



LET'S LIVE WITH EARTH  
VOLUNTEERING PROGRAM  
EUROPEAN SOLIDARITY CORPS  
TORRES VEDRAS - PORTUGAL



# WHY



## The European Green Deal

Europe aims to be the first climate-neutral continent by becoming a modern, resource-efficient economy.



## A Europe fit for the digital age

The EU's digital strategy will empower people with a new generation of technologies.



## An economy that works for people

The EU must create a more attractive investment environment, and growth that creates quality jobs, especially for young people and small businesses.



## A stronger Europe in the world

The EU will strengthen its voice in the world by championing multilateralism and a rules-based global order.



## Promoting our European way of life

Europe must protect the rule of law if it is to stand up for justice and the EU's core values.



## A new push for European democracy

We need to give Europeans a bigger say and protect our democracy from external interference such as disinformation and online hate messages.



Climate change and environmental degradation are an existential threat to Europe and the world. To overcome these challenges, the European Green Deal will transform the EU into a modern, resource-efficient and competitive economy, ensuring:

- no net emissions of greenhouse gases by 2050
- economic growth decoupled from resource use
- no person and no place left behind

The European Commission has adopted a set of proposals to make the EU's climate, energy, transport and taxation policies fit for reducing net greenhouse gas emissions by at least 55% by 2030, compared to 1990 levels..



BEAUTIFULL | SUSTAINABLE | TOGETHER

The **New European Bauhaus** is a creative and interdisciplinary initiative that connects the European Green Deal to our living spaces and experiences.

The New European Bauhaus initiative calls on all of us to imagine and build together a sustainable and inclusive future that is beautiful for our eyes, minds, and souls.

Beautiful are the places, practices, and experiences that are:

Enriching, inspired by art and culture, responding to needs beyond functionality. Sustainable, in harmony with nature, the environment, and our planet. Inclusive, encouraging a dialogue across cultures, disciplines, genders and ages.

*“If the European Green Deal has a soul, then it is the New European Bauhaus which has led to an explosion of creativity across our Union.”  
Ursula von der Leyen, President of the European Commission*

The NEB Lab is a co-creation space at the service of the New European Bauhaus community, for the delivery of beautiful, sustainable, and inclusive projects to improve our daily lives.

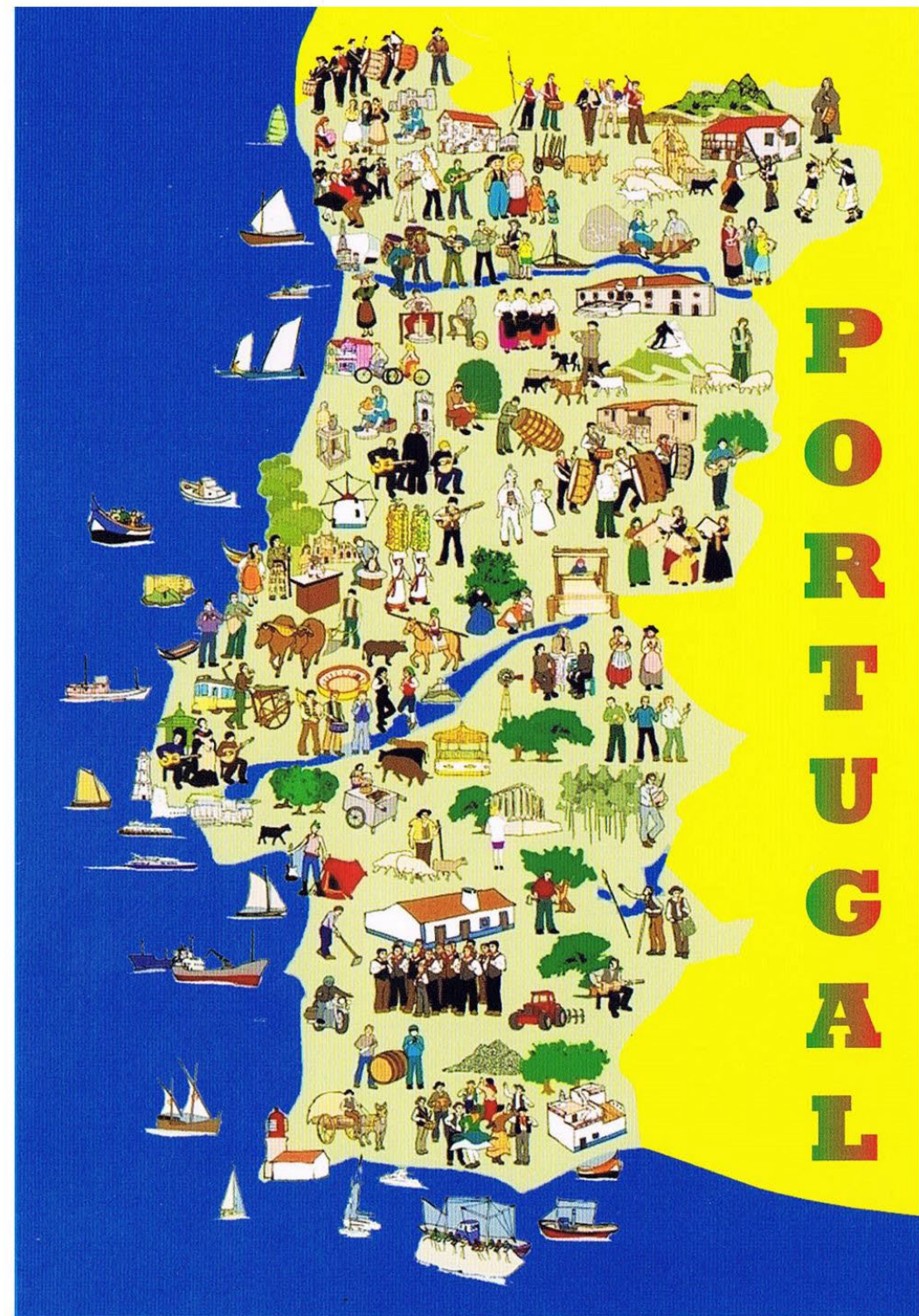
The Lab is where the New European Bauhaus is implemented in concrete and tangible projects. It is about what we can achieve when we work together in a spirit of openness and trust. It focuses on connecting people, learning from each other and tapping into everyone’s experience. NEB Lab projects manifest the New European Bauhaus into concrete actions with two missions: to create enabling conditions for the green transition, such as new tools, frameworks, policy recommendations, etc. to trigger tangible transformation on the ground.

# WHERE



Portugal, a captivating destination that seamlessly blends rich history and vibrant youthful energy, offers a diverse array of wonderful places and experiences. The historic district of Lisbon, with its narrow cobblestone streets and ancient landmarks like the Belem Tower, showcases Portugal's deep-rooted history, while also pulsating with the contemporary vibes of street art, trendy cafes, and dynamic nightlife. The buzzing Bairro Alto district, alive after sunset, creates an electrifying atmosphere that lingers in the air, making Lisbon a dream destination for both history enthusiasts and the young at heart. Portugal's cultural tapestry is interwoven with traditions that bridge the gap between generations. The haunting melodies of Fado music capture the essence of Portuguese emotions, resonating through the historic alleys of Lisbon and the lively festivals that dot the annual calendar. Traditional crafts like azulejo tile painting and intricate lacework are celebrated arts that connect the country's past with its vibrant present. The youth-driven creative scene, evident in co-working spaces and art collectives, adds a contemporary layer to Portugal's cultural richness, making it a playground for self-discovery and exploration.

In terms of gastronomy, Portugal's culinary landscape tantalizes taste buds with a mix of traditional and innovative flavors. From fresh seafood and pastries like pastel de nata to fusion dishes created by young and innovative chefs, Portugal's food markets and restaurants offer a delectable journey for all palates. The warmth of Portuguese hospitality enhances the culinary experience, creating a welcoming atmosphere for both seasoned travelers and those embarking on their first adventure. Beyond cultural and culinary delights, Portugal's diverse landscapes provide a playground for the young and adventurous. Coastal havens like Ericeira and Lagos attract water sports enthusiasts, while music festivals like NOS Alive and Boom Festival showcase Portugal's prowess in hosting world-class events. The commitment to sustainable tourism adds value to the country's appeal, emphasizing the preservation of its environment and heritage for future generations. Whether seeking historic charm, youthful exuberance, or a blend of both, Portugal stands as a jewel in the crown of European destinations, inviting travelers of all ages to explore its many facets and create lasting memories.



Portuguese gastronomy is a tantalizing journey through a rich tapestry of flavors, showcasing the country's culinary prowess and diverse regional specialties. One of the crown jewels of Portuguese cuisine is **Bacalhau à Brás**, a beloved dish featuring salted cod, the country's gastronomic icon. The cod is shredded and pan-fried with onions, garlic, and potatoes, creating a savory symphony of textures and tastes. Another coastal delight is **Seafood Rice**, a luscious combination of rice cooked to perfection in a rich broth teeming with an array of fresh seafood, capturing the essence of Portugal's maritime influence.

Venturing into the heart of the country, one cannot miss the succulent **Posta Mirandesa**, the best cow meat from the mountains. This dish, originating in the Miranda region, features thick, juicy slices of beef, grilled to perfection and served with flavorful accompaniments. For those craving a unique blend of flavors, **Duck Rice** is a comforting dish where tender duck is slow-cooked with rice, creating a mouthwatering amalgamation of savory goodness. **Grilled Fresh Fish**, a seaside delicacy, showcases the bounty of the Atlantic, with fish prepared simply yet expertly to highlight its natural flavors, as for example the **Grilled Sardines**. A summer favorite during traditional festivals, and **Francesinha**, a hearty sandwich with layers of cured meats, linguiça sausage, and a spicy sauce, topped with a gooey layer of melted cheese. Delving into regional delights, **Carne de Porco à Alentejana**, hailing from the Alentejo region, features succulent pork marinated and cooked with clams, creating a harmonious blend of land and sea on the plate.

Finally, **Polvo à Lagareiro**, showcasing the versatility of octopus, is a dish where tender octopus is roasted in olive oil and garlic until golden brown, offering a delightful taste of Portugal's coastal cuisine. Each dish tells a story of Portugal's history, regional diversity, and the culinary artistry that makes it a haven for food enthusiasts world wide.



Portuguese gastronomy extends beyond savory dishes to a rich array of unique food and drink products that reflect the country's cultural heritage. Portugal is renowned for its **exceptional wines**, with the vineyards of the Douro Valley producing some of the world's finest. From the robust reds of the Alentejo region to the crisp Vinho Verde from the northwest, Portuguese wine embodies a diversity of flavors that pair seamlessly with the country's cuisine. The iconic **Porto Wine**, a fortified wine hailing from the Douro Valley, is a true ambassador of Portugal's winemaking tradition, offering a range from the sweet and aged Tawny to the rich and robust Vintage Ports.

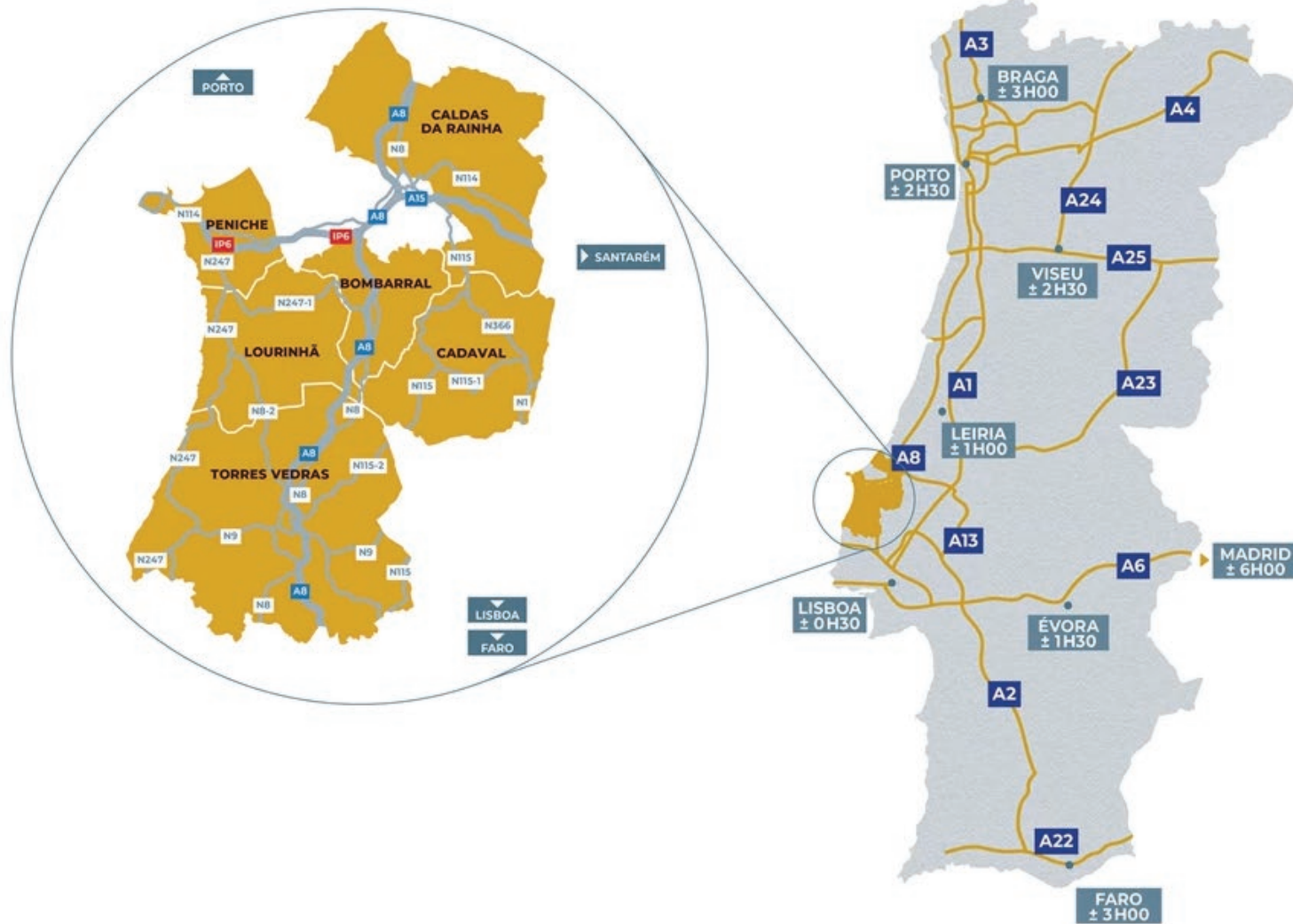


For a taste of Portugal's sweet side, **Ginjinha** is a must-try liqueur. Made from sour cherries infused in alcohol and sugar, this cherry brandy captures the essence of Lisbon's street culture. Another sweet indulgence is the **Pastel de Nata**, a custard tart with a flaky crust and a creamy center, dusted with cinnamon. These golden pastries, originating from the historic pastry shops of Lisbon, have become a symbol of Portuguese sweets worldwide. Moving to regional delights, **Queijadas de Pereira**, a sweet pastry from the Beira region, showcases a delightful combination of fresh cheese, sugar, and cinnamon, creating a unique and irresistible treat.



In the realm of unique desserts, **Pastel de Feijão** is a bean tart that defies expectations. This sweet pastry from the town of Torres Vedras ingeniously incorporates beans into its filling, offering a surprising yet delightful twist. **Ovos Moles**, a specialty of Aveiro, features sweetened egg yolk paste encased in delicate rice paper, shaped into artistic forms that often mimic the region's marine life. These sweet treats, along with fresh and zesty orange juice, showcase Portugal's commitment to preserving and celebrating its culinary traditions, making every meal an exploration of flavors and a journey through the rich tapestry of the country's gastronomic heritage.





The West of Portugal, known as Oeste in Portuguese, is a region that beckons travelers with its enchanting blend of cultural richness and diverse landscapes. One of the prominent cultural highlights is the medieval town of Óbidos, surrounded by well-preserved walls and cobblestone streets. Óbidos exudes a fairytale charm with its whitewashed houses adorned with vibrant flowers, and its annual Chocolate Festival adds a sweet touch to the cultural calendar. Moving westward, the picturesque town of Alcobaça is home to the stunning Alcobaça Monastery, a UNESCO World Heritage site known for its Gothic architecture and the poignant love story of Pedro and Inês, whose tombs lie within the monastery walls.

The landscape of Oeste is equally captivating, featuring the dramatic cliffs and golden beaches of the Silver Coast. The town of Nazaré, perched on cliffs overlooking the Atlantic, is famous for its massive waves and vibrant fishing traditions. In contrast, the Berlenga Islands offer a secluded escape, showcasing pristine nature reserves and crystal-clear waters. The rural landscapes of Oeste, dotted with vineyards and traditional windmills, contribute to the region's agricultural charm. With its cultural treasures and diverse landscapes, the West of Portugal invites visitors to embark on a journey that seamlessly weaves together history, nature, and the warmth of local traditions.

Nestled in the heart of Portugal, the city and council of **Torres Vedras** stand as shining examples of a community committed to sustainability and environmental stewardship. With a forward-thinking approach, Torres Vedras has embarked on a path towards a greener future, implementing initiatives that prioritize eco-friendly practices and the well-being of its residents. The city's dedication to sustainability has not only earned it recognition on a national level but has also garnered prestigious international accolades. In 2015, Torres Vedras proudly received the "**European Green Leaf Award**" a testament to its outstanding efforts in promoting environmental awareness, green spaces, and sustainable living practices. The commitment to sustainability continued to flourish, and Torres Vedras went on to achieve consecutive victories at the "**Green Destinations Awards**" in 2018, 2019, 2020, and 2021. This series of accolades underscores the city's ongoing commitment to preserving its natural heritage, fostering responsible tourism, and showcasing its efforts as a model for sustainable development.

Torres Vedras serves as an inspiring example for municipalities worldwide, demonstrating that a harmonious coexistence between urban life and environmental responsibility is not only achievable but also worthy of celebration on both national and international stages. Torres Vedras Municipality has been at the forefront of innovative projects and initiatives, demonstrating its steadfast commitment to sustainable development. The "**Eco-Escolas**" program has been instrumental in fostering environmental awareness among students, encouraging eco-friendly practices and instilling a sense of responsibility for the planet's well-being. Additionally, the "**Agostinhas**" project stands as a dedication to ecological mobility in the urban space, where citizens can subscribe and use public bicycles.



TORRES VEDRAS 2015  
GREEN LEAF





- Parque do Choupal
- Centro de Artes e Criatividade
- Atelier dos Brinquedos
- Fortaleza de S. Vicente
- Castelo de Torres Vedras
- Igreja de Santa Maria do Castelo
- Centro de Interpretação do Castelo
- Centro de Interpretação da Comunidade Judaica
- Casa de Ceuta
- Porta 5 Espaço Cultural
- Porta da Corredoura
- Chalazar dos Canos
- Paços - Galeria Municipal
- Espaço Primavera Centro Municipal da Juventude
- Biblioteca Municipal
- Igreja de Santiago
- Igreja da Misericórdia
- Igreja e Convento de Nossa Senhora da Graça
- Museu Municipal Leonel Trindade
- Obelisco
- Praça 25 de Abril
- Fábrica das Histórias Casa Jaime Umbelino
- Tribunal
- Parque Verde da Várzea
- Convento do Varalajo

- Santa Cruz
- Castro do Zambujal

# centro histórico

— TORRES VEDRAS —

Terminal Rodoviário

Pavilhão Expo

Pavilhão Multissus

GNR

Sporting Clube de Torres

Bombeiros Voluntários

Estádio Municipal Manuel Marques

Hospital Soerad

Estação Ferroviária

Hospital de Torres Vedras

Câmara Municipal

Princesa Maria Benedita

Loja Torres Vedras

Táxis

Museu Municipal Leonel Trindade

Obelisco

Praça 25 de Abril

Fábrica das Histórias Casa Jaime Umbelino

Tribunal

Parque Verde da Várzea

Convento do Varalajo

Estádio Municipal Manuel Marques

Hospital Soerad

Estação Ferroviária

Hospital de Torres Vedras

Câmara Municipal

Princesa Maria Benedita

Loja Torres Vedras

Táxis

Museu Municipal Leonel Trindade

Obelisco

Praça 25 de Abril

Fábrica das Histórias Casa Jaime Umbelino

Tribunal

Parque Verde da Várzea

Convento do Varalajo

Estádio Municipal Manuel Marques

Hospital Soerad

Estação Ferroviária

Hospital de Torres Vedras

Câmara Municipal

Princesa Maria Benedita

Loja Torres Vedras

Táxis

Museu Municipal Leonel Trindade

Obelisco

Praça 25 de Abril

Fábrica das Histórias Casa Jaime Umbelino

Tribunal

Parque Verde da Várzea

Convento do Varalajo

Estádio Municipal Manuel Marques

Hospital Soerad

Estação Ferroviária

Hospital de Torres Vedras

Câmara Municipal

Princesa Maria Benedita

Torres Vedras has embraced the "**PAESC - Plano de Ação para a Energia Sustentável e o Clima de Torres Vedras**" a comprehensive plan addressing sustainable energy and climate action. This strategic initiative outlines the municipality's roadmap to reduce carbon emissions, enhance energy efficiency, and promote the use of renewable energy sources. These projects, among others, showcase Torres Vedras as a proactive and forward-thinking municipality, setting an exemplary standard for sustainable urban development and earning it well-deserved recognition on both national and international platforms. Torres Vedras Municipality continues to champion sustainable development through a multifaceted approach, with recent initiatives including the establishment of the "**CMAC - Conselho Municipal de Ação Climática**" a local council focused on climate action. This platform facilitates collaboration between the community, local authorities, and businesses to devise effective strategies in response to climate challenges. The creation of the "**Centro de Educação Ambiental**" underscores the municipality's dedication to environmental education, providing a hub for learning and awareness programs that promote sustainable practices. Additionally, Torres Vedras has embraced the "**ECO CAMPUS**" initiative, which integrates sustainable projects and entities in an incubator focused on Green Economy and Sustainability.

We present some of our partners for this volunteering program: "**Bikes & Waves**" for co-creating sports tours, "**Torres Inov-E**" which promotes entrepreneurship and enterprise community and events, "**Turcifal Autarchy**" which supports with local and political services, "**Biovivos**" which shares with us the value of sprouts and healthy home-grown food, "**Enxara Retreats**" which organize human development events and community activities and "**Quinta Pedagógica da Caria**" a biologic farm with agroforestry and sustainable systems based in Permaculture Design for learning visits and ordering biologic quality local food.



Torres Vedras, a vibrant place of culture and celebration, hosts a spectacular array of events that beckon locals and visitors alike to immerse themselves in the city's lively atmosphere. At the forefront is the world-renowned "**Carnaval de Torres Vedras**," the largest carnival celebration in Portugal, where the streets come alive with an explosion of color, music, and exuberant festivities.



The city transforms into a kaleidoscope of creativity as locals don whimsical costumes, creating a joyous spectacle that transcends boundaries. For those seeking summer revelry, the "**Carnaval de Verão**" in Santa Cruz is a sun-soaked extension of the carnival spirit, bringing the beach to life with sizzling energy and vibrant parades.



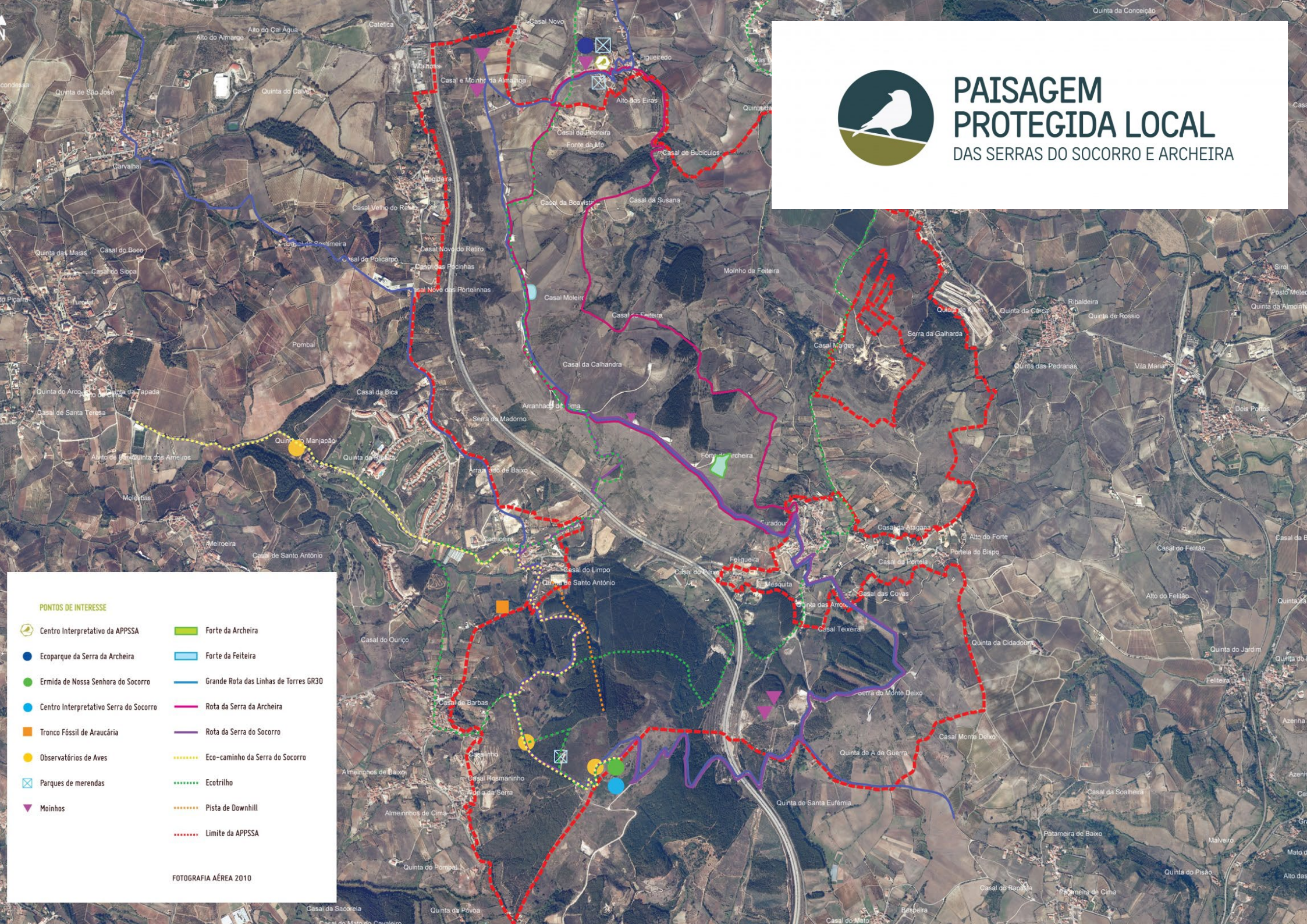
The excitement continues with the "**Ocean Spirit Festival**" in Santa Cruz, a thrilling celebration of surf culture that captures the essence of the ocean's dynamic spirit. This event blends competitive surfing, environmental awareness, and beachside entertainment, creating a unique fusion of sport and culture. As the year unfolds, Torres Vedras hosts the "**Festas de Torres Vedras**" a grand celebration featuring lively street parties, traditional music, and a dazzling display of fireworks. The "**Feira de São Pedro**" showcases the region's rich agricultural heritage, offering a delightful mix of local produce, crafts, and entertainment. To top it off, the "**Festival Novas Invasões**" invites music enthusiasts to revel in the eclectic sounds of contemporary and alternative genres, transforming Torres Vedras into a melting pot of artistic expression. With its dynamic and diverse cultural calendar, Torres Vedras invites everyone to join the festivities and experience the heartbeat of this enchanting city.





# PAISAGEM PROTEGIDA LOCAL

## DAS SERRAS DO SOCORRO E ARCHEIRA



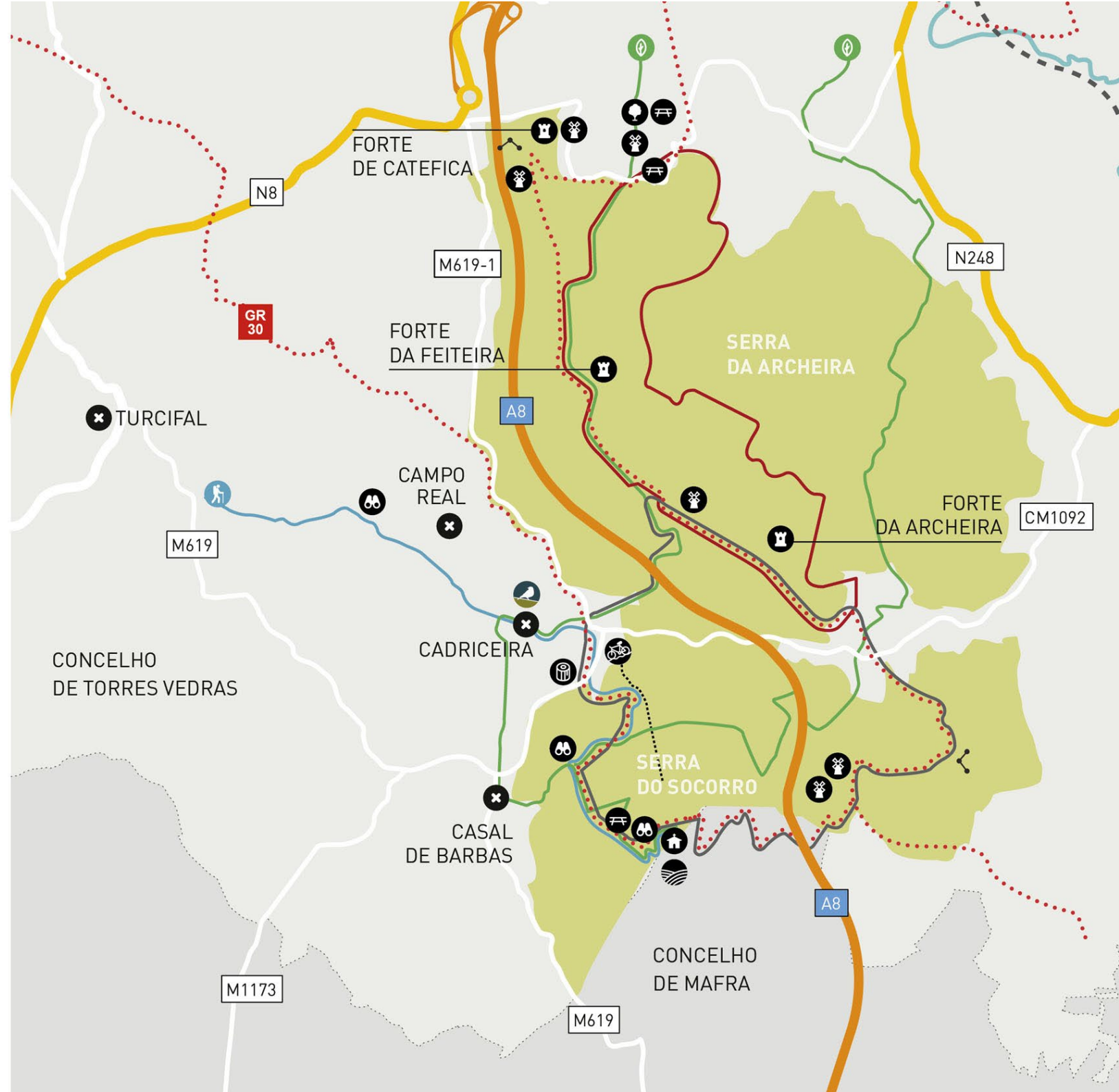
### PONTOS DE INTERESSE

- Centro Interpretativo da APPSSA
- Ecoparque da Serra da Archeira
- Ermida de Nossa Senhora do Socorro
- Centro Interpretativo Serra do Socorro
- Tronco Fósil de Araucária
- Observatórios de Aves
- Parques de merendas
- Moinhos
- Forte da Archeira
- Forte da Feiteira
- Grande Rota das Linhas de Torres GR30
- Rota da Serra da Archeira
- Rota da Serra do Socorro
- Eco-caminho da Serra do Socorro
- Ecotribo
- Pista de Downhill
- Limite da APPSSA

FOTOGRAFIA AÉREA 2010

## LEGENDA

-  Centro Interpretativo da PPLSSA
-  Ecoparque da Serra da Archeira
-  Ermida de Nossa Senhora do Socorro
-  Centro Interpretativo Serra do Socorro
-  Tronco fóssil de Araucária
-  Observatório de Aves
-  Parque de Merendas
-  Moinhos
-  Fortes
-  Estrada militar
-  GR30 - Grande Rota das Linhas de Torres
-  Rota da Serra da Archeira
-  Rota da Serra do Socorro
-  Eco-caminho da Serra do Socorro
-  Ecotrilho
-  Pista de Downhill
-  Área protegida





## Interpretive Center of the Local Protected Landscape of Serras do Socorro and Archeira

In this space, you can obtain information about the values present in the local protected landscape. Here, you can indulge in various gastronomic pleasures accompanied by a good wine from the region.

At the headquarters of the Cultural, Sports, and Recreational Association of Cadriceira, in the parish of Turcifal, the Interpretive Center of the Local Protected Landscape of Serras do Socorro and Archeira constitutes a planning and support element for the management and visitation of the local protected landscape. It acts as a catalyst for various activities and serves as a promotional hub for local products.



# PAISAGEM PROTEGIDA LOCAL

## DAS SERRAS DO SOCORRO E ARCHEIRA

informações e inscrições em [tvedras.pt/15euy](http://tvedras.pt/15euy) | 261 310 436 | [areaprotegida@cm-tvedras.pt](mailto:areaprotegida@cm-tvedras.pt)

organização |



apoio |



10<sup>o</sup>  
aniversário

# WHO

Let us present **Live With Earth Association**:

We are a Non-Profit Organization, for **Global Sustainable Development and Circular Economy**, headquartered in Cadriceira – Serra do Socorro: ECO CAMPUS – Torres Vedras. Our vision is the thesis-project "Eco-Village Community" (Vasques, R., 2011) and our mission is based in four pillars: **Water – Awareness; Earth – Empowerment; Fire - Convergence; Air - Innovation.**

We have been operating since 2012 and officially as an Association since 2017, mainly in the areas of **Entrepreneurship & Social Innovation, Permaculture Design, Eco Villages and Circular Economy.** Through scientific research in Design, at IADE – UNIVERSIDADE EUROPEIA, through the design of new models and solutions, we carry out actions of social intervention and non-formal education. Examples are: European projects (ERASMUS+ and ESC - European Solidarity Corps), sustainable projects, courses on natural construction, natural pigments, arts, crafts, music, and other topics related to the physical, mental and emotional self-sufficiency of individuals and human collectives.

**Live With Earth Europe Team:**

One of our expertised teams is **Live With Earth Europe** team, composed by 5 members ,one consulting member and some specialists available to support and work with us in the field of youth, sports and european projects. Beside our core team we count with other experts in the fields that we develop, mainly connected with our vision and mission towards sustainable development and circular economy, such as trainers, facilitators, members from partner organizations, researchers, professors, and european programs experts. Our team is focused in developing projects with ERASMUS+, ESC - European Solidarity Corps, Creative Europe and European Civic Service.

Rui Vasques, the mentor of the team, is an official team member of NEB LAB Stewardship from IADE - UNIVERSIDADE EUROPEIA, and currently starting to develop european applications for projects with Higher Education, in a consortium with other european recognized universities.



Photography taken during the event AgoraEU 2023

# WHAT

## Mission of the European Solidarity Corps

The European Solidarity Corps brings together young people to build a more inclusive society, supporting vulnerable people and responding to societal challenges. It offers an inspiring and empowering experience for young people who want to help, learn and develop.

## Principles of the European Solidarity Corps

European Solidarity Corps participants carry with them ideas, convictions and expectations. The participating organisations have to be mindful of these needs as they are responsible for providing a respectful and trusting hosting environment. At the same time, the organisations participating in the initiative devote a great deal of time, energy and resources to set up a high-quality activity; they should therefore expect that European Solidarity Corps participants show a similar level of respect for the local communities and the people that are directly concerned by the activities.

-European Solidarity Corps participants embrace the values of solidarity, respect for human dignity and human rights, and believe in the promotion of a fair and equal society in which pluralism, non-discrimination, tolerance, justice, solidarity and equality prevail;

-European Solidarity Corps participants strive to enhance solidarity between people, while respecting their cultures and their traditions, and aim to build a community of shared responsibilities and mutual support;

-European Solidarity Corps participants are willing to make meaningful contributions to society and will show solidarity, cooperation and mutual understanding;

-European Solidarity Corps participants must not act in any way that could put others or themselves at risk of being harmed;

-European Solidarity Corps participants must respect the rules, organisational structure and practices that govern the hosting organisation, bearing in mind also that this frame may be necessary to respect the personal health, safety and dignity of individuals involved in the activity. European Solidarity Corps participants must also abide by the laws in force in the host country;

-Joining the European Solidarity Corps must always be the voluntary choice of a young person, and they are free to resign from the initiative. They have the right to refuse to accept any offer of a Corps placement without affecting their chance to receive other offers in the future;

-The participation in the European Solidarity Corps does not involve the payment of any fee;

-At the end of their placement, European Solidarity Corps participants are entitled to receive a European Solidarity Corps certificate, confirming their participation in the activity;

-When accepting a placement for a volunteering activity, European Solidarity Corps participants will sign a Solidarity Contract with the participating organisation, detailing the conditions of their activity, in line with the principles of the European Solidarity Corps Charter. For an occupational activity, the employment contract will serve a similar purpose;

-Prior to the start of the activity and during their deployment, European Solidarity Corps participants will receive clear information about the tasks they will carry out and, where appropriate, adequate training and linguistic support.



## The European Civic Service

The Collectif pour un Service Civique Européen (CSCE) is the story of young people under the age of 30, driven by their own experience of mobility (Erasmus, European Voluntary Service, International Volunteering) and their commitments to associations and citizens, in particular civic service. Our collective proposes to combine the existing (national civic services and European Solidarity Corps) to maximize the number of European mobility carried out, while opening up national experiences of civic service to Europe. In some countries, national civic service already enables young people to make a commitment, and the European Solidarity Corps, financed by the European Union, enables 50,000 volunteers a year (out of 4.7 million in a European age group) to do so in another country. To meet the needs of generalization to all, European civic service is:

-6 months' civic service - or long-term youth volunteering programme - in your own country, to live and work alongside young people from all over Europe (50% local, 50% in mobility), while preparing for your departure, including linguistic preparation.

-Then, 6 to 12 months of European citizenship mobility in the country of their choice, through the European Solidarity Corps. Young people carry out their assignments in mixed groups - known as SCE promos - made up of 50% nationals and 50% Europeans.



## WHAT TO BRING:

- Clothes
- Personal Objects
- Higiene Kit
- Sports Clothes & Shoes
- Personal Required Documents

## TRAVELS:

We will provide support for traveling informations and needs. All travelling costs are covered by the program.

## FOOD:

Food is an important topic for us, so we will provide guidance in buying and cooking the most sustainable and healthy meals for the participants. Food costs are covered by the program.

## ACCOMODATION:

The hosting solution will vary between one of the following options: 1) a rented house with independent rooms 2) hosting facilities in the local partner "Enxara Retreats" 3) Live With Earth Organization. Hosting costs are covered by the program.

## LANGUAGE SUPPORT:

For each participant will be provided language support guidance before and during the volunteering program.

## POCKET MONEY:

For each participant volunteer will be provided a financial support of 6€ per day, for their own expenses, called "pocket money".

## PROFILE OF PARTICIPANTS:

- Lovers of Nature
- Lovers of Civic & Social Service
- Will to learn about Sustainable Living
- Will to engage in a lifetime experience
- Will to be engaged with our organization
- Will to develop skills for self-sufficiency
- Will to make an impact for a better world
- Conscious about self and others
- Proactive, Sportiff, Motivated, Joyfull
- Able to work with the land and in teamwork

## CULTURAL EXCHANGE:

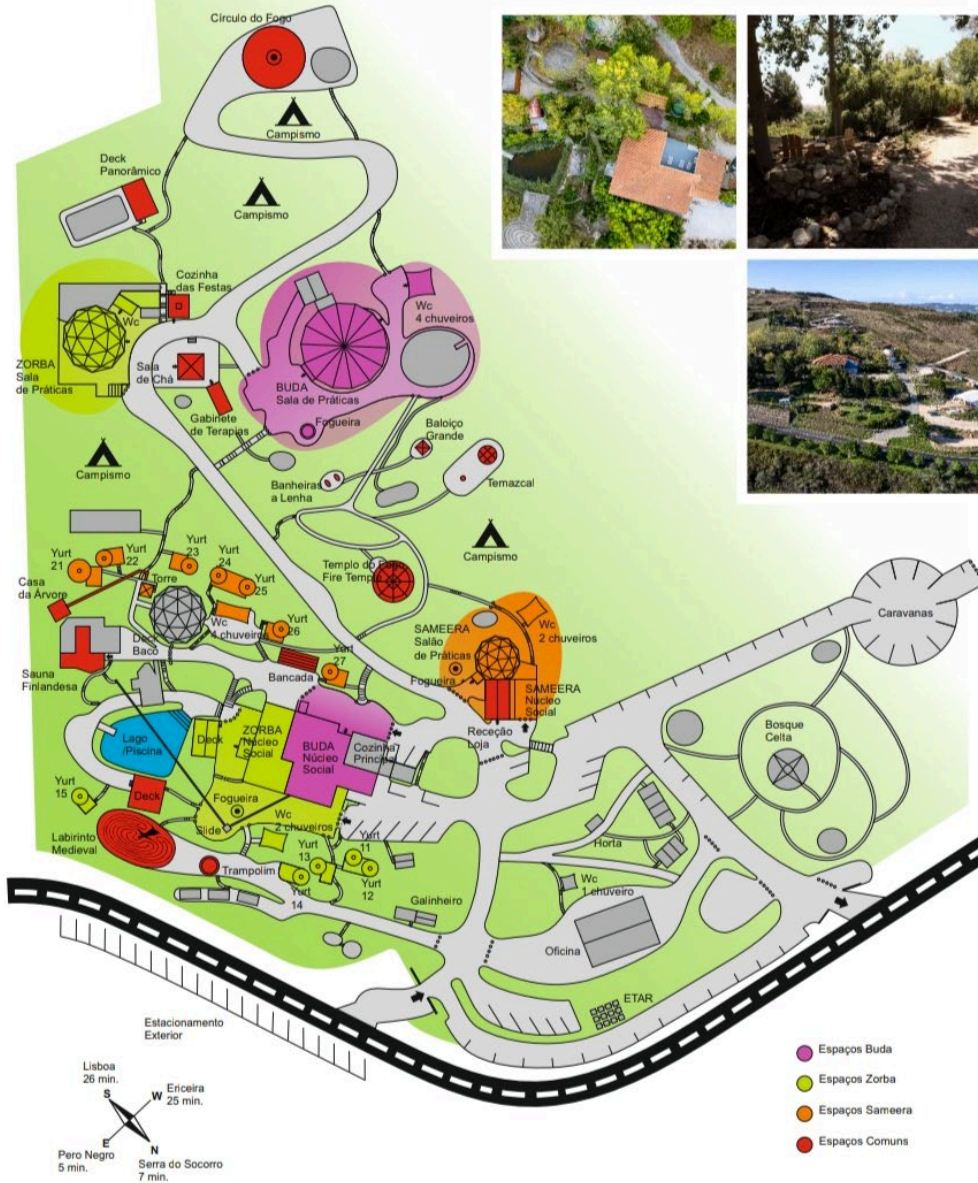
The participants will be part of a multicultural team of volunteeers and activities, for raising their capacity of dealing with other cultures, and raising their european belonging spirit.



# Mapa Exterior



**ENXARA**  
retreats  
Mafra-Lisboa-Portugal



**BIOLOGICAL  
FARMING**

Plant and harvest biologic food



**VEGAN COOKING & CONSCIOUS  
CONSUMERISM**

Learn to prepare vegan meals



**SPORTS DISCOVERY TOURS**

Guided tours with nature  
sports and activities



**REFORESTATION &  
LOCAL SPECIES**

Collect seeds and  
plant local trees



**ACTIVITY  
PLAN**



**PERMACULTURE  
DESIGN & LAND MAN-  
AGEMENT**

Theoric and practical  
classes + maintenance  
routines

**NATURAL BUILDING  
TRAINING**

Theoric and practical  
classes + participate in  
our courses



**PRODUCTION OF  
HEALTHY SOIL &  
BIO-FERTILIZERS**

Produce compost and  
bio fertilizers



**SOCIAL SERVICE &  
INTERVENTION**

Support LWE activities  
in the local community



**ASSISTING ANIMAL  
CAREGIVERS**

Learning with our neigh-  
bour horse centers



**NATURAL PIGMENTS & ECO-ARTS**  
Support the LWE eco-industry of natural  
pigments



# HOW

APPLICATION

PREPARATION

TRAINING

MID REPORT

FINAL REPORT



SELECTION

TRAVELING

VOLUNTEERING  
PROGRAM

EVALUATION

DISSEMINATION

# WHEN

**OPEN APPLICATIONS**



**MAY  
2025**

**STARTING PROGRAM**



**17 AUGUST  
2025**

**ENDING PROGRAM**



**30 NOVEMBER  
2025**



# LET'S LIVE WITH EARTH

Organization for Global Sustainable Development & Circular Economy

ECO CAMPUS - Green Leaf 2015 Award

Avenida Tenente Valadim, Nr 17, 2º F, 2560-275, TORRES VEDRAS - Portugal / +351912408691 / livewithearth@gmail.com

All Rights Reserved © Live With Earth - National Brand

[www.livewithearth.org](http://www.livewithearth.org)

