



Name:

Student's number :

Email:

Phone number:

1. Preferences (indicate areas by order of preference, from 1 to 4):

- **Social Development Projects – Local Council S. Domingos de Benfica**
Public schools of São Domingos de Benfica
- **JRS Jesuítas Portugal** – Support in integrating refugees
- **Banco Alimentar** – Collection and distribution of food to people in need
- **Refood** – Collection, preparation and distribution of meals to families in need

2. Availability (indicate the periods of time when you have at least 2 hours – straight – available per week)

1st semester:

2nd semester:

3. Motivation:**4. Statement of commitment:****5. Signature:****Date** (yyyy-mm-dd):**Please send this form to: catolica.activa@lisboa.ucp.pt**