

Portugal Community Development and Restoration Project

Gain hands-on experience remodeling homes and social organizations in Lisbon and leave your mark on one of the world's most architecturally stunning locations.

Portugal has long been recognized for its astounding architecture, rich history and vibrant culture. With an intriguing mix of both classic and contemporary buildings along with hosting one of Europe's largest architectural festivals, a journey to Portugal is sure to inspire creativity and wonder in all who take the time to explore this South Western European country. Bordered by Spain and the Atlantic Ocean, Portugal has all the elements of the perfect European experience. With plenty of sunshine, long hot summers, beaches and mountains, delicious local foods and a landscape dotted with castles, monasteries and famous monuments a trip to Portugal is sure to leave you with stories to share for years to come.

Join this rewarding opportunity to gain some hands-on experience remodelling homes and social organizations in Lisbon, Portugal's bustling capital city. Get your hands dirty while leaving your mark on one of the world's most architecturally stunning locations by participating in construction and remodelling projects alongside your new friends. Through this meaningful work you will have the opportunity to be integrated into a team of volunteers from all over the world that have a common mission: contribute to allow everyone to have a home.

PROJECT HIGHLIGHTS

- Explore the incredible Portuguese culture
- Travel like a local, not like a tourist. Our local partner will suggest the best places in Lisbon
- Have an independent experience, gaining leadership skills and confidence
- Make a real and meaningful positive impact on the communities you work in

FAST FACTS

Location	Lisbon, Portugal
Activities	Assist in Lisbon community development Help create better lives for disadvantaged Portuguese families Daily manual work Improving home and social institutions, infrastructure and facilities
Transport	Airport pick-up & transfer to project location
Accommodation	Sustainable Hostel in the centre of Lisbon

WHAT DOES THE PROJECT DO?

The Frontier-Portugal Construction project aims to support the work of the local staff and is committed to improving Lisbon's infrastructure whilst providing construction upgrades and renovations to homes and social organizations in the poorest areas of Lisbon. This project directly helps families living in poverty to have a decent home by mobilizing national and international volunteers to build and repair their houses.

The project aspires to a long term goal of remodelling 130 homes and 60 social organizations in the next 5 years. Portugal is a great place to live. Nice weather, inspiring history, healthy and delicious food and friendly people. Unfortunately, not everyone in Portugal has access to the great quality of life the country can offer. Over 2 million people are in danger of poverty, including 500 thousand children and their families.

WHAT WILL I BE DOING?

You will work alongside a dedicated and enthusiastic team of like-minded volunteers to help disadvantaged Portuguese families realise their dreams. You will help paint homes, participate in reconstruction and remodelling projects and complete landscaping and other basic construction tasks. Your manual labour assistance will be much needed and appreciated as this project works towards its ambitious goals. Maintaining and improving one's shelter is a basic need that many in this region are unable to attain. Through your support, you will not only be assisting with diverse manual labour projects but you will also be acting as a catalyst for prosperity as you work to help disadvantaged people live fuller and happier lives. You do not need any special skills to participate in this program, just two hands and the willingness and enthusiasm to join in on some meaningful and physical work.

This project will also give you the opportunity to travel around Lisbon with your fellow volunteers and take in the sights, sounds and smells of this lively country. By working alongside local people you will be giving insider knowledge on the best spots to eat, shop and enjoy a casual day on the town doing whatever it is you please. This means you may have access to some of the most beautiful places in Portugal that are off the beaten track, providing you the opportunity to fully immerse yourself in Portuguese culture – all while making new friends from around the world and making a truly meaningful difference in the lives of many!

WHAT HAPPENS WHEN I ARRIVE?

You will be picked up at Lisbon International Airport by a member of our in-country staff. You will then be transported to your accommodation where you will be given an introduction to the program and the city.

WHERE WILL I BE STAYING?

Whilst volunteering on this project you will be staying in a shared volunteer apartment in the city centre with all the amenities you need including TV, wifi, towels, a fully equipped kitchen, different comfortable common areas and a very nice sunny terrace to relax. Here, you will have the privacy and freedom to have a great time in the city in addition to your volunteer placement. You will be

lodged in a dormitory at a sustainable Hostel with the option to upgrade for an extra cost of 100euro/week/room (subject to availability). The dormitories are single-gendered and have safe boxes for you to store your belongings safely.

WHAT WILL I BE EATING?

Everyday local Portuguese cook will prepare breakfast, lunch and dinner with fresh ingredients. She will prepare a lot of Portuguese typical dishes for volunteers to try, and there are alternatives for vegans, vegetarians, lactose intolerants and gluten free meals. Free tea and water is also available at the house at any time. Although there is always food available at the house, you can still go and explore Lisbon's quaint markets and artisanal shops in addition to discovering your favourite cafes and restaurants. Immerse yourself in community life by indulging in classic Mediterranean influenced Portuguese fare including carne de porco à Alentajana (pork marinated in wine with clams), gaspacho (cold soup made of tomatoes, onions, garlic and chillies), and loads of fresh fish...the most famous of which bacalhau or salted cod for which every region has its own specialty.

COSTS

1 week	US\$ 845
2 weeks	US\$ 1,445
4 weeks	US\$ 2,745

Weekly. Please arrive on a Monday.

This project does not run in August.

DURATION

Minimum 1 week+

WHAT'S INCLUDED

Before you go

- Pre-departure support & documentation
- Travel & medical advice & documentation
- Advice on visas & equipment
- Discounted medical kit
- Free Frontier t-shirt

In-country

- Accommodation
- Food (lunches at construction site)
- Building materials & construction supervisors
- Local orientation & project training

- In-country emergency support
- Project t-shirt
- Free Lisbon travel card
- 24 hour international HQ backup

AIRPORT INFORMATION

Nearest airport(s): Lisbon (LIS)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.