



## INTERNATIONAL WORKCAMP

“Solidarity”

PT-CO-17-08

*4<sup>th</sup>-18<sup>th</sup> August 2008*

*Granja do Ulmeiro - Coimbra*

“Intercultural Granja”

PT-CO-18-08

*1<sup>st</sup>-15<sup>th</sup> September 2008*

*Granja do Ulmeiro - Coimbra*

## VOLUNTEERS INFO PACK

1<sup>st</sup> JUNE 2008 – to be updated

### CONTENT

- [+ About AJPaz](#)
  - [+ About Workcamps in AJPaz](#)
  - [+ Inscriptions](#)
  - [+ Practical Info](#)
  - [+ Programme](#)
  - [+ Support](#)
  - [+ How to arrive](#)
-

## About AJPaz

### AJPaz

---

**Action for Peace and Justice – AJPaz – is an association that has for objectives to build a Culture of Peace, based on the Rights of all Persons, on an Parity, Inclusive and Participative Democracy, on Social and Cognitive Justice and in an Environment that is able to give and preserve Life.**

We live under a patriarchal and capitalist system that oppresses exploits, dominates and excludes an immense majority of Women and Men of the decisions about their present and future and that denies them their past. Of this immense excluded human masses, we want to give a privileged attention to Women, Young Women and Local Communities, wherever they are.

These identities, made subaltern – but that in reality are the majority of the world – are marked and attained by violence and poverty, deprived of their freedom and rights. In spite of all the difficulties, they resist every day, building alternatives and, in this way, they are Peace Makers.

We propose, therefore, to build, practice, support, valorize and make visible the alternatives that, here and in every place, build a world where dignity, diversity, rights and freedoms of all Women and Men are considered the biggest richness and guarantee of the future.

### AJPaz Contacts – for more info

---

Contact Person: JOANA POMBO

Centro Internacional AJPaz  
Rua São João – 3130-080 Granja do Ulmeiro -  
Portugal  
[ajp@ajpaz.org.pt](mailto:ajp@ajpaz.org.pt)  
[www.ajpaz.org.pt](http://www.ajpaz.org.pt)

Tel.: + 351 239 - 642 815  
Fax: + 351 239 - 642 816  
Mobile: +351 96 2477031

## About Workcamps in AJPaz

### Methodological Principles

---

- + Active participation of the group in the development of the programme
- + Autonomic and democratic management by the group of the group life
- + Horizontality, Flexibility, Dynamism and Creativity
- + Respect and Valorize diversity and critical thinking
- + Tolerance to the ambiguity and valorization of diversity
- + Transversal Evaluation

## Inscriptions

### NOTE

---

- + **INSCRIPTIONS ARE CENTRALISED BY THE “PORTUGUESE INSTITUTE FOR YOUTH” (IPJ)**
- + **INTERNATIONAL INSCRIPTIONS HAVE TO BE MADE BY A SENDING ORGANISATION IN THE ORIGIN COUNTRY DIRECTLY TO IPJ**
- + **NATIONAL INSCRIPTIONS CAN BE MADE DIRECTLY BY THE VOLUNTEER WITH IPJ**

*Under the programme that supports these workcamps, it is contracted that it is a task of IPJ to receive, manage, accept and centralize all the inscription to international workcamps co-financed by this programme.*

### How to make your inscription

---

- + **Inscriptions are made with IPJ** (Portuguese Institute for Youth / Instituto Português da Juventude (see contacts bellow), by sending via e-mail, fax or mail the Inscription Form correctly filled
- + **Sending a copy to AJPaz** of all the inscriptions forms and communications made with IPJ is really appreciated by us, as promoters of the workcamp, to be sure no volunteers are forgotten and we can evaluate their expectations
- + The **inscription form is “Boletim de Inscrição Voluntário CT”** (see attached or bellow)

### Inscription Fees

---

- + AJPaz does not ask for any inscription fee
- + The inscription fee is paid, in case of international volunteers, to the sending organization, which has its own politics
- + National inscriptions have to pay a fee to IPJ defined by it each year

### IPJ Contacts

---

- + E-mail: [workcamps.portugal@ipj.pt](mailto:workcamps.portugal@ipj.pt)
- + Fax: + 351 - 213179412 (direct)
- + Tel: +351 - 213179399 (direct)

## Practical Info

### Workcamp I.D.

---

#### “Solidarity”

---

- + Code: PT-CO-17-08
- + Dates: 4th-18th August 2008
- + Venue: Granja do Ulmeiro - Coimbra

#### “Intercultural Granja”

---

- + Code: PT-CO-18-08
- + Dates: 1st-15th September 2008
- + Venue: Granja do Ulmeiro - Coimbra

### Dates

---

- + Workcamp I - 4<sup>th</sup> - 18<sup>h</sup> August 2008
- + Workcamp II - 1<sup>st</sup> - 15<sup>th</sup> September 2008
- + Participants must arrive and depart during the first and last days of the workcamp.

### Venue

---

- + International Centre of AJPaz
- + Granja do Ulmeiro, Coimbra (see below detailed indications on how to arrive)
- + International Centre of AJPaz and Village of Granja do Ulmeiro (25kms from Coimbra)
- + Granja do Ulmeiro is a pleasant village placed near by Coimbra, an ancient universitarian city, and near to Figueira da Foz, a well known beach for tourism and radical sports.

### Volunteers

---

- + Total: 20
- + Volunteers can be inscribed in both workcamps.
- + Inscriptions should arrive preferably until the 1st of August

### Certificate

---

- + A certificate of participation can be given or sent if asked by the volunteer during the workcamp

## Accommodation

---

- + ROOMS: Participants will sleep in 1 or 2 collective rooms, equipped with mattresses and pillows only. Participants will have to bring their sleeping bags.
- + FOOD: Food will be totally managed and cooked by the volunteers organized in teams
- + CLEANING: Participants will have also to manage in teams to clean, organize and maintain the whole centre as a pleasant and clean place to live
- + MAINTENING: General maintenance of the center will be of the participants responsibility
  
- + **ACTIVE GROUPS:** There will be several groups that will take care of some tasks for the common good. The teams will be rotating and everybody should contribute and participate. If more teams are needed they can be created.

## What to Bring

---

- + Good Mood
- + Motivation for Work
- + Interculturality spirit
- + Recipies you like and from your culture
- + Music and musical instruments
- + Food and drink from your countries, cultures
- + Comfortable & old clothes
- + Bathing Suit
- + Sun Protection
- + Hat
- + Towels and personal higinyc products
- + Sleeping bag

## Programme

- + The Programmes are still going to be closed together with local authorities and partners
- + Soon they will be sent to all partners and volunteers
  
- + However the **tasks and projects** for the 2 Workcamps are:
  - + Maintance of houses
  - + Cleaning Streets
  - + Support to Local Association Centre – Paintings, re-building
  - + Promoting Communitarian Festival – music, dance, food
  - + Promoting a “Social Market” as an Social and Solidary Economic Alternative
  - + Drawing and Painting a Mural “Dialogue in Granja”
  - + Promoting a Communitarian Festival to open the mural to the community of Granja
  - + Promotion of a Intercultural Intenaireire
- + **Leisure Time**
  - + Time will be taken to visit the region, namely the city of Coimbra and the beach of Figueira da Foz

## Support

This Project is co-financed by the  
Programme

- + Mobility and Exchange Programme – International Workcamps (Programa Mobilidade e Intercâmbio - Campos de Trabalho Internacionais)

Entity

- + Portuguese Institute for Youth (Instituto Português da Juventude – IPJ)



**INSTITUTO PORTUGUÊS DA JUVENTUDE**



## How to arrive

### NOTE:

- + **The village is called “Granja do Ulmeiro” and belongs to Soure, District of Coimbra.**
- + There are several Granjas in Portugal, don't get lost. Believe that you would not be the first to go to the other side of Portugal! 😊
- + When asking about Granja do Ulmeiro, be sure you use the whole name.

### Plane

---

- + If you come by plane you will land in Lisbon, Porto or Faro.
- + After that, you have to:
  - + Take a bus to Coimbra and then a train to Granja do Ulmeiro / Alfarelos
  - + Take a train to Coimbra and then another to Granja do Ulmeiro / Alfarelos
  - + Take a train directly to Granja do Ulmeiro
- + To go from the airport to the trainstation / bus station you can go by
  - + Taxi
  - + Bus

### Buses to Coimbra

---

- + Internet Page (only Portuguese) - <http://www.rede-expressos.pt/>

### Trains to Granja do Ulmeiro and Coimbra

---

- + Internet Page (English also) - <http://www.cp.pt/>
- + Timetable search:  
<http://www.cp.pt/cp/displayPage.do?vgnextoid=a4f6f9e12a584010VgnVCM1000007b01a8c0RCRD>
- + When looking or asking for the train ticket be sure you say “Granja do Ulmeiro / Alfarelos” (Alfarelos is the official name of the train station)

### Once in Granja

---

- + Follow the Map next page

### Our advice is:

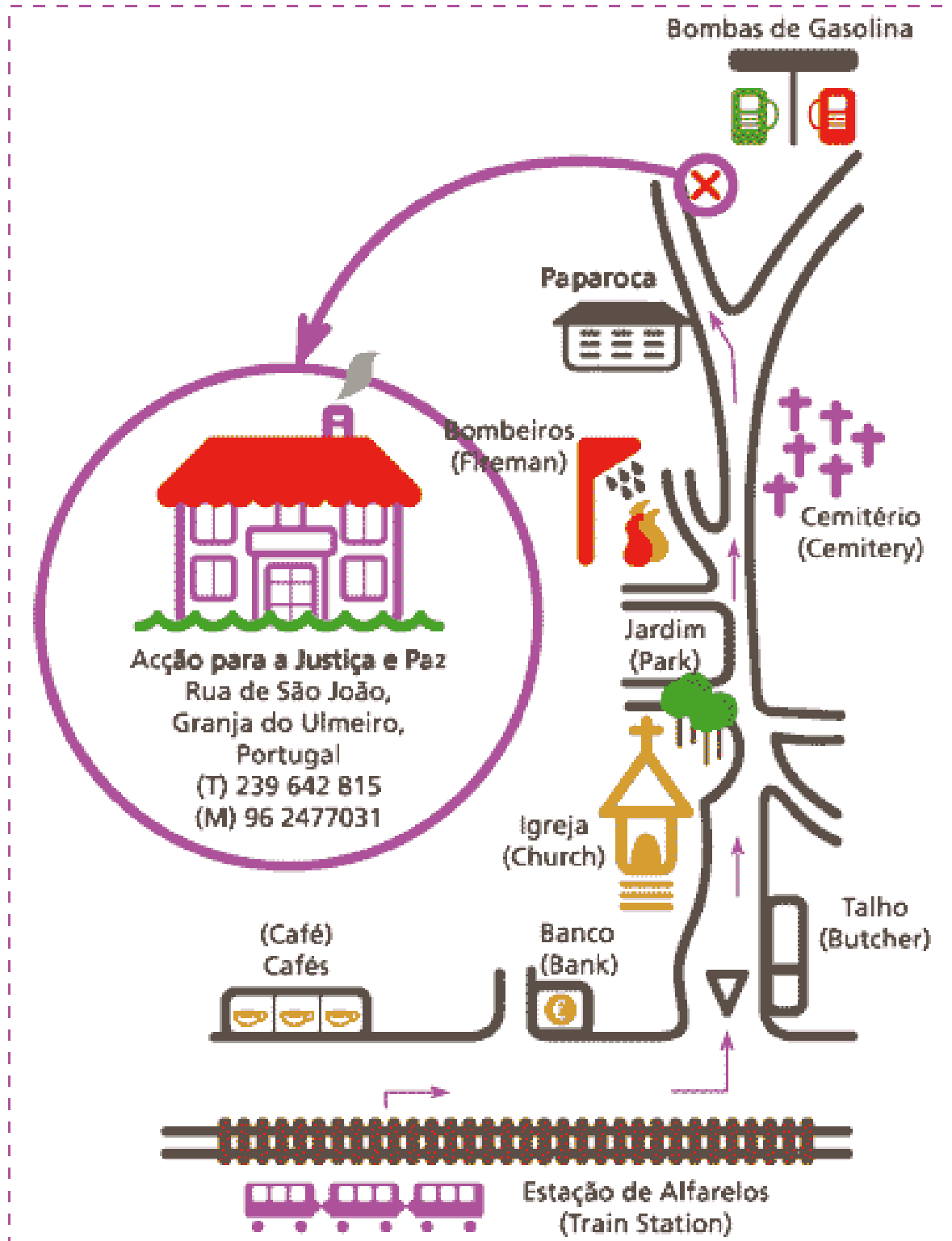
---

- + Flight to Lisbon
- + At the airport go to the “Gare do Oriente” – central trainstation - by bus (around 2,10€) or taxi (around 6,00€)
- + The buses to Gare do Oriente are the number 44 (but it does not stop exactly at the airport, you will have to find the bus stop)
- + At “Gare do Oriente” take a train, according to the possibilities, to Coimbra (between 13€ to 18€) or Granja do Ulmeiro (between 12€ to 16€)
- + If you take a train to Coimbra get out in Coimbra-B (outside city station) and check for: *regional trains going to Entroncamento or sub-urban going to Figueira da Foz* (both stop at “Granja do Ulmeiro / Alfarelos”)

- + When asking for the train ticket be sure you say “Granja do Ulmeiro / Alfarelos” (actually Alfarelos is the official name)

Our advice is:

- + If you have to or prefer otherwise, contact us if you cannot find the info you need



You can also find this map in our internet page:  
[www.ajpaz.org.pt](http://www.ajpaz.org.pt) or [http://www.ajpaz.org.pt/mapa\\_granja.htm](http://www.ajpaz.org.pt/mapa_granja.htm)