will reuse waste to construct materials for everyday life and some musical instruments that will be used in an artistic show in the main street of Vila Real, presented to a big audience.

**4 - AWARE**
We seek to raise awareness of the importance of protecting our planet through the artistic show and through videos created during the project. The goal is aware the project participants and Vila Real citizens.

Participants will be housed in a **scout's house in the middle of a forest park**, with a healthy environment, where they can implement sustainable actions that they will approach over the days such as recycling, saving water and electricity.

These days in Vila Real they participants expect moments of entertainment with several activities, going to pool, see natural waterfalls while cleaning and walking on a trail, exploring the city through a peddy-paper and having contact with the Vila Real population and going to an olive oil producer that also produces olive trees.

At the end of the project, participants will receive a diploma of participation and will be able to apply the knowledge obtained in their home countries.

**Goals/Tasks for “Our Planet, Our Home” project:**
- Urban waste cleaning in green spaces;
- Know strategic places in the city and in Alvão for cleaning;
- Garbage Recycling and construction of materials for daily life and musical instruments
- Planting some trees and small seedlings and know the species of native plants and animals in the region;
- Visit to the Information and Interpretation Center of the Alvão’s Natural Park;
- Raise awareness among the population and young people of the importance of protecting our planet;
- Watching videos and short films;
- Create sustainable habits;
- Include the population in the activities and raise awareness of the importance of protecting our planet.

**Accommodation/Food** *(kind of lodgement, number of meals, other services)*
- Kind of lodgement: 2 rooms: one is bigger, the other one is smaller; It's possible to camp as well outside the building.
- Number of meals: 4 (Breakfast, Lunch, break and dinner).

**Location** *(geo-referencing, you can add a map or a photo of the city)*
Vila Real is located 50 minutes distance from the Porto airport.

**Practical Information**
- Arrival date - 21/07/2021
- Nº of volunteers – 17
- Work language – English
- Insurance (kind of covers) – Personal accident insurance (Kind of covers: death, permanent disability, treatment costs, funeral costs and repatriation).
- What to Bring (personal things) – Sleeping bag, mattress and extra sleeping blanket; Sleeping tent (optional).
- Toiletries, bath towels.
- A typical food of the locality of each young person that awakens some senses to use in the intercultural night.
- Pocket Money for the needs of each young person.

**No Fees**

**Conditions of participation** *(internal rules of the camp)*
Respect for all participants;
Integrate work and group activities with joy;
Be an active and helpful member;
Bring new ideas to the group;
Accomplish with schedules;
Get to know the city of Vila Real and have fun.

**Meeting point** *(day, time, period and place)*
The meeting point will be on 21/07/2021, on Vila Real City Hall, in front of the town hall, in the period between 11:00 – 18:00.
We advise you to arrive in the morning and be in Vila Real as soon as possible so that you can enjoy more of our city.

**How to reach to Vila Real?** *(by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)*
Vila Real city is located 50 minutes distance from the Porto airport.
1. You land in the Porto airport
2. Take the bus to Vila Real, the ticket price is about 10.00€.
   - The main bus companies are “Transdev” and “Rede Expressos”.
   - Bus companies websites:
     - https://transdev.pt/aeroportoporto/
     - https://www.rede-expressos.pt/
3. When you arrive in Vila Real, you have to go to the town hall (5 minutes walking distance).
   - This is the final address (meeting point on the town hall): Av. Carvalho Araújo 10, 5000-651 Vila Real

**Useful Contacts** *(organisation address, phone, mobile, mail, contact person name)*
**Organization address:**
Rua Nova, Bloco A, 9, R/C
Mobile phone: (+351) 918 323 991
E-mail: escola@musiccool.pt
Contact person name: Beatriz Campaniço

**Emergency Support** *(address, phone, fax, email of IPDJ in the District)*
Address: R. Dr. Manuel Cardona 6
Phone: 259 309 640
E-mail: ipdj.vreal@ipdj.pt

**Workcamp Address** *(address, mobile phone and mail of the responsible, coordinator or animator, contact person name)*
**Organization address:**
Rua Nova, Bloco A, 9, R/C
Mobile phone: (+351) 259 322 733
E-mail: tiagouquinteiracosta@gmail.com
Contact person name: Tiago Costa