



1 week itinerary for Freepackers groups in Portugal



Days	Activities
Day 1 - Saturday	<p>Arrive at Lisboa Airport. Transfer to accommodation. You'll be introduced to the project : house rules, setting expectations, health and safety advice and handling of documents. Do's and Don'ts. Explore the surroundings of the accommodation. Short walking tour to visit local supermarkets and ATMs.</p> <p>Evening Have dinner and take a Portuguese class. Overnight at Lisboa's accommodation.</p>
Day 2 - Sunday	<p>Morning Visit of the São Jorge Castle, situated at the top of a hill, is part of Lisbon's complex defensive system which was gradually transformed over time. Hop on one of Lisbon's iconic vintage yellow trams and enjoy a nostalgic journey through picturesque neighborhoods and past major landmarks.</p> <p>Afternoon Introduction to the volunteer project to "fight against the waste of food" and distribute them for free to families and people in need. Meet the staff, get acquainted and start the volunteer work. In the evening, you have dinner and take a Portuguese class.</p>



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Day 3 - Monday	Participate in the volunteering project "fight against the waste of food". Evening Dinner and relax Overnight at Lisboa's accommodation.
Day 4 - Tuesday	Morning Visit Belém, the place from where Portugal's various explorers set sail and discovered the World. Taste the typical and delicious Portuguese Pastéis de Belém (custard tarts) where they were invented in 1837 (now you can find them all over the World). Visit Quake Museum to learn about the seismic activity that rippled through Lisbon in 1755, by going on this immersive experience you will walk through the streets of the lost city, re-visit the horrors and wonders of that era, and watch the drama unfold before you. Afternoon Participate in the volunteering project "fight against the waste of food". Evening Dinner and relax Overnight at Lisboa's accommodation.
Day 5 - Wednesday	Morning Participate in the volunteering project "fight against the waste of food". Afternoon Walking tour: explore Lisboa downtown and learn more about the culture and history. In this walking tour the group will pass by landmarks and historical monuments, downtown and finish by the Tagus River at the historical Praça do Comércio/Terreiro do Paço. Evening Dinner and relax Overnight at Lisboa's accommodation.
Day 6 - Thursday	Full day excursion to Sintra , UNESCO World Heritage. Visit the Park and National Palace of Pena, the jewel of the crown, and the historic town centre. Evening Return to accommodation, get ready for a farewell dinner. Go out for dinner. Overnight at Lisboa's accommodation.
Day 7 - Friday	Pack your bags and say your goodbyes to the local team Transfer to Lisboa Airport. (Please arrive at the airport 3 hours prior to your flight's departure).

*This itinerary may be subject to change due to unforeseen circumstances.



Complementary informations

- All mentioned meals, accommodation, transportation, airport pick, airport drop off and scheduled activities included.
- Accommodation: 2-10 pax per room, Single gender, shared bathrooms.
- The itinerary is based on a **minimum of 10 persons**.

About the volunteering project in Lisbon

This program "*Fight against the waste of food*" aims to tackle food waste while providing essential support to **vulnerable families in Lisbon**. Every day, large amounts of perfectly good food go to waste, while many people struggle with food insecurity. To bridge this gap, surplus **food from local restaurants is collected** and transformed into nutritious meals **for those in need**.

By assisting local staff in food distribution, this initiative ensures that families continue to receive hygienic and healthy meals. At the same time, it promotes a circular economy where resources are used efficiently, benefiting both the environment and the community.

Beyond its social impact, the program highlights the power of collective action and sustainability. It offers a unique opportunity to engage with Lisbon's culture, witness the importance of solidarity, and contribute to a meaningful cause that helps reduce waste and support those facing difficult circumstances.

This program **supports local staff** in providing hygienic and healthy **food to families in need** while ensuring that good **food is not wasted**.

Your role is essential, and your mission includes the following:

- Prepare and organize food baskets.
- Assist with food preparation and meal assembly.
- Serve meals to families and individuals.
- Maintain cleanliness in kitchen and storage areas.
- Respect and collaborate with local staff, participants, and the community.
- Follow hygiene practices, such as wearing hairnets and washing hands.
- Be flexible and follow guidance from program coordinators.



