

DIVERSITY+ AT THE FARM

Inclusion | Creativity | Improvement



VOLUNTEER'S INFOSHEET

Welcome!

Who we are

About the Camp

Expectations

Practical information

How to reach us

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
Follow our Youth project on Instagram! ➡ [@espacojlousa](https://www.instagram.com/espacojlousa)

LOCATION

The workcamp will take place in Lousã, a small 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, and find inviting places for a nice conversation.

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



ALL YOU NEED TO KNOW

About the Camp

GENERAL AIMS

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

ACTIVITIES

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

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.



MANAGING

Expectations



WHAT CAN YOU EXPECT?

- Volunteers shall work 6 hours per day
- Volunteers will cook dinner together in special teams
- There will be 2 free days with 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 infopack. 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

GETTING INTO

Practical information



Camp code: **PT-CO-13-22**

Arrival date: **July 18** | Departure date: **July 29**

Nº of volunteers: **17**

Working language: **English / Portuguese**

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

USEFUL CONTACTS

Camp address: **HI Lousã - Pousada de Juventude
R. Feira, 3200-122 Lousã
(Google maps: [4Q75+26 Lousã](#))**

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

Email: juventude@activar.org

Phone: **00351239996116 / 00351917251974**

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

- personal hygiene items (including towels and flip flops)
- 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 **Lousã** (the bus stop is in front of the train station, by the river). Leave at **Lousã-A** bus stop and walk for 10-15min to **Pousada da Juventude**.

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 **Lousã** (the bus stop is in front of the train station - blue building - by the river). Leave at **Lousã-A** bus stop and walk for 10-15min to **Pousada da Juventude**.

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 **Lousã** (the bus stop is in front of the train station, by the river). Leave at **Lousã-A** bus stop and walk for 10-15min to **Pousada da Juventude**.

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 **Lousã** (the bus stop is in front of the train station - blue building - by the river). Leave at **Lousã-A** bus stop and walk for 10-15min to **Pousada da Juventude**.

USEFUL LINKS & APPS

 **GET FULL DIRECTIONS**
bit.ly/wkmap22

 **COMBOIOS DE PORTUGAL**
www.cp.pt/passageiros/en

 **moovit**
www.moovitapp.com


www.rede-expressos.pt/en

 **metro mondego**
bit.ly/mmbus22

