

Remodeling interior and exterior spaces

João Pedro Cabral Teixeira

Activities Report

Abstract—This report describes the activity that involved volunteering to aid the Centro Paroquial do Campo Grande in the painting of a room where kids who have nobody at home can wait until their parents pick them up. I was also asked to help with the packaging of some letters that were going to be delivered for Christmas, later I was asked to help remove the earth from the terrace to solve a problem of infiltration that occurred when it rained. In both these activities I received a brief explanation of what I was supposed to do, which I did with my colleague Nuno Pereira. These days on which we executed our duties were established with our contact in the Centro Paroquial do Campo Grande.

Index Terms—L^AT_EX, Volunteering, Paint, Digging, Manual Work.

1 INTRODUCTION

THIS document describes the activity I conducted for the subject of Portfolio Pessoal III (PPIII) in the hope of increasing my transversal skills. This activity required me to assist Centro Paroquial do Campo Grande, in remodeling interior and exterior spaces. This reports describes my semester performing this activity.

2 FIRST CONTACT WITH THE ENTITY

My coaching team was the bridge between me and the entity in the beginning my coaching team contacted the association EntreAjuda, the ones that proposed the different volunteering activities including my activity of remodeling, and gave me the contact of my selected activity.

In November I got the address of the entity Centro Paroquial do Campo Grande, located near Avenida do Brazil, and I scheduled with Helena Presas a meeting to discuss the activity i, and my colleague Nuno Pereira, would be conducting. We were advised to bring track suits, even though we were gonna paint with

water paints, so that we would not mess our clothes, and finally we decided that we would start our work next week.

3 PAINTING

When we got there on the first day we meet with two other people who had been painting before, the father of one of them was also there and he gave us some tips on how we should paint. He also taught us some painting concepts like "cut" which consists on painting more accurately on the corners using a smaller brush.



Figure 1. Me applying a "cut" technique.

After these explanations we proceeded to accomplish the task we were asked to do, we started by giving a first layer of paint on the four surrounding walls and the ceiling. Since

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Manuscript received Month Day, 2015.

(1.0) Excelent (0.8) Very Good (0.6) Good (0.4) Fair (0.2) Weak	ACTIVITY				SCORE	DOCUMENT						SCORE
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this activity required us to wait for the paint to dry, we were forced to stop the task at hand. The Centro Paroquial de Campo Grande offered us lunch which we politely accepted.

One of the walls was covered with graffiti, which the previous people had covered with black paint. This made our job harder since black paint requires more layers. The colors we used were green for this and another wall, and white for the ceiling and the remaining walls.

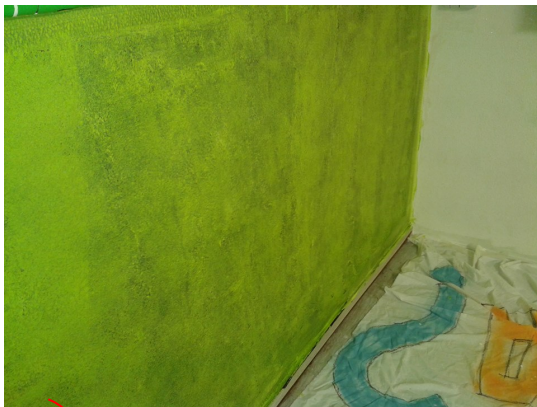


Figure 2. The black wall after two layers.

After applying the second layer on everything we decided to go home since the paint needed more time to dry and it was already very late. I scheduled that we would return two days from there to complete the job.

When we came back later that week we continued where we left off, by applying the third and fourth layer. Since the room was located in the basement of the building there were some problems with the ventilation, which made it difficult for the paint to dry.

After working all day it was made clear that the room still needed one more layer, but since it was still wet we could not apply it on that same day.

The completion of this task then became the responsibility of the other team. Our contribution to the painting ended here since the other team finished the last layer and the room

was left to "breath" properly over the weekend so that children could go there on the next Monday.

4 GARDENING

I was left with only 8 hours of required activity time to do so I sent an email, in both our behalves, to see if she had any more work for us to do. She said that if we didn't mind we could help them with an infiltration problem they had on the terrace. We said yes and agreed on a day to complete the task.

We arrived there early and were given the proper tools to be begin, our work consisted upon taking as much earth away as we could within the day.

But before we could begin the activity, Helena Presas, asked us to assist her with some letters that she needed to organize and send to some collaborators and friends of the institution. This allowed me to gain some interesting skills and an understanding of how letters are written.



Figure 3. Me starting the task.

We start by digging a hole as deep as we could, stopping only when we reached the concrete, in order to get a feel of how much we would have to dig. After that we made the hole wider and from that point was easy to dig the rest, but it still took us a whole day to complete the task. At total we took out 90 bags of dirt, that can be seen in Figure 4,

What a jump!! really!?

which would weigh about 3 tons at total.



Figure 4. The amount of earth we took.

The Hole that we left behind can be seen in Figure 5.



Figure 5. The hole we left.

5 CONCLUSION

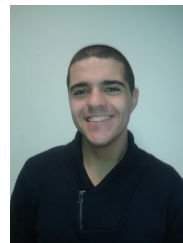
This work brought in me a feel of accomplishment since i was able to help, by doing volunteering for that association. I also enabled me to gain a perspective on how physical and hard some jobs can be and at the same time gain some helpful skills that will surely come in handy in the future. After we completed the work we received our certificates from Helena Presas and were thanked for our hard work.

6 THANKS

I would like to thank the association of Centro Paroquial do Campo Grande for welcoming

me with opened arms, and for allowing me to work beside people who spend their days trying help others, from the little to the old, by any means they can. This was truly a very enriching experience personally.

I would also like to thank Nuno Pereira for being a great partner doing the course of this activity and Professor Rui Cruz for giving me the opportunity of conducting this activity.



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