



## Horse Farm in Portugal

In this program volunteers will be immersed in an authentic farming and forest experience, surrounded by nature and farm animals with horses as their buddies.

As a volunteer, you will be placed in a non-profit focused on supporting the local community through environmental education projects, rehabilitation of disabled people, and social inclusion.

You will be working side by side with the organization's staff as well as with the local youth community. You will support the hippotherapy classes, give a hand on the vegetable garden, patrol the forest on a horse to prevent fires, supervise kids on their educational summer camps, reforest the wild areas with native trees, collect seeds, and even herd a small flock of goats and sheep.

If you are a horses' lover this project is for you! At the majority of the activities, horses will be your companion for the environmental protection and social inclusion activities and your transportation mode, so you can be able to help on the maintenance of the 3 hectares wild area, as well as support the horse school. This is also the best opportunity to learn how to ride, if you didn't yet. The school is ready to welcome beginners and give them week classes at an affordable price that you can include on your program fee.



## The importance of your contribute

1. Horses require a balanced diet and regular health check- ups to stay healthy
2. Clean stables and pastures are essential for preventing disease and injury in horses
3. Stable management practices are better both for the environment and for the horses
4. Hippotherapy helps to improve the self-esteem, sociability and personal value of the practitioners

## Your tasks

**Stable Maintenance:** Clean horse stables and living areas, ensuring cleanliness and hygiene.

**Horse Care:** Taking care of the horses, grooming, feeding and saddling them.

**Supporting classes and therapies:** Helping to prepare horses and materials for riding classes and therapies.

**Supporting summer camps (school breaks):** Preparing and coordinating activities with children

- Grooming, bathing, and feeding horses
- Cleaning and maintaining the facility
- Assisting with therapy sessions
- Helping organize summer camp activities (during school breaks)

## A typical daily schedule for an evening shift will look as follows:

09:00 am | Travel to your project by public transportation and join the local staff to volunteer at the equestrian center

01:00 pm | Have lunch at the project site

02:00 pm | Explore the city and the surroundings and learn Portuguese during your free time

09:00 pm | Dinner with other international volunteers and other travelers at the accommodation

Volunteers work up to **5 hours daily** 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).

The schedule depends on the organization and its needs at the moment. Volunteers have a minimum 2 days off (weekends usually).

\*Please note that the actual schedule can change according to the season the volunteer is applying for.

## Meals and accommodation

You will stay along with the other volunteers in dormitory-style rooms. The hostel has an equipped kitchen where you can cook yourself with the only condition of cleaning everything used afterwards.

## About Porto

Porto is the second biggest city in Portugal and one of the most authentic cities to visit in the country!

Porto, Portugal, faces a range of environmental and social challenges as it navigates rapid urban development and population growth. The city contends with issues such as air and water pollution, partly driven by industrial activity and increased vehicular traffic. Rising sea levels and climate change also threaten coastal areas and infrastructure. Socially, Porto struggles with housing affordability and gentrification, which can displace long-term residents and alter community dynamics. Additionally, there is a need for improved waste management and sustainable public transportation to support the city's expanding population while reducing its environmental footprint. Addressing these challenges requires a comprehensive approach that balances growth with sustainability and social equity.

## INCLUDED

- Pick up at the international airport in Porto & transfer to the accommodation (On the Saturday or Sunday prior to an Introduction Day)
- Accommodation at a dormitory at a center-located hostel, max. 4-bed female dormitory or mixed dormitory
- Three meals a day everyday: Breakfast, lunch and dinner (Local style. Vegetarian, gluten-free and meals for lactose-intolerant are also available upon request)
- Shared use of common spaces and free WIFI
- Orientation event on arrival (including an introduction to Portugal and culture, volunteer experience, an overview of programs, practical information, safety guidelines)
- Guided city tour and the best tips to discover the city
- Allocation and coordination of a work placement in a sustainable project and contact person in the project

- Introduction on the first day of volunteering
- Ongoing support throughout the stay
- 24h/7 emergency support by phone or personally
- Limited coverage civil liability insurance.

## NOT INCLUDED

- Flights
- Pick-up at the airport on other dates
- Drop-off at the airport
- Transport between accommodation and volunteer project location
- Personal expenses
- Personal insurance (health or accidents)