

VOLUNTEERING

at OMSN - PORTUGAL 2026

Are you interested in environment, healthy lifestyle, cooking, 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 ***in Portugal?***

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Welcome!

Long-term Volunteer Opportunity at *O Mundo Somos Nós* in PORTUGAL



Dear Volunteer,
We are looking forward
to have 2-3 ESC
volunteers in OMSN,
Goães - Portugal.

Hosting organisation: O.M.S.N. PORTUGAL

Projet start date: January 5th 2026.

Projet total duration: 6 months.

Volunteering work: 35 hours/week - 5 days of work and 2 days free per week. The volunteers will have 2 days of holiday each month, and can be used for travels or other personal activities after agreeing dates with the hosting association.

**Any questions please contact ESC
volunteering coordinator:**

Lorenz Thielbeer

voluntariado.omsn@gmail.com

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



Who are We?

O Mundo Somos Nós - OMSN



O Mundo Somos Nós - O.M.S.N. (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.

About BRAGA CITY

O.M.S.N is only 25km from Braga City. Braga was awarded with the European Best destination label in 2021. It is one of the oldest city in Portugal.

Braga is a city of huge beauty and heritage richness, which combines tradition with innovation, youth and creativity. Braga possesses one of the oldest Sacro-Montes in Europe, the Bom Jesus. In Braga, you can also see the oldest Portuguese Cathedral and the Motherhouse of the Benedictines, the Monastery of Tibães.

From Braga you can go and discover the most ancient and beautiful village of Portugal, Ponte de Lima, the National Park of Gerês, the North of Portugal and Galicia. Enjoy!



NATIONAL PARK GERES - PORTUGAL

Projet Summary



CHILDREN ACTIVITIES AT OMSN

The volunteering project at OMSN offers opportunities for 2-3 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 the volunteering projet.

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



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. 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.

You can check the personal project of previous volunteers at:

[https:// www.instagram.com/youth_inthe_world/](https://www.instagram.com/youth_inthe_world/)

4. 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 social media dedicated to Erasmus+ and the ESC.

About GOÃES

OMSN is located in Goães - Ribeira do Neiva, a small beautiful 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.

Acomodation

and other praticalities

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, wi-fi connection 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



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>