

# WELCOME

# TO WELCOME TO PORTUGAL

# PORTUGAL

GUIDING YOU TO THE LIFE



associação juvenil de peniche



Co-funded by the Erasmus+ Programme of the European Union

# **WHAT YOU NEED TO KNOW**

- 03** Introduction
- 04** About Peniche
- 06** Climate
- 07** Gastronomy
- 10** How to get there?
- 12** Insurance
- 13** Associação Juvenil de Peniche
- 15** Description of the project
- 17** Pratical information
- 19** To keep in mind
- 20** Contacts

Hello dear volunteer!

First of all, we would like to **congratulate** you for being part of our team and we can promise you there will be much work to do but you are also going to have lot of fun!

This project will, naturally, be a challenge for you! For the period of your staying here we want to make sure that you have everything you need. Therefore, **don't hesitate to ask questions and communicate with us** even before the start of your European Solidarity Corps project, so **we can help you** solve any difficulty you may face during the preparation period, your fears and expectations regarding the topic of this project and, last but not least, the ESC project itself.

We know you have joined the project because you want to learn new things, acquire new skills, make new friends, and learn more about other cultures and many other things but most of all, TO HAVE FUN. We believe we are going to achieve all this and much more by working together in this project.

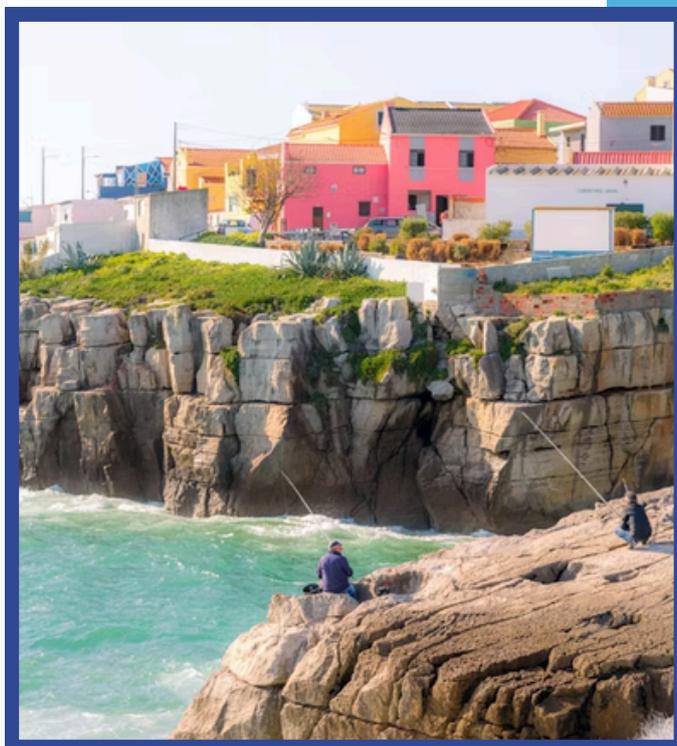
**THINK OUTSIDE THE BOX, BE OPEN MINDED and don't be afraid to ask questions.**

In the next few pages, you will find **useful information** such as details about logistical stuff and activities.

So...

**WELCOME TO  
PORTUGAL!**

# PENICHE



Peniche has an area of 77,5 km<sup>2</sup> and a population of about 27 000, distributed among 4 parishes. According to some accounts, the name Peniche is associated with a Roman settlement and means peninsula. The municipality's **12 kilometres of coastline**, with its combination of **beautiful beaches, rugged cliffs** and **tranquil bays** on a route that enjoys bright sunshine all year round, make up a uniquely rich landscape.

• Praia da Gâmbua • Praia da Cova de Alfarroba • Praias do Baleal Norte e Sul •  
Praia de Supertubos • Praia da Consolação • Praia de S. Bernardino • Praias do

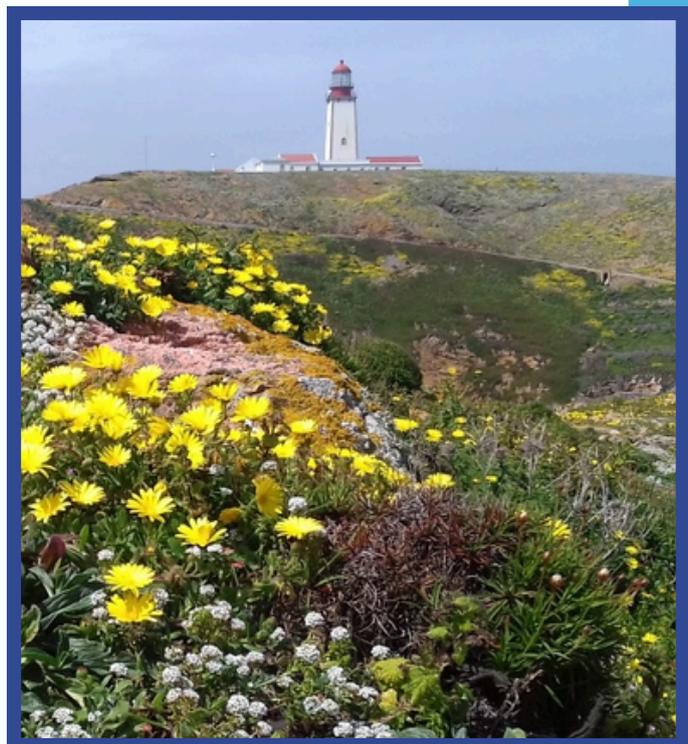
Portinho da Areia Norte e Sul

# PENICHE

These natural conditions are ideal for **various nautical sports** and activities such as **sports fishing, underwater fishing** and, specially, **surfing**. In March we have the **World Surf League** at Supertubos beach, where our volunteers usually help organise activities for the children.

In Peniche you can find a special island, **Berlengas**, protected by UNESCO with a unique biosphere. This archipelogue it's made up of a group of small islands and coastal reefs divided into three groups: Ilha da Berlenga, Estelas and Farilhões-Forçadas.

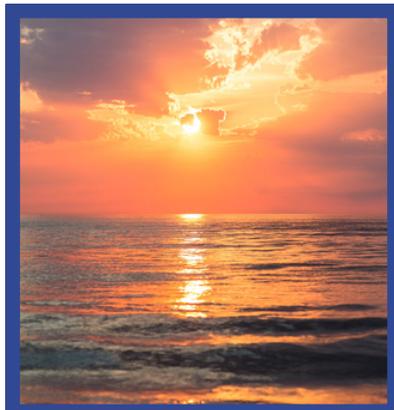
**To be honest, you should not come back to your country without visit it, you will regret.**



# CLIMATE

Average temperatures in Peniche vary a little. Temperatures feel very enjoyable all year with a **fair chance of precipitation** about half of the year. The **hottest months** are **July, August and September**, but the temperature can drop considerably at night. Peniche has some extremely **humid months**, and above average humidity throughout the year. Peniche can have really **cold winds** due to our proximity to the ocean. **Don't forget your swimsuit, you will love our beaches during the summer time.**

In Peniche, summers are pleasant, dry and almost cloudless; winters are cool, rainy, windy and partly cloudy. Throughout the year, the temperature generally ranges from **9 °C to 24 °C** and rarely goes below 6 °C or above 29 °C.



## THE BEST IN THE WORLD...

Portugal's gastronomy is as rich and varied as its landscape.

It is the sea that is the most distinctive feature of Portuguese cuisine. You savour a simple grilled fish, which is always very fresh, just like the seafood that abounds all along the coast, and you're sure you're in Portugal. **Because this is where you'll find the best fish in the world!** But **cataplanas**, **caldeiradas** or other ways of cooking our fish and seafood are also **good choices**.

For **meat dishes**, a suggestion from all over the country: **cozido à portuguesa** (Portuguese stew) mixes meat, vegetables and various sausages, cooked in a succulent way. We have excellent meats from the north to the south of Portugal, whether veal, pork or lamb. We also have **vegetables and fruit** that still taste like they used to, not least because many are organically grown.

The **high quality Portuguese olive oil** is always present and is part of every dish, including the codfish recipes (they say there are **1001!**), in which we are excellent at preparing and enjoying it.

Each dish has the right **wine** to accompany it. We have wines all over the country, and if **Porto** is famous, the table reds from the **Douro**, the **Alentejo** and many others are no less distinguished.

And **cheeses!** We only have to mention **Serra**, but all those from the **Centre of Portugal**, the **Alentejo** and the **Azores** are delicious.

The **sweets**, with their roots in the many convents where they were prepared, still make us "thank the heavens" today. And you can't miss a **pastel de nata** (custard tart). It always goes well with **coffee**, which we drink with **espresso**.

At the end we toast with a **Porto** or **Madeira**, the fortified **wines** that have represented us for centuries in faraway places. Or we toast with an **excellent sparkling wine produced in Portugal**, marking a memorable meal that talented chefs have provided us with all over the country.

## EATING HOURS

**Breakfast (Pequeno-almoço):** Usually between 7 AM and 10 AM.

**Lunch (Almoço):** Typically between 12 PM and 2 PM.

**Afternoon Snack (Lanche):** The snack time can be around 4 PM or 5 PM, often accompanied by coffee or tea and a pastry.

**Dinner (Jantar):** Dinner is served between 7:30 PM and 9:30 PM, which is later than in some other countries.

## WHAT YOU REALLY HAVE TO TASTE:

### Soups

**Canja:** A traditional Portuguese chicken soup made with tender pieces of chicken, rice, vegetables, and flavored with herbs, known for its comforting and nourishing qualities.

**Caldo Verde:** Traditional Portuguese soup made with potatoes, kale and chorizo.

### Fish and Seafood dishes

**Bacalhau à Brás:** Shredded salted cod mixed with potatoes, eggs, and onions.

**Sardinhas Assadas:** Grilled sardines, especially popular during festivals like Santo António (Popular Saints).

**Arroz de Marisco:** cooked with a flavorful broth made from seafood, tomatoes, onions, garlic, and herbs, typically featuring a variety of shellfish such as shrimp, clams, and sometimes crab or lobster.

**Polvo à Lagareiro:** Octopus cooked with garlic and olive oil, often served with roasted potatoes.

### Meat dishes

**Francesinha:** A hearty sandwich with layers of sausage, ham, steak, and melted cheese, smothered in a spicy beer sauce.

**Bifana:** Thinly sliced pork sandwich seasoned with garlic and spices.

**Carne de porco à Alentejana:** is featuring marinated pork cubes and clams cooked together with garlic, coriander, white wine, and paprika, typically served with fried potatoes and garnished with fresh cilantro.



### **Appetisers**

**Caracóis:** snails cooked slowly in a highly seasoned broth, typically flavored with garlic, bay leaf, coriander, pepper, and sometimes white wine or beer, served in small bowls with bread for dipping.

**Tremoços:** Lupini beans marinated in saltwater, often served as a snack with beer.

### **Pastries**

**Pastéis de Nata:** with a crispy, flaky pastry crust filled with creamy custard, delicately caramelized on top and often sprinkled with cinnamon, a beloved treat enjoyed both warm and fresh from the oven or at room temperature.

**Pão de Ló:** A fluffy and light sponge cake, typically enjoyed during festive occasions.

**Arroz Doce:** Creamy rice pudding flavored with cinnamon.

**Ovos Moles de Aveiro:** Soft egg yolks in a thin pastry shell, a specialty from Aveiro.



***Get ready for an epic culinary journey through Portugal...***

***Whether you're chilling in Lisbon's cool spots or hitting up Porto's hip hangouts, Portugal's food vibe is all about good times and great tastes. Get ready to dive into dishes that'll make your taste buds do a happy dance.***

***So, don't miss out—come hungry, leave with a belly full of memories. let Portugal's food culture enchant you!***



# HOW TO GET HERE?

Although we don't have the capacity to pick people up from the airport, we can provide you with simple steps on how to reach us by public transport.

**From Lisbon airport to Campo Grande bus station you have two options:**

## By metro

At the airport, take the **red line (S. Sebastião direction)** and change to the **green line at Alameda station (Telheiras direction)**. Then **get off at Campo Grande**.

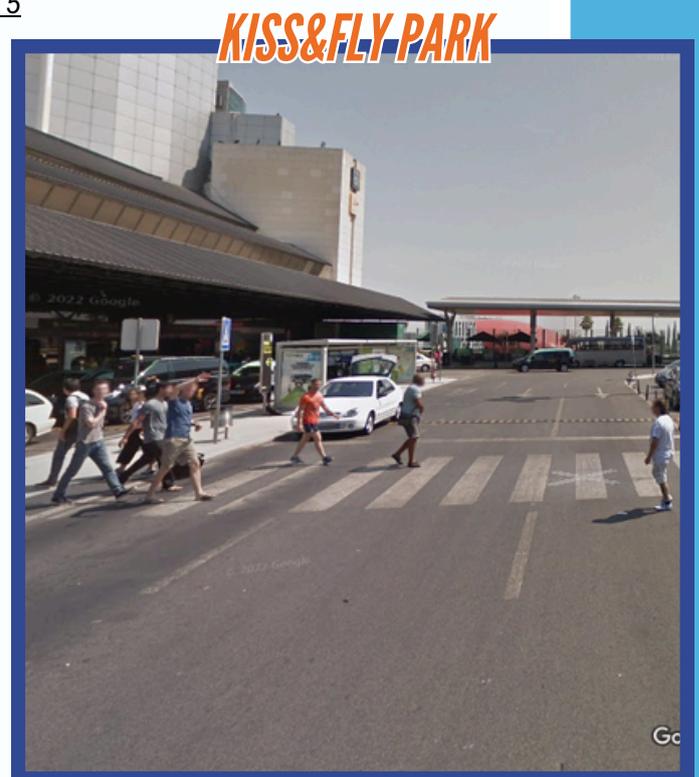
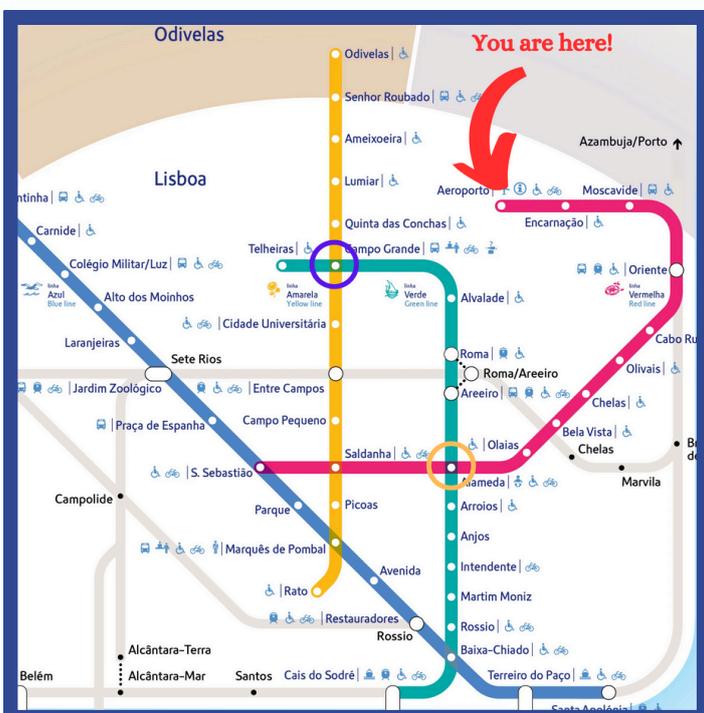
## By uber

At the airport, you have to **go to the Kiss&Fly Park** (near the departures area) and then ask for an uber on the app.

Kiss&Fly Park Adress: Alameda das Comunidades Portuguesas, 1700-008 Lisboa

When you're in the Kiss&Fly Park, you have to enter the address you want to go to in the uber app. In this case, you want to go to the **Campo Grande bus station**.

Campo Grande Bus Station Adress: R. Actor António Silva 5

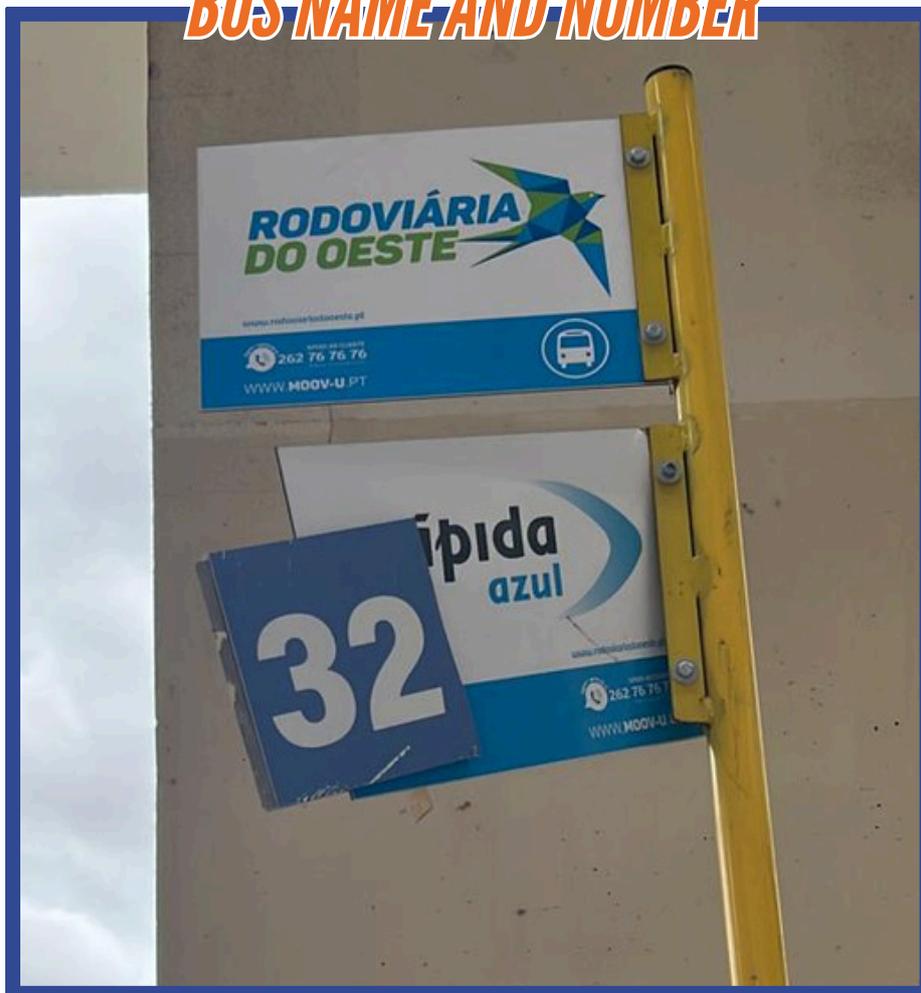


**Warning: Don't try to take an uber to Peniche because Peniche is around 100 kilometres from Lisbon, which means that the journey will be very expensive.**

When you arrive to Campo Grande, find a bus from "rodoviária do Oeste" company number 32 with a sign that says "rápida azul". The ticket it's less then 10€ so prepare it in cash to buy the ticket directly to the bus driver. You just have to say: "Um bilhete para Peniche" or in a easiest way: "Para Peniche". :)

Once in the bus, you get out in Peniche bus station. **Peniche is the last stop.**

## ***BUS NAME AND NUMBER***



# ***HOW TO GET HERE?***

# INSURANCE

European volunteers must have a valid European Health Insurance Card (EHIC) when arriving to Portugal (more information on how to obtain the card <https://ec.europa.eu/social/main.jsp?catId=563&langId=en>). If entitled, volunteers must show the EHIC to healthcare providers visited during the mobility abroad.

As soon as the organisation registers you on the insurance platform you will receive a **welcome e-mail** with your Henner ID and explanations on how to connect on the Henner member portal. Make sure you also check the spam folder on your mailbox.

On your Henner member portal (website or myHenner mobile app), you have **access to a guide** which contains the contact details, general information on coverage, table of benefits, procedures for reimbursement, indication to access the network, and hospitalisation procedures.

For certain treatments or Assistance services, you must ask prior approvals from Henner or Axa Assistance: planned hospitalisations, dental care, or travel costs (family visit, or earlier return for emergency), etc.

**If you have any questions about how the health insurance works, you should talk to your sending or hosting organisation.**

# ASSOCIAÇÃO JUVENIL DE PENICHE

Beginning its mission on **September 26, 1990**, the Associação Juvenil de Peniche has already worked with countless children and young people from the city of Peniche, actively participating in society in which it is inserted.

**The AJP operates in three main areas:**

The **Free Time Activities Center (CATL)**, for children **aged 6 to 12**, aims to ensure that all children have a safe space with adequate monitoring.

CATL serves as a time extension during academic and non-academic periods and has a cooperation agreement with social security.

The **International Projects**, where AJP receives volunteers from all over Europe and the rest of the world, making them an integral part of the education of CATL children, thus **promoting a more conscious growth of equality and social inclusion**, accepting cultural differences and valuing traditions. Likewise, the AJP also **offers opportunities exchange in Europe** where young people have the possibility getting to know different cultures and life habits up close, as well as developing and debating ideas related to the chosen theme. These projects, under the Erasmus+ Program, are one of the great pillars of AJP and which have had the most positive effects on the community.

# ASSOCIAÇÃO JUVENIL , DE PENICHE

Finally, the **Cultural and Environmental Projects**, where Book Fairs and environmental protection projects. The **Book Fair** has been organized by the AJP for more than two decades at the Clube Recreativo Penichense, taking place **annually** in the **summer**, at **Easter** and at **Christmas**. During these periods, the Fair of the book welcomes writers and storytellers through of the cultural program, developed in parallel with the Municipality. Within the scope of the **Blue Flag Project**, we collaborate with the Municipality of Peniche in promoting **various activities of environmental education** on the seven beaches awarded with the Blue Flag, the objective of which is to incite young people to the importance of cleaning beaches and oceans.

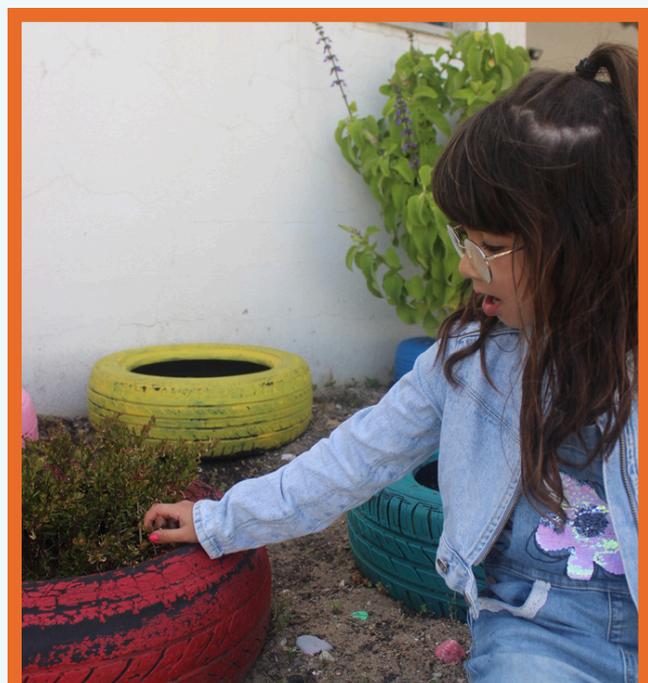
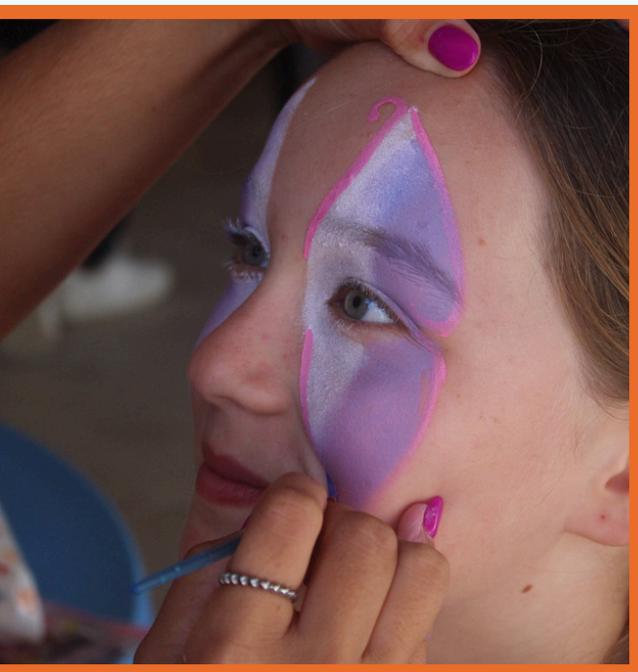


# DESCRIPTION OF THE PROJECT

If you're selected to work with us at Associação Juvenil de Peniche (AJP), you'll have the opportunity to get involved in **various activities** within our community, especially in our Leisure Activities Center (CATL), where you'll work directly with **children aged 6 to 12**. You'll always be supported by the CATL coordinator and all AJP team, ensuring you have the guidance needed to implement your ideas.

The **activities** you'll be involved in include:

- **Presentations about your country and city:** You'll get to share your country's culture with the children, showing fun facts and interesting aspects of your home.
- **Intercultural afternoons:** You'll organize events for the whole community (parents, children, and members), where you can share typical foods from your country and lead games, dances, or quizzes about your culture.
- **Workshops:** You'll have the opportunity to run different types of workshops for the children and local community, whether it's about something specific to your culture, a skill you'd like to share, or a fun activity.
- **Supervising and supporting the children:** During free time, you'll help supervise the children and organize fun activities for them.



In addition to these activities, you'll also have the opportunity to develop **your own project** in areas you're **passionate** about, such as photography, theater, sports, drawing, or others. You can use your skills and interests to create something new and share it with the community.

Through the European Solidarity Corps, you'll be able to develop your personal and social skills while contributing to the Peniche community.

### What will you gain from this experience?

- The chance to engage in international projects;
- Develop new personal and social skills;
- Learn through non-formal education and practical experience;
- Increase your participation in community activities;
- Strengthen European values of solidarity and citizenship for yourself and the community you'll be supporting.

**This will be a unique experience where you'll not only grow as a person but also make a meaningful impact on the lives of children and the local community!**



# DESCRIPTION OF THE PROJECT

# PRACTICAL INFORMATION

## Accommodation

When you arrive, you'll be staying in either an **apartment or a house**. You might have a **shared bedroom** or a **private one**, but the bathrooms will be shared with the other volunteers. Your accommodation will also have leisure spaces, including a cozy living room where you can relax and hang out, as well as a fully equipped kitchen where you can prepare your meals. The bathrooms follow European standards.

Keep in mind that **there's no air conditioning or heating system** in the house, but don't worry—Wi-Fi is available. You'll also have access to a washing machine, either at the house or at the organization.

***Important: Since Peniche is a humid city, you might notice some humidity in the house. This is normal for the region, and it can be easily managed by cleaning regularly.***

## Food

AJP **does not provide meals**, but once your project begins, you'll receive a **monthly food allowance** in advance. This will give you the flexibility to buy and prepare your own meals according to your preferences.

# PRACTICAL INFORMATION

## **Mentoring**

You'll have a **project mentor** to help you with **whatever you need**—whether it's getting to know Peniche, Portugal, or dealing with personal issues. You'll meet with your mentor every week for support and guidance.

## **Holidays**

You'll be entitled to **two days of holiday for every month** of your project. You can choose to accumulate these days and use them later, depending on your preference and needs. However, it's important to plan ahead. If you wish to take time off, you'll need to submit a **request to your supervisor** at least **two weeks in advance** to ensure approval and smooth coordination with the team.

## **Allowance**

As a participant, you'll receive a **monthly allowance** of up to **336€**. This amount is provided to help cover your personal expenses during your stay.

# TO KEEP IN MIND

In Portugal, most people can **communicate in English**, but it's highly recommended that you learn some basic Portuguese. This will be especially helpful in less touristy areas of Peniche.

To support your language skills, you'll have access to free Portuguese classes during your placement, so you can enhance your experience (OLS platform: [\*\*click here to know more\*\*](#))

While you'll find that everyone at the organization speaks English, remember to **avoid saying "Gracias."** It's best not to speak Spanish or suggest that Portuguese is similar to Spanish, as some people may find this offensive.

THANK YOU – OBRIGADA/OBRIGADO

HELLO - OLÁ

HOW ARE YOU? - COMO ESTÁS?

MY NAME IS - O MEU NOME É

GOOD MORNING – BOM DIA



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## SOCIAL MEDIA

**Facebook:** @associacao.juvenildepeniche

**Instagram:** @associacaojuvenildepeniche

**Site:** [www.ajpeniche.pt](http://www.ajpeniche.pt)

# LOOKING FORWARD TO HOST YOU!

