



Amarante, Portugal

ESC NATURAL

JANUARY 2026

180 days

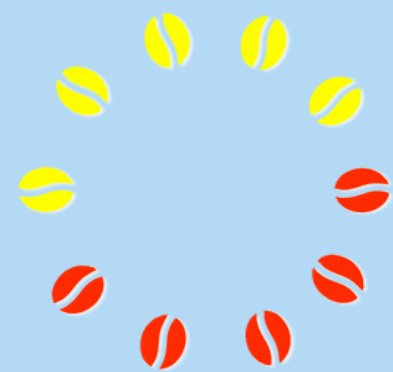


equação

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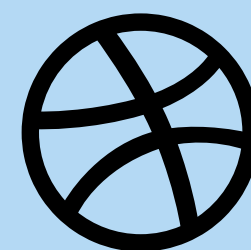
EUROPEAN
SOLIDARITY
CORPS



equação

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We are the coordinating and hosting organization.
Find more about us here:





Quality Label

2021-I-PT02-ESC50-007753

Equação has received the quality label for ESC and Erasmus+ accreditation for Youth (that intends to systematize our performance in terms of mobility of young people and workers in the youth area) with regard to the themes that we defined in our strategy for the next decade:


1. More supportive and sustainable projects

- A) To guarantee a regular volunteer body to support Equação and cooperators in their mission and strategies and to respond to the work with the local community.
- B) Promote Fair Trade principles and values and environmental activism.

2. More competent and prepared volunteers

- A) To develop and improve the personal, social, cultural and professional skills of volunteers in different areas.
- B) To define together with the volunteers their learning objectives and to value the processes of reflection and validation/recognition of those learning experiences.

3. More tolerant and European Communities

- A) Opening new horizons to young Portuguese, especially those from the local community, through the promotion of mobility and participation opportunities in Europe (e.g. ESC or Erasmus+).
 - B) To continue to multiply and disseminate all the knowledge and experience accumulated throughout the years (Youth in Action and Erasmus+) to new partners, volunteers and stakeholders.
 - C) Create conditions for the full participation of young people with fewer opportunities and/or special needs, by involving supporting partners working with these target groups..
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Welcome to CJ

In 2009 our local member (Aventura Marão Clube) started to manage the local youth centre/hostel, Casa da Juventude de Amarante (CJ Amarante), a study case project as it was the first private body managing a public equipment like this in Portugal. CJ Amarante's initial strategy was to support local youth initiatives to approach youngsters to our values, develop mobility and participation projects and offer accommodation and food services).


Equação main objectives are:

- Promotion of Fair-Trade PRINCIPLES in Portugal;
- Promotion of SOLIDARY values by bringing volunteering and solidarity to the daily life of the community;
- Development of personal, social and professional SKILLS (young people, volunteers, collaborators, partners);
- SUSTAINABLE practices that seek to present life alternatives to participants and the community.





About the project



“NATURAL” is an ESC Volunteering project with 1 Coordinating Organisation (Equação, srl from Portugal) and 5 volunteers coming from 5 Supporting Organizations from EU Program and Partner Countries to develop activities during 12 months (365 days)/each volunteer in Amarante (Portugal).

The project's main topics are:

- Green skills
- Fight against discrimination of marginalized young people
- Inclusion



Previous projects:

*click
here!*

*click
here!*



Tipical WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hand	WEEKLY PLANNING MEETING	CREATION OF COMMUNICATION AND VISIBILITY CONTENTS	RAISING AWARENESS ABOUT SUSTAINABILITY AND HR	INTERNATIONAL PROJECTS MANAGEMENT/ SUPPORT	SUPPORT TO LOCAL PARTNERS (social institutions)	
Smiley	PORTUGUESE CLASSES	SUPPORT TO LOCAL FARMS	SUPPORT TO LOCAL FARMS	URBAN GARDEN OF AMARANTE	SUPPORT TO LOCAL FARMS	SUSTAINABILITY (organisation of the "Bio, Fair and Local" fair)
Heart	INDIVIDUAL EVALUATION WITH THE TUTOR	RAISING AWARENESS ABOUT SUSTAINABILITY AND HR	SUPPORT TO LOCAL PROJECTS	SUPPORT TO LOCAL PARTNERS (elderly)	INTERNATIONAL PROJECTS MANAGEMENT/ SUPPORT	MENTOR TIME
Leaf	PERSONAL PROJECTS	SUPPORT TO LOCAL FARMS		PERSONAL PROJECTS	SUPPORT TO LOCAL PARTNERS (schools)	

Conditions

POCKET MONEY:

The "Pocket money" to the volunteer for additional personal expenses according to the [ESC Guide 2025](#) is a contribution of 6€/day per volunteer.

HEALTH INSURANCE

You will be insured by the Henner Insurance Plan and receive their personal membership card.

FOOD AND ACCOMMODATION:

Equação has a long experience with ESC and Volunteering Projects and our policy for food and accommodation is this:

- Accommodation will be in an apartment or house (both in Amarante's city center and nearby the youth centre) or also at Youth Village, where usually we host our volunteers. These places are well equipped with rooms, bathrooms and kitchen (laundry is for free in the youth centre). In some cases volunteers might have to share rooms – double rooms.
- Food (breakfast, lunch and dinner) will be given from Monday to Saturday (6 days per week) by our organization at the youth centre (Casa da Juventude de Amarante) where usually we serve meals to our volunteers. Food is vegetarian (including also eggs, milk, seitan, tofu, mushrooms, etc.). In one day of the week will be provided one non vegetarian dinner. Besides that we will give 40€/month to each volunteer to organize own meals at Sunday (We pay according to invoices given by volunteers).




Amarante

Amarante is a historical city in northern Portugal with a huge natural and building heritage. The cultural and artistic tradition made Amarante a Creative city of UNESCO network. With around 56 thousand inhabitants, Amarante is the municipality with the biggest area of the Porto district.



HOW to reach us

Amarante is located around 60 km away from Porto. Which means the easiest way for you to reach us is by travelling to Porto's Airport (OPO). From there we will arrange your transport to Amarante.



If possible, try to find a greener way to travel to/from Amarante. We have extra budget for GREEN TRAVELS ;)

Equação team is waiting for you!



Send us your CV & Motivation Letter to:
jmrppinto@gmail.com

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