



Instituto Português  
da Juventude, I.P.

## WORKCAMP INFOSHEET - 2009

**Workcamp Code**

PT-PO-44-09

**Camp Name**

Casa Amiga do  
Ambiente

**Dates**

03-07-09 to 17-07-09

mobildade e intercâmbio  
campos de trabalho internacionais



**Info about the Camp Organization** (name, aims, main activities, internet address, you can add the organization logo)

**Name:** Aventura Marão Clube (AMC)

**Aim:** to promote healthy lifestyles among the population (especially Youth).

**Activities:** organization of international work camps; organization of summer camps; organization of sport activities (canoeing, mountain bikes); Fair Trade awareness (shops, school activities, fairs, etc.); coordination of Casa de Cultura e Juventude de Amarante, a Youth Centre, in partnership with the City Hall.

**Web:** [www.aventuramaraoclub.com](http://www.aventuramaraoclub.com)



**Info about the Camp** (aims, tasks and activities – work, leisure and visits)

**Aims:** to raise awareness among the participants and the population on responsible consumption and sustainable development; to develop skills related to waste recycling and contribute to environment preservation; to run activities in order to increase the level of commitment at local level (Amarante) for sustainable measures.

**Activities:** group dynamics; presentation to the city and region; discussion on the workcamp theme (objectives, tasks division); visit to most important places of the city; training about sustainable development (ex.: workshop about Fair Trade); direct contact with the population (interviews); use of multimedia.

**Accommodation/Food** (kind of lodgement, number of meals, other services)

Participants will be accommodated in Casa de Cultura e Juventude de Amarante, which have its own kitchen, wc and showers. In terms of food, our youth center has a bar proposal for the volunteers (breakfast, lunch and dinner) always taking into consideration our aims (healthy food with biological and vegetarian ingredients). Laundry available (self-service).

**Location** (you can add a map or a photo of the city)



Amarante is a small town in the North of Portugal, part of Porto district (60km far from Porto, to the interior) with 12 thousand inhabitants (in the center). It is a quite famous city for tourism, culture and wine production. Indeed is quite near (18km) the Oporto wine region. Is crossed by Tâmega River (one of the rivers ending at Douro River that crosses Porto till the Atlantic ocean) and it is on the valley of one of the most important portuguese mountains, Marão (1450m). Amarante is well located (nearby passes highway A4 connecting to Oporto and highway A11 connecting to Guimarães) and has a good public transport system (bus and railway station – Tâmega line). The city is 40 min way from the nearest airport (Oporto) by car.

### Practical Information

- **Arrival date** - 03.07.09
- **Nº of volunteers** – 20
- **Work language** – Portuguese, English
- **Insurance (kind of covers)** – We will have insurance valid during the workcamp. Members from UE, Norway, Iceland and Liechtenstein should bring their European Wealth Card.
- **What to Bring (personal things)** – Sleeping bag, sun protector, swimming suits, working and sports shoes.

### Fees (If applies)

From our part there's no participation fee.

### Conditions of participation (internal rules of the camp)

- Inside Casa de Cultura e Juventude de Amarante is not allowed to smoke or drink alcohol;
- Garbage should be separated: glass, plastic, paper, organic;

- We all have different time perceptions and so we should respect others and prepare in time our participation in daily activities;
- Everyday we meet at 22h in a circle to evaluate our day, share whatever with the group and read our mail box;
- Each day a different room is responsible for daily house work: food preparation support, garbage, dinner cleanings, etc..

**Meeting point** (day, time, period and place)

**Day:** 03.07.09

**Time:** 10h00

**Place:** Casa de Cultura e Juventude de Amarante

**How to reach to....?** (by plane, by bus, by train - timetables, itinerary trip, ticket prices, useful internet address)

Main connections using public transports:

**LISBON-OPORTO**

By train: Lisbon / Oriente station (05h55; etc.; 18h55) – Oporto / Campanhã station (09h05; etc.; 21h55) - Price: € 19,50 to €27,50.

(more details at: <http://www.cp.pt>)

By bus: Lisbon / Oriente station (07h00; 08h00; 09h00; etc.; 12h00; 15h00) – Oporto (10h25; 11h30; 12h25; etc.; 15h30; 18h30) - Price: € 15,50

(more details at: <http://www.rede-expressos.pt>)

**OPORTO-AMARANTE**

By train: Oporto (07h26; 11h26; 15h26) – Change at Livração - Amarante: (08h54; 12h54; 16h54). Price: € 6,87

(more details at: <http://www.cp.pt>)

By bus: (Street Ateneu Comercial do Porto, 19, from monday to friday)

Oporto (07h00; 08h00; 09h00; 10h00; 11h00; 12h10; 13h00; 14h30; 16h30; 17h35; 18h00; 19h30; 20h00) – Amarante (07h50; 08h50; 09h50; 10h50; 11h50; 13h00; 13h50; 15h20; 17h20, 18h25, 18h50, 20h20) - Price: € 6,00

(more details at: <http://www.rondonorte.pt>)

**Useful Contacts** (organisation address, phone, mobile, mail, contact person name)

**Aventura Marão Clube**

Casa de Cultura e Juventude de Amarante

Av. General Silveira, 193, Cepelos

4600-017 Amarante

E-mail: [cj.amarante@gmail.com](mailto:cj.amarante@gmail.com)

**Workcamp Address** (address, mobile phone and mail of the responsible, coordinator or animator, contact person name)

**Casa de Cultura e Juventude de Amarante**

Av. General Silveira, 193, Cepelos

4600-017 Amarante

**Miguel Pinto**

Emergency phone

(00351) 913 051 999

E-mail: [jmrppinto@gmail.com](mailto:jmrppinto@gmail.com)

**Emergency Support** (address, phone, fax, email of IPJ in the District)

**Emergency contact**

Delegação Regional do IPJ-Porto

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