



UN OURENSE SOLIDARIO

April 2024-January 2025
Ourense, Galiza (Spain)

In the field of
Sustainability and
Social Change,
growing together as
individuals and as species
of this huge and diverse
ecosystem.

sustinea
sostibilidade e cambio social





ABOUT SUSTINEA

Sustinea is an association that focuses on sustainability and social change. This initiative arises from the concern about the footprint of humanity in our planet, from the systemic crisis we are living at the different levels, and seek to address these problems providing solutions, experiences, investigation, education, dissemination of information and defence of the environment to promote possible and necessary changes, believing that us as humans have lot of power to transform realities.

We tie together the relationship of humans with Nature in a sustainable and inclusive model, hence resulting in the name of the association Sustinea. And we do it through diverse activities, projects, programs, actions of short, medium or long term.

If you know,
you protect.

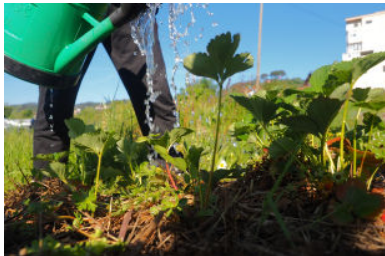
If you protect,
you care.

And if you care,
you love.

WHAT DO WE DO?

Protection and Conservation of Biodiversity

Environmental Education



Permaculture and Ecological Agriculture



Rural Development Projects



WHAT DO WE DO?

Social Inclusion and Personal Growth



Free-time and Outdoor Education



Gender Equality and Women Empowerment



Artivism and awareness campaigns



WHAT DO WE DO?

International Projects

- Youth Exchanges
- Workcamps
- Training Courses
- European Volunteer Service
- European Solidarity Corps



We are a small group of people who moves many diverse and intercultural groups of people with the aim of impacting much more amount of people for the same goal: learn how to live in harmony with the Earth, between us and within ourselves.

Here is your project...

ESC "Un Ourense solidario 2024"

Creating a positive impact in Ourense city and surroundings

"Un Ourense solidario" project has the aim to develop personal, ecosocial and professional competences of the volunteers that come to work with us, being part of our team in each step, from the needs detection, the proposals design, the management till the development and evaluation of each activity.

We adapt each volunteer profile to our projects!

According to that, depending of your knowledge and experience you can participate in different areas. Moreover, there is some common tasks:

- Environmental and social activities with kids and adults
 - Awareness and activist campaigns
 - Manteinance of Permaculture Garden
- Graphic Design and support with data base

What will you get?

- The experience of living in Ourense, learn about Galician Culture and others.
- The experience of collaborating in an social-environmental association with so many diversity of beautiful projects.
- More tools to live more sustainable with Nature and Humans.
- Challenges to improve your competences.
- To learn more about yourself living different situations.

What do you need to bring?

- The best energy and desire to participate and learn of each situation.
- An open mind to revise our habits and lifestyles and to dig into the ecosocial transition we are moving.
- A lot of motivation to challenge yourself.
- Infinite respect and tolerance to the different people with whom you will coexist.
- Many dreams to create and develop here!!!

WHERE? DO YOU KNOW OURENSE?



Ourense is a province and a city of Galicia, northwest of Spain, where you have a huge river call Río Miño and lot of Nature surroundings to discover.



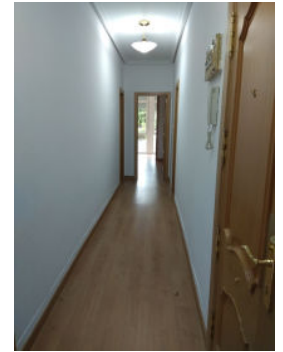
Ourense has termal and medicinal baths for free in the city center and close by. The city center is an old area where you can find many bars and socio-cultural activities to join!!!



Galicia is a natural paradise to enjoy and to protect!

ESC CONDITIONS

- **150€/month** as food allowance
- **150€/month** as pocket money
- **Travel costs reimbursement** (there is a maximum for going and return)
- **Accommodation:** You will be living in a sharing volunteer flat close to the University. The flat is equipped with:
 - 4 private rooms
 - 1 shower
 - 2 toilets
 - 1 sharing & equipped kitchen
 - 2 sharing living rooms
- **Spanish Language Classes**



WHAT ARE THE REQUIERMENTS TO VOLUNTEER WITH US?

- Age 18-30 years old.
- High motivation to learn and to participate in different activities.
- To be a potential change agent.
- **To speak basic Spanish and to understand it.**
- Have a profile in the ESC platform.
- Be able to join us during 9 months.
- It would be great to have the driving licence (It is not compulsory).

Fill the app form before 29th February of 2024:

<https://docs.google.com/forms/d/e/1FAIpQLScXN3zSWutdi5xFo-ZJLhCocoffeLh1B7HJSgzyJYW2MSrnnQ/viewform>

After the selection we will contact you to have an e-meeting and see if we match together :)



THANK YOU!



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