



Communities projects in the Azores



What to Expect:

Join our program in São Miguel Island and help children, teens, and elderly residents develop personal and social skills. From educational games and arts workshops to dance sessions, your contribution will help create a healthier, more inclusive community.

1. Youth Support

Volunteers help create a safe and stimulating environment where youth can learn, express themselves, and grow through playful, artistic, and recreational activities. From painting and theater to outdoor games and English support, you'll help spark curiosity, creativity, and personal development, giving young people the tools they need to build a healthier, happier future.

Daily Tasks

- Create and lead playful educational games and activities.
- Organize and run creative workshops like painting, theater, and music.

- Promote healthy habits through outdoor games, group outings, and wellness sessions.
- Support English language learning through interactive practice and homework help.
- Build strong connections with students and actively participate in their daily experiences.

2. Food for Good

help provide essential meals to low-income families and the unhoused community. From preparing nutritious food to maintaining kitchen hygiene and assisting with meal distribution, your support will bring comfort and nourishment to those who need it most.

Make a direct impact by helping prepare, cook, and distribute meals for vulnerable communities in São Miguel Island. Volunteers will work alongside a dedicated nonprofit, ensuring that families and individuals in need have access to nutritious food in a safe and welcoming environment.

Depending on the project you're involved with, your responsibilities may vary. In some projects, you may have the opportunity to engage in all aspects of meal preparation, cooking, and distribution, while in others, you may focus on collecting food from local restaurants and distributing it directly to families in need. Regardless of the specific tasks, every meal served is a step toward fostering dignity, stability, and hope for a brighter future.

Daily Tasks

- **Prepare and Cook Meals:** You will be involved in meal preparation, ensuring that meals are nutritious and support healthy eating for the vulnerable communities.
- **Support Kitchen Maintenance:** Assist with maintaining hygiene and organization in the kitchen, ensuring a safe and efficient food preparation environment.
- **Food Collection:** In some projects, you may help collect donated food from local restaurants or food establishments to ensure it reaches those in need.
- **Logistics of Meal Distribution:** Help with the distribution of meals, whether it's packaging, serving, or organizing food delivery to families in need, ensuring it reaches the right people at the right time.
- **Community Support:** Assist in creating a welcoming, safe environment for everyone involved, ensuring that the meal service fosters dignity and respect.

3. Community Support

Make a difference in the heart of São Miguel Island by working alongside local NGOs to support children, teens, and elderly residents. Volunteers play a hands-on role in

organizing creative, educational, and recreational activities that promote personal growth and community connection.

You can support the NGO's medication management system, helping ensure the safe storage, accurate tracking, and efficient use of essential medicines for the community.

From mentoring through art and movement to ensuring health safety and resource optimization, this is a truly holistic opportunity to make a lasting impact.

Daily task

Mondays, Wednesdays & Fridays – Activities with Children

- Lead playful educational games and creative arts, theater, and music workshops.
- Promote healthy habits through outdoor play and healthy snack sessions.
- Assist with English language practice and homework help.

Tuesdays & Thursdays – Activities with the Elderly

- Organize gentle physical activities, walks, or yoga tailored to seniors.
- Lead creative memory workshops, storytelling, and arts & crafts.
- Encourage cultural exchange through personal storytelling and traditions.

Why Join?

- **Make an impact:** Promote social inclusion.
- **Gain experience:** Build diverse skills in community work, creative arts and health organization.
- **Cultural immersion:** Experience life in the Azores while making a positive impact.

Location: Azores – São Miguel Island

Duration: 4 to 12 weeks

Your accommodation

You will be staying in an international youth hostel in Ponta Delgada, located just 5 minutes from the airport.

You will be in mixed shared rooms with 6 to 10 people. Bathrooms are shared.

Meals

Three meals a day are included in the program (breakfast, lunch, and dinner). Vegetarian, vegan, gluten-free, and lactose-free options are available upon request.

Meals are served outside the hostel, about a 15–20 minute walk or accessible by bus. They are provided in a community restaurant.

You are of course welcome to eat elsewhere at your own expense.

Transportation

The project is accessible by public bus. On your first day, the local team will be there to guide you. Renting a car can be a good option if you want to move around freely and explore the area more easily.

Itinerary

| | SUN | MON | TUE | WED | THU | FRI | SAT & SUN |
|-----------|--------------|---|--|-----|-----|-----|-----------|
| 7 – 10 am | Arrivals Day | Breakfast at accommodation | | | | | FREE DAY |
| 10 am | | Orientation session | Travel to project to join local placement staff and begin work on your project | | | | |
| 13.30 pm | | Lunch the accommodation OR at the restaurant / bar / at the kichen of the hostel - depends on the location | | | | | |
| 2 – 7 pm | | Join our guided tour for a first glimpse of the city | Travel to project to join local placement staff and begin work on your project | | | | |
| 8 – 10 pm | | Dinner the accommodation OR at the restaurant / bar / at the kichen of the hostel - depends on the location | | | | | |

*Depending on your program and project, you'll be volunteering for **2 to 5 hours** either in the morning (usually from 9 am to 1 pm), in the afternoon (usually from 2 pm to 5 pm) or in the evening (usually from 6 pm to 10:30 pm)*

About the Azores

The Azores is a hidden gem in the middle of the Atlantic, a paradise of dramatic landscapes, emerald-green valleys, and steaming volcanic springs. This Portuguese archipelago feels like a world of its own, where breathtaking crater lakes meet rugged coastlines, and lush forests give way to charming, slow-paced villages. Whether you're an adventure seeker, a nature lover, or just craving an escape to somewhere truly magical, the Azores offers an unforgettable experience.

São Miguel, the largest island, is often called the "Green Island" due to its rolling hills, crater lakes like Sete Cidades, and geothermal hot springs. It offers incredible hiking trails, whale watching, and unique cultural experiences.

Our volunteer programs in São Miguel offer you a unique and rewarding way to travel, giving you the chance to immerse yourself in a new culture while making a positive impact. Whether you're helping the environment, supporting local communities, or contributing to sustainability efforts, volunteering allows you to connect with people, learn new skills, and experience a destination in a more meaningful way. It's not just about giving back - it's about growing, discovering, and creating lasting memories in places that truly inspire.