



Humanitarian project in Portugal



Availability : This program starts every week

Project Start & End Days : Mondays

Project Work Days : Monday to Fridays (weekends are free)

Age Requirement : Must be 18 years or over.

Nearest Airport : Lisbon International Airport (LIS)

Location of Projects :

Welcome to Lisbon, the dynamic capital of Portugal, which boasts a rich tapestry of history, culture, and modernity. Situated along the scenic Tagus River, the city's architectural diversity reflects its complex past, with influences ranging from Moorish to Roman and Manueline styles. Dominating the skyline is São Jorge Castle, an ancient fortress providing panoramic vistas of Lisbon's unique topography.

Benefiting from a warm climate and the warm hospitality of its inhabitants, Lisbon seamlessly combines tradition and innovation, making it a captivating destination for travelers seeking a multifaceted experience.

Programs descriptions :

- **Food shop :**

The project aims to combat food waste and support the increasing homeless population and families in need in big cities, especially in Lisbon, Portugal. Over the past four years, homelessness in Portugal has risen by 78% due to the real estate crisis and drug addiction issues. Globally, food waste remains a significant problem.

Objectives :

- Reduce food waste
- Feed people in need
- Promote social and environmental responsibility among citizens and local businesses
- Encourage participation in a circular economy

Your Role :

- **Food Collection:** Gather food from restaurants that would otherwise go to waste.
- **Meal Delivery:** Provide meals to people in need.
- **Food Preparation:** Assist with food basket preparations and ingredient preparation.
- **Organization:** Store donated food properly.
- **Serving:** Serve meals to local individuals and families.
- **Cleaning:** Maintain cleanliness of cooking equipment, storage, and kitchen areas.

- **Childcare placement :**

Kindergarten is an educational response considered to be the first stage of basic education. There are many social awareness responses linked to the Catholic Church in Portugal and the kindergarten is one of them. It is not mandatory that your belief would be the same as Portuguese people to participate in this project.

The main objective is to help the children develop their growth in a healthy and balanced way. Your role is to provide education and childcare services along with the teachers during the day to young children between the ages of 3 to 5 years old. You will help and work closely with the children and teachers. You will be involved in their basic routines (nap, lunch, activities...) and lesson planning and preparation, as well as administrative tasks as required by the class teacher.

We encourage you to bring your own ideas and creativity to the program and help children develop their English skills through fun and engaging activities. Besides the English teaching and basic cognitive exercises, this kindergarten encourages you to teach socio-emotional abilities such as critical thinking, expressing ideas, how to be grateful, sharing, being generous, being empathetic, and acknowledging how the other may feel. You can contribute to this using board games, drawing and coloring pictures; physical activities; short stories, poems, and songs.

Your Role as volunteer

- Engage with the local children and teach them basic English.
- Gain practical experience in teaching young children.
- Assist and support the local teachers and staff.

About the accommodation :

You will stay at our center in Lisbon, which offers a variety of accommodations including standard rooms. Each room houses 4-10 people and features lockable doors, air conditioning, and access to hot showers. While bed linen is provided, please bring your own towels. Meals include three daily on weekdays and breakfast on weekends, complemented by free beverages like drinking water, coffee, and tea. WiFi is available in public areas, and laundry facilities are accessible at an additional cost. Although there is no safety box or mosquito protection, the center ensures a comfortable stay with essential amenities.

Facilities

You can find anything you require such as ATMs, supermarkets, pharmacies, etc. closer to the accommodation at a walking distance.

Mandatory Orientation Day

Your Monday begins with a warm welcome and orientation to help you settle in and get acquainted with your surroundings. We'll introduce you to the rich traditions and vibrant culture of Portugal, ensuring you feel right at home. Following this, we'll go over the house rules and code of conduct to ensure a pleasant stay for everyone. You'll then have a basic Portuguese lesson to kickstart your language skills, making it easier to connect with locals. In the afternoon, enjoy a walking tour around local interest spots, soaking in the sights and sounds of your new environment. To wrap up the day, we'll gather for a delightful dinner, savoring authentic Portuguese cuisine.

Schedule

- **Food shop :**

From Tuesday to Friday, your days will start with a breakfast to fuel you for the activities ahead. After breakfast, you'll depart for your placement, where you'll assist in the preparation of food baskets, work in the kitchen, clean the area, and serve food. After a well-deserved lunch break, you'll continue assisting with food basket preparation, kitchen work, cleaning, and food service. There may also be opportunities to collect or distribute food, further supporting the community. The day concludes with a satisfying dinner.

- **Childcare Placement :**

From Tuesday to Friday, your mornings will begin with a nutritious breakfast to prepare you for the day ahead. After breakfast, you'll engage in caretaking and teaching activities at the kindergarten, making a positive impact on the children's lives. Following a lunch break, you'll continue with your caretaking and teaching responsibilities in the afternoon. Additionally, you'll assist the class teacher in planning the next lesson and preparing materials, ensuring a smooth and effective learning experience for the students. The day will end with dinner.

Please note that this schedule may change due to weather conditions, local conditions, and unforeseen circumstances.