



# INFOPACK

**Volunteers in Peniche,**

**WELCOME TO PORTUGAL!**

Hello dear volunteer!

First of all, we would like to congratulate you for being part of our team and we can promise you there will be much work to do but you are also going to have lots of fun!

This project will, naturally, be a challenge for you! For the period of your staying here we want to make sure that you have everything you need. Therefore, do not hesitate to ask questions and communicate with us even before the start of the European Voluntary Service, so we can help you solve any difficulty you may face during the preparation period, your fears and expectations regarding the topic of this project and, last but not least, the EVS itself.

We know you have joined the project because you want to learn new things, acquire new skills, make new friends, and learn more about other cultures and many other things but most of all, TO HAVE FUN. We believe we are going to achieve all this and much more by working together in this project. THINK OUTSIDE THE BOX, BE OPEN MINDED and don't be afraid to ask questions.

In the next few pages, you will find useful information such as details about logistical stuff and activities.

So...

WELCOME TO PORTUGAL

## PENICHE, PORTUGAL

Peniche has an area of 77,5 km<sup>2</sup>, and a population of about 27 000, distributed among 4 parishes. According to some accounts, the name Peniche is associated with a Roman settlement and means peninsula. The municipality's 12 kilometres of coastline, with its combination of beautiful beaches, rugged cliffs and tranquil bays on a route that enjoys bright sunshine all year round, make up a uniquely rich landscape.

- Praia da Gâmbua
- Praia da Cova de Alfarroba
- Praias do Baleal Norte e Sul
- Praia de Supertubos
- Praia da Consolação
- Praia de S. Bernardino
- Praias do Portinho da Areia Norte e Sul



These natural conditions are ideal for various nautical sports and activities such as sports fishing, underwater fishing and photography and, specially, surfing. At October, we have the Worlds Surfers League in Supertubos.

In Peniche you can find a special island, Berlengas, protected by UNESCO with a unique biosphere, you should not come back to your country without visit it. The inland part of the municipality, characterised by a rich geological coast with international importance where you can explore and discover by yourself. The most important historical sites are the church of Igreja de S. Pedro, Peniche Fortresses line and the historical center.



Our economy is based on the fish industry, tourism and most recently student community (investigation, tourism and biology).

## **CLIMATE**

Average temperatures in Peniche vary a little. Temperatures feel very enjoyable all year with a fair chance of precipitation about half of the year. The hottest months are July, August and September, but the temperature can drop considerably at night.

Peniche has some extremely humid months, and above average humidity throughout the year. Peniche can have really cold winds due to our proximity to the ocean.

Don't forget your swimsuit, you will love our beaches during the summer time.

## **PRICE COMPARISON IN PORTUGAL**

Average cost of some common needs.

### **Restaurants:**

- Meal, Inexpensive Restaurant: 7.50€
- Coke/Pepsi (0.33 liter bottle): 1.23€
- Water (0.33 liter bottle): 0.50€

### **Groceries:**

- Milk - regular(1 liter): 0.73€
- Loaf of Fresh White Bread (500g): 1.10€

## GASTRONOMY

Portuguese cuisine has many Mediterranean influences. Portuguese cuisine is famous for seafood. You can also notice a wide variety of spices used. These spices include black pepper, cinnamon, sweet chilly... Olive oil is one of the bases of Portuguese cuisine, which is used both for cooking and flavouring meals. Garlic is widely used, as are aromatic herbs, such as bay leaf, parsley, basil and coriander.



A Portuguese breakfast often consists of fresh bread, with butter, ham and cheese, accompanied with coffee, milk, tea or hot chocolate. A small espresso coffee is a very popular beverage had after any meal in Portugal. Sweet pastries are also very popular, as well as breakfast cereal, mixed with milk or yogurt and fruit.

**Important:** Do not buy fish at the street - is not regulated.

### Eating hours:

- **Breakfast** from 8am to 10am;
- **Lunch** from 12am to 14h30pm;
- **Dinner** from 7pm to 9pm, but some people can have dinner on really late hours.



Just for your knowledge, there is some typical food you can find in Portugal:

- Pastéis de Nata (sweet);
- Bacalhau (codfish);

- Caldo Verde (soup);
- Carne de porco à Alentejana (pork meat with clams);
- Castanhas (Chestnuts);
- Caracóis (snails).



## ENVIRONMENT AND SUSTAINABILITY

*“In recent years, efforts have been made to modernize the sorting equipment and to strengthen selective collection networks”*

The population has grown the levels of recycling, but still far from the recycling targets for 2020. At this time Portugal recycles 31% and the next goal to 2020, 50% of household waste.

Main problems in the community of Peniche:

- Unemployment;
- Low education of the families that create problem in the integration on the labour market.

## TRAVEL

### How to get here?

Take a flight to Lisbon, Lisbon Airport.

**Important:** Please buy the tickets with your sending organization. You need to check with them the price and route of the tickets and get approval to proceed.

While we might not have the capacity to pick individuals up from the airport, we can provide you with easy steps on how to get to us by public transportation.

**From Lisbon Airport to Peniche bus station** you have two options: from **Campo Grande** or **Sete Rios**:

1. You will need to take the metro (1,50€) Red Line, S. Sebastião direction;
2. 2. Change to the Blue Line in S. Sebastião - Reboleira direction If you want to go to Sete Rios and get off the metro at Jardim Zoológico to catch the bus, or change to the Green Line in Alameda – Telheiras direction if you want to go to Campo Grande;
3. 3. Buy your ticket to Peniche in the bus if you are coming from Campo Grande or ticket offices from Sete Rios.



The bus is around 9,00€, but you can claim it after, in your organization. It takes around 1h20min to get to Peniche bus station. Someone from our organisation will be there to pick you up.

If you need some help you can contact this number: +351 914 788 483–Sofia Fonseca

These are the timetables from Lisbon to Peniche:

**From Sete Rios:**

**HORÁRIOS**  
**Lisboa → Lourinha → Peniche**

CÓDIGO DA LOCALIDADE

			A					B					
001	LISBOA	P	07:30	08:30	10:00	11:45	12:30	13:30	15:45	17:00	18:30	19:30	22:00
449	TORRES VEDRAS		08:15	09:15	10:45	12:30	13:15	14:15	16:30	17:45	19:15	20:15	22:45
465	CARRASQUEIRA		08:30	09:30	11:00	12:45	13:30	14:30	16:45	18:00	19:30	20:30	23:00
453	LOURINHA		08:40	09:40	11:10	12:55	13:40	14:40	16:55	18:10	19:40	20:40	23:10
466	PRAIA AREIA BRANCA		↓	09:45	11:15	13:00	13:45	14:45	17:00	18:15	19:45	20:45	↓
415	PENICHE	C	09:00	10:05	11:35	13:20	14:05	15:05	17:20	18:35	20:05	21:05	23:30

**From Campo Grande:**

LISBOA C. GRANDE	CARRASQUEIRA	MARTELEIRA	LOURINHÃ	SEIXAL	P. AREIA BRANCA	CASAL DO ALTO FOZ	ALTO DO VERISSIMO	GERALDES	PENICHE TRIBUNAL	PENICHE GAPE
<b>DIAS ÚTEIS   WORKING DAYS</b>										
8:00	8:40	8:45	8:55	9:00	9:02	9:08	9:10	9:12	9:22	9:25
11:00	11:40	11:45	11:55	12:00	12:02	12:08	12:10	12:12	12:22	12:25
13:00	13:40	13:45	13:55	14:00	14:02	14:08	14:10	14:12	14:22	14:25
15:15	15:55	16:00	16:10	16:15	16:17	16:23	16:25	16:27	16:37	16:40
16:00	16:40	16:45	16:55	17:00	17:02	17:08	17:10	17:12	17:22	17:25
16:45	17:25	17:30	17:40	17:45	17:47	17:53	17:55	17:57	18:07	18:10
17:30	18:10	18:15	18:25	18:30	18:32	18:38	18:40	18:42	18:52	18:55
18:00	18:40	18:45	18:55	19:00	19:02	19:08	19:10	19:12	19:22	19:25
18:30	19:10	19:15	19:25	19:30	19:32	19:38	19:40	19:42	19:52	19:55
18:45	19:25	19:30	19:40	19:45	19:47	19:53	19:55	19:57	20:07	20:10
19:00	19:40	19:45	19:55	20:00	20:02	20:08	20:10	20:12	20:22	20:25
19:30	20:10	20:15	20:25	20:30	20:32	20:38	20:40	20:42	20:52	20:55
20:00	20:40	20:45	20:55	21:00	21:02	21:08	21:10	21:12	21:22	21:25
21:00	21:40	21:45	21:55	22:00	22:02	22:08	22:10	22:12	22:22	22:25
22:30	23:10	23:15	23:25	23:30	23:32	23:38	23:40	23:42	23:52	23:55
<b>SÁBADOS   DOMINGOS   FERIADOS   WEEKENDS AND PUBLIC HOLIDAYS</b>										
10:00	10:40	10:45	10:55	11:00	11:02	11:08	11:10	11:12	11:22	11:25
14:30	15:10	15:15	15:25	15:30	15:32	15:38	15:40	15:42	15:52	15:55
20:00	20:40	20:45	20:55	21:00	21:02	21:08	21:10	21:12	21:22	21:25



**Important:** Don't take any taxis since they are really expensive and you will not be refunded.

*Remember that in Portugal there is no bargain prices in transports.*

## **VISA ARRANGEMENTS**

If your country is out of Schengen area you will need to apply for a visa.

Depending on the purpose of your travel to Portugal, there are different types of visas that will apply to the occasion.

Whether you are planning to go on a visit, study or work and reside in Portugal permanently, you will have to apply for a different Portuguese Schengen Visa, accordingly. In your case, you will need to ask a visa for volunteering service in Portugal.

[More Information Here](#)

## **INSURANCE**

Your sending organization will arrange insurance for all participants. Please just make sure with your sending Organization that your insurance was taken care of, prior to your travel.

## **VACCINATIONS**

All volunteers must ensure they are up-to-date with their vaccinations prior to coming to Portugal. Volunteers should meet with their local doctors to discuss necessary vaccinations prior to departing. Bringing a copy of your vaccination certificates is not required but suggested.

## CURRENCY

The currency in Portugal is Euro.



## AIMS OF THE ORGANIZATION

- Support the development of children and youngsters through the promotion of artistic and ludic sensibility for areas of music, drama and corporal expression;
- Empower children and youth for the acquisition of social competences;
- Promote social integration through the implementation of preventive work.



## Intervention

- **Social** (Centers of free time Activities and Holiday Camps for kids from 6 to 14 years old);
- **International** (ESC - European Solidarity Corps (we are a sending, hosting and coordinating organization in long term and short term project), Youth Exchange, Training Courses, Study Visits, Seminars);
- **Cultural**(Book fairs, beaches cleaning).



## PROJECT DESCRIPTION

This activity is a collaborative project amongst NGOs who have partnered to integrate their mission with the objectives of Erasmus+ through volunteer exchange activities. The volunteers in Portugal will contribute towards education development.

The volunteers will work with a diverse group of children and teenagers from our community and will do activities that may vary every week.

We aim to achieve a sensitive and effective cultural Exchange being that every volunteer will have at least one week to present his own country and the kids every first week of each month to present Portugal.

The placements will be based in our organization AJP - Associação Juvenil de Peniche, in the city of Peniche, Portugal.



## Objectives

- Serve, educate and empower students from our community through facilitating Language courses;
- Provide a way for volunteers to use their skills, knowledge, and expertise, to contribute to society;
- Promote Erasmus+ as a platform for local and international activities for education, sustainability and environmental protection.

## Who can participate?

The ideal candidate has the following characteristics:

- Positive mindset and proactive;
- Flexibility (responsive, adaptable, creative, manage change);
- Disciplined and professional attitude;
- Problem-solving and flexible attitude towards changes in the internal and external environment;
- Interpersonal skills (building relationships, conduct and conflict mediation);
- Openness towards a multicultural and multireligious environment;
- Able to work independently and in a team;
- Able to communicate well with the team and members in the community;
- Good knowledge in English, both written and verbal;
- Passionate in the education field and eager to work with youth;
- Good knowledge in English; Written and verbal;
- Knowledge of Word/Excel/Ppt or Google Docs/Google Sheets/Google Slides - optional;
- Excellent communication skills (listening, questioning, explaining, giving feedback);

- Presentation skills (public speaking, structure and communicate ideas, using visual aids);
- Willing to learn and be trained in specific education and training materials and approaches;
- Establish and maintain good relationships with local community;
- Any other necessary tasks as requested by your supervisor.

## **Placement Period**

All participants will receive on-arrival training during the first week of the project and the volunteer will be trained in the consecutive 2-4 weeks on their placement position.

More details on the expected arrival date and time will be revealed closer to the starting date and upon confirmation of all participants.

To apply for the project you should follow the below steps:

1. Email your CV (in English) to your local Sending Organization, that will send it to AJP.
2. The suitable candidates will be invited by AJP for a Skype interview.

## **Volunteer job description**

The volunteers will work with a diverse group of children and teenagers from our community. Our students may have different English level so you should learn some Portuguese words with them.

You will help on the daily activities. It is also expected from you to organize at least one cultural day to present your own country to the kids and another one with a free theme. You should prepare activities, up to you (Traditional Games, draw, painting, puzzles, reading, singing, theater, cooking, presentations, dance, group games, ...).

You will work seven hours every work day, meaning they will have a free weekend. During the morning, between 11am and 1pm, you will help in the organization cleaning, painting, organizing, planning. At the afternoon, between 2:00pm and

7:00pm, you will work on our ATL where you will realize your activities.

**Important:** *Any ideas from you will be welcome. We are a young team always ready to listen to you and we will appreciate every note from you. Do not be shy!*

## PRACTICAL INFORMATION

### Accommodation

After arrival all participants will be hosted in an apartment. We have 3 apartments in Peniche and 1 in Lourinhã.

In all of them the bathrooms are shared with all volunteers. There are also leisure facilities, including a small living room where volunteers can relax and hang out and the kitchen all equipped. Portugal has European standard bathrooms.

The houses have no air-condition or heating system and there is Wi-Fi available. There is also a washing machine available in the organization.

**Important:** *Since Peniche is a humid city, you can expect to notice some humidity spot inside the house. This is common in every house in the region. But you can easily clean it.*

### Food

AJP do not provide any meals. Once your project starts, each participant will receive a monthly food allowance in advance and should go to the supermarket.

### Portuguese Classes

You will be able to use OLS (Online Linguistic Support) <https://app.erasmusplusols.eu/>

## **Mentoring**

You will have a project mentor to help you in everything you need (knowing better Peniche or Portugal, help you with personal issues, ...) and you will have to meet with your mentor every week.

## **RULES AND REGULATIONS**

### **Holidays**

All participants will earn two days per month. You will be allowed to accumulate your holidays.

Participants should apply for their leave a minimum of two weeks in advance by request it to their assigned supervisor for approval.

### **Allowance**

Each participant will receive a maximum of 260,00€ monthly allowance, that will be paid by the 1<sup>th</sup> day of the months by AJP.

## **EXTRA INFORMATION**

### **Necessities during your stay**

- Dress code during work: Smart casual attire (shirts, long pants, closed shoes);
- Medication that you think you can only find in your own country;

- A laptop is recommended to bring if you have one. If you don't have a laptop, no worries as there is a computer in the organization;
- Sunscreen, swimsuit, flip flops, beach towel;
- Bring comfortable shoes. Avoid high heels since our pavement is irregular;
- A good jacket, for the winter and cold nights in the summer;
- Adaptor suited for the European socket;
- Snacks and food from your country for the intercultural evening;
- If the volunteer needs extra time for the praying or other necessities, that can be requested in advance;
- Each participant will be provided with a set of bed sheets, blanket, pillow, pillow case and towel which they are supposed to wash and take care during the stay.

## Language

Most people in Portugal can speak English, but is advised that you learn some basic Portuguese since you will need it in some less touristic places in Peniche.

During your placement you will have free Portuguese classes available that you can take. You can relax because everyone can speak English in the organization.

Never say *Gracias*. You shouldn't speak Spanish or say that our language is similar to Spanish language, some people may be offended.

Hello - Olá

How are you? - Como estás?

Good morning – Bom dia

Thank you – Obrigado

My name is - O meu nome é



## Others

- Be always polite;
- Do not spit on the street;
- It is not allowed to smoke in public buildings;
- Do not throw garbage on the street;
- In Portugal is not usual to give tips.

## YouthPass

**Important:** We advise you to think about your YouthPass during your project. Think about these 8 key competences and it will be easier in the end of your ESC

**Looking forward to host you!**



**AJP - Associação Juvenil de Peniche**

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