



EUROPEAN
SOLIDARITY
CORPS



INFOPACK

12 MONTHS VOLUNTEER IN PORTUGAL



Duration: 12 months

Location: Marvão, Portugal

Start date: February 2022

Application deadline: 15th January

More info:
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Do you know ESC Programme?

European Solidarity Corps volunteering activities are open to **18-30** year old people

What is covered?

- You are covered by a complementary **insurance**
- You can access a range of support services such as **linguistic support and training**
- Your **basic costs** will be covered (your travel to and from the project, accommodation and food)
- You'll also receive a **small allowance** for personal expenses

+INFO: https://europa.eu/youth/solidarity/young-people/volunteering_en





Descalças Cooperativa Cultural

Descalças Cultural Cooperative was founded in 2006 by five artists and social entrepreneur women. It's main areas of action are **arts**, as a tool for social transformation, namely theatre, music and humour; **education**, including arts education and nature activities; and **sustainability** promoting permaculture principles and healthy eating. We aim to support both the younger population, providing more opportunities and tools for resilience, and elders combating social isolation.



Where are we?

Marvão is located in the least populated district of Portugal, Portalegre, a rural place where most people live off the land. In the area of a natural park (Parque Natural da Serra de São Mamede) it has impressive wildlife, natural landscapes and archeological digs. Being inland, it takes around 3 hours by car to the main Portuguese coastal cities of Lisbon and Porto.

Our Project

Since Descalças have settled in Quinta das Avelãs, in 2020, this farm has been home for a variety of different projects and activities, involving the members of the cooperative and local community who needed a space to develop their projects. Projects currently taking place in Quinta das Avelãs can be divided in three areas: Education, Permaculture and Creative arts & Culture.





1. Education

Bosque Escola Avelãs - Founded in 2017 by three families of the community, is a forest education project for children aged from two to ten years based on the triple pillars of nature, free play, and diversity. The children of various nationalities and socio-economic backgrounds learn from each other and nature, as well as from qualified educators with specialized forest-school training. This project organizes every season an Education in Nature training aimed for the educators, parents and everyone who is interested in the topic.

Férias na Quinta offers summer activities for children between four and twelve years old. Artists from various fields (music, dance, theatre, visual arts, painting, sculpture, botanic, etc.) lead one-week workshops for children which stimulate the children's creativity with a lot of free play and fun!





Volunteer's Role:

🌿 accompanying children during playtime, lunch and other leisure time 🌸 support teachers * in the development of materials * in supporting children - dressing, eating, ... * in planning activities to be developed with children 🌸 accompanying children on excursions, artistic workshops or farming 🌿 design the construction of play spaces, or other simple constructions with natural materials such as shelters or fences for the children to play 🌸 teach languages 🌸 prepare intercultural days to introduce children to different cultures, among many other ideas 🌿

2. Permaculture

Community garden - designed according to permaculture principles is a project open to everyone. Members tend to the garden together and are entitled to part of the harvest.

Cantina Social Avelãs - a project that provides healthy meals to the children of the educational projects and to the local community. The work is based on ethical food principles and aimed at both environmental and social sustainability. Vegetarian, healthy, local and organic food is a priority in this project, which also educates for healthy lifestyles.



Volunteer's Role:

🌿 support the organization of community events such as mutual help days, open harvesting days 🌸 organic and handicraft local markets, communitarian workshops 🍓 provide support in agricultural activities such as developing a community garden *herb garden *sowing *planting *harvesting *processing the harvest *bringing products to local markets.

🌿 exploring Serra de São Mamede Natural Park 🌸 promoting outdoor leisure activities, fighting fires/reforestation 🌸 encouraging sports, or other regular practices such as dance, yoga, meditation 🍓 encourage a healthy diet with international culinary workshops 🌿



3. Creative arts & Culture

Terra d'Amor Humor – it is the home of an artist (clown Luna) and offers regular cultural events, as well as glamping accommodation. It is also one of the spaces of the Maria d'Alegria brand, welcoming tourists and the local community for routes and guided tours with science and art (Rotas Palhaças), an open-air and monthly story-telling event (Contos na Quinta) and promotes partnerships with social solidarity organizations (Terapias pela natureza).



Coworking space - provides a comfortable space with free wifi and desks for the community. Here Bolina (International Clown Women Festival), Arte e Natureza (holiday programme for children) and Cabaret do Bosque (artistic show) are organized; regular activities, or other local people's artistic rehearsals, production and office work take place.



Volunteer's Role:

• support the creation of tools and dynamics of interconnection between the arts and other educational or social needs

• record (photos and videos) all activities and make a final product that allow us to share our methodology, approach and achievements

• encourage cultural activities

• welcome artists and partner organizations and integrate teams with other volunteers

• organize activities to promote creative arts and culture, such as " Cultural Nights "

Artistic Workshops " theatre plays " concerts "

among many other ideas



Is this volunteer you?

If you are between 18 and 30 years old, you've never participated in an ESC/EVS and are motivated to participate in our project, willing to learn, reflect and engage in intercultural and intergenerational exchange, maybe this project is just for you! Check the tick box below:

- Availability and motivation to work with different generations, both children and elderly people;
- Motivation to adapt to a rural and inland context;
- Sensitivity to issues of multiculturalism, diversity, inclusion and motivation to deepen your knowledge in the field of community work;
- Sensitivity to issues of sustainability, ecological and environmental education;
- Willingness to learn Portuguese, practice English, as well as sharing your own native language, in an informal and peer learning process;
- Commitment to share what you have experienced and learned when you return to your home country.

* In the selection of participants for our project, we will give priority to young people with fewer opportunities, who face one or more of the following obstacles: health problems, educational difficulties, geographical obstacles, cultural differences, economic obstacles or social obstacles.



DES CALÇAS



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