

ZERO TRASH

Promoting environmental awareness



VOLUNTEER'S INFOSHEET

Welcome!

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WELCOME!

Hello!

We are welcoming you to our two-weeks intercultural adventure in Lousã (Portugal), a land of beautiful nature and friendly people ;)

Here you will experience the brightest sun, the breathtaking mountains and the freshest rivers and river beaches, while socializing, having fun and leaving your contribution to the local community.

Become a part of our workcamp and enjoy it!





GET TO KNOW

Who we are

CAMP ORGANIZATION

Activar - Associação de Cooperação da Lousã

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, social development, nature tourism and professional training.

"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

LOCATION



The workcamp will take place in the villages of Casal de Ermio, Foz de Arouce and Serpins, in Lousã. Lousã is a town surrounded by mountains and rich in natural and cultural heritage, 30 Km far from Coimbra.

Here you will have the opportunity to discover a fantastic county, where you can enjoy the magnificent Serra da Lousã, along with its river beaches, do sports and cultural activities and get to know a wide range of local products.

MANAGING

Expectations

WHAT CAN YOU EXPECT?

- Volunteers shall work 6 hours per day
- Volunteers will cook together in special teams
- There will be two free days to do activities within the group
- The camp is coordinated by friendly camp-leaders

The camp leaders will work together with the volunteers, but please **DO NOT EXPECT** that the camp leaders will organize everything for the group, so be open for teamwork!

Workcamps are run according to the principles of communal living, group decision making, equal participation and collective problem solving.

The quality of the workcamp depends very much on **YOUR INPUT, IDEAS and INITIATIVE!** ;)

WHAT DO 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 share 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

MOST IMPORTANT is that you are flexible and act in a friendly and responsible way. In a workcamp it is possible that things do not go according to the original plan. It can happen that some things need to be organized differently than described in the info-sheet. As we are a non-profit organization (which also works with volunteers) please be open-minded and prepared for changes!

Other qualities that are welcome in your workcamp:

- Bringing own ideas for games and leisure activities
- Being ready to take initiative for the project and the workcamp group



ALL YOU NEED TO KNOW

About the Camp

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 touristic level)
- Promote the autonomy and personal and social development of the participants
- Promote cultural exchange among young people from different countries around the world
- Promote intercultural exchange between the young participants and the local community

ACTIVITIES

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

LEISURE TIME

In leisure time, the group will have the opportunity to get to know Coimbra and the old University, the Atlantic ocean, the river beaches in Lousã and, in the evenings, to participate in 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, both in the town and in the mountains.





GETTING INTO

Practical information

Camp code: **PT-CO-12-21**

Arrival date: **July 12**

Departure date: **July 23**

Nº of volunteers: **17**

Working language: **English / Portuguese**

Insurance coverage: **Personal accidents and civil liability**

Location: **Serpins, Lousã (Coimbra)**

USEFUL CONTACTS

Camp address: **Pavilhão Rancho Folclórico de Serpins
3200-358 Serpins**

Camp leaders: - **Daniela Venâncio**
- **José Gaspar**
- **Fernanda Vaz**

Email: juventude@activar.org

Phone: **00351239996116 / 00351918075228**

ACCOMODATION & FOOD

Participants will be lodged in an accommodation setting in the parish of Serpins, where mattresses will be specifically placed in order to ensure social distancing during sleep time. The place is equipped with toilets and showers, which will be daily sanitized. There is a big kitchen where the group can cook and eat but outdoor meals will be privileged.

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

WHAT TO BRING

- **sleeping bag, personal hygiene items, facemask**
- comfortable clothes and sneakers (suitable for work)
- coat or sweater for the night
- sun hat
- swimming suit
- sunscreen
- insurance documentation (European Health Insurance Card or personal health insurance)
- typical games and instruments, cooking recipes or other characteristic materials of your country

FIND OUT

How to reach us

FROM OPORTO

By train: Take the metro, bus or taxi to **Porto Campanhã** (train station); there, take the train to **Coimbra B**, direction North-South. In Coimbra B, change train in order to get to **Coimbra A** station; take the Metro Mondego bus to **Serpins** (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 camp!

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** (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 camp!

FROM LISBON

By train: Take the metro, bus or taxi to **Gare do Oriente** (train station); there, take the train to **Coimbra B**, direction South-North. In Coimbra B, change train in order to get to **Coimbra A** station; take the Metro Mondego bus to **Serpins** (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 camp!

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** (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 camp!

USEFUL LINKS & APPS



GET FULL DIRECTIONS

<http://tiny.cc/map2021>



COMBOIOS DE PORTUGAL

www.cp.pt/passageiros/en



moovit

www.moovit.com

**Rede
expressos**

www.rede-expressos.pt/en



**metro
mondego**

<https://bit.ly/3usY2dS>

