



INFOPACK ABOUT *PORTUGAL*



BASIC INFORMATION ABOUT THE COUNTRY

Portugal is a country in southern Europe. The mainland is located on the southwest of the Iberian Peninsula, bordering Spain to the north and east, and the Atlantic Ocean to the west and south. The Portuguese territory includes two autonomous regions: the archipelagos of Madeira and Azores, in the Atlantic Ocean.

The Portuguese climate is characterized by mild winters and pleasant summers, varying, however, from region to region.

MAIN ATTRACTIONS IN PORTO

TORRE DOS CLÉRIGOS, PORTO

One of Oporto's defining landmarks. *Torre dos Clérigos* stands 75 meters above the streets and visitors need to climb upwards of 200 steps to embrace truly magnificent views of the city and the Douro River.



RIBEIRA, PORTO

The heart of the old town. *Ribeira* is one of the most popular, authentic and picturesque parts of Porto.

As its name suggests, the district is situated on the riverbank (*Ribeira* in Portuguese stems from the word river) and it is perfect to spend the evenings.



MAIN ATTRACTIONS IN PAREDES



ROTA DO ROMÂNICO, PAREDES

The *Rota do Românico* is a touristic-cultural project that brings together monasteries, churches and memorials, bridges, castles and towers that share the characteristic Romanesque architecture distributed by 12 counties of Vale do Sousa, Douro and Tâmega.

PAREDES CITY PARK, PAREDES

The *Paredes City Park* is a privileged place to get together with friends and nature. Located in the heart of the city, a tributary of the river Sousa, the park is provided with equipment for the maintenance and practice of sports and playgrounds.



CRUZEIRO DE BALTAR, PAREDES

A stone cruise on one side and artificial lighting on the other. It's about 4 meters high and it is located at the highest point of Baltar (a parish of Paredes). It offers a unique view over the municipalities of Paredes and Penafiel.

TRANSPORT

HOW TO GET TO PAREDES FROM FRANCISCO SÁ CARNEIRO AIRPORT (PORTO)?

It takes 17km from the airport to the city center, but the airport is small and you have a lot of options of transports next to it, but we advise you to take the Subway and Train because it's the cheapest and easiest way to bring you to us.



1. BUY AN ANDANTE CARD - (0.60€)

Where to find them: Ticket Vending Machines, you'll see them in the airport and subway stations

- Choose the Zone that you'll be travelling : Zone 4 (airport) - 2.00€
- Validate your card in the touchless card readers before you enter the subway
- Exit in Trindade

2. TAKE THE SUBWAY THAT GOES FROM THE AIRPORT TO ESTÁDIO DO DRAGÃO (LINE E - PURPLE)

- Go to the same vending machines, as you did before, with the same card, and switch to Zone 2 - 1.20€
- Take the subway that goes to Santo Ovídio (Line D - yellow).
- Exit in São Bento



3. FOLLOW THE SIGNS AND GO TO THE TRAIN STATION, NEXT TO THE SUBWAY STATION THAT YOU ARE ON

- Go to the tickets office (you'll see them on your right as you enter the train station)
- Ask for a ticket to Paredes - 2.65€
- Look for a train with destination to Marco de Canaveses
- Exit in Paredes

TRANSPORT

HOW TO GET TO PAREDES FROM LISBON AIRPORT (HUMBERTO DELGADO AIRPORT)?

Whether you need to get to Porto or to Paredes, an efficient public transportation network is at your service to get you where you need to go. Just choose the one that is more convenient for you:

BY SUBWAY AND TRAIN



1. BUY A VIAGEM CARD - (0.50€)

Where to find them: Ticket Vending Machines, you'll see them in the airport and subway stations

- Take the subway that goes from the Airport to S. Sebastião (Red Line)- 1€ (it's a direct Line, so you'll have no problem to find the subway/metro)
- Validate your card in the touchless card readers before you enter the subway
- Exit in Oriente

2. GO TO THE TICKETS OFFICE ON THE TRAIN STATION, NEXT TO THE SUBWAY STATION THAT YOU ARE ON

- Ask for a ticket to Paredes (you can buy it online too, in here: <https://www.cp.pt/passageiros/en>)
- Validate your card in the touchless card readers, before you enter the train
- Exchange in Campanhã
- Exit in Paredes



TRANSPORT

HOW TO GET TO PAREDES FROM LISBON AIRPORT (HUMBERTO DELGADO AIRPORT)?

BY BUS



1. BUY A VIAGEM CARD - (0.50€)

Where to find them: Ticket Vending Machines, you'll see them in the airport and subway stations

- Take the subway that goes from the Airport to S. Sebastião (Red Line)- 1€ (it's a direct Line, so you'll have no problem to find the metro)
- Validate your card in the touchless card readers before you enter the subway
- Exit in Oriente

2. IN ORIENTE THERE IS A BUS STATION WITH A CONNECT LINE TO PORTO, LOOK FOR A FLIXBUS (GREEN)



- Ask for a ticket to Porto (you can buy it online too in here: <https://global.flixbus.com/service/book-bus-ticket>)
- Exit in Porto (Parque das Camélias)



3. WALK TO SÃO BENTO TRAIN STATION (6 MIN - 500M)

- Go to the tickets office (you'll see them on your right as you enter the train station)
- Ask for a ticket to Paredes - 2.65€
- Look for a train with destination to Marco de Canaveses
- Exit in Paredes

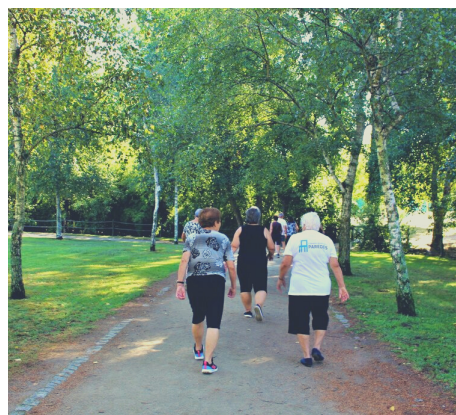
HOW TO TRAVEL IN PORTUGAL?

Portugal is not a large country and you can get almost everywhere easily and efficiently by train or bus. The country has a good railway system consisting of a big network of regional, inter-regional and suburban trains covering the whole of the country and railway company CP (Caminhos de Portugal) covers most of the mainland and also has some international services all for a reasonable price.



HOW TO TRAVEL AROUND PAREDES?

Paredes is a small city so you don't have access to the subway, and the train will take you to other cities, so we advise you to walk while you do sightseeing, because Paredes has a lot of green areas all around and you will enjoy and know the city a lot better.



MONEY AND SHOPPING

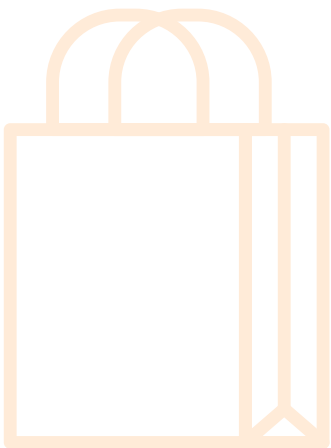
The Portugal currency is Euro (€).

For you to have an idea how money works in Portugal, we'll give you some examples for reference:

- 1 fino (cold beer): 1.20€
- 1 coffee: 0.70€
- A loaf of bread: 1.70€
- Water bottle (1.5L): 0.75€
- Meal at a fast food chain: 6€
- Meal at an inexpensive restaurant: 8€
- Meal for two at a mid-range restaurant: 30€



DAILY SHOPPING



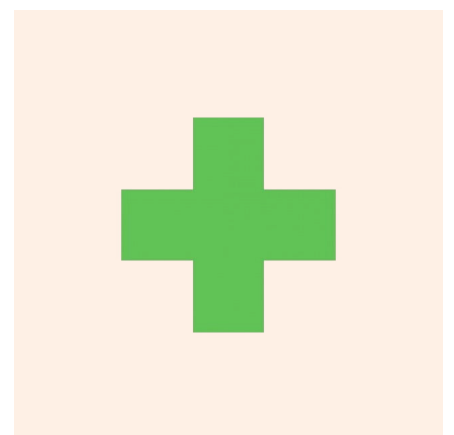
Shopping hours are flexible in Portugal. Most shops are open Monday through Friday between 10.00am and 19.00pm, Saturdays until 13pm. Supermarkets open 7 days a week (Continente, Pingo Doce, Lidl, Intermarche) from 8am to 23pm. In each district there is also at least one 24h store (Grab & Go).

Shopping Centres opening hours are 10.00am to 23pm, including the weekends. The largest and closest mall to Paredes is Parque Nascente. You can find stores like FC Porto Store, KFC, Leroy & Merlin, Primark or even go to the Cinema.

PHARMACIES

The portuguese word for pharmacie is “Farmácia”.

You'll find one, for example, right next to Embaixada da Juventude. It opens at 8.30am and closes at 22.00pm.



PARTY TIME

IN PORTO

Porto is simply perfect for a night party: it is affordable, it has great food and the weather is amazing compared to other European countries. The nightlife in downtown Porto is enjoyed out in the streets (talking and drinking) or in one of the many bars. A very common trend in Porto is a mix between an art gallery, a concert hall and a bar.

- Plan B, an alternative club right at the heart of the nightlife district of Porto
- Maus Hábitos (“Bad Habits” in english), in the musical area is by far one of the most loved places in Porto
- Hard Rock Café - Known for it’s wine and elected for the third time this decade as the “Best European Destination”

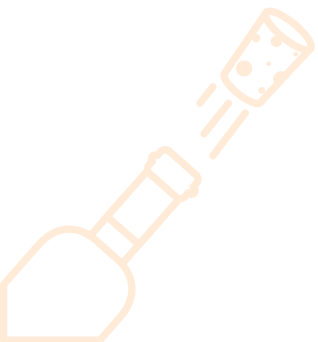


IN PAREDES

In Paredes, compared to Porto (city center), the nightlife is more calm, but you can find a lot of bars that are open until 2.00 am.



- Zen Coffee House: a quiet and modern bar in Paredes that is perfect for talking and drink beer with your friends
- Piso de Baixo: a cosy space that you can relax and try some foods



PORTUGUESE LANGUAGE BASICS

English	Portuguese
Hello	Olá
Goodbye	Adeus
Yes	Sim
No	Não
Please	Por favor
Thank you	Obrigada
How much?	Quanto é?
I don't understand	Eu não entendo
Good morning	Bom dia
Good afternoon	Boa tarde
Goodnight	Boa noite
Beer	Cerveja/Fino
Wine	Vinho
May I...?	Posso..?
Good	Bom
Bad	Mau
Excuse me/Sorry	Desculpe
I don't speak Portuguese	Eu não falo Português

OUR OFFICE AND TELEPHONE NUMBERS

The address of our Association (Embaixada da Juventude) is Beco da Portela, nº12, 4580-352 Cristelo /Paredes.

Telephone numbers:

- Paula Rocha (president of Embaixada da Juventude): (+351 914 880 638)
- Eduarda Alves: (+351) 914 216 124



WHAT TO BRING

In the house you'll find bedsheets, towels but you'll need to bring:



CRIMINAL RECORD



HEALTH INSURANCE



RAIN COAT
(WINTER/AUTUMN/SPRING)



WINDBREAKER
(SUMMER/SPRING/AUTUMN)



COMFORTABLE SHOES FOR
WALKING



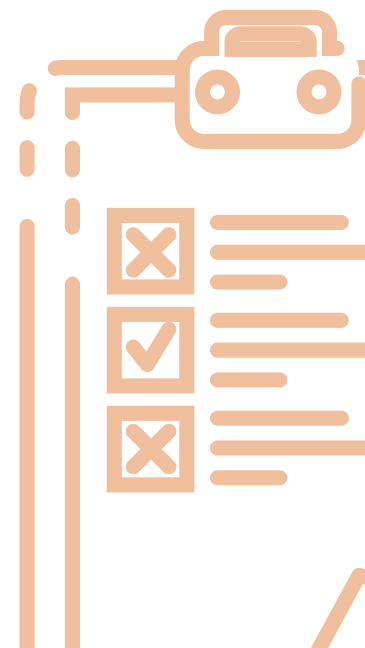
OVERCOAT FOR WINTER



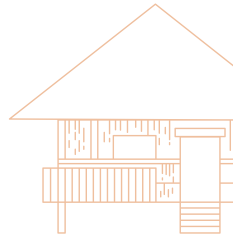
UMBRELLA



COMFORTABLE CLOTHES
FOR THE ACTIVITIES



HOUSE CONDITIONS



The house is located in Aguiar de Sousa, a parish of Paredes. It's a very large rural house with two terraces (one covered and one not), surrounded by countryside and forest.

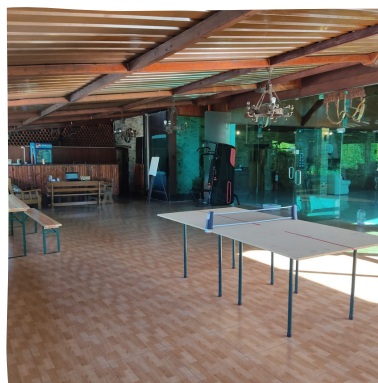
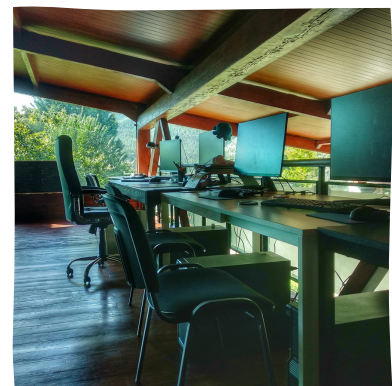
It also has 8 rooms with private bathroom each.

The kitchen is industrial so it is quite large and next door we have a laundry room and a storage space (old wine cellar).

Also, under the house we have a place where we keep materials that we can reuse for activities (another old cellar).

Here, you can see the activities that we did in the house and also the house itself:

- https://www.instagram.com/tv/CRzcrNsgQe9/?utm_source=ig_web_copy_link
- https://www.instagram.com/tv/CUfyMu6ILZ1/?utm_source=ig_web_copy_link



MISSIONS AS VOLUNTEERS



COMBAT AND ALLEVIATE THE LONELINESS OF THE ELDERLY IN DAY CENTERS

Ser Social - Association for the Development of Cristelo is a elderly center in Paredes and with consequential visits, we can reach our goal while sharing experiences, knowledge and interculturality.

END THE LANGUAGE BARRIER THROUGH GAMES

Every Wednesday, volunteers gather with the local community and play board games made by them. Through this, common interests will be found, experiences shared and cultural barriers broken down.



BRING TO SCHOOLS THE CONCEPT OF NON-FORMAL EDUCATION



"Non-formal education" is a unknown concept for young people. Through sessions with energizers and activities that address topics such as: sustainability, interculturality, citizenship, teambuilding, communication, inclusion, arts,.. we can change that and prove that non- formal education is one of the best ways to learn and teach.

MISSIONS AS VOLUNTEERS



CREATE A SAFE SPACE AND TIME FOR DISCUSSIONS FOR YOUTH

Every Friday, volunteers meet in Cristelo or Aguiar, invite the local youth group and discuss issues they consider important and try to find ways to make a change: "*Fridays for Future*".

LEARNING 20 THINGS IN 20 WEEKS

As the name implies, this idea consists of learning one thing per week for 4 months (20 weeks) through workshops. This activity is facilitated by volunteers, the local community and professionals from a specific area.



CREATE A EVERYDAY SPACE FOR ELDERLY

A space for sharing knowledge and experiences around a table. The idea is prepare everything to receive all the elderly who want to know the Youth Embassy, its projects, activities or simply talk and have a leisure space.



MISSIONS AS VOLUNTEERS



ORGANIZE AND PROMOTE SOLIDARY EVENTS

One of our biggest goals is to reach the people who need it most. Realize what they lack and try to fill that need as best we can.

CONTRIBUTE TO SUSTAINABLE ENVIRONMENT

Environmental sustainability is one of our biggest concerns, therefore, events and activities that focus on upcycling are of great importance and highlight.



PROMOTE PHYSICAL ACTIVITY AND SPORTS IN THE COMMUNITY

Through sports activities and games, Embaixada promotes the physical and mental health of the volunteers and local young and elderly people.



MISSIONS AS VOLUNTEERS

EXPRESS SOCIAL ISSUES THROUGH ARTS

The arts have the power to create empathy and make us imagine ourselves in the place of the "other". As volunteers, you can use theater, dance, paint, music,... to address and raise awareness of issues such as bullying, xenophobia, racism, homophobia, gender equality, etc.

BREAK THE ICEBERG THEORY

Breaking the small stereotypes we have of a culture, a people, a country and getting to know what is not on the surface. The aim is to experience Portuguese culture while making yours known.



EXPAND EMBAIXADA'S LOCAL, NATIONAL AND INTERNATIONAL NETWORK

Through the development of digital skills and participation and autonomy in local and national activities, we hope that volunteers will help to expand our network so that more opportunities arise for them and for Embaixada.





**WE HOPE TO SEE YOU
SOON!**

