

# Mãos à Obra - Renewing Spaces

Andrea Costigliola

## Activities Report

**Abstract**—This report is a description of the activity "Mãos à Obra" performed for the "Centro Social Paroquial do Campo Grande", in the context of the Portifólio Pessoal IV. Volunteer work was performed during the activity, and different tasks were executed. Those activities aimed to renew some spaces of the center. The experience made during the period of work leads to the acquisition of soft skills as self initiative, time management, team work.

**Index Terms**—Mãos à Obra, volunteering, social action, Instituto Superior Técnico, Centro Social Paroquial do Campo Grande, engineering.

## 1 INTRODUCTION

THIS paper is intended to be a report on the activities performed in the period between April and May 2015 at the "Centro Social Paroquial do Campo Grande" [1] for the project "Mãos à Obra". The activity was developed in the context of the Portifólio Pessoal IV course at the Instituto Superior Técnico (IST).

In the first part of the report will be analyzed the reasons that lead to the choice of participating in this activity, and in the latter part will be described all the tasks performed during the activity and the difficulties encountered.

The tasks performed during the project were focused on renewing spaces, and they were namely:

- Installation of wood protectors in classrooms;
- Bench polishing and painting;
- Garden care and transportation of waste in the ground floor.

## 2 PROJECT CHOICE

In this section will be listed the main reasons that lead to the choice of participating in the activity "Mãos à Obra". I have never made

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volunteer work, and the possibility of doing an activity like this during the academic career represented for me a great opportunity to look further, to really that are far from the academic field.

In this context I was looking for activities that involved practical work and that was completely different from my routine. Among the activities presented during the PPIV classes, I focused immediately on those that could fit my ideas, and "Mãos à Obra" became the perfect candidate because it includes all the features I was looking for:

- Possibility of doing practical work;
- Work in a really far from my routine;
- Possibility of helping people with my work.

"Mãos à Obra" was my first choice, and when I was contacted to do the interview I was really glad to have this opportunity.

## 3 ACTIVITIES

In the beginning of the project I was assigned to an activity (Installation of wood protectors in classrooms), but for some reasons that will be better explained in the relative section was not possible to complete the activity and I had to participate in more activities.

Since the center was highly frequented during the week, most part of the work needed to be performed during the weekend, and for this reasons I worked mostly on Saturday.

(1.0) Excellent	ACTIVITY						DOCUMENT						
(0.8) Very Good	Object × 2	Opt × 1	Exec × 4	Summ × .5	Concl × .5	SCORE	Struct × .25	Ortog × .25	Exec × 4	Form × .25	Titles × .5	File × .5	SCORE
(0.6) Good	1.0	1.0	0.8	0.8	0.4		1.0	0.8	0.8	1.0	1.0	0.6	
(0.4) Fair													
(0.2) Weak													

### 3.1 Installation of wood protectors in classrooms

As discussed above I was assigned to this activity, since I already had practicality with the drill, and I already had practical work when I was in Italy.

The activity consisted in the installation of wood tables along the walls of the classrooms. Those rooms were recently repainted and the installation of those protectors was needed to avoid the chairs from beating on the walls.

In the first day I worked on this task with my colleague Leonardo Natal, and we covered almost 20 meters of walls and we had to stop because the material needed to perform the task ended. Nevertheless we could complete three rooms (room 35, room 37 and room 39).



Figure 3. Room 39

- 4) Install the tables on the wall using the screw;



Figure 1. Room 35



Figure 2. Room 37

The work main steps were the following:

- 1) Cut the wooden table based on the meters needed;
- 2) Drill the table;
- 3) Drill the wall;

### 3.2 Bench Polishing and Painting

When the material to perform the previous task was over I started to wonder if there was any other activity to do, and when I saw that some benches in the external space needed to be polished and painted i asked the keeper if could work on that and when he agreed I started.

This activity consisted in the preparation of the bench, polishing both the metal and the wooden parts, and in painting the bench. For the first part of the task a sandpaper was used to remove all the rust from the metal and to smooth the wood. Once the bench was ready it was cleaned and after a few days, I needed to wait the bench to be dry, it was painted. The wooden part was painted before and once it was dry, the metal part was painted.

The process of painting the metal required more time because it has a lot of parts that were difficult to access, but in the end the result was good as it can be seen in figure 4.

### 3.3 Garden Care

The third activity developed during the volunteering was the maintenance of the garden located on the terrace. The objective of this work was to change the garden soil to make the background impermeable.

My activity consisted in hoe the ground, and remove the old soil. Once all the soil was put into garbage sac, it was transported at the

*Figures MUST be referenced in text!*





Figure 4. Painted bench

ground floor level. In figure 5 it can be seen the garden ready for the new soil.

The most complicated part of this task was the transportation at ground floor level, since there were no infrastructures that allow easily to transport heavy sacs in the lower level. At this purpose it was used a little trolley that could passes through the internal doors of the building and that could fit in the elevator.

#### 4 COMMENTARY ON THE ACTIVITY

In this section I will write some commentary on the activity performed, and in particular i will



Figure 5. Garden background

refer to problems and issues that were faced during the weeks I have been working for the "Centro Social Paroquial do Campo Grande". As discussed above, I had to perform different tasks for several reasons.

In some cases it was not possible to end the task since the material was not enough to cover the needs.

The work hours were constrained to be in the weekend because of the center activities are mostly concentrated during the week. Also, every task I performed needed to be completed in the same day to make the space accessible. It was necessary to have a lot of self initiative since the staff of the center was not able to help and give directives. So, it happened that when I completed one of the task I needed to look around to find something else to do. I must admit that the staff and the people who visit the center were our commitment, and I can say

that the initial objectives were reached and my work, even if it was only a little part of what is done in the center, helped to improve the quality and the functionality of the spaces.

## **5 CONCLUSION**

The opportunity of working as volunteer, made me know a reality that I did not know before. I could meet many people, and working with some of them was a relevant aspect for the success of the project.

Furthermore, I had to deal with the discussed problems and to succeed in the project a good organization was needed.

In conclusion, I like the idea that my work helped people in needs by giving them better spaces, and I would suggest to everyone to do volunteer work.

## **ACKNOWLEDGMENTS**

I would like to thank all the people who worked with me during the activity "Mãos à Obra". Especially I would like to thank Maria Helena Presas for giving me the opportunity to work for the "Centro Social Paroquial do Campo Grande". I want to thank the keepers and the receptionist of the center for the help provided for the whole period I spent in the center. A special thank to all my colleagues that worked with me, and in particular to Leonardo Natal for being a great workmate. I want also to thank the IST and the Professor Rui Santos Cruz for giving me the opportunity to work on this project.

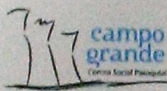

## **REFERENCES**

- [1] C. S. P. do Campo Grande. (2015) WebPage portal paroquia.



## APPENDIX

### STATEMENTS OF EXECUTION

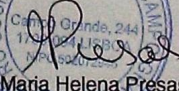
	<b>CENTRO SOCIAL PAROQUIAL DO CAMPO GRANDE</b>	
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DECLARAÇÃO

O Centro Social Paroquial do Campo Grande declara para os devidos efeitos que  
Andrea Costigliola, CC(E) AV 10363<sup>o</sup> fez  
voluntariado neste Centro no Projeto 'Mãos à obra', tendo realizado tarefas de requalificação de  
espaços, totalizando 20 horas.

A obra realizada permitiu requalificar espaços e foi de enorme utilidade para esta instituição.

Lisboa, 3 de Junho de 2015

Pela Direcção  
  
Maria Helena Presas



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