

# REGENERAR ODEMIRA

“Regenerate Odemira ”  
European Solidarity Corps 2021

*Odemira*  
MUNICÍPIO





## HOSTING ORGANISATION

GAIA is a Portuguese Environmental NGO. Since 1996 we've conducted numerous campaigns on local and national level and have been involved in international campaigns, mainly at European level. GAIA is presently active in Lisboa and Alentejo region, aiming at raising awareness on environmental issues such as eco-consumption, food sovereignty and freedom of seeds, agroecology and regeneration.

GAIA Alentejo is active in the rural South of Portugal and its mission is to boost ecological lifestyles through learning experiences, in the context of climate urgency. GAIA Alentejo works in a horizontal structure and explores Sociocracy as governance. We are active in the following fields: Education, Political Agroecology, Forest, Network and Communication. We currently support:

- the collective tree nursery of São Luís and regeneration of the public park;
- the community-based AMAP system of production and consumption;
- international mobility projects for young people (volunteering and youth exchanges) and the local consortium of partners.

## DESCRIPTION OF ESC VOLUNTEERING PROJECT

ESC in São Luís consists in developing ecological lifestyles. This long-term volunteering experience is targeted at young people aged 18-30 who are aware of global environmental challenges and wish to develop skills and knowledge on ecological methodology, to be used at personal level (change of behaviors) and as an active member of community actions.

Volunteers are hosted in São Luís two by two. GAIA Alentejo activates the network of local partners to which volunteers will contribute, in a combination of traditional community organizations in São Luís and newly established ecological initiatives. Volunteers will also be involved in GAIA's community projects such as: tree nursery, planting trees, youth activities, awareness raising activities in the school. Throughout the volunteering, they are encouraged to experience a variety of working realities, then gradually focus on individual learning goals and in which initiatives they can develop themselves, moving towards a final personal project that contributes to the community. For this process GAIA Alentejo puts in practice a strong mentorship program.

Their role is designed so that young people have an enriching life and learning experience in the area of the project, through a well defined set of tasks, integrating their ideas and supporting creativity, experience and autonomy. Volunteers needs and learning expectations are taken into consideration. The focus is the learning experience in a way to contribute to the local environment and/or community.

Volunteering is driven by the will to contribute to a collective purpose and to experience solidarity.

Volunteers will be living in the village, in rural context. São Luís community has 2000 inhabitants, is located in the Alentejo region and has many natural sites, including the natural park of Costa Vicentina. The village is quite isolated as public transports are scarce. Volunteers go through an initial process of integration in the local community, which includes learning Portuguese language and attending cultural initiatives, which is helpful for their stay in São Luís. GAIA Alentejo implements this activity in consortium with other hosting partners, so that volunteers are included in a group of volunteers that act as supporting group for each other.

## ESC POSITIONS

### Position 1 | Ecological Lifestyles

The volunteer will have the opportunity to experience different ecological projects, led by our local partners. The tasks of the volunteer will be built in a yearly calendar, according to seasonal needs, and the volunteer should be available to perform different kinds of tasks, responding to the necessities of the work groups.

- To support hands-on activities: vegetable garden, food forest, construction of ecological systems, tree nursery, plantations, confection of handmade cosmetics, etc;
- To document the work of local partners, concerning permaculture and/or agroecology, local production and consumption and ecological lifestyles;
- To support the conception, preparation, implementation and documentation of one-off events (debates, films, presentations, workshops, walks...) held by GAIA Alentejo and local partners;
- To support implementing network activities.

### Profile:

We are looking for young people aged 18-30 who are aware of global environmental challenges and wish to develop skills and knowledge on ecological methodology, to be used at personal level (change of behaviors) and at community level. Young people should express:

- clear interest in ecological lifestyles and in reflecting on society, thinking global and acting local;
- specific motivation to live one year in a rural community (2000 inhabitants);
- language skills and clear motivation to learn Portuguese language, curiosity for local rural culture;
- being active in his/her local community and having experience in associations or other social movements;
- clear interest in developing one or more of the following competences: methodologies of self-organisation at community level and techniques of participation; practical experience in permaculture/ agroecology;

knowledge on ecology, transition, regeneration.

Motivation is the main selection criteria. GAIA makes no distinction regarding gender, sexual orientation, nor prior formal education. Priority will be given to candidates with less opportunities (for example coming from rural background, geographic isolation or with economic obstacles). Gender balance is considered while selecting volunteers.

### Position 2 | Ecological lifestyles + Communication

Together with the volunteer in position 1), this volunteer will have the opportunity to experience different ecological projects, led by our local partners. The tasks of the volunteer include hands-on activities to experience and learn by doing, as well as the implementation of communication activities. Tasks include:

- To support hands-on activities: vegetable garden, food forest, construction of ecological systems, tree nursery, plantations, confection of handmade cosmetics, etc;
- To support the communication strategy of GAIA Alentejo, the photo and video documentation of our initiatives and the maintenance of social networks;
- To develop creative communication events to strengthen the local/ regional network and to reach new audiences.

### PROFILE

We are looking for young people aged 18-30 who are aware of global environmental challenges, wish to develop skills and knowledge on ecological methodologies while contributing to the local community and are happy to work on communication. Young people should express:

- clear interest in ecological lifestyles and in reflecting on society, thinking global and acting local;
- specific motivation to live one year in a rural community (2000 inhabitants);
- language skills and clear motivation to learn Portuguese language, curiosity for local rural culture;
- experience and enjoyment in using social digital media, photography and video, writing or other communication techniques;
- being active in his/her local community and having experience in associations or other social movements;
- clear interest in developing one or more of the following competences: methodologies of self-organisation at community level and techniques of participation; practical experience in permaculture/ agroecology; knowledge on ecology, transition, regeneration; communication skills for social movements.

It's appreciated that the volunteer brings his/her personal equipment, in particular computer. If you don't have one, please mention in the motivation letter.

Motivation is the main selection criteria. GAIA makes no distinction regarding gender, sexual orientation, nor prior formal education. Priority will be given to candidates with less opportunities (for example coming from rural background, geographic isolation or with economic obstacles). Gender balance is considered while selecting volunteers.

### ACCOMMODATION

- Volunteers are hosted in the village of São Luís, sharing a rented house. This house is completely furnished and equipped, allows each participant to have her/his own room and a shared kitchen and bathroom.
- The house is located inside the village, in walking distance to grocery, vegetable and fish market, bakery, cafes, restaurants and bank.
- GAIA provides bikes for local transportation in the village and surroundings.
- Volunteers get a monthly fee for food and prepare their own meals.
- They have free access to Internet.

### APPLICATION

Send your CV with a photo, Motivation letter and a short presentation video, in Portuguese or English, to [juventude@cm-odemira.pt](mailto:juventude@cm-odemira.pt) until 21 february.

Be specific to which vacancy you are applying. Specific interests and motivations should be presented in the Motivation Letter. We make no distinction regarding ethnic origin, religion, political or sexual orientation of the candidate, nor regarding academic degrees.

We are looking for volunteers from the following countries: Bulgaria, Greece, France, Italy, Slovenia, Spain. Priority will be given to candidates with less opportunities (for example coming from rural background, geographic isolation or with economic obstacles). Gender balance and diversity of nationalities is considered while selecting volunteers. All candidates will be informed about the selection decision by 26th February.

### INSPIRATION

A dream called EVS

Video done by volunteers

[https://www.youtube.com/watch?v=gWCS9dofexQ&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=gWCS9dofexQ&feature=emb_imp_woyt)





Dates: **01/04/2021** » **31/03/2022** (12 months)

Venue: **Sabóia – Portugal**

Hosting organisation: **Project Earth in partnership with Zut Cultural association**

Site [www.claralab.org](http://www.claralab.org)

Facebook <http://www.facebook.com/CLARABYProjectEarth/>

Instagram <http://www.instagram.com/clarabyprojectearth/>

Site <https://sites.google.com/view/zutartesperformativas/>

Facebook <https://www.facebook.com/zutassociaocultural>



## HOSTING ORGANISATION

Project Earth is a Portuguese non-profit association based in Sabóia, Odemira, founded in 2017 with the aim to combat rural abandonment and desertification, is developing CLARA - Center for Rural Future, transforming an abandoned brick factory into a catalyst for regenerative rural development. CLARA is an aggregating space that promotes collaboration, reflection based on knowledge, innovation and interdisciplinary production. A community-based development model, in a stimulating environment, with a comprehensive discourse on local issues, inclusive and ethical, where you learn by doing and lead by example, for a more balanced and more vital ecosystem.

## PARTNER ORGANISATION

Zut! was founded in 2005 to support creations of performing arts. It has been creating projects of contemporary dance, music, performance, installation, video and work with the community. After working for a few years from Lisbon, it moved to the rural Alentejo, where most of the projects come from. It has been collaborating with several artists, entities and institutional partners. It has taken their productions to dozens of points in the Portugal, but also China, Slovenia, France, Japan, Macedonia, Mozambique and Russia.

## LOCAL CONTEXT

CLARA is located in the interior of the municipality of Odemira close to the villages of Sabóia (1152 parish residents) and Santa Clara-a-Velha (873 parish residents). This beautiful rural region with friendly people, plenty of sunshine, clean air and picturesque villages, is our territory of intervention. It can easily be reached by train from Lisbon or Faro and is surrounded by a plethora of attractions to explore, including the spectacular Santa Clara dam part of Mira river, the amazing beaches of Costa Vicentina, archaeological landmarks, the Serra de Monchique, mountain biking and hiking paths to explore the beautiful Alentejo landscape.

## DESCRIPTION OF ESC VOLUNTEERING PROJECT

Clara Foodlab

CLARA's team is working on two different projects where volunteers will be included. A local food network involving local producers and periodic markets and a cultural program with artistic residencies, events and workshops. The volunteers will be engaged in the development, production and management of these two main programs, sharing experiences with the CLARA team and the local community. These programs include a survey of the territory, an excellent opportunity for volunteers to get to know the region

and its resources. The volunteers will be also integrated in the ecosystem restoration activities being developed at the time.

Project Earth and Zut are partners for this program, they will collaborate to offer volunteers a wide range of different regenerative experiences, Zut! will be focused on the artistic approach.

## TASKS

The tasks of the volunteers will be defined according to the state of development of the ongoing projects. These tasks include the following:

Conduct interviews to the community and map the territory, with the supervision of a member of CLARA, for the creation of a community database;

Process the data collected and support the preparation of newsletters, presentations and communications;

Support the production of the various events and workshops that are being planned, , this includes Zut's the social-artistic projects;

Support the construction and maintenance of the community garden;

Engage in ecosystem restoration activities;

Monitor visits to other projects, recording these moments.

## ACCOMMODATION/ FOOD/ TRANSPORTS

The volunteer will lodge in a shared house in Sabóia or Santa Clara-a-Velha, In this house, the volunteer will have an individual bedroom, fully equipped kitchen where the volunteer can freely prepare her/his meals, wi-fi internet and shared living spaces where they can host their guests. The volunteer will have a bicycle for local transport and whenever necessary CLARA can provide transport to move around.

CLARA is not yet fully prepared to host guests and activities but its facilities can be used by volunteers to develop their work during the ESC program.

## PROFILE OF VOLUNTEER

The volunteer should:

Have never done ESC before

Have a clear interest in ecological lifestyles and in reflecting upon society, thinking globally and acting locally;

Have a clear motivation to live in a small rural community for one year;

Have interest and capacity to learn Portuguese language;

Be active in her/his local community and to be experienced in associations or other kind of social movements;

Have the personal interest to develop one or more of the following competences: techniques/methodologies for

self-organisation inside a community, participation, project management, ecosystem restoration activities; information and communication techniques;  
Be emphatic, self-motivated and a dynamic person.

#### **APPLICATION**

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Rota Vicentina - Associação para a Promoção do Turismo de Natureza na Costa Alentejana e Vicentina

# NATURE TOURISM AND SUSTAINABLE DEVELOPMENT: TRAILS AND COMMUNICATION IN SW PORTUGAL



**CORPO  
EUROPEU  
DE SOLIDARIEDADE**



Dates **01/04/2021 - 31/03/2022** (12 months)

Venue **Odemira – Portugal**

Hosting organisation **Rota Vicentina - Associação para a Promoção do Turismo de Natureza na Costa Alentejana e Vicentina**

Site <https://rotavicentina.com/>

Facebook <https://www.facebook.com/rotavicentina>

Instagram <https://www.instagram.com/rotavicentina/>

Youtube <https://www.youtube.com/channel/UCrS1dtg5kt5NICfUfRX8p0A>

More than a hiking and cycling trails, Rota Vicentina is a non-profit association that lives of those who believe in the sustainable future of this region. People and companies who came together to walk towards a better future. And there are different ways to collaborate behind the scenes of this project: one of them is volunteering.

The volunteers will actively participate in the walking and cycling trails Promotion and Volunteering Program, in addition to producing appealing and quality multimedia content - chronicles, photography and video - about all the field dimensions of the project, including the maintenance of trails and volunteering actions, business and lifestyle of partner companies, tourists and journalists enjoying the trails and the region, as well as the identity and culture of local communities.

## HOSTING ORGANISATION

Rota Vicentina – Association for the Promotion of Nature Tourism on the Alentejo and Vicentina Coast, has since 2013 been the singular entity responsible for the management, integration, stimulation, development and promotion of the walking trails of Rota Vicentina, as well as the range of tourism offers associated with Rota Vicentina.

This Non-Profit Association aims to assert itself as a defining element of the region, developing its usufruct through one of the most natural practices to the human condition – walking – and contributing unequivocally to the sustainability of this rural world. Rota Vicentina does this through stimulating existing activities and services, maintaining and reinforcing local traditions and culture, encouraging the creation of new businesses and promoting the destination outside the high season for a flourishing economy year round.

The beauty of the landscape, the natural, historical and cultural heritage, the numerous resources for tourists and the public nature of the trails were the fundamental criteria in the process of choosing the route, which is composed of existing paths and constitutes the Historical Way, the Fishermen's Trail and several Circular Routes. This network of trails allows for itineraries to complement each other and show the true essence of the SW of Portugal.

In 2019, Rota Vicentina expanded its original set of offers to include a system of over 1000 km of Mountain Biking Trails, a Touring Bike tracklinking Lisbon and Faro airports, and several Nature, Culture and Wellness activities.

None of this would be possible without the support of a network of public and private partners, namely municipalities

and parish councils, regional and national tourism entities, the institute for conservation of nature and forests, local bodies, individuals and, above all, more than 200 associated companies, a network of 200 volunteers, which have supported and enabled the project at various levels.

## LOCAL CONTEXT

The current ESC activity takes place essentially in the town of Odemira, which is also the county seat, in Baixo Alentejo region. This county/municipality is the largest in the country, in terms of territory area, with a marked population dispersion. It is a county with rural characteristics, especially in the interior areas. The coastal strip has many beaches with a strong tourist activity in summer.

Odemira currently has about 3200 inhabitants, a primary school and two kindergartens, two pharmacies, a library, a day care center and a home to support the elderly, a long-term care unit, a recreational society, health center, banks, mini-markets and a traditional market, gas stations, several cafes and restaurants, other small local commerce initiatives. It is a region with a marked rural exodus, with a tendency for the population with higher academic qualifications move to the cities.

## ESC POSITIONS

### Position 1 | Walking trails maintenance and communication

The volunteer will be welcomed by the Rota Vicentina Association for 12 months, with the aim of integrating the Walking Trails Maintenance program, supporting the Volunteering area (on the field, but also with the remote volunteering platform) and producing compelling and quality multimedia content - articles, photography and video - on the various dimensions of the Rota Vicentina project.

## TASKS

Support the organization and effective field work during the walking trails maintenance and other specific activities such as garbage collection, invasive species removal, collection of field monitorization data, environmental awareness activities;

Photographic and/or video coverage of all maintenance activities for sharing via social networks;

Volunteers and Caretakers recruitment, support and monitoring, with the aim to strengthening the current network

of volunteers;  
Content production about walking trails, maintenance and volunteering for social networks;  
Production of small 'video clips' about all aspects related to the terrain / exterior dimension of Rota Vicentina, including partner companies and their work; events, inaugurations and public sessions to take place during the volunteering period, among other occasions to be specified;  
Assist in the preparation of the internal newsletter for partners, the Working Group of Walking Trails, volunteers, caretakers.

## **VOLUNTEER PROFILE**

### **Interests:**

Passion for the rural world and for living in small environments  
Interest in the areas of nature tourism, responsible tourism and sustainable development  
Photography and / or video  
Travel writing and photography  
Outdoor sports - trekking, cycling, surfing  
Social networks  
Mastering communication and information technologies.

### **Personal skills:**

Responsibility, autonomy, dynamism and creativity  
Organization and proactivity  
Good communicator and excellent interpersonal skills  
Teamwork  
Proficiency in spoken and written English  
Flexibility to work at weekend  
Interest and technical knowledge for creating and publishing digital media files - audio, video, photo and other graphic materials (flyers, posters), design and communication  
Having a driving license is recommended.

## **Position 2 | Promoting cycling trails**

The volunteer will be welcomed by Rota Vicentina Association for 12 months, with the aim of helping the Cycling area development and promotion, in addition to producing compelling and quality multimedia content - chronicles, photography and video - about cycling in Rota Vicentina. The volunteer will also support the cycling routes maintenance.

## **TASKS**

Organization, support and effective field work during MTB trails maintenance activities;  
Photographic and/or filming coverage of all maintenance actions for sharing via social networks;  
Production of small video clips about all aspects related to the field dimension of Rota Vicentina, including partner companies and their work (Bike friendly); events, inaugurations and public sessions to take place during the volunteering period, among other occasions to be specified;  
Content production for social networks, including the project's own experience, which includes the different dimensions of Cycling: MTB vs Touring Bike, MTB Centre, Bike Friendly member companies, MTB clubs;  
Awareness activities for the local community organization;  
Assist in the preparation of internal newsletter for partners and the cycling working group;  
Survey of influencers, social networks and press (specialized, national and international) particularly relevant in MTB area.

## **VOLUNTEER PROFILE**

### **Interests:**

Passion for the rural world and for living in small environments  
Interest in the areas of nature tourism, responsible tourism and sustainable development  
Photography and / or video  
Travel writing and photography  
Mountain bike practice  
Social networks  
Mastering communication and information technologies.

### **Personal skills:**

Responsibility, autonomy, dynamism and creativity  
Organization and proactivity  
Good communicator and excellent interpersonal skills  
Teamwork  
Proficiency in spoken and written English  
Flexibility to work at weekend  
Interest and technical knowledge for creating and publishing digital media files - audio, video, photo and other graphic materials (flyers, posters), design and communication  
Having a driving license is recommended.

## **ACCOMMODATION / FOOD / TRANSPORT**

The volunteer will be accommodated in Odemira in a shared house (together with another volunteer), in which she/he will have a single room. The house will be fully equipped, with a common room and kitchen where they can prepare their meals.

All meals will be the responsibility of the volunteer, guaranteed through a budget delivered to the volunteer on a monthly basis.

For travel within the scope of activities developed within the scope of Volunteering, transportation will be provided by the Association. The remaining trips will be provided by the local transport network.

## **APPLICATION**

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Be specific to which vacancy you are applying. Specific interests and motivations should be presented in the Motivation Letter and/or video, do not hesitate to share your portfolio. We make no distinction regarding ethnic origin, religion, political or sexual orientation of the candidate, nor regarding academic degrees.

We are looking for volunteers from the following countries: Bulgaria, Greece, France, Italy, Slovenia, Spain. Priority will be given to candidates with less opportunities (for example coming from rural background, geographic isolation or with economic obstacles). Gender balance and diversity of nationalities is considered while selecting volunteers. All candidates will be informed about the selection decision by 26th February.