



IWP's Friends of the Environment

Mark your calendar so you won't miss these upcoming fun, very rewarding community actions in October, November and December. Great for the whole family!

***All community actions are on a Saturday from 10:00am to 12:00pm.** **Due to COVID-19 precautions, the return of volunteer activities will be gradual with attention to hygiene and security. Please see the new regulations below.



OXIGENIO ACTIONS:

October 24

November 28

December 12

December 19



At the GREENHOUSE (BGVA):

October 10

November 7

November 21

December 5

+MAR



coastal cleanup

17 October



OXIGENIO ACTIONS include tree planting, eradication of invasive species, and clearing in forest areas where the gradual reconversion of the forest has been made. It's an opportunity for community involvement – to meet like-minded new friends from other walks of life. And, to be in direct contact with nature in activities that you do not usually carry out in your day-to-day life.

MEETING POINT: Natural Park Sintra-Cascais - the exact location will be sent upon registration.



AT THE GREENHOUSE, Quinta de Vale de Cavalos Municipal Nursery At the local plant nursery, located in Vale de Cavalos, volunteers are involved in cleaning seed, sowing and cutting.

ENROLLMENT REQUIRED: Due to personal information, please sign up directly on Cascais Ambiente's website: <https://ambiente.cascais.pt/pt/formulario/acoes-voluntariado-ambiental-inscricao> **NOTE:** The information requested in the mandatory fields is essential for the organization of the activity and the formalization of personal accident insurance. *Only people who are registered can participate in the activity.*

COVID-19 Regulations:

1. You must bring your own mask and cloth gloves (no latex gloves).
2. Non-family members must maintain a distance of 2 meters apart from other participants.
3. After the briefing you must sanitize your hands.
4. Masks may be removed during the action keeping a distance of 2 meters apart from other participants.
5. At the end of the action, masks must be put back on and hands cleaned.
6. All material used in the action will be cleaned with an alcohol-based solution.

Please NOTE: Actions can be canceled 24 hours in advance notification due to weather conditions or if the minimum number of registered volunteers is not met.

Participate and make a difference. Promote environmental awareness!

For further information, please contact Marsha at friendsoftheenvironment.iwp@gmail.com.