



2021-1-ES02-ESC50-016981



## GREEN FUTURE, INCLUSION AND SOLIDARITY PROJECT

2021-1-ES02-ESC51-VTJ-000037646

### INFO-PACK

#### 1.- INTRODUCTION

### AMICOS people who support people

We are a non-profit organisation for the **care and integration** of disable people and their families.

**Founded in 2000** by a group of parents motivated by the need to create a centre that would professionally attend to the needs of their children with disabilities.

- Step by step our organisation has grown:
- 2004: the **day centre** opens its doors.
- 2007: the **occupational centre** was created to provide training activities for disabled people improve their social and occupational integration.
- 2008: the **special education centre** is created for the direct care of young people under 18 years old.
- 2014: **Fogar Amicos** was created to provide disabled people with the necessary support.

#### 2.- OUR AIMS

- **To inform** that we are an organisation that supports disabled people.
- Promoting the **development** of disabled people.
- Teaching people with disabilities skills and knowledge that facilitate their integration into the **labour market**.
- Providing **psycho-social resources** for disabled people.
- **Occupational** care and training.
- **Advise, support** and inform.
- To raise awareness of **the reality** of disabled people.



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### 3. VOLUNTEERING ACTIVITIES.

The volunteers will be integrated into the Transformation Area, where we manage **environmental**, **communication**; and **innovation projects**.

They can participate in the organisation, coordination 2021-1-ES02-ESC50-016981 and execution of environmental awareness-raising activities, outings with groups to clean the seaside, removal of invasive species, removal of invasive species in protected natural areas, events for the inclusion (schools, other associations), cultural activities (local festivals, Entroido, Easter, regional cultural celebrations such as Letras Galeas, etc.),

And contributing to the management of social networks and external communication of the entity, with the creation and edition of video, video creation and editing, graphic design, photography...

### 4. VOLUNTEER SCHEDULE

Amicos' regular office hours are **Monday to Friday** from 9.00h to 18.00h. The volunteers will carry out daily activities within these hours, with a maximum **time limit** of dedication **established by the CES programme**.

### 5. LOCATION

You will find us in **Boiro (A Coruña)**, a coastal town halfway between the Muros-Noia and Arousa estuaries in northwestern Spain (Galicia). Our area of influence, the origin of our users, covers the entire region, which includes the municipalities of Ribeira, A Pobra do Caramiñal, Outes. It is a rural area with scattered population centers.

Amicos has several work centers in the area. The hub for daily activities is the **Comoxo** complex, the **Care Center**.



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Check our location in Google Maps by clicking [here](#)

## 6. THE APARTMENT – Accommodation

Amicos will provide an apartment in which volunteers can share space, they will have a **single room** and everything they need for daily life. The daily journey from the flat to Amicos will be 10-15 minutes. They will be provided with means for daily round trip transportation.

Rules for use of the apartment: you will be asked to sign a co-living agreement, which stipulates the rules for use and care of the apartment, its furniture, minimum cleaning and hygiene that will be the responsibility of the volunteer(s).

Many young workers from Amicos live around, in the same village, so they can meet afterwork, and start friendly meetings.

Nearby councils, like Lousame, are also in the CES programme, so we can arrange some meetings and common activities with other volunteers in the surroundings.



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## 7. DAILY MEAL/POCKET MONEY

At Amicos we have a dining room where all the staff share the meal time, at lunch, in shifts. Volunteers will be entitled to use this daily meal service from Monday to Friday. For the other meals (breakfast, dinner, weekends) you will be given a monthly pocket money according to the financing of the CES program.

## 8. COVID-19 PROTOCOL AND MEASURES

Amicos is accredited as a public socio-sanitary service. For this reason, we follow a protocol for preventing and managing covid-19 cases that is supervised by sanitary authorities. Users with disabilities form groups for daily activities. Interactions are limited to group members.

Volunteers shall have Covid vaccination certificate. Amicos will provide hygienic masks to wear during activities, and will ask participants to follow the same procedures as the rest of staff (routinary antigen tests), that Amicos will provide (no expenses).

Volunteers will be registered in local council and get medical assistance from social sanitary services, and also will have de CIGNA insurance provided by the ESC programme. Amicos will help to fill all forms and bureaucracy for this. So in case of getting ill for any reason, you will have medical assistance granted in the local hospital.

## 9. AREAS OF INTEREST

### A) Camino de Santiago.

A new jacobean route of the Camino de santiago has recently been inaugurated. The route starts in Corrubedo, Concello de Riveira and ends in the same Plaza do Obradoiro.

And Yes! it passes through our town.

### B) Seaside.

The beach is close to the town centre of our village. There are also numerous beaches to visit along the coast.



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### C) Point of view.

The surrounding landscape combines sea and mountains. So from the **mountain** you will have the best views of the sea and the mountains.

### D) Surrounding cities

There is daily public transport by bus to **Santiago de Compostela**, where there are many cultural activities (cinema, theater, expositions). The closest cinema in the surroundings is in **Ribeira**. Amicos will help you to find bus-stops and understand timetables (frequencies and locations are not easy sometimes). There's also public transport to move around Barbanza.

### E) Our sea.

This is **Ría de Arousa**, the estuary formed by river Ulla. Here you can see how **seafood** is cultivated.

### F) Sport.

Boiro has very important sports groups at national level, for example in nautical disciplines and volleyball.

### G) History.

Boiro has a large megalithic complex and the museum "Centro de Interpretación do Castro de Neixón".

For more information about the area, services, activities and cultural offer:

Council of Boiro tourism office: [Boiro Turismo | Concello de Boiro](#)

And Galicia in general: [Tourism of Galicia. Europe - Spain - Galicia. - GALICIA \(turismo.gal\)](#)

A very interesting blog for the Barbanza-Arousa Norte region: [Cómo llegar a Barbanza Arousa \(barbanzarousa.gal\)](#)



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## 10. CONTACT PERSONS FOR COORDINATION OF ACTIVITIES

The reference persons (tutors) for these activities will be Clara and Gabi, the coordinators of environmental projects and alliances respectively. The Transformation area is in charge of the administrative and financial management of the projects, the contact person for all previous procedures is Sonia:

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<https://www.facebook.com/Amicos/>

We hope you find this project interesting and enriching!

Waiting for you at AMICOS

