



## I CAN – Network of Active Citizenship

### A. General Project Description

The volunteers will integrate the **Solidary Vegetable Gardens** project. This project aims to develop the practice of horticulture as an economic complement activity and subsistence, enhancing the quality of people's life, not only by creating dynamic green spaces, as well as the promotion of contact with nature, resulting in environmental qualification, the increase in biodiversity and the reduction of organic waste.

The project goals are: to improve food sources livelihood of families; Stimulus to family and community subsistence agriculture; Strengthen the sense of local ownership and promotion of cultural identity and collective community; Enhance the community spirit in the use and maintenance of public spaces; Encourage the use of traditional farming practices; Implementation of sustainable and responsible environmental practices through awareness and dissemination of information in schools and community companies; Using conservation and nature watch activities;

Main activities:

The volunteer will be helping the development of an urban farm, which involves working directly hands on in the farm, raise environmental and sustainability awareness to the local community and give workshops/lectures and brainstorming sessions on periodic basis, regarding skills and information learned throughout the project. This action will encourage the volunteer to use both traditional and scientific forms of agriculture. The volunteer will now also take the next step for an inclusive and outreaching park. Both an educational and an artistic program will be developed, as well as a course for future park monitors.



Country:	<b>Portugal</b>
Region:	<b>Setúbal - Sesimbra</b>
Project Beginning:	<b>February - December 2019</b>
Mobility Duration:	<b>11 months</b>
N.º of Volunteers Hosted:	<b>1</b>
Coordinating Organisation:	<b>AMC</b>
Hosting Organisation:	<b>ANIME.PAF</b>
Contact Person:	<b>Rita Machado (EVS Coordinator)</b>
	<a href="mailto:ritam.anime@gmail.com">ritam.anime@gmail.com</a>



## Profile of the volunteer:

- Have between 18 and 30 years-old;
- Experience or interest in gardening and farming in general;
- Some physical endurance for outdoor work in the fields;
- Environmental awareness;
- Interest in nature and protection of the environment;
- Motivated to work with an international team;
- Enjoy communicating and learning new skills and competences;
- Capacity to adapt to new and different situations.

\*The priority is young people with fewer opportunities and who have not yet moved on to international mobility. This project aims to involve participants facing situations that make their participation in the activities more difficult and we are able to provide them the necessary support.

## Conditions:

- The volunteers will share the Anime's Guest House, a detached villa with 3 double bedrooms, 2 bathrooms;
- Common living room with TV/DVD, shared access to a computer and wireless internet;
- A fully equipped kitchen, an outdoor space for barbecue, garden, a vegetable garden for own cultivation, an atelier to workshop works and also 4 bikes;
- Regarding meals, Anime established a protocol with a local canteen where volunteers will have access to lunch daily. At breakfast and dinner, volunteers can choose between having the food acquired by Hosting Coordinator or receive the amount of money to spend on food of their choice;
- The volunteer will have a mentor helping her/him to develop the learning, social skills and improve the process of integration.

More information at:





## CONTACTS



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## **What we have done:**

Our presentation  
and history

Portuguese EVS Experience  
Case Study (2008 - 2010)



EVS Support & Tools Guide for  
Foreign Volunteers  
in Portugal

Intercultural Exchange  
Experience Meeting  
with EVS partners