

ESC in Portugal – Join Us 2G

Corpo Europeu de Solidariedade



Padre Tobias

Centro Bem Estar Social



EVS in Centro Bem-Estar Social Padre Tobias (CBES Padre Tobias)

Welcome to the city of Samora Correia and to our EVS project. We are really glad that you accepted this challenge and we sincerely hope that you have a great experience, learning, helping, creating, and becoming an important part of this community.

Samora Correia

Samora Correia is a city located in Benavente council, Santarém District and it has about 17 thousand inhabitants. It was promoted to city category in 12 June 2009. Samora Correia was a council between the years of 1300 e 1836 before it was integrated in the actual one. We usually talk about our city using only the name of Samora, so if you hear that word, be aware, someone is talking about your city now.

Samora is almost at the same distance of three major Portugal cities, our capital, **Lisbon** is about 43 kilometres away, **Setúbal**, the district to the south it's 53 kilometres distance and **Santarém**, our district, is 60 kilometres away. You can easily get to any of them using public transportation, just check out the schedules (www.ribatejana.pt for the bus and www.cp.pt for the train) or you can get a lift from one of your new friends. There is no train station in Samora Correia, you will have to take the bus to **Vila Franca de Xira**, that is the closest city with train station, but from there you can get just about anywhere in the country.





CBES Padre Tobias and the EVS project.

The Centro Bem-Estar Social Padre Tobias was created in the year 1935 by the will of Father Pedro Felício Ferreira Tobias. He was a priest in Samora Correia parish between 1899-1946. His work began in his own house, where he took care of the children, sons and daughters of the rural population who worked in agriculture. All of his work had the goal of helping the others. In 1941 he left in will, the desire that the community continue his work.

CBES Padre Tobias's main objective is to contribute to the well-being of the population of Samora Correia, especially children, youth and elderly, intervening in an integrated and personalized way with the social responses of kindergarten, homes for the elderly, day centre, domiciliary support service, social canteen, RLIS (local network of social intervention), senior university, POAPMC (operational support program to the neediest) and the Second Chance School of Samora Correia.



Throughout the project you will develop activities in the social responses of the institution described above, as well as in community projects in articulation with our local partners. Your participation in the planned activities will be based on the guiding principles of the institution's intervention, human principles such as solidarity, responsibility, ethics, trust, respect and unity. We only require that you have interest in working with children, youth and the elderly. Among your personal qualities we would like to see are dynamic, responsibility, tolerance, awareness and willingness to help. The expected technical competencies will be the capacity for organization and communication, capacity for creative thinking and teamwork.

During this project we expect that you use your creativity and crafts to upgrade our international home, we are willing to help in anything you need as long as the idea is tasteful and you show real commitment to it. The house has a vast number of areas where you can express yourself and we really hope you use them wisely.

House cleaning, cooking and budget management are some of the skills we would like you to develop during this project, once again we offer our help to whatever you need, but the idea is that you become proficient with these skills for your benefit.

Schedule proposal:

Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(MORNING)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen	Description of foreseen
08h00	09h00	Breakfast - Activity todo by the volunteers at home						
09h00	11h00	Rotational Activities: kindergarten, home and daycare center, Second Chance School, volunteers project proposals.	Rotational Activities: kindergarten, home and daycare center, Second Chance School, volunteers project proposals.	Rotational Activities: kindergarten, home and daycare center, Second Chance School, volunteers project proposals.	Rotational Activities: kindergarten, home and daycare center, Second Chance School, volunteers project proposals.	Rotational Activities: kindergarten, home and daycare center, Second Chance School, volunteers project proposals.	House cleaning	Leisure time
11h00	12h30							
(NOON)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen	Description of foreseen
12h30	14h00	Lunch and free time (lunch will be cooked at home)						
(AFTERNOON)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen	Description of foreseen
14h00	16h30	Community projects	Community projects	Community projects	School's/Europe Club	Community projects	Cultural events and leisure time	Cultural events and leisure time
16h30	18h00	Community projects	Portuguese class	Group meeting	Community projects	Community projects		
(EVENING)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen	Description of foreseen
19h00	21h00	Dinner and free time (dinner will be cooked at home)						
21h00	22h00	Free time	Free time	Once a month meeting with project staff	Free time	Free time	Free time	Free time

Communication and Cultural details

You arrived at Samora Correia, a city to discover. The community here is a mix of rural population with low education that lasts for generations, a working middle class population integrated in the region and a suburban population, who uses the town as place to sleep before going to work on one of the big cities around, they have almost no link to the community, but that is something that's improving because, their children are going to school here and their parents/family are participating in public activities so the ties are getting stronger. Also many of this families are now being employed in the industry and services around and in the city, that is improving our development.

You will find people here are usually very nice, with the youth population. English will be an easy way to communicate, you will find that most people know the basics and can talk to you, with the elderly that will be a difficulty, we hope you improve your Portuguese skills so you can talk to everyone and learn more about our culture.

Useful Information:

This is a long term EVS project and it will take place in the city of Samora Correia (near Lisbon). During your stay here we will make sure you interact with all the domains of the foundation, children, youth and the elderly and that you have learning experiences by exchanging knowledge with so many different populations.

- **Starting/ending date:** March, 2020 – March, 2021. (1 year)
- **Number of volunteers:** 3
- **Volunteers nationality:** Germany, Poland and Spain.
- **Accommodations:** CBES Padre Tobias International House, one shared room for two people, one individual room, kitchen, bathroom, common areas with TV and Internet and a backyard. The house is equipped with all the household appliances and utensils of a modern European house.
- **Costs connected to travel:** Provided by CBES Padre Tobias.
- **Food:** You will receive food from the CBES Padre Tobias storeroom that you will have to cook at home, or if it's not possible to go home to eat because of the activities, you can eat at the cafeteria or were its conceivable and we will pay for the meal.
- **Transportation:** You will have transportation provided by CBES Padre Tobias for activities within the project and out of the city.
- **Pocket money:** You will have a **110€** Pocket money to manage during the month, this money will be given to you in the first 10 days of each month, by bank transfer or live money.
- **Portuguese Classes:** Portuguese lessons will be given by a Portuguese language teacher in a minimum of 2 hours weekly.
- **Vacation and days off:** You will have 2 days off per week, usually at weekends, except if you have some activity in one of those days, in that case we can reschedule the days off. You will also have 2 days' vacation per month that you can use or accumulate with other months to have a bigger vacation period.



The international CBES Padre Tobias house, is situated in the town centre, so you won't have many difficulties getting to the most interesting places in the city. You can just walk to most of them.

Besides that, all of the most useful and necessary facilities in the city are also real close. Here you will have a list of their addresses, but don't worry, we will show you around after your arrival so you know how to get to them as soon as possible.

Supermarket/grocery store:

Dia Portugal, is now called Minipreço, Supermarket is really close from your home, it's not as big as the other supermarkets, but for those last minute items that you just remembered you need, is good enough. All the other ones are on the city outskirts, and we will go there with you if and when you need.

Modelo Continente-Hipermercados SA Estrada Nacional 10 Km 109, Porto Alto 2135-114 Samora Correia	Pingo Doce-Distribuição Alimentar SA Rua João Folheiro, Porto Alto 2135-133 Samora Correia
Dia Portugal-Supermercados Lda. Largo Professor João Fernandes Pratas 10-A, 2135-252 Samora Correia	Pingo Doce-Distribuição Alimentar SA Urbanização Arneiro Corvos Lote 71-cv, 2135-309 Samora Correia
Meu Super Rua António Sérgio, Nº 50 J 2135-207 Samora Correia	Aldi Porto Alto Estrada Das Fontainhas 2135-079 Samora Correia

Pharmacies:

Farmácia Nova and Farmácia Central are just across the road from the CBES International House, a one-minute walk, and you are there.

Farmácia Central 16 r/c, 251, Praça da República 2135 Samora Correia Telefone: 263 651 141	Farmácia Nova Rua Associação Comercial de Lisboa 38 2135 Samora Correia Telefone: 263 653 263
Farmácia Mendes Rua da Liberdade 24 2135 Samora Correia Telefone: 263 652 333	Farmácia Rocha Avenida o Século 149 B, r/c Samora Correia 2135-231 Samora Correia

Bars:

This is a chapter for you to decide, you can choose a place to hang out with friends and just talk, listen to live music, try some different cocktails, dance, listen to different types of music or just eat a late night snack, with time you will find out what's the place for you and for your budget.

Bar do Concelho Rua 25 de Abril 142, 2135 Samora Correia	Riu's Box Caffé Rua Fonte dos Escudeiros 14, 2135-076 Samora Correia
La Tortuga Bar Rua do Amparo 19, 2135-271 Samora Correia	Feelings Drinks & Foods Rua 1 de Maio 74, 2135-132 Samora Correia
Tretas e Olés Rua Quinta dos Galos 4, 2135-288 Samora Correia	Bar 105 - Pedro Miguel Nobre Fernandes Avenida o Século 105, 2135-231 Samora Correia

Restaurants:

In Portugal it's a cultural trait to sometimes go to the restaurant and eat with your friends, food is something we take really seriously, and that's something you will learn. In this list you have many options to have a nice meal, they are all good, some more affordable than others. When you get here, you can just ask us, we are not experts, but we can give you some advice about where to go, depending on the occasion.

Restaurante "O Lagar" Endereço: Rua dos Alamos, 22, 2135-248 Samora Correia	La Tavola Endereço: nº 2, Rua da Segurança Social 2135 – Samora Correia
Hamburgueria Gato Badéu - Artesanal R. Associação Comercial de Lisboa 6, 2135-231 Samora Correia	Santinho petiscaria R. do Parque 50g, 2135-207 Samora Correia
Restaurante Paris Estrada Nacional 10, 2135 Samora Correia	Os Chanca-restaurant Churrasqueira Lda. R. do Rosmaninho 14, 2135 Samora Correia
Restaurante Marisqueira A Torre R. Alto do Catalão, 2135-029 Samora Correia	Boa Viagem Estrada Nacional 118, 2135-039 Samora Correia

Bank:

In case you need to open a bank account so you can manage your budget as you find suitable, in the Avenue where the CBES International House is located, you can find all the following. Once again a one-minute walk and you will have a couple of banks to choose from.

Caixa Geral de Depósitos Avenida o Século 37, 2135-207 Samora Correia	Novo Banco Avenida o Século 90, 2135-231 Samora Correia
BPI Avenida o Século, 109, 2135-231 Samora Correia	Santander Totta Largo General Humberto Delgado, 5 A, 2135-029 Samora Correia
Banco Popular Avenida o Século 135, 2135-231 Samora Correia	Millennium BCP Avenida o Século 121, 2135-231 Samora Correia

Coffee/bakery:

If you like fresh bread, or sometimes to try out some traditional sweets. If you just want to drink an expresso with a friend, grab a snack or just have a look at the daily paper, all of the following are good options to visit.

Padaria Pastelaria Andreia Lda. Avenida Elias Garcia 21, 2135-079 Samora Correia	Pastelaria Sonho Avenida o Século 95, 2135-231 Samora Correia
Pastelaria O Jorge Rua Calouste Gulbenkian 30, 2135-263 Samora Correia	Forno – Sociedade Panificadora Samorense Avenida o Século 147, 2135 Samora Correia
Brejo Doce Azinhaga do Brejo 23, 2135-306 Samora Correia	Ursinho Guloso R. Calouste Gulbenkian 18, 2135 Samora Correia

Community/Emergency facilities

The following addresses are from helpful places, where you can take care of bureaucracies, like getting your residency authorization, your medical reports, social security, etc. All of this will be taken care of, with the help of your sending organization, and ours. Also in case of some emergency you can call 112, or contact the local organizations so they can help as soon as possible.

Centro De Saúde Praceta Padre Camilo 2135-089 Samora Correia	Segurança Social Rua da Segurança Social 2135 – Samora Correia
GNR – Guarda Nacional Republicana (Police) Rua da Lezíria, 2135-316 Samora Correia Telefone: 263 650 020	Bombeiros de Samora Correia (Fireman) Avenida do Século 2135-Samora Correia Telefone: 263 651 122
Junta De Freguesia De Samora Correia Rua Popular 17, 2135-231 Samora Correia Telefone: 263 650 670	Centro Bem-Estar Social Padre Tobias Rua Padre Tobias, s/n, 2135-275 Samora Correia Telefone: 263659550

Some useful Websites and contacts:

www.cbepadretobias.pt

- ac-sve@cbepadretobias.pt
- ca-gap@cbepadretobias.pt

www.cm-benavente.pt

www.freguesiadesamoracorreia.pt

www.cp.pt (Train schedule)

www.ribatejana.pt (Local bus company)

www.rede-expressos.pt (National bus company)

www.flytap.com (Flight company)

www.europa.eu

www.paideia.es

www.jugendwerk24.de

www.bonafides.pl

National emergency numbers:**Medical Emergency: 112****Police: 112****Fire Rescue: 112****Health line for emergencies available 24 hours: 808 24 24 24****Forest Fires: 117****Some useful Portuguese words:****Olá:** greetings**Bom dia:** Good morning**Boa tarde:** Good afternoon**Boa noite:** Good evening**Obrigado (male), Obrigada (female):** Thank you**De nada:** You're welcome**Por Favor:** Please**Que horas são?:** What time is it?**Quanto custa?:** How much is this?**Casa de banho:** Toilet, bathroom**Ajuda:** Help**Onde é:** Where is?**Fala inglês?:** Do you speak english?**Estou perdido/a:** I'm Lost**Sim:** Yes**Não:** No**Talvez:** Maybe**Casa:** Home, house