



## **Sustainable farming in the Azores**



### **What to Expect:**

Experience the beauty of São Miguel Island while contributing to the community by helping local organizations care for vegetable gardens, nurseries, and develop craft activities. Assist people with disabilities and other groups facing difficulties in entering the job market, providing them with new professional skills, promoting social inclusion, and personal development through sustainable farming.

The Sustainable Farming program gives volunteers the opportunity to work on farms and agricultural spaces on São Miguel Island, supporting responsible and inclusive farming practices. Volunteers work with people with disabilities and other groups, such as those facing difficulties in entering the job market. Activities include planting, watering, gardening, and supporting other agricultural tasks. This hands-on project focuses on social inclusion, sustainability, and respect for nature, while promoting direct contact with the environment.

## Daily Tasks:

- **Gardening:** Plant, weed, water, care for gardens and harvest vegetables and legumes.
- **Craft workshops:** Create new objects using recyclable materials.
- **Event support:** Help with events and the sale of handicrafts and food products.
- **Community support:** Work with people with disabilities and people with employment barriers.

## Why Join?

- **Make an impact:** Promote sustainability and social inclusion.
- **Gain experience:** Develop skills in sustainable farming and community engagement.
- **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					

## 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.