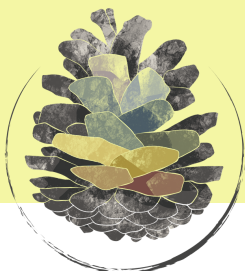


VOLUNTEERING IN GOÃES - PORTUGAL 2024

Are you interested in environment, healthy lifestyle, holistic education, inclusion, solidarity and volunteering? Do you enjoy working with children, healthy meals, permaculture, community and digital among others?

Would you like to live abroad for 11 months in Portugal?

INFOPACK - EUROPEAN SOLIDARITY CORPS



o mundo somos nós
comunidade de aprendizagem



EUROPEAN
SOLIDARITY
CORPS

Welcome!

11-month volunteering projet at OMSN GOÃES - PORTUGAL



Dear Partners,
We are looking forward to have 4 volunteers in OMSN, Goães - Portugal. We will start our ESC volunteering long-term projet on 08th January 2024 and finish on 07th December 2024.

Hosting organisation: O.M.S.N. - O MUNDO SOMOS NÓS, PORTUGAL

Projet start date: 08/01/2024

Projet end date: 07/12/2024

Projet total duration: 11 months

Volunteering hours: 35hours/week

Any questions please contact ESC volunteering coordinator: Margarida Sousa, voluntariado.omsn@gmail.com

OMSN website: <https://omundosomosnos.org/>

Who are We?

O Mundo Somos Nós - OMSN



O Mundo Somos Nós - OMSN (You are the World) is a non-profit association located in Goães (Ribeira do Neiva) that aims to promote the education of the human being as a whole, through experiences that encourage cooperation between individuals and communities, respect for the environment and self-sustainability, self-knowledge and human/life research, to create a more conscious and responsible society.

The organisation develops a set of activities and projects for children, young people, parents, educators and general public with the aim that each individual can reach its full potential.

The OMSN was born more than 10 years ago and presently has a learning center with capacity for 50 children and a learning community focused on several trainings and workshops for adults.

The regular activities of the learning center are outdoor/nature activities, learning through play, study support (literature, mathematics, nature, etc.), dramatic expression, dance, yoga, etc.

Project Summary



CHILDREN ACTIVITIES AT OMSN

The 11-month volunteering project at OMSN offers opportunities for 4 young people (18-30 years old) from EU countries to participate in solidarity activities that contribute to the daily activities of the OMSN organisation and, ultimately, benefit the communities in which these activities are carried out.

The scope of the volunteering project is extensive, encompassing various areas, such as environment and climate change, bridging intercultural, intergenerational, and social divides, as well as promoting democracy and inclusive democratic participation. Below, you will find a brief summary of the activities that can be undertaken during these 11 months of volunteering.

These activities may be adjusted to meet the needs of OMSN and the volunteer's profile. The activities will be carried out with the support and supervision of OMSN as necessary.

Activities

1. Provide support to the OMSN educators in the daily activities for children



CHILDREN ACTIVITIES AT OMSN

This activity involves providing support to the educators at the Escola da Floresta (Forest School) and Escola do Mundo (World School) of the OMSN learning center. The volunteers will support the educators by assisting in the daily activities for children, preparation of meals and cleaning of kitchen, supporting children meal time, preparation of educational materials, assisting group activities, providing individualized attention to students who need extra support, among others and accordingly to their interests and skills.

The tasks that volunteers will typically carry out are:

- 1) Assisting with classroom activities.
- 2) Meal preparation, kitchen and general space cleaning, and assistance with children's meals
- 3) Supporting outdoor activities and nature exploration.
- 4) Assisting in organizing and setting up learning materials and resources.
- 5) Providing one-on-one support to children who may need additional assistance or guidance.
- 6) Facilitating group activities and games to promote social interaction and cooperation among the children.
- 7) Assisting in the implementation of individual projects addressing societal challenges, such as discrimination, gender equality, and cultural awareness.

2. Taking care of the OMSN garden and maintenance of the exterior area



Volunteers will actively participate in the maintenance and care of the OMSN permaculture garden, including tasks such as using food waste to create compost, minimizing waste, utilizing dead plants as natural mulch, implementing companion planting to replace fertilizers and deter pests, promoting diversity in plant selection, allowing natural processes to take place, building nutrient-rich soil over time, watering, harvesting seeds, and preserving food, among others. Additionally, volunteers will also be responsible for maintaining and cleaning the surrounding area where the garden is located.

Some typical tasks that the volunteers may carry out are:

- 1) assist in preparing the soil for planting, including removing weeds, loosening the soil, and adding compost or organic matter. They will also participate in planting seeds, maintaining proper spacing between plants, among others.
- 2) watering the plants and ensuring proper irrigation systems are functioning effectively. They may help set up irrigation systems, monitor soil moisture levels, and adjust watering schedules as needed.
- 3) identifying and removing weeds to promote the garden maintenance. They may also assist in implementing organic pest control methods, such as companion planting or natural deterrents, to minimize pest damage.(...)

3. Safeguard and conservation of the natural environment – Quinta de Sandelhas



This activity aims to safeguard and conserve the natural environment at Quinta de Sandelhas, a designated natural área that will accommodate activities for children, parents, and the local community. The primary objectives include conducting a survey and mapping of existing resources, such as water sources, soil types, solar exposure, trees, plants, etc. The activity will also involve cleaning the land from invasive species, preserving biodiversity, water management, restoring ecosystems, promoting sustainable practices, etc. Volunteers will actively participate in removal of invasive species, tree planting, habitat restoration, engaging in environmental education initiatives, among others.

Some typical tasks that volunteers may carry out are:

- 1) Observation, identification, and mapping of existing resources, such as water sources, soil types, solar exposure, trees, plants, etc.
- 2) Identification and removal of invasive species that negatively impact the native flora and fauna. This may involve activities such as manual removal, clearing of invasive plants, and monitoring invasive species populations.
- 3) Habitat restoration efforts, which may involve clearing invasive species, planting native vegetation, and creating wildlife- friendly habitats (...)

4. Community development and environment protection



This activity aims to promote social cohesion and cultural exchange through an artistic intervention and redevelopment of a wasteland and tank in the OMSN surroundings. By transforming this neglected space into a meaningful community area, the activity will provide a platform for individuals to come together, promote inter-generational and intercultural dialogue as well as community collaboration.(...)

Some typical tasks that volunteers may carry out are:

- 1) Cleaning and clearing the wasteland area, removing debris and preparing the site for redevelopment.
- 2) Participating in artistic interventions, such as mural painting, sculptures, or installations, to transform the space into a visually appealing and meaningful community area, where the ESC and other logos will be inserted.
- 3) Assisting in the revitalization of the tank, which may involve cleaning, repairing, and beautifying the structure.
- 4) Collaborating with local residents to gather and preserve traditional know-how and crafts.(...)

5. Workshops on European Culture and Democracy



This activity aims to promote democratic engagement and cultural understanding among participants.

Volunteers will organize workshops that display their country's culture and heritage, promoting intercultural dialogue and appreciation. Additionally, they will promote democratic values and principles to children at OMSN, empowering them to actively participate in democratic processes (...)



6. Presentations on ESC and volunteering experiences for local youth and organizations



This activity entails organizing presentations on the ESC and sharing long-term volunteering experiences for local youth and organizations. These presentations aim to provide information and insights into the ESC program and its opportunities, displaying real-life experiences of long-term volunteers. The volunteers will typically be responsible for organizing and delivering presentations on ESC and long-term volunteering experiences.

Some typical tasks that the volunteers may carry out are:

- 1) conducting research, preparing informational materials
- 2) creating engaging presentations
- 3) sharing their experiences
- 3) facilitate discussions and group exercises after the presentations.

7. Personal Project



The activity "Personal Project" provides volunteers with the opportunity to develop and implement a project that aligns with their background, interests, and skills while benefiting both the OMSN organisation and the local community.

Volunteers will have the freedom to identify a project idea that addresses a specific need or challenge within the OMSN or the local community.

8. Activities regarding digital skills and other competences – visibility and dissemination

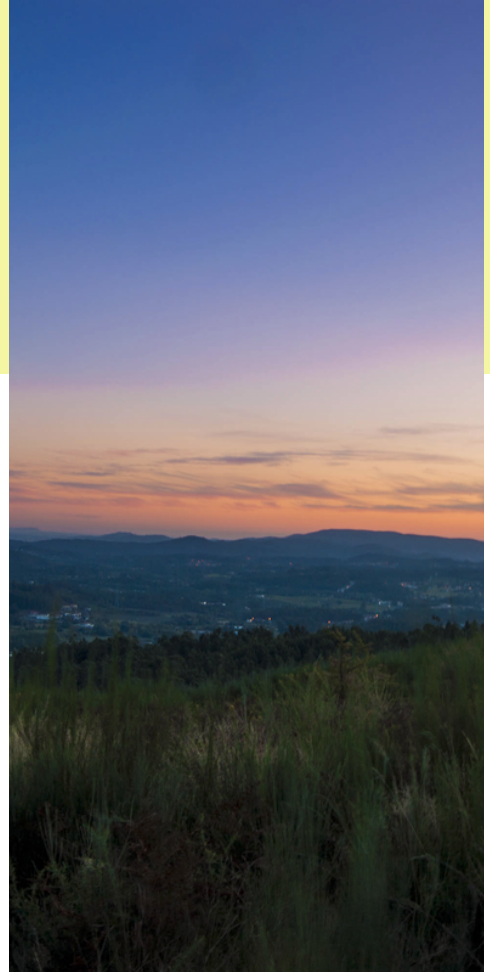
The activity focuses on developing digital skills and competences among volunteers through their involvement in planning and developing the OMSN website and social networks dedicated to Erasmus+ and the ESC.

Volunteers will gain practical experience in website and blog creation using platforms like wordpress, as well as audio-visual content creation and the use of online communication and management tools such as trello and slack. (...) Particular attention will be given to a youtube channel dedicated to education and inclusion.

About GOÃES

OMSN is located in Goães - Ribeira do Neiva, a small rural parish situated in Vila Verde Municipality, in the North of Portugal.

Nestled in the heart of the Neiva Valley, Goães with less than 4000 habitants, is abundant in water, which is one of its great natural treasures, providing fertile land for agriculture and contributing to the wealth of its natural heritage, which we can still enjoy in all its beauty today.



You can see more here: <https://www.youtube.com/watch?v=5QI7jvQ5i7I>.



Goães is only 25 km from the city of Braga and 45 minutes from Porto Airport.

Accommodation

and other practicalities

The volunteers will be accommodated at the Albergue de Peregrinos S. Pedro de Goães, a local hostel that warmly welcomes pilgrims who are journeying through the Vila Verde Municipality en route to the tomb of Santiago.

The volunteers will have their own reserved space and they can cook their own meals at the hostel whenever necessary. OMSN will provide vegetarian meals during weekdays.

A monthly allowance for food + transportation (90euros) and pocket money (180euros) according ESC program will be provided on a monthly basis. The travel expenses will be reimbursed on the basis defined by the European Commission. An online portuguese language course will be provided.



Volunteers Profile



We are looking for volunteers:

- between 18 and 30 years old (preferably with fewer opportunities);
- who are open-minded, eager to learn and motivated to work on the proposed activities of OMSN.
- demonstrate responsibility, a proactive attitude, tolerance, flexibility, adaptability, motivation, and enthusiasm.
- willing to learn Portuguese, although a previous knowledge it's not necessarily required.

Since OMSN's activities involve working with young children, we will consider the age, maturity, and willingness of the volunteer to commit to a long-term experience abroad.

After participating in this ESC project you will be entitled to receive a certificate (Youthpass) that documents your participation. You could use this when applying for jobs or further learning.

How to apply



ERASMUS MEETING AT OMSN

Send us your CV and motivation letter to:

voluntariado.omsn@gmail.com

In reply, we will send you more information about the project and an invitation for an online video call.

DO YOU NEED
MORE INFORMATIONS?



voluntariado.omsn@gmail.com

<https://omundosomosnos.org>

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