



ASSOCIAÇÃO MENTALIDADE X

INFOPACK

Volunteering Project: “Ecological way!”

Santarém, Portugal



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Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade



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Associação Mentalidade X

- Associação Mentalidade X is a non-profit association created in 2015 and based in the municipality of Santarém.
- Since 2021 we have begun to explore funding opportunities from the European Union, through various applications to the Erasmus+ and CERV programmes. More recently, in 2023, we applied for the European Solidarity Corps quality label, which was approved. In 2024 we will start individual volunteering projects.
- We believe it is essential to promote EU Youth programs in a way that allows young people to participate in activities that allow them to demonstrate their interest and work for the benefit of communities, while at the same time acquiring experience and skills useful for their personal, educational, social, cultural, civic and professional, thus improving their employability.



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Brief Presentation of Santarém

- ❖ Santarém is a historic city with over a thousand years of history, located in the center of Portugal and bordered by the Tagus River, the largest river in the Iberian Peninsula.
- ❖ The city is well served by public transport, with regular train and bus connections, ensuring easy access and mobility.



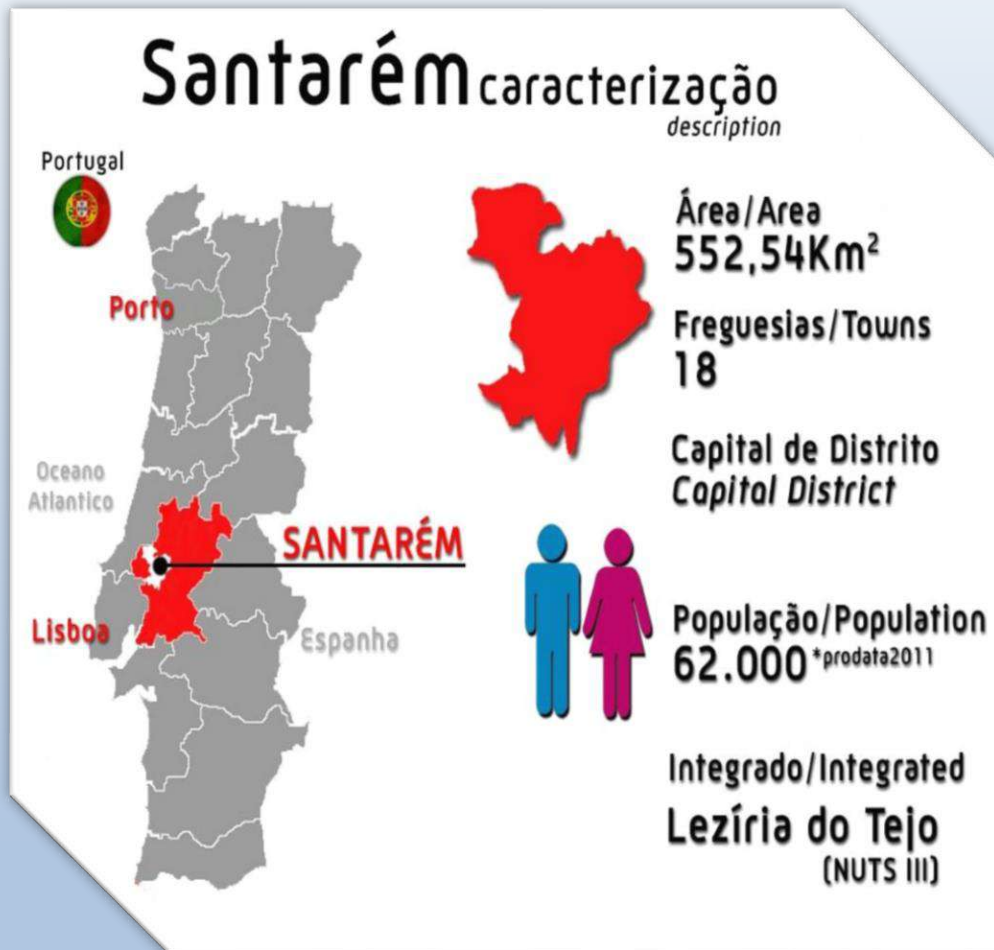
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- ❖ Santarém has around 60,000 inhabitants and enjoys a strategic location:
 - 60 km from Lisbon;
 - 50 km from the Atlantic Ocean;
 - 200 km from Porto and the Algarve;
 - 120 km from the Spanish border.



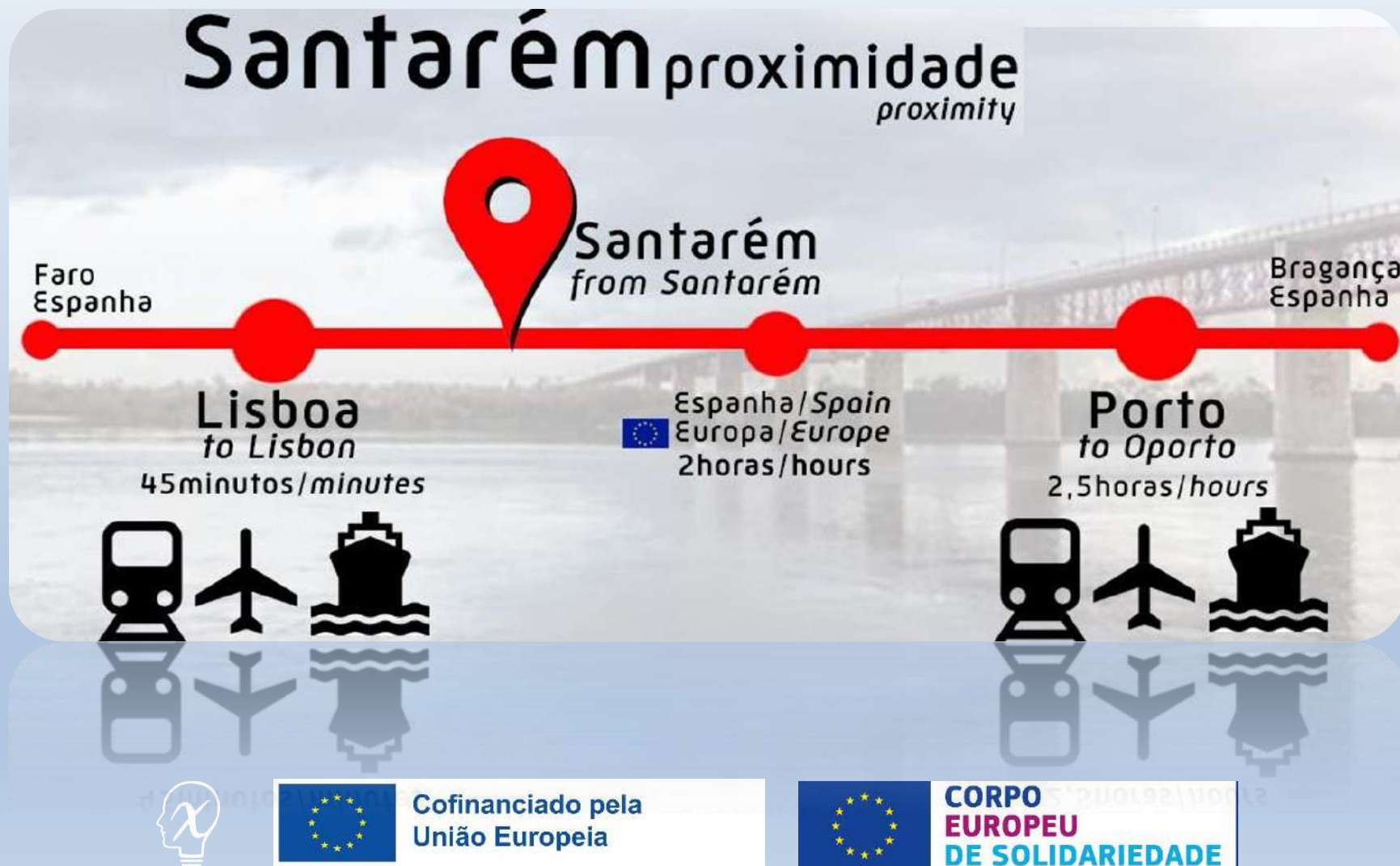
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Project Information:

❑ **This is a project funded by the European Solidarity Corps (ESC) for two volunteers!**

❖ **Duration:** Dates are flexible, with a minimum of three months until the end of September 2026.

❖ **The official language** of the project will be English and Portuguese.



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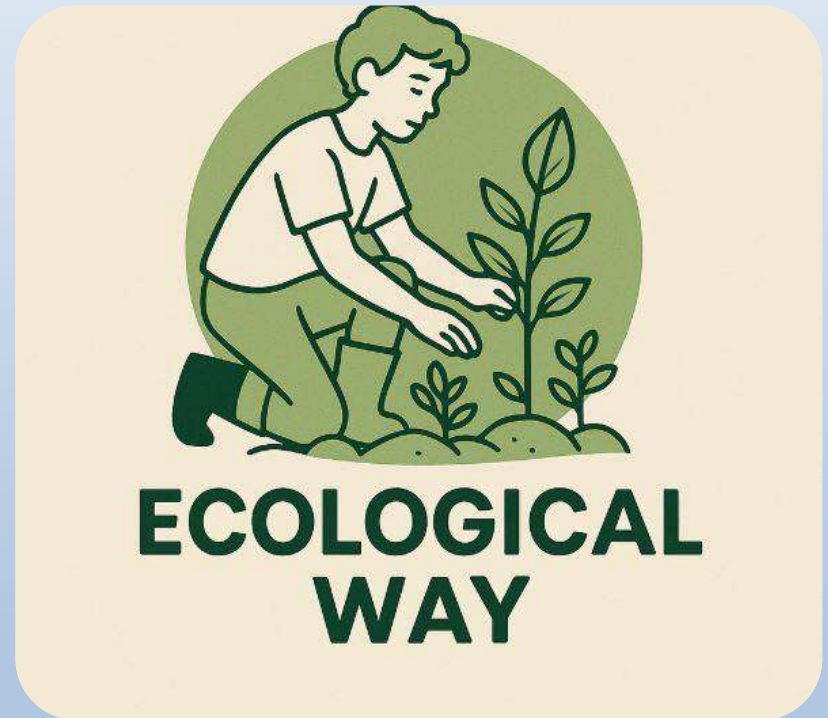
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Project Description

❑ The project has the main objective:

1. Create a community ecological garden, based on the principles of permaculture.



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Volunteer Tasks

1. Promoting environmental and sustainable practices

(Creating a community ecological garden, ordering and preparing the soil, maintaining and rehabilitating spaces).

2. Support cultural events (such as shows, exhibitions, film screenings, etc);

3. Supporting the local community (organising workshops, ateliers, themed meetings, debates, intercultural dinners, national day, etc).



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Where You Will Stay



- You'll be staying at the facilities of the Sociedade Recreativa Operária, an association in Santarém where we carry out activities together and which provides all the necessary conditions, from accommodation to food.



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Practical Arrangements

➤ **Accommodation, Food and Pocket Money (volunteers' living conditions)**

Volunteers will be accommodated in a renovated 500-year-old palace located in the historic center of Santarém. The residence includes a kitchen, private bathroom, dining room, living room, cinema room, games room (with pool table and board games), bar, and an interior courtyard of approximately 100m².

Travel, meals and health insurance will be covered by the organisation.

The volunteer will also be given a weekly allowance.



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Daily Programme (Example)

Hour	Activity
9:00 – 13:00 (4 hours)	Promoting environmental and sustainable practices
18:00 – 21:00 (3 hours)	Support cultural and community activities

The volunteer will be required to participate in manual work related to the preparation and maintenance of the garden. These activities will take place exclusively in the morning, ensuring that the volunteer has free time after lunch.



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Useful Dictionary

English

Hello!

Good morning/ good afternoon

Bye!

Thank you.

Do you speak English?

My name's Tiago.

How much does it cost?

Can I pay by a credit card?

I don't understand.

Nice to meet you.

Portuguese

Olá!

Bom dia/Boa tarde

Adeus!

Obrigado.

Fala inglês?

O meu nome é Tiago.

Quanto é que custa?

Posso pagar com um cartão de crédito?

Não estou a perceber.

Prazer em conhecer-te.



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CONTACT INFO



For any questions/problems please contact the following:

- Ricardo Rato +351 916 239 598 or Tiago Vitorino +351 914 157 488
- Emergency number 112

USEFUL LINKS

- Site of the Municipality of Santarém - Portal - Município de Santarém (www.cm-santarem.pt)
- What to visit - O que Visitar (www.visitesantarem.pt)
- Sociedade Recreativa Operária - (www.sro.pt)
- National Gastronomy Festival - Gastronomia de Santarém (www.festivalnacionaldegastronomia.pt)



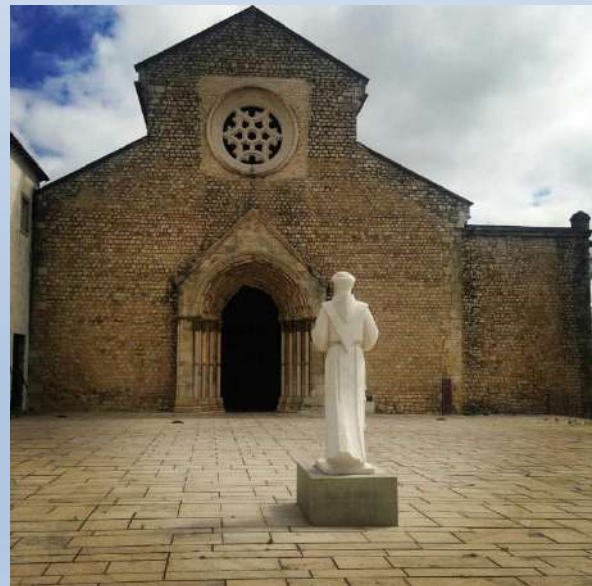
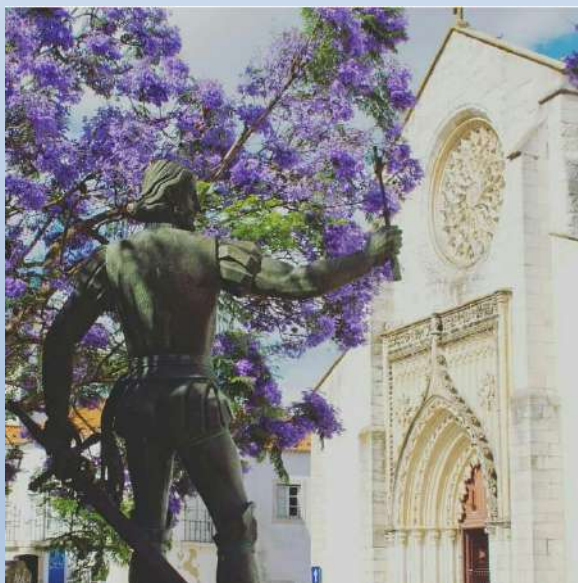
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Enjoy Your Experience in Santarém!



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