



“Building together: Homes, Communities, Hope”

**INFORMATION AND GUIDELINES
FOR VOLUNTEERS**

PLEASE REVIEW THIS HANDBOOK CAREFULLY

If you have any questions or concerns, please feel free to contact us:

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Welcome to Habitat for Humanity Portugal

If you are reading this Handbook it means that you are an exceptional person; you have decided to do a Global Village trip where you will be able to help a family in need and that is amazing.

We want to welcome you to our country and to thank you for coming to help us improving the living quality of families in Portugal. The moment you arrive to Portugal you will start taking part in a process that will lead to a major change in a family's life, from then on you will always be linked to the history of that family and their future.

Did you know that Habitat for Humanity International seeks to eliminate poverty housing and homelessness from the world and make decent shelter a matter of conscience and action?

This is also the mission of the Habitat for Humanity Portugal affiliate as we have several families living in substandard conditions.

Now prepare yourself... you are about to enter an experience that will change your life forever!

Obrigado!

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Portugal facts and figures



Mainland Portugal occupies an area of 88,889 km². It is 218 km wide and 561 km long. It has 832 km of Atlantic coast and a 1,215 km border with Spain.

The Azores are situated in the Atlantic Ocean between Europe and North America. They have an area of 2,355 km² and consist of nine islands. It takes about two hours to get from the Azores to mainland Portugal by plane.

The Madeira Archipelago has an area of 741 km² and lies in the Atlantic Ocean about 500 km from the African coast and 1,000 km from the European continent (1½ hours flying time from Lisbon).

Portugal has a population of about 10 million.

The population density is at its greatest in Lisbon, the capital and its suburbs, where about 1.9 million people live. The second largest city in Portugal is Oporto in the north.

Generally speaking, there are more people living in the country's coastal regions than in the inland areas.

Portugal's excellent geographical position makes it a stopover point for many foreign airlines at airports all over the country.

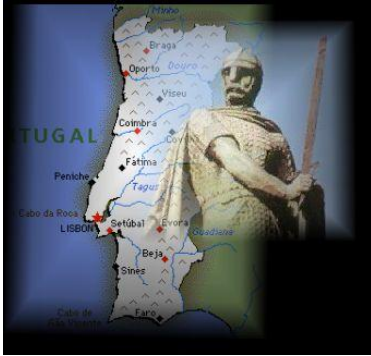
Geography

Portugal is situated at the south-west point of Europe and also includes the Madeira and Azores archipelagos in the Atlantic Ocean.



History

With such a long sea coast, it is not surprising that Portugal has witnessed so many sailings and arrivals. This is why we have been open to the world and to communication for so long. We have assimilated peoples of different origins: Phoenicians, Greeks, Carthaginians, Romans (who left us our language), northern



Europeans and peoples from Mauritania. In spite of all these mixtures, Portugal is one of the oldest nations in Europe. In the 12th century, the country gained its independence from the other kingdoms in the Iberian Peninsula thanks to Count Afonso Henriques, who was our first king at his own wish. A century later, with the conquest of the Algarve, Portugal was to definitively establish its continental border.

In the late 13th century, King Dinis founded our university, one of the oldest in Europe, and took it to the beautiful city of Coimbra. In the 14th, 15th and 16th centuries, the Portuguese were the first Europeans to sail to Africa, the distant Orient and the heart of South America, from where we brought a wealth of treasures. Even before advancing along the coast of Africa, we discovered the archipelagos of the Azores and Madeira, which are part of our territory in the Atlantic.

After a dynastic crisis and a period under the rule of the Spanish crown, in 1640 a Portuguese king took the throne once more, because, although we are discrete, we have a strong sense of independence. In the 18th century, King João V, an absolutist monarch and a patron of the arts, built a huge palace and convent in Mafra and the great aqueduct that supplied Lisbon's water. In the 19th century, the monarchy was weakened by clashes between different factions and, in 1910, it was overthrown and Portugal became a republic.

We have been members of the EU since 1986, though we still value our own virtues.

Climate

The climate in Portugal varies considerably from one region to another and is influenced by the relief, latitude and proximity to the sea, which offers mild winters, especially in the Algarve.

In the Porto e Norte area and Beiras region, particularly inland, nearer Spain, the winters are colder, although the temperatures are still mild when compared to the rest of Europe. There is some snowfall. It occurs most in the Serra da Estrela mountains, where we find the highest point in mainland Portugal (1,991 m) and where it is sometimes possible to ski.



The summers are hot and dry, especially in the inland areas (Trás-os-Montes in north-eastern Portugal and Alentejo). Temperatures are slightly lower in the coastal areas, because of the influence of the sea.

There are often warm, sunny days in autumn. Nice weather at the beginning of November is often called "St. Martin's Summer" as this saint's day is on 11 November.

Religion

The worldview of Portugal is based heavily on the strong tie to the Roman Catholic religion. 97% of those in Portugal claimed to be Roman Catholic and practicing that religion. This is due to their strong history that has been in existence since 1140. Those living in Portugal feel a strong tie to the saints and the Virgin Mary. The Portuguese people feel connected to the saints believing that they are an intermediary between a god who is kind, yet unreachable. The tie to the Virgin Mary came about after the proclaimed miracle of Our Lady of Fatima, when in 1917 three children from the small village of Fatima witnessed appearances of the Virgin Mary. Although not condoned by the church, there is a strong belief in superstition in Portugal. Those that live in the far northern rural towns still believe in things like witchcraft and the "evil eye" although they also ascribe to the Catholic religion.

This strong tie to religion weighs heavily on the worldview of Portugal. Portugal is a collectivist culture with strong emphasis on family. They are advancing quickly with technology and have a flourishing economy, which makes Portugal a present oriented culture.



The Portuguese believe in their own mortality and in a heaven. They ascribe to the belief of one god who is omnipresent and omnipotent.

There is a strong belief that a good human life will be rewarded after death. The worldview is very closely tied to the Roman Catholic religion and therefore many of their philosophical beliefs are tied to religion.

Traditions

Portugal, as a country with a long history full of influences from external peoples, is home to magnificent architectural structures (from prehistory onwards), as well as superb art, furniture and literary collections mirroring and chronicling the events that shaped the country and its peoples. The Portuguese are swift to tell you where their museums and church buildings are, proud of their heritage. They will more often than not offer to escort you round such places and their enthusiasm can be difficult to refuse.



There are many diverse cultural activities in which the Portuguese participate, indulging their appreciation of art, music, drama and dance. Many towns have a museum and a collection of fascinating monuments and buildings. Many places have at least a cinema (which is very cheap in Portugal), some venues to listen to music and locations to see arts and crafts. In the larger cities visits to the theatre, concerts or galleries of modern exhibitions are popular, and Portugal can boast not only international-scale venues in Lisbon and Oporto, but also many acclaimed artistes from various disciplines. The importance of the arts is finely illustrated by the fact that on the death of Amalia Rodrigues, the Queen of *Fado* (Portugal 's national music) in



October 1999, three days of national mourning was declared! In 1998 Jose Saramago, one of Portugal 's well-known writers, was awarded the Nobel Prize for Literature. In 2001 Oporto was European City of Culture, contributing to a current renaissance in artistic creation, and in 2004 Portugal hosted the European football finals in specially constructed stadia.

In smaller towns and villages cultural activity may revolve around local folklore, with musical groups performing traditional dance and song. There are still some bull-rings in Portugal, although the passion for this is not as widespread as in neighboring Spain. Sunny Sunday afternoons can often be enjoyed listening to bands in the town parks or squares. The Portuguese enjoy gatherings of family and friends, and often an evening out may centre on a good meal in a restaurant. When Portuguese people do go out it's never a rushed affair. Whole families, often with three or four generations, take their time enjoying the food and company, and often afterwards take a stroll around the square. Young children are often included in these evening sorties. Entertaining is usually out rather than at home, unlike some Northern European trends. Perhaps that is down to the clement weather (most of the time), or possibly the fact that the Portuguese love to be out and about greeting their friends and colleague.

Typical food

Portugal is an ideal place to eat, drink and be merry! You can choose from a wide spread of delicious, home-baked dishes, many of which are healthy and fulfilling. You can also follow the Portuguese and indulge in some of the most exquisite, sugar-loaded sweet goodies, and forget the waistline, and the dentist. Although most regions have their own special dishes, some meals are common to the whole country.

The Portuguese don't often eat a breakfast (*pequeno-almoço*) as such, rather just a coffee, maybe a bread roll. You will see most people have a quick bite in a cafe just before nipping into work. Lunch (*almoço*) can be a long drawn out affair, usually from 1 - 3 pm, and even in the heat of the summer, the Portuguese eat hot meals in a cafe. Dinner (*jantar*) is not eaten as late as in Spain - about 8 pm is the norm - and again is a cooked meal. The day's work is interspersed with numerous cups of black coffee. The



Portuguese like their food, and large portions are usual in eating places. One thing you can do is ask for *meia-dose* (half-portion), which is quite legitimate.

Vegetarian food is available in Portugal but only in specific restaurants.

Language

One of the Latin languages, Portuguese is the third most spoken European language in the world and the native tongue of about 200 million people.

The Portuguese-speaking countries are scattered all over the world. Portuguese is spoken in Africa (Angola, Cape Verde, Guinea-Bissau, Mozambique and São Tomé e Príncipe), in South America (Brazil) and in Asia, (East Timor, the youngest nation in the world).

In Portugal there are lots of people who are able to communicate in English, French and Spanish.

Some words in Portuguese

<i>Sweetner</i>	• <i>Adoçante</i>
<i>Coffee</i> (<i>expresso</i>)	• <i>Café</i> • <i>Descafeinado</i> (<i>decaffeinated</i>)
<i>Coffee and milk</i>	• <i>Galão</i> • <i>Meia de leite</i> (<i>in a big cup</i>) • <i>Pingo</i> (<i>in a small cup</i>)
<i>Tea</i>	• <i>Chá</i> • <i>Chá preto</i> (<i>black tea</i>) • <i>Chá de tilia</i> (<i>herbal tea</i>)
<i>Hot chocolate</i>	• <i>Chocolate quente</i>
<i>Sandwich</i>	• <i>Sandes</i> • <i>Sandes de queijo</i> (<i>cheese sandwich</i>) • <i>Sandes de fiambre</i> (<i>cold cuts sandwich</i>) • <i>Sandes de presunto</i> (<i>ham sandwich</i>)
<i>Toast</i>	• <i>Torrada</i> • <i>Meia torrada</i> (<i>half a toast</i>) • <i>Tosta mista</i> (<i>hot cold cuts and cheese sandwich</i>)
<i>Cake</i>	• <i>Bolo</i>
<i>Lemonade</i>	• <i>Limonada</i>
<i>Natural orange juice</i>	• <i>Sumo de laranja natural</i>



Water	<ul style="list-style-type: none"> • <i>Água</i> • <i>Garrafa de água (bottle of water)</i> • <i>Garrafa de água fresca (bottle of cold water)</i> • <i>Copo de água (glass of water)</i>
Pastry	<ul style="list-style-type: none"> • <i>Pastel de carne (meat pastry)</i> • <i>Empada (small meat pie)</i> • <i>Bolo de arroz (muffin)</i> • <i>Queque da Madeira (dry fruit muffin)</i>
Galão	<ul style="list-style-type: none"> • <i>Coffee with HOT milk in a tall glass</i>
Não	<ul style="list-style-type: none"> • <i>No</i>
Sim	<ul style="list-style-type: none"> • <i>Yes</i>
Talvez	<ul style="list-style-type: none"> • <i>Maybe</i>
Mais ou menos	<ul style="list-style-type: none"> • <i>More or less</i>
Bom dia	<ul style="list-style-type: none"> • <i>Good morning</i>
Boa tarde	<ul style="list-style-type: none"> • <i>Good afternoon</i>
Boa noite	<ul style="list-style-type: none"> • <i>Good evening</i> • <i>Good night</i>
Boa sorte	<ul style="list-style-type: none"> • <i>Good luck</i>
Amanhã	<ul style="list-style-type: none"> • <i>Tomorrow</i>
Manhã	<ul style="list-style-type: none"> • <i>Morning</i>
Tijolo	<ul style="list-style-type: none"> • <i>Brick</i>
Telhado	<ul style="list-style-type: none"> • <i>Roof</i>
How are you?	<ul style="list-style-type: none"> • <i>Como estás?</i> • <i>Como está?</i>
Good thanks	<ul style="list-style-type: none"> • <i>Bem obrigado (a)</i>
I am...	<ul style="list-style-type: none"> • <i>Eu sou...</i>
My name is...	<ul style="list-style-type: none"> • <i>Meu nome é</i>
Yes	<ul style="list-style-type: none"> • <i>Sim</i>
No	<ul style="list-style-type: none"> • <i>Não</i>
Please	<ul style="list-style-type: none"> • <i>Por favor / Faz favor</i>
OK	<ul style="list-style-type: none"> • <i>Está bem</i>
You are Welcome	<ul style="list-style-type: none"> • <i>De nada</i>
With pleasure	<ul style="list-style-type: none"> • <i>Com muito prazer</i>



Mr./Mrs./Miss	• <i>Senhor / Senhora</i>
Excuse me (to catch attention)	• <i>Por favor.</i>
Excuse me (sorry)	• <i>Desculpe</i>
Excuse me (to pass someone)	• <i>Com licença</i>
Pardon? Sorry?	• <i>Como?</i>
Do you understand?	• <i>Compreendes?</i> • <i>Compreende?</i>
I don't understand	• <i>Não compreendo</i>
I'm hungry	• <i>Tenho fome</i>
I'm thirsty	• <i>Tenho sede</i>
I'm tired	• <i>Estou cansado/a</i>
How old are you?	• <i>Quantos anos tens?</i> • <i>Quantos anos tem?</i>
I am _ years old	• <i>Tenho _ anos</i>
Do you speak English?	• <i>Falas inglês?</i> • <i>Fala inglês?</i>
Do you have...?	• <i>Tens...?</i> • <i>Tem...?</i>
I would like...	• <i>Eu gostaria...</i>
Where is...?	• <i>Onde é...?</i>
How...?	• <i>Como...?</i>
How much...?	• <i>Quanto custa...?</i>
This	• <i>Isto</i>
That	• <i>Aquilo</i>
Here	• <i>Aqui</i>
What a marvelous view!	• <i>Que vista maravilhosa!</i>
Excellent!	• <i>Ótimo!</i>
Delicious!	• <i>Delicioso!</i>
Be careful!	• <i>Cuidado!</i>



That's dangerous! • *É perigoso!*

Give it to me • *Dá-ma*

NUMBERS

1 - um	11 - onze	30 - trinta
2 - dois	12 - doze	40 - quarenta
3 - três	13 - treze	50 - cinquenta
4 - quatro	14 - catorze	60 - sessenta
5 - cinco	15 - quinze	
6 - seis	16 - dezasseis	
7 - sete	17 - dezassete	
8 - oito	18 - dezoito	
9 - nove	19 - dezanove	
10 - dez	20 - vinte	

DAYS OF THE WEEK

Segunda-feira	Monday
Terça-feira	Tuesday
Quarta-feira	Wednesday
Quinta-feira	Thursday
Sexta-feira	Friday
Sábado	Saturday
Domingo	Sunday



Construction words in Portuguese

<i>Paint brush</i>	• <i>Pincel</i>
<i>Goggles</i>	• <i>Óculos de protecção</i>
<i>Chalk line</i>	• <i>Delinear com giz</i>
<i>5 meters tape</i>	• <i>Fita métrica de 5 (cinco) metros</i>
<i>30 meters tape</i>	• <i>Fita métrica de 30 (trinta) metros</i>
<i>Nail puller</i>	• <i>Tirar pregos</i>
<i>Hacksaw</i>	• <i>Serra de arco para metais</i>
<i>Saw</i>	• <i>Serrote</i>
<i>Trowel</i>	• <i>Colher de pedreiro</i>
<i>Cement pan</i>	• <i>Panela para argamassa</i>
<i>Plumb bob</i>	• <i>Prumo</i>
<i>Level</i>	• <i>Nível</i>
<i>Bucket</i>	• <i>Balde</i>
<i>Sledge hammer</i>	• <i>Marreta</i>
<i>Hammer</i>	• <i>Martelo</i>
<i>Pair of boots</i>	• <i>Par de botas</i>
<i>Hoe</i>	• <i>Enxada</i>
<i>Broom</i>	• <i>Vassoura</i>
<i>Big wire cutters</i>	• <i>Corte arame</i>
<i>Shovels/spades</i>	• <i>Pá</i>
<i>Wheelbarrow</i>	• <i>Carrinho de mão</i>



Useful information \ Logistics

Entry formalities

Citizens of the European Union, Andorra, Iceland, Liechtenstein, Norway and Switzerland need only an identity card to enter Portugal.

In addition to their identity card, minors must also present authorization from their parents to travel.

For visits of less than 90 days, a passport valid for at least three months after the end of their stay is necessary for visitors from Argentina, Australia, Bolivia, Brazil, Brunei, Bulgaria, Canada, Chile, Costa Rica, Croatia, El Salvador, Guatemala, Honduras, Israel, Japan, Malaysia, Mexico, Monaco, New Zealand, Nicaragua, Panama, Paraguay, Romania, San Marino, Singapore, South Korea, United States, Uruguay, Vatican, Venezuela and Special Administrative Regions of the People's Republic of China in Hong Kong and Macao.

Citizens from countries not mentioned above need a visa to enter Portugal, which may be requested at the Portuguese Embassy or Consulate of their country for stays of up to 90 days.

Under the terms of the Convention Implementing the Schengen Agreement, flights between Schengen states are considered to be internal flights and passengers do not need to obtain another visa.

Related links:

Portuguese embassies

- www.min-nestrangeiros.pt/mne/estrangeiro/indice.html

Portugueses consulates

- www.secomunidades.pt/postos.php

Portuguese Immigration Authority

- www.sef.pt

Airports

Portugal's excellent geographical position makes it a stopover point for many foreign airlines at airports all over the country:

Lisbon - Portela Airport - Phone: 218 413 500

Oporto - Dr. Francisco Sá Carneiro Airport - Phone: 229 432 400

Faro - Faro Airport - Phone: 289 800 800

Funchal, Madeira - Funchal Airport - Phone: 291 520 700

Ponta Delgada, Azores - João Paulo II Airport - Phone: 296 205 400



ANA - Aeroportos de Portugal, SA is the Portuguese airport authority and provides departure and arrival information at www.ana.pt

Electricity

The electric current in Portugal is 230/400 volts at a frequency of 50 hertz and sockets comply with European standards.

You will need a 230 volt transformer and an adaptor to use American-style flat-prong plugs.

Currency

1Euro (€) = \$1.34768 (18th of November 2011)

You can exchange money at banks, which are open from 8.30 a.m. to 3 p.m. five working days a week; at bureau de change; and at automatic currency exchange machines (these are for currency sale transactions only).

Time zone

During winter time, i.e. from 1 a.m. on the last Sunday in October to 1 a.m. on the last Sunday in March, the official time in mainland Portugal and Madeira is the Universal Time Coordinated (UTC).

The rest of the year (between 1 a.m. on the last Sunday in March and 1 a.m. on the last Sunday in October), summer time is in effect and the official time in mainland Portugal and Madeira is Universal Time Coordinated plus one hour.

Tipping

Service is included in the bill in restaurants, though it is customary to leave an additional tip of about 5-10% of the total.

It is also normal to tip taxi drivers 5-10 % or rounding up the amount paid to the nearest euro.

Health

No health requirements are needed to enter Portugal.

If you require medical assistance contact the local Health Centre.

Hospital emergency services should be used only in serious situations (serious injury, poisoning, burns, infarction, thromboses, breathing difficulties, etc.).

In case of illness or accident while visiting Portugal, Nationals from the 25 European



Union countries, Iceland, Liechtenstein, Norway or Switzerland are entitled to free or reduced-cost healthcare (the same benefits as Portuguese citizens). In order to have access to health services, citizens from the above-mentioned countries, who are not resident in Portugal, must produce their European Health Insurance Cards (issued by the origin country) together with passports or identity cards.

Transportation

Rail

CP - Comboios de Portugal (www.cp.pt), the Portuguese railway company, offers a vast rail network covering the whole of mainland Portugal and also offers international train services to Vigo, Madrid and Paris.

There are a number of options to meet your needs:

- The top-of-the-range "Alfa Pendular" trains offer the fastest and most comfortable rail link between Lisbon and the Algarve and, in the north, Oporto, Braga or Guimarães, with stops in Coimbra and Aveiro.
- The "Intercidades" or Intercity service covers the Lisbon-Oporto-Guimarães, Lisbon-Guarda, Lisbon-Covilhã, Lisbon-Alentejo and Lisbon-Algarve routes.
- The international Sud-Express train and Lusitânia hotel-train leave from Lisbon.
- There is a vast network of regional, inter-regional and suburban trains covering the whole of the country.

Tourist tickets are the ideal choice for those travelling a lot by train. They are personal, non-transferable tickets that are valid for an unlimited number of journeys for 7, 14 or 21 consecutive days at any time of year and for any category and class of train.

Road

Portugal has a good road network consisting of auto-estradas (AE, motorways), itinerários principais (IP, main trunk roads), itinerários complementares (IC, complementary trunk roads), estradas nacionais (EN, national roads) and estradas municipais (municipal roads).

All motorways are marked with the internationally recognised sign and motorists using them have to pay tolls. See prices on www.brisa.pt or www.aeatlantico.pt
In case of breakdown or accident on the motorway, you can phone for assistance on 808 508 508

Toll gates have Via Verde channels. This is an innovative electronic system enabling motorists to debit tolls to their bank account. Only holders of Via Verde identifiers supplied by Brisa can use it.

Coaches

There are regular coach services between Portugal's main towns and cities. For details of routes, timetables and fares visit www.rede-expressos.pt the website of Rede Nacional de Expressos (only in Portuguese).



Underground

The underground is an important addition to the traditional forms of public transport. In Lisbon and Oporto it operates between 6 a.m. and 1 a.m.

The Lisbon underground (www.metrolisboa.pt) is the older of the two and reaches a considerable part of the city. Its network has gradually been extended in recent years. Both the oldest and the most recent stations are decorated with panels of tiles by renowned Portuguese artists, making them true underground art galleries.

In Oporto, the underground (www.metro-porto.pt) is new. There are five lines in operation - blue, red, green, yellow and violet -, and most of their route is above ground.

Taxis

Taxis are usually cream in color, although there are still some painted black with a green roof in the traditional Portuguese style.

The fare is shown on the taximeter. The prices are affixed inside the car or you can ask the driver about them.

If you phone for a taxi you have to pay an extra 0.80 Euros. There is a charge of 1.60 Euros for luggage, regardless of weight or the number of pieces.

Carry cots, pushchairs, wheelchairs and walking aids are carried free of charge.

Outside towns, taxis charge by the kilometer and the driver and passenger agree on the fare in advance. Where they exist, the passenger has to pay the road tolls there and back.

Tipping is at the passenger's discretion, though it is normal to tip 5-10% or round the amount up to the nearest

Services

Car rentals

There are car rental services at airports, international rail terminuses and in the main towns and cities.

Drivers with mobility difficulties, or anyone who prefers to, can rent automatic or adapted vehicles.

To rent a car you must:

- be at least between 21 and 25 years old, depending on the company's rental policy
- show identification (identity card for EU citizens or a valid passport for other nationalities)
- have had a driving licence for more than one year

Banks

Banks are open from 8.30 a.m. to 3 p.m. five working days a week.

Portugal has a national network of cash machines (ATMs) identified by the symbol MB (Multibanco), from which you can withdraw cash 24 hours a day.



Post Offices

In general, post offices are open from Monday to Friday, from 9 a.m. to 6 p.m. Central and airport offices have extended opening hours and may be open on Saturdays and in some cases also on Sundays.

Stamps are sold in post offices and vending-machines in the streets.

Many post offices have the Netpost service that on payment allows access to personal e-mail and the Internet.

More detailed information about opening hours and services available at each office can be found on www.ctt.pt

You will be able to mail postcards and letters at the local post office every weekday, and if is necessary, there are some Internet cafés and telephone booths in the center of the city.

Pharmacies

In general, pharmacies are open on weekdays between 9am and 7pm (some close for lunch from 1 to 3 p.m.) and on Saturdays between 9am and 1pm.

They display an illuminated green cross outside when open at night.

All of them have information posted on the door indicating the nearest pharmacies that are open at night.

Shops

Traditionally, shops are open from Monday to Friday, from 9 or 10 a.m. to 7 p.m. Some close for lunch from 1 to 3 p.m. On Saturdays from January to November, shops generally close at 1 p.m. though in city centres some are open in the afternoon.

Shops tend to stay open on Saturday afternoons and sometimes even on Sundays in December for Christmas shopping.

There are plenty of shopping centres inside and outside the cities that are usually open from 10 a.m. to midnight every day of the week. They generally have stores with the main international brands.

However, traditional shops with Portuguese products can be found particularly in the streets of the older neighbourhoods of towns and cities.

Communications

Telephones

In public telephone booths, coins and special cards can be used. They are sold in Portugal Telecom shops, post offices and some kiosks and news-stands (with a sign indicating this).

All telephone numbers in Portugal are composed of nine digits. To call from abroad to Portugal, it is necessary to dial the international access code 00 and the country code 351.

To call abroad from Portugal, dial 00, the country code, the area code and then the number wanted. The dialing codes of the various countries are affixed in public telephone booths.



Mobile phones

Portugal is one of the countries with the highest number of mobile phone users.

There are three network service providers - TMN, Vodafone and Optimus – that have roaming agreements with most international mobile phone companies and provide users with a good coverage nationwide.

The Portuguese Highway Code forbids the use of mobile phones while driving, unless you're using hands-free equipment or an earphone, and there are established penalties that can be applied in the event of any infringement.

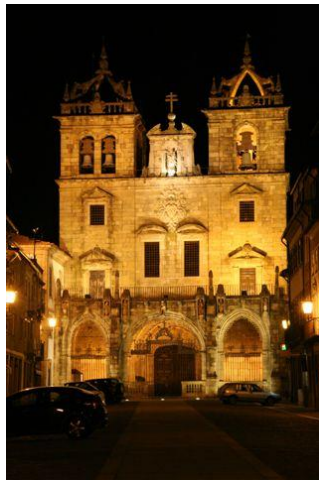
Internet

Internet access is available on payment in some cafés and in numerous post offices that have the Netpost service.

In various hotels and public facilities, like Airports, Conference centers, Restaurants, Service Areas in motor-ways and shopping centers, there are duly marked "Wi-Fi" areas where it is possible to access wireless Internet.



Welcome to Braga



Braga (pronounced ['Brag-uh]), a city and municipality in northwestern Portugal, is the capital of the district of Braga, the oldest archdiocese and one of the major cities of the country. With an urban population of 175,063, Braga is the third largest city in Portugal, after Lisbon (Lisboa), Porto (Oporto), (including the city and suburban parishes, the municipality has a total of 62 parishes and 175,063 inhabitants {2007}). Braga is also the center of the Greater Metropolitan Area of Minho with a population of 826,833 (2007) one of the fastest growing urban areas in the European Union.

The city is known as the "Portuguese Rome" for its concentration of religious architecture. In Portugal, Braga's population is considered the most conservative, and by some the most pious, by others the most fanatic. The city is one of the most beautiful cities in Portugal.

City Walls - Built by order of King Dinis, they were finished during the reign of King Fernando, in 1373. Only the Keep, the Gate, the Tower of Saint James, the Tower of St. Sebastian & the Tower of the New Gate, have survived.

Inhabitants: Approximately 150,000 (including several outlying districts)

Area: 114,3sqm/184 Km²

Climate: spring and autumn are mild and pleasant; in winter the temperature rarely drops to 0°C/32°F; the summers are hot.

The province of Minho is situated in the northwestern corner of Portugal. The River Minho, which has given its name to the region, is the natural border between the province Minho in Portugal and Galicia in Spain. The population is slightly more than one million and the demographic density (about 300 inhabitants/km²) is higher than the average for the country. The proportion of the young population is also well above the average for Portugal and the European Community countries. Manufacturing industry is the predominant economic activity, especially in the valleys of the rivers Ave and Cávado, in the southern part of Minho. The city of Braga combines its religious importance with today's commercial prosperity.



Welcome to Amarante



All visitors to Amarante will most certainly be impressed by two imposing natural features: the great Serra do Marão rising above the city in a series of majestic landscapes and the river Tâmega, the longest tributary of the river Douro, whose journey begins in Galicia and which flows through the heart of Amarante, giving added colour to the picturesque houses standing on its banks.

Some historians have attributed the foundation of this transitional city linking the provinces of Minho and Trás-os-Montes to a Roman centurion by the name of Amarantus. In the thirteenth century, St Gonçalo, a Benedictine monk and popular saint, arrived in this area, where he eventually settled after completing a pilgrimage to Italy and Jerusalem, later becoming the city's patron saint. He is accredited with the building of a sturdy bridge over the Tâmega on the same site as the current one.

The bridge at Amarante perpetuates the memory of the local population's heroic resistance against Napoleon's troops, who invaded Portugal in the early nineteenth century. In view of its position as a major gateway to the region of Trás-os-Montes, the city was besieged by Marshal Soult, although he met with stiff opposition from the local inhabitants, who bravely withstood his fierce attacks for a fortnight, until finally surrendering when the French bombarded them with barrels of gunpowder.

Amarante's sweets and cakes are extremely famous and easy to find in many of the region's cake-shops and cafés. Remember some of the names and make sure to taste them for yourself: papos de anjo, brisas do Tâmega, toucinho do céu, bolos de São Gonçalo, galhofas.

At the first Saturday of June takes place the Feast in honour of the Saint Gonçalo, much sought after by old spinsters in search of a husband.



Habitat for Humanity Portugal

Habitat Braga was founded by José Cruz Pinto in 1996. He read an article in the magazine "Plain Truth" about Habitat for Humanity and became very interested in the story of Millard and Linda Fuller and the "Jimmy Carter Work Camp" inspired him to implement this organization in Portugal.

Habitat Braga was legally established in May 1996, being recognized as by Habitat International in October of the same year

The only Habitat for Humanity affiliate in Portugal is located in Braga and we operate mostly on the northern region. In 2010 we are going to start building more in the center of Portugal.

Habitat for Humanity Portugal finished the first project in 1998 and since then we have served 48 families in our region.

The Northern region of Portugal has several social problems; the major ones are related to housing, unemployment, desertification and low income.

Here are some statistics about our region (north of Portugal):

Population: 3 737 791

Unemployment rate: 8,2%

Poverty rate: 20%

Housing

Total number of houses: 1.182.065

Overcrowded: 219.419

Needing medium repairs: 392.263

Needing big repairs: 78.905

There are two kinds of population that are more affected by the housing problem: the Deep Rural and the Poor Urban.

The Deep Rural

This kind of population has four main problems:

- Housing degradation and lack of basic infrastructures
- Population is old and highly poor and not able to repair their houses without outside support



- Younger population is migrating to larger cities with more employment opportunities
- Legal problems with heritages and land without any registration

The Poor Urban

On this type of population seven issues are appointed:

- Some areas have high rates of overcrowded houses
- Several areas of social housing apartment blocks
- Existence of areas where the houses are very degraded and the populations is not integrated in society
- Several social issues related to: alcohol, drugs, low education, crime
- High unemployment rate
- Average rent is too high
- Getting land is really difficult

There is an urgent need to rethink the way housing poverty is being addressed in this region. And this is where Habitat can enter, as a different, responsible and long lasting solution for some of these issues and families.

Where Habitat fits

Because Habitat works in partnership with the families and other organizations the solution that Habitat presents is very effective, not only because we give this family a decent and safe place to live but also we provide the spiritual support and the family feels empowered during the construction process.

Once there are a lot of degraded houses and not so much land Habitat is doing more rebuilds\rehab (when is possible) rather than new builds.

Through partnerships with several municipalities we are reaching some populations we did not reach before, so it is probable that Habitat will grow in the near future.



Habitat for Humanity family selection criteria

The family selection process is one of the most important tasks for the good progress of Habitat Affiliates because it is responsible for the most valuable resources of Habitat's work – the *homeowners*. When a family is selected, a commitment is signed and from that moment on the families become Habitat's partners in good and bad times of our Mission.

1. The need of a decent house

The most important criterion for the family selection is the existence of inappropriate housing conditions, that is, the existence of strong housing needs. Given the length of the housing problem throughout the world and the commitment assumed by Habitat to work in partnership with other organizations and institutions, Habitat's goal is quite ambitious.

In some affiliates a family can not apply to a Habitat house unless their current home has visible structural problems such as the roof or the walls. In other cases overpopulation of the house can be a cause itself for the selection of a family. Therefore, it is important to keep in mind that the criteria behind the evaluation of the housing conditions vary according to the social and cultural reality of the Housing Needs in the different communities where Habitat works. However, each candidate can only be totally evaluated after verifying the current house conditions by a visit to their home.

Alongside with the existence of housing needs, another requirement is that the family may not be able to apply to other housing programs.



Example of a situation of Housing Need



2. Ability to pay a mortgage

Another basic criterion of family selection is the financial capacity of the family to pay a Habitat house. The family has to have enough income that allows them to pay the future home and may not have an amount of debts that keeps them from keeping their commitment to Habitat. The financial past of the family, the way they manage their income is also one of the factors to consider in the evaluation of their file. A family can not apply to a Habitat project if their income allows them to find other options such as the bank credit and the open market system or, in other case, the state housing support programs.

Some affiliates demand in the beginning of the project before the construction of the houses the payment of a part of the house's total cost (5/10%), as a way to test the family's commitment and their willingness to keep the partnership with Habitat until the last moment.

3. Will to be Habitat's partners

Another family's selection criterion is their will to work in partnership with Habitat in a spirit of giving and partnership. To be a Habitat's partner means to have a number of guarantees and responsibilities:

- Work a given number of hours in the construction of their own house and other Habitat houses – sweat equity hours
- Take part in activities and tasks that the affiliate develops
- Keep the payment of the mortgage monthly according to the deadlines that were established from the beginning in order to help other families to be supported – Rotation Financial Fund
- Take part in the family meetings
- Take care of their home and of the common spaces

It is the responsibility of the Families Committee to assure the total enlightenment about the commitments that are involved in the partnership agreement between Habitat and the selected families.

Repayment system

Habitat is not a giveaway program, so there is a system where families pay a monthly mortgage that will be used to build more houses for more families in need. It is a snow ball effect: more houses we build more mortgages Habitat collects and more projects we can make!

The repayment rate from Habitat families in Portugal is 82%



Habitat for Humanity Portugal history

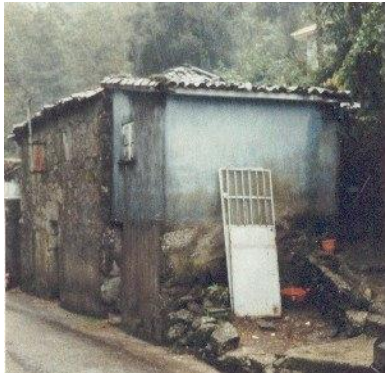
For the last 12 years Habitat has been helping families in need on the northern region of Portugal. We have served so far 30 families and more than 100 persons live in a decent shelter thanks to the work of Habitat Braga and all the volunteers that came to build with us.

Here are the projects that we have built since 1996 until nowadays:

- 1999 – Vieira do Minho – Brás family
- 2000 – Cunha – Coelho family
- 2002 – Palmeira I – Alves, Araújo, Mó, Gomes, Silva, Talaia, Macedo, Gomes, Araújo, Mouta, Alves and Dias families
- 2002 – Homework Project – Lopes and Silva families
- 2003 – Padim da Graça – Veloso family
- 2004 – Palmeira II – Lopes family
- 2005 – Crespos – Vieira and Fernandes families
- 2006 – Paradela – Gomes family
- 2007 – Manhente – Costa family
- 2008 – Braga- Vieira, Mota and Alves families
 - Barcelos – Brito, Herdeiro, Miranda, Amorim families
 - Monsul –Peixoto family
- 2009 – Braga – Rocha, Fernandes, Gomes, Pereira and Costa families
 - Vila Verde – Brito family
- 2010 – Vila Verde – Cerqueira family, Amarante – Costa family
- 2011 – Amares (3 rehabs), Amarante (3 rehabs) and Vila Verde (one new build)



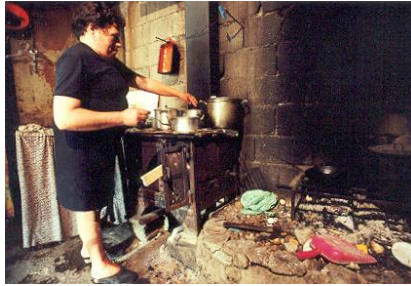
Photos of Before\After



Vieira do Minho



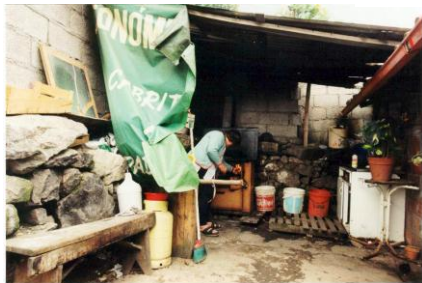
Vieira do Minho



Cunha



Cunha



Palmeira



Palmeira



Paradela



Paradela



Habitat in the Future

Unfortunately social problems in Portugal are increasing and housing is one of the major ones.

As we persecute our mission of putting an end to housing poverty the work we have in front of us is huge and we are trying to expand our programme to other part of the country.

It is our intention to start building in more cities except Braga in a near future. These cities represent a big challenge to all of us, but we are sure we will be able to help families on those places.

On another level it is our intention to increase also our fundraising activities and to raise more money so that we can help even more families.

Habitat mission is not only to build\repair houses but also to raise awareness of the housing in need problem that exists in our society. It is our intention to draw attention to this problem through several public initiatives.



Global Village Program in Habitat for Humanity Portugal

Habitat for Humanity Portugal hosted the first GV trip in 1998 in our first project in Vieira do Minho and since then we have hosted thousands of volunteers that came to Portugal to help us build houses for people in need.

Our GV programme offers not only the wonderful experience of building side by side with the future homeowners but also a chance to know Portugal in a different way.

The GV teams are essential to the improvement of the living quality of needed families in our region. Since the beginning of our program we have helped more than 120 persons to have a decent shelter to live.

With the help of all GV teams that come to Portugal we will continue our fight against poverty housing and provide Portuguese families with a decent and affordable shelter.

Transportation

The Volunteer Coordinator will arrange transportation of the Team from the Porto airport to Braga in cooperation with the Team Leader.

Transportation information:

- A 19 seats mini-bus with driver from Porto to the hotel in Braga costs 140€; the bus ride will take about 45 minutes.
- Taxi from Porto to Braga is 50€ including luggage (three persons max);
- Airport bus to Porto train station or bus station is free (as long as you show your boarding ticket from some companies); the trip takes approx. 30 minutes to city center of Porto.
- A bus from the Porto bus station to Braga costs 5,00€, per person.
- The train from the Porto train station to Braga costs 2,05€, per person;
- The transportation from the hotel to the worksite is made by private transport. It takes 30 minutes.

Due to its privileged situation, Braga lies only a short distance from other important centers. Along with the railway, which links Braga with the Minho line and directly with the city of Porto, there are many Bus companies, which run various daily services all over the North of Portugal. Traveling within Braga can be done to any point by bus (public transport) or by taxi.

Orientation

HFH Braga staff will present a welcome and an orientation meeting to GV team members in order for them to meet the staff and to learn more about our work. The welcome meeting will be scheduled after the arrival of all the team members in Braga and the orientation meeting will be scheduled on the beginning of the first working day.



Sightseeing recommendations

- Bom Jesus is one of the most important sanctuaries in the north of Portugal. It has beautiful gardens and a picnic area. Bus from Braga to Bom Jesus round trip costs approximately €3. (distance: 15 minutes)
- Walking tour of Braga to see the city main features, done by a local volunteer.
- City of Porto and its wine cellars: the best choice is to rent a 13/19-seat mini-bus with driver, which costs around 150€. Porto boat rides on the Douro River cost €17 per person, including boat ride, lunch and visit to one wine cellar). (distance 45 minutes)
- Barcelos (traditional market) and Viana do Castelo: the mini-bus costs €170 for one whole day.
- Guimarães, the birth city of our Nation: public transportation by bus would cost approximately €6 per person on round trip.
- Train from Braga to Lisbon (via Porto) takes about 3½ hours and costs €34 per person. (distance 50 minutes)

Once arrived to Braga the volunteer coordinator will give more options depending on the time and season.

Accommodation and Meals

Accommodation

Tourism is a growing industry in Braga. There are several hotels in the center of Braga. During autumn and winter it is rather easy to book lodging in Braga, with the exception of Carnival and Easter. Teams that come at these times will need to book lodging well in advance of these special days. The lodging costs are around €35 for single room, and about €40 for double room, both with breakfast included.

During the summer, it is not as easy to find lodging so reservations should be made as early as possible. Late June reservations in Braga are a bit difficult.

Meals

- Breakfast at hotel;
- Lunch at a restaurant 5 minutes from the building site with a set menu for €5 per person. Teams should bring their own water and any snacks to the site.
- Dinner in local restaurants will cost around €13;
- Tipping is not necessary though common at some (+\ - 10%).



Laundry and packing tips

Laundry

There are several laundry services available in Braga. The Habitat staff will assist you with processing your laundry:

You can use laundry service at the hotel, where Visa and MasterCard are accepted, but it is more expensive than pick-up laundry.

Laundry service is available with pick-up at the hotel, usually takes 24-48 hours; cost is estimated:

- €3 per kilo just for wash

Clothing/Packing tips

Clothing will depend mainly on the weather. Here are some of the things you will need to bring with you:

- Passport
- European electrical adapter and transformer
- Lightweight rain jacket
- Cap, sunscreen, sunglasses
- Comfortable work clothes and shoes for construction
- Prescription & personal medications

Money exchange, ATM machines and credit cards

Money exchange

You will be able to change any hard currency into Euro with no problem at the airport or at any exchange office or bank in downtown.

Traveler checks are accepted at some banks.

***ATM Machines and credit cards**

There are ATM machines basically in every corner in the city of Braga. Each machine has all the logos placed on the front to tell you what type of card they accept. Major credit cards are accepted at most restaurants, hotels and shops. Generally you can only withdraw 200€ per day, please check with your bank.



Health care, insurance and first aid

Health care

Your health is one of our major concerns. We strongly recommend that you seek professional medical advice to insure that you are healthy enough to handle hard work in a hot and dry climate. Please bring all medication needed while you travel. No special vaccines are required for travel to Portugal. It is important, for your safety on the construction site, that you are up-to-date with your tetanus shot or to take it if you've never gotten one.

Allergies: Please bring all the medication that you might need in case of allergies and do not forget to inform your Team Leader and also the affiliate staff.

Insurance

All registered volunteers will have insurance coverage during the project. The medical insurance is included in your GV registration fee. The coverage is designed to ensure a comprehensive risk management program and to provide protection for all of Habitat's volunteers.

The insurance commences at the actual start of the trip from the insured's residence or designated departure point. Coverage terminates immediately upon return to the insured's residence or designated return point, or at the end of the published itinerary. For complete information a fact sheet is available from your sending coordinator.

First aid

There will be a first aid kit available for any worker who gets injured at the construction site. Emergency phones are available.

Safety is everybody's concern and is always an important consideration at any construction site. Building construction is one of the most dangerous occupations. Since Habitat work crews normally have a high proportion of inexperienced people, everyone must pay particular attention to safety.

Be conscious of the safety of others as well as yourself. An observer can often see danger better than the worker involved in the project. Be cautious at all times and ask questions. Do not go ahead with a task if you are uncertain how it is done, or if you are unable to do it.

Safety is based on knowledge, skill and an attitude of care and concern. Supervisors should establish and implement a building site and safety orientation program and additionally instruct each worker about the correct and proper procedures for performing each task. This should familiarize the worker with the potential hazards of doing the tasks and advise him or her as to how such hazards can be minimized or eliminated. It is very important that we at Habitat know about safe work practices and follow them.

Habitat building site must have an appropriate construction signage and emergency contacts posted on the site. All the potential and actual hazards on the site are signed, marked and equipped with safety protections and guarding if necessary.



GUIDES FOR A SAFE ATTITUDE

1. Dress appropriate clothing; trousers, long sleeve shirt and hard soled shoes or special uniform.
2. Wear personal protective equipments properly as it is required on the site.
Know the safety signs.
3. THINK if you are clear with your task or assignment before you start working.
4. Have all the onsite training on your task implementation and tool operation techniques.
5. Concentrate on your task and eliminate distractions. Headphones and cell phones can be dangerous.
6. Be aware of potential hazards of the site, construction materials, tools and equipments.
7. Ensure all power and hand tools and equipments (ladders, scaffoldings) are inspected by a professional before you use them. Double check if any guarding and protections equipped.
8. If you see any unsafe or hazardous tool or condition advice the site supervisor IMMEDIATELY.
9. Do not run on the site, watch out your way if a load is carried or machinery is operated next to you.
10. Know where the first-aid kit is located, who the first aider is and how to get emergency help on site.
11. Know your physical working limits; take short breaks and drink plenty of water depending on climate.
12. Maintaining a clean and tidy site and tools contributes to a SAFE and efficient work environment.
13. If any message has made you uncertain - ASK A SITE SUPERVISOR.



PERSONAL SAFETY SIGNAGE

- ✓ Wear sun cream of a suitable factor, reapply throughout the day
- ✓ Drink plenty of water – in hot climates, 4-6 liters per day
- ✓ Shorts and open toed shoes are forbidden

WEAR hard hat when:

- ✓ You see this signage in the area. Ask Site Supervisor, if not.
- ✓ Site Supervisor Requires to be worn
- ✓ Working on demolition and somebody is working above your head

Proper gloves can protect your hands from:

- ✓ Cutting when carrying sharp edged materials and equipments
- ✓ Skin irritation from cement, paint, lime wash and other chemicals
- ✓ Getting a corn while working with the tools for long time

Wear ear protection when:

- ✓ A compactor and any other power saw is in use near you
- ✓ or other equipment that may cause damage to the ears
- ✓ Heavy machinery is working nearby you for prolonged time

Wear a face mask when:

- ✓ You are sure of the mask type and its designation
- ✓ Using chemicals, painting lime wash, mixing cement
- ✓ Scraping old paints and sanding the items to smooth

Wear eye protection when:

- ✓ Using hammers, chisels and planer is used by yourself or near
- ✓ You or somebody next to you is using any type of power tools
- ✓ Using lime wash, chemicals or mixing or pouring cement

Wear proper footwear when on site:

- ✓ Footwear must be covered and hard soled
- ✓ Decoration bands are dangerous, keep them tied tight
- ✓ Steel toecap safety boots must be worn in demolition works

When lifting an item:

- ✓ Know your capacity and weight limits. Ask Site Supervisor.
- ✓ Keep slightly apart, bend the knees, keep the back straight
- ✓ Grab by both hands, lift with the legs support, not the back



KNOW YOUR SAFETY SIGNS



Prohibition, Stop

A red circle with diagonal cross bar on a white background.

Symbols behind this sign describes that a certain behavior is prohibited.

Example: describes that entry or not allowed



pedestrian is



Hazard, Danger, Warning

A yellow triangle with a black boarder and symbol within. Any symbol within this sign describes the warning of a health hazard.

Example: describes that there is a danger and electric shock risks



high voltage



Mandatory, Obey

A blue circle with white symbol within. This indicates a specific course of action which must be taken.

Example: describes that the area should be kept clear and tidy. Or any request message.



Safety

A green square with white symbol within. This describes safe condition, direction, location and emergency exits.

Example: describes the location of the First Aid Kit.



Fire

A red square with white symbol within. This describes the location and types of fire extinguisher or emergency exits, etc.

Example: describes the position and correct use of the fire extinguisher





BASIC POTENTIAL HAZARDS ON THE BUILDING SITE

BE AWARE of the following hazards can be met on the site when fulfilling the following tasks:

TASK	POTENTIAL HAZARDS	PROTECTION
P.S. Hard hats and all body covered safe dressing must be worn at all times on the building site.		
Ground work	Dust, heavy load, sharp tools, soil slide, loose rock, cave -in, bad air, overhead load in excavation.	gloves, back support, trench box, shoring, safe lifting.
Foundation work	Cement dermatitis, airborne dust, exposed rebar, heavy loads, crystalline silica, alkaline compounds	mask, respirator, cloth gloves, safe lifting
Timber work	sharp edges of timber, saw dust, sharp tools, exposed nails and screws,	penetration and abrasion resistant gloves, goggles, safe lifting
Masonry	Cement and limestone dermatitis, awkward posture, heavy loads, debris, brick or block fall, etc.	toe capped boots, leather gloves,
Insulation work	Asbestos, synthetic and glass fibers, skin irritant components,	vinyl coated insulated or penetration resistant gloves, respirator
Drywall, OSB, Plywood sheathing	Gypsum and saw dust, heavy loads, awkward postures, sharp tools, sharp edges of the materials,	cloth gloves, goggles, mask, toe capped boots
Roofing	Roofing tar, solvent vapors, heat, slope, height, awkward posture,	Rubber or vinyl coated gloves, hard soled boots, respirator, fall protection
Load carrying	heavy load, path blockage, blind area, sharp edges of materials,	leather or cloth gloves, toe capped boots, back support,
Old paint cleaning	sharp tools, heat, flame, volatile vapor, dust, lead	goggles, leather gloves, respirator, mask,
Demolishing	Dust, heavy load, flying debris, sharp materials and tools, exposed power wiring, exposed gas and water pipes,	cloth gloves, goggles, mask, toe capped boots, safe lifting
Floor finishing	Knee trauma, awkward postures, glue and glue vapor	Knee pads, respirator, good ventilation, cloth gloves
Painting	Solvent vapors, toxic metals in pigments, paint additives	rubber or vinyl coated gloves, mask or respirator, goggle
Working on the Ladder, scaffolds	falling and slipping from the height, vertigo,	safe shoes, harnessing, barricades, dry steps, 2 nd person to support
Using power and hand tools	Defective power cords, broken or absent protective guards and grounding, Silica dust, Saw dust, whole body vibration, noise	Appropriate type of gloves, ear plug, goggles,



HFH Portugal Emergency Management Plan

Slight Injury:

Team Leader informs Host Coordinator (in absence - Construction Manager).

Use the First Aid Kit at the site.

In case of need, contact with the local medical hospital.

Host Coordinator informs:

1. Sending Coordinator
2. Executive Director
3. Area Office Coordinator

Serious Injury:

Team Leader informs Host Coordinator (in absence - Construction Manager).

Contact Emergency (local hospital and insurance).

Host Coordinator informs:

1. Insurance Company,
2. Executive Director,
3. National Volunteer Program Manager,
4. Sending Coordinator
5. Area Office Coordinator

At HFH Portugal the people directly responsible for emergency are:

1. Host Coordinator – João Cruz – mobile +351 916 932 744
2. Executive Director – Filipa Braga – mobile +351 969 622 483

Habitat for Humanity Portugal will relay any emergency messages to you. The telephone number is (+351) 253 204 280 (9H30-13H/14H30-18H30). The fax number is (+351) 253 204 287.

Local Hospitals: Hospital de São Marcos

Largo Carlos Amarante Braga 4700-308 BRAGA

Tel: 253 206 340

MEDEX Travelers Assistance Network (24/7):

Policy number 6404-54-47, MEDEX code CHB

Tel: +1-800-527-0218 (toll free) OR +1-410-453-6330 (US)/44-273-223000 (UK)

ACE ASSISTANCE (Insurance):

Policy Number: 51UK453444 for HFHGB

Tel: +44 20 7173 7798



YOUTH PARTICIPATION

Due to insurance policies, safety reasons and Portuguese Law, people under the age of 16 years will not be permitted to work at the work site.



Construction

HFH Portugal builds houses in contemporary popular Latin country's style, with red ceramic bricks walls, concrete structure and red tile roofs, plastered and painted.

GV Itinerary

Work schedule for a Team (this is just an example):

<i>Sunday</i>	<ul style="list-style-type: none"> • <i>Arrival in Porto Airport Portugal</i> • <i>Arrival in Braga</i> • <i>Resting time at the hotel</i> • <i>Welcome meeting at the hotel</i>
<i>Monday</i>	<ul style="list-style-type: none"> • <i>Orientation Meeting at the worksite</i> • <i>1st Work day</i>
<i>Tuesday</i>	<ul style="list-style-type: none"> • <i>2nd Work day</i>
<i>Wednesday</i>	<ul style="list-style-type: none"> • <i>3rd Work day</i>
<i>Thursday</i>	<ul style="list-style-type: none"> • <i>Free day at Barcelos and Viana do Castelo</i>
<i>Friday</i>	<ul style="list-style-type: none"> • <i>4th Work day</i>
<i>Saturday</i>	<ul style="list-style-type: none"> • <i>5th Work day</i>
<i>Sunday</i>	<ul style="list-style-type: none"> • <i>R&R day</i>
<i>Monday</i>	<ul style="list-style-type: none"> • <i>6th Work day</i>
<i>Tuesday</i>	<ul style="list-style-type: none"> • <i>7th Work day</i>
<i>Wednesday</i>	<ul style="list-style-type: none"> • <i>8th Work day</i>
<i>Thursday</i>	<ul style="list-style-type: none"> • <i>Porto</i>
<i>Friday</i>	<ul style="list-style-type: none"> • <i>Porto</i>
<i>Saturday</i>	<ul style="list-style-type: none"> • <i>Departure from Portugal</i>

Work starts at 9:00 at the work site and finish at 17:00



“Everyone has the right for themselves and for their family, to a proper sized house, with hygiene and comfort and that preserves their personal intimacy and the family’s intimacy.”

Art. 65th, nr1 – Constitution of the Portuguese Republic



 Associação Humanitária Habitat
Habitat for Humanity[®]
Braga | Portugal

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Obrigado!
Thank you!