

Discovering the Sierra de Guadarrama

Inclusive environmental days

Discovering the Sierra de Guadarrama

Context and participation in the volunteering activity



With summer coming up, the Repsol Foundation organises once again, in collaboration with the Reforesta Association, the *Discovering the Sierra de Guadarrama* activity, where volunteers share an environmental day with a group of people with disabilities and/or at risk of social exclusion.

Objectives

Through this initiative, **you contribute to the awareness of society, to the social integration of these groups, and to the promotion of respect for the environment, achieving in this way a greater commitment to sustainable development.**

Roles of the volunteers

You will collaborate with the monitors in the programmed activities, both in **explaining to the participants** about the natural history of the landscapes of the Sierra de Guadarrama, as well as **supporting in the carrying out of the planned actions** such as planting, sowing, etc. To do this, **you will previously receive a training session at the same place of the activity.**

Participation requirements

- **Be a Repsol Group employee or retiree** (possibility of participating with family and/or friends, from the age of 5).
- **Be registered as a Repsol Volunteer on the [website](#).**
- **Sign up for the activity, together with your companions if you have them, by Thursday before the volunteering day. If you wish to attend both days, you will have to sign up for both.**
- **Places will be assigned to the participating volunteers on a first come, first served basis.**

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Programming and description of the days



The activities will consist of summer irrigation of the planting plots and repotting of indigenous plants. If there is time, we will also mulch basins.

Day 3 July

- 9.30** Recogida de los voluntarios de la Fundación Repsol en Campo de las Naciones.
- 10.00** Recogida del grupo de participantes de Asociación Valdeperales. C/ Isla de Arosa, 8 Madrid
10.30 Llegada a Manzanares el Real. Presentación, organización de los equipos de trabajo, distribución del material.
- 10.40** Llegada al punto de encuentro. Paseo hasta el lugar de inicio de la actividad.
- 10.55** Llegada al lugar de trabajo. Explicación del objetivo y modo de realizar el riego e inicio del mismo.
- 12.15** Almuerzo.
- 12.30** Continuación de las actividades. Desplazamiento hasta la zona donde se hará la segunda actividad.
- 12.40** Llegada al lugar de trabajo. Explicación del objetivo y modo de realizar el repicado e inicio del mismo.
- 13.15** Entrega de diplomas y regreso al autobús.
- 14.00** Despedida y salida hacia Madrid pasando por Campo de las Naciones con destino final a Valdemoro.

Day 17 July

- 9.30** Recogida de los voluntarios de la Fundación Repsol y de los Centros en Campo de las Naciones.
- 9.50** Recogida del segundo grupo en Plaza Castilla (Calle Mateo Inurria, frente al n2)
- 10.30** Llegada al punto de encuentro. Paseo hasta el lugar de inicio de la actividad.
- 10.55** Llegada al lugar de trabajo. Explicación del objetivo y modo de realizar el riego e inicio del mismo.
- 12.15** Almuerzo.
- 12.30** Continuación de las actividades. Desplazamiento hasta la zona donde se hará la segunda actividad.
- 12.40** Llegada al lugar de trabajo. Explicación del objetivo y modo de realizar el repicado e inicio del mismo.
- 13.15** Entrega de diplomas y regreso al autobús.
- 14.00** Despedida y salida hacia Madrid pasando por Campo de las Naciones con destino final a Valdemoro.

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Recommendations

What to bring?

- **Long trousers and long sleeves** to avoid rubbing against vegetation and insect bites.
- **Comfortable footwear** (hiking boots or trainers), preferably with ankle protection and a raised rubber sole to prevent slipping.
- **Water and food** for snacking

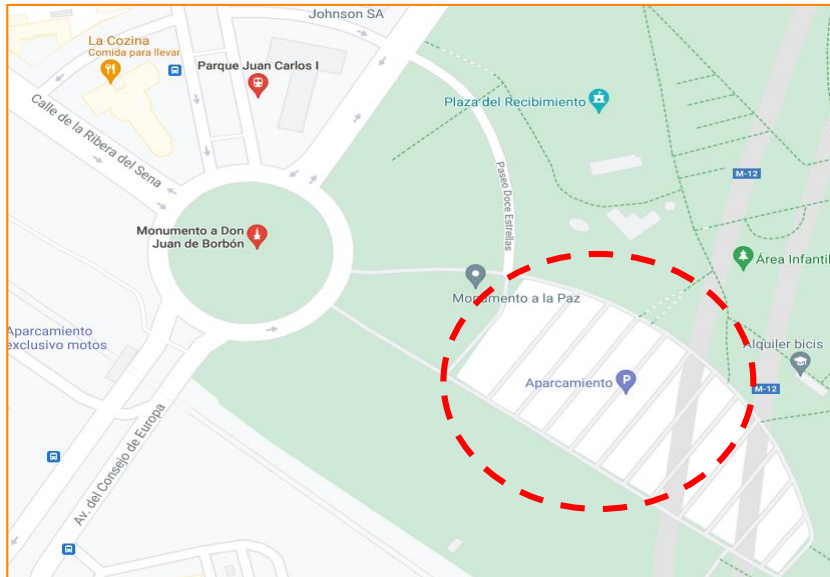
Covid-19 Protocol

- All participants **must wear masks**.
- The monitors **will bring masks and hand sanitizers for the participants**.
- **Volunteers will receive two bottles each** which they can disinfect by themselves with hydroalcoholic gel, if they wish to, for their own peace of mind.(they cannot share them).
- All participants must maintain a **safety distance at all times**, both when explanations are being given and during working time.



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Time and meeting point



The bus will be waiting for you at 9:00 a.m. at the entrance to the Juan Carlos I Park parking lot (next to the Glorieta Don Juan de Borbón in Campo de las Naciones, Madrid). Free car parking.

Those who wish to go to the activity area by their own means should wait for the rest of the group **from 10:30 a.m. at the junction of Camino de La Barranca and Camino del Río streets**, which can be reached by taking the first exit (in the Madrid - Navacerrada direction) at the roundabout leading to the village of Navacerrada from the M-607 road. **Coordinates: 40.734611, -4.005729**

