

A stylized, low-poly map of the municipality of Arganil, Portugal, rendered in various shades of blue and green. The map is the central focus of the cover.

GUIDE **ARGANIL**
WELCOMES

Title

Guide Arganil Welcomes
Municipal Council of Arganil
PMIM – Municipal Plan For the
Integration of Migrants

Sponsors

High Commissariat for Migrations
Municipal Council of Arganil
Co-financed by FAMI

Responsible

Municipal Council of Arganil –
Bureau of Social Action

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Introduction

The welcome guide “Arganil Acolhe” (Arganil Welcomes) occurs within the project Arganil + Migration, co-financed by the Fund for Asylum, Migration and Integration (FAMI). This guide intends to be an instrument to facilitate and promote the integration and participation of the immigrant population living or being newcomer (namely the ones from third countries) in the local communities of our territory. Arganil assisted, in the last decades, to a significant growth of the foreign community in its municipality so that an implementation of a simplified support mechanism, which gathers information and orientations about the areas of social acting and its operation, has become necessary. A first step has been made with the Municipal Plan for the Integration of Migrants in Arganil, presented on January 2018, this guide gathers, in an enlightening and objective way, information about the services, the municipal private institutions of social solidarity/ mercies and the public entities which may intervene in the support for immigrants in the areas of local administration, education and training, health, justice and security, employment and vocational training, social support and inclusion and legalization. Including also a map of the municipality of Arganil to identify easily the geographical distribution of the mentioned entities. It is an in particular useful and advantageous instrument which will permit reinforcing the value of the intercultural diversity and the importance of the integration of the immigrant communities for an integrated and sustained local development. You are welcomed in Arganil!

Luís Paulo Costa
President of the Municipal Council

INDEX

1 | Local Administration

- 1.1. | Characterisation of the Territory of Arganil
- 1.2. | Municipality of Arganil
- 1.3. | Parishes and Unions of Parishes of the Municipality of Arganil

2 | Public Services and Services of Support for the Migrants

- 2.1. | One-stop Shop
 - 2.1.1 | Citizen Space
- 2.2. | Services of Support for the Migrants
- 2.3. | Other Public Services

3 | Education

- 3.1. | Stages and Modalities of the Portuguese Educational System
- 3.2. | Schools of the Public Network

existing in the Municipality of Arganil

- 3.2.1. | Kindergartens| 1st Cycle of the Basic Education
- 3.2.2. | Schools of 2nd and 3rd Cycle
- 3.2.3. | Secondary School
- 3.3. | School Social Action and Other Social Response in the Area of Education
 - 3.3.1. | Within the Competences and Attributions of the Municipality of Arganil
 - 3.3.2. | Within the Cooperation Agreements concluded between the Social Security and Private Institutions of Social Solidarity/ Mercy Unions

- 3.3.3. | Guardianship by the Ministry of Education

4 | Health

- 4.1. | Right to Good Health
- 4.2. | Health Services of the Public Network existing in the Municipality of Arganil
- 4.3. | Health Services of the Solidary Network existing in the Municipality of Arganil
- 4.4. | Other Contacts in the Area of Health

5 | Justice and Security

- 5.1. | Municipal Resources
- 5.2. | Other Contacts in the Area of Justice and Security

6 | Employment and Vocational Training

- 6.1 | Municipal Resources
- 6.2. | Other Contacts in the Area of Employment and Vocational Training

7 | Social Support/ Social Inclusion

- 7.1. | Service of Social Security
- 7.2. | Entities and Programmes which Support Children and Juveniles
- 7.3. | Entities which Support Citizens with Impairments
- 7.4. | Entities which Supports Elderlies
 - 7.4.1. | Municipal Resources
- 7.5. | Entities and Programmes which Support the Family and the Community



LOCAL ADMINISTRATION

1. LOCAL ADMINISTRATION

1.1. Characterisation of the Territory of Arganil

The municipality of Arganil includes, administratively, the district of Coimbra and, from the point of view of the land use planning, belongs to the Intermunicipal Community of the Region of Coimbra and to the sub-region of Pinhal Interior Norte.

The municipality of Arganil occupies a superficies of 332.13 km², which is subdivided in fourteen parishes/unions of parishes and 178 places, and is situated in an average height of 516m. With 12 145 residents and a working population of 5 589 residents (censuses, 2011) its population density is 36.5 resident/km².

1.2. Municipality of Arganil

The promotion and safeguard of the own interest of the respective populations form the attributions of the Municipality of Arganil. In conjunction with the Parishes and Unions of Parishes it has competences to act in the following areas: a) Rural and Urban equipment; b) Energy; c) Transport and Communications; d) Education, teaching and vocational training; e) Heritage, culture and science; f) Hobbies and sports; g) Health; h) Social Action; i) Housing; j) Civil protection; k) Environment and basic sanitation; l) Consumer protection; m) Promotion of the development; n) Land use planning and urbanism; o) Municipal police; p) External cooperation.

Municipal Council of Arganil

📍 Praça Simões Dias, post office box 10, 3304-954 Arganil

☎ 235200150; 961 989 589

✉ geral@cm-arganil.pt

🌐 www.cm-arganil.pt;

🌐 www.visitarganil.pt/

📘 facebook.com/municipioarganil

📷 https://www.instagram.com/municipioarganil/?hl=pt

1.3. Parishes and Unions of Parishes of the Municipality of Arganil

The Municipality of Arganil is, administratively, divided in 14 Parishes and Unions of Parishes. The promotion and safeguard of the own interest of the respective populations form the attributions of the Parishes and Unions of Parishes in conjunction with the Municipality in the following areas: a) Rural and urban equipment; b) Public supply; c) Education; d) Culture, hobbies and sports; e) Primary health care; f) Social action; g) Civil protection; h) Environment and health; i) Development; j) Urban and rural planning; k) Community protection. The Parishes and Unions of Parishes cover even other material attributions on the terms stipulated in the law.

Parish of Arganil

📍 Av. José Augusto de Carvalho n.º 8 B - 1º Esq., 3300-014 Arganil

☎ 235205588

✉ jf.arganil@arganil.pt

🌐 www.arganil.pt

🕒 9:00 a.m. - 1:00 p.m. | 2:00 p.m. - 5:00 p.m. (Working days)

Parish of Benfeita

📍 Largo do Areal n.º 5, 3305-031 Benfeita

☎ 235741903

✉ fregbenfeita@sapo.pt

🌐 www.benfeita.net

🕒 9:00 a.m. - 12:30 p.m. | 1:30 p.m. - 5:00 p.m. (Working days)

Parish of Celavisa

📍 Largo de Santo António, 3300-204 Celavisa

☎ 235203005; 936654091

✉ jfcelavisa@gmail.com

🌐 www.celavisa.freguesias.pt

🕒 10:00 a.m. - 11:30 a.m. (Tuesday and Friday)

Parish of Folques

📍 Rua José Simões Gouveia s/n, 3300-270 Folques

☎ 235208901

✉ jffolquess@sapo.pt

🕒 9:00 a.m. - 12:30 p.m.

1:30 p.m. - 5:00 p.m. (Working days)

Parish of Piódão

📍 Largo Cónego Manuel Fernandes Nogueira, 6285-018 Piódão

☎ 235732750

✉ fpiodao2010@gmail.com

🕒 8:00 a.m. - 5:00 p.m. (Working days)

Parish of Pomares

📍 Largo da Marquesa de Pomares n.º 1, 3305-259 Pomares

☎ 235732744; 916238803

✉ freguesiadepomares@sapo.pt

🕒 9:00 a.m. - 11:00 a.m. (Saturday)

Parish of Pombeiro da Beira

📍 Rua Visconde Sanches de Frias n.º 215, 3300-318 Pombeiro da Beira

☎ 235296496

✉ jfpombeirobeira@gmail.com

🌐 www.pombeirodabeira.pt

🕒 9:00 a.m. - 12:00 p.m. | 2:00 p.m. - 5:00 p.m. (Working days)

Parish of São Martinho da Cortiça

📍 Estrada Nacional 17 n.º 494, Pinheirais, 3300-357 São Martinho da Cortiça

☎ 239456927

✉ juntasmcortica@sapo.pt

🌐 www.saomartinhocortica.pt

🕒 9:00 a.m. - 12:00 p.m.

2:00 p.m. - 6:00 p.m. (Working days)

Parish of Secarias

📍 Largo do Rossio n.º 1, 3300-450 Secarias

☎ 235208807

✉ jfsecarias@jfsecarias.pt

🌐 www.jfsecarias.pt

🕒 9:00 a.m. - 12:30 p.m.

2:00 p.m. - 5:30 p.m. (working days)

Parish of Sarzedo

📍 Rua Alberto César das Neves, 3300 - 404 Sarzedo

☎ 235205132

✉ j.freguesiasarzedo@gmail.com

🕒 8:30 p.m. - 10:00 p.m. (between

the months of March to October) |

7:00 p.m. - 8:30 p.m. (between the

months of November to February)

Union of Parishes of Cepos and Teixeira

📍 Rua da Eirinha s/n,
3300-222 Cepos
☎ 235761154; 933343509
✉ freguesia.cepos@sapo.pt
🕒 2:00 p.m. – 4:00 p.m. (Wednesday)

Union of Parishes of Cerdeira and Moura da Serra

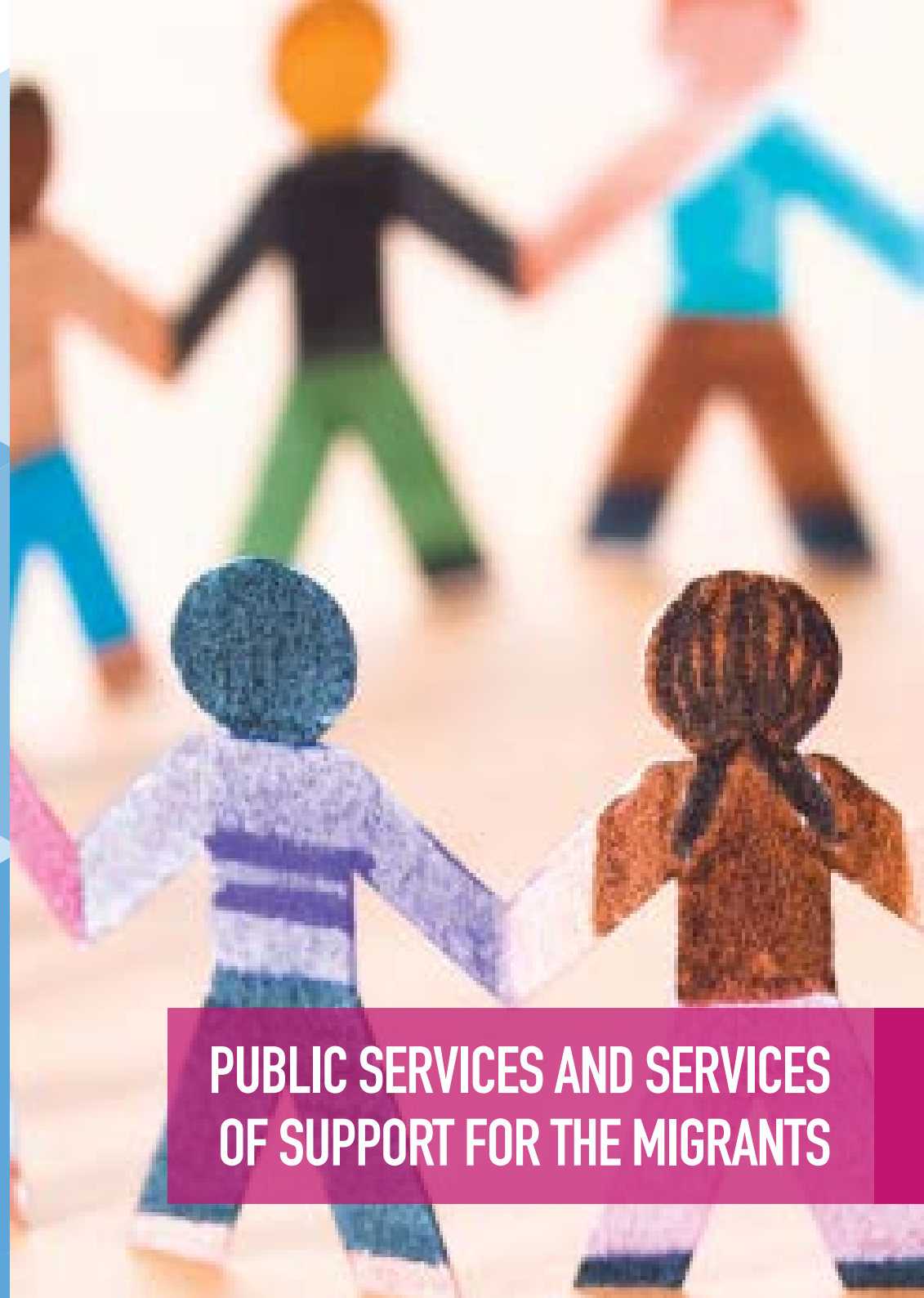
📍 Rua Principal s/n,
3305-050 Cerdeira
☎ 235721191
✉ u.f.cerdeira.mserra@outlook.pt
🕒 9:00 a.m. - 12:30 p.m. | 2:30 p.m. - 6:00 p.m. (Working days) | Attendance Schedule by Executive: 6:30 p.m. - 8:00 p.m. (Tuesday)

Union of Parishes of Côja and Barril de Alva

📍 Rua D. Egas Fafes 115,
3305-144 Côja
☎ 235721379; 966149945
✉ geral@jf-coja.pt
🌐 www.jf-coja.pt
🕒 9:00 a.m. - 12:30 p.m. | 2:00 p.m. - 5:30 p.m. (Working days)

Union of Parishes of Vila Cova de Alva and Anceriz

📍 Rua António Madeira Leitão, n.º 20, EN 342, 3305-285 Vila Cova de Alva
☎ 235729845; 969034655 (President);
☎ 964777188 (Secretary);
964140571 (Treasurer)
✉ uniaofreguesiasvcaa@hotmail.com
🌐 www.uf-vcaa.pt
🕒 6:30 p.m. - 8:00 p.m. (Wednesday)
3:00 p.m. - 6:00 p.m. (Saturday)



**PUBLIC SERVICES AND SERVICES
OF SUPPORT FOR THE MIGRANTS**

2. PUBLIC SERVICES AND SERVICES OF SUPPORT FOR THE MIGRANTS

2.1. One-stop Shop

The One-stop Shop is a centralised customer service which permits the municipalities to accede to a set of services made available by the local administration. On the One-stop Shop, services, connected with particular projects (licence, inspection and control), taxes and permits (for example r<elated to the mobilisation of soil, burn, occupation of a public road, fair and itinerant sale, wood extraction), water (readings and charges), payments and school transports, are centralised.

One-stop Shop of Arganil

📍 Praça Simões Dias,
3300-054 Arganil
☎ 235200150
🌐 www.cm-arganil.pt/balcao-online/
🕒 9:00 a.m. – 5:00 p.m. (Working days)

Through the web site, you can obtain printed documents and electronic forms, follow government procurement, see notices, consult the Land-use Planning, research legislation and/ or other structuring documents of the Municipality, consult/ provide the reading of the water meter and report situations related to public spaces.

You can also find the Citizen Space of Arganil and the Local Centre of

Integration Support for Migrants of Arganil on the One-stop Shop.

2.1.1. Citizen Space

The Citizen Space builds a digital assisted space for attendance which allows the citizens, in only one point of contact and with help of mediators of attendance, acceding via internet to different services made available by the Public Administration.

Citizen Space of Arganil

📍 Municipal Council of Arganil, Praça Simões Dias, Post office box 10, 3304-954 Arganil
☎ 235200150
🕒 9:00 a.m. – 5:00 p.m. (Working days)

Citizen Space of Côja

📍 Junta de Freguesia de Côja, Rua D. Egas Fafes 115, 3305 – 144 Côja
☎ 707241107
🕒 9:00 a.m. – 12:30 p.m. | 2:00 p.m. – 5:30 p.m. (Working days)

Citizen Space of S. Martinho da Cortiça

📍 Junta de Freguesia de São Martinho da Cortiça, Estrada Nacional 17 n.º 494 Pinheirais, 3300-357 S. Martinho da Cortiça
☎ 239456927
🕒 9:00 a.m. – 12:00 p.m. | 2:00 p.m. – 6:00 p.m. (Working days)

2.2. Services of Support for the Migrants

Local Centre of Integration Support for Migrants of Arganil (CLAIM of Arganil).

CLAIM is a customer service, which aims at supporting the migrant community during the complete reception and integration process, in a joint work with several entities. CLAIM provides general information about inter alia regularisation, nationality, family reunification, housing, voluntary return, work, health, education for all foreign citizens of the European Union or of third countries.

On this place, the foreign citizens (or family which accompanies or which reunites to them) of the European Union or of the European Economic Area and Switzerland, or the foreign citizens with Portuguese family can even request the issue of the Registration Certificate of Community Citizen. This certificate should be obtained whenever the foreign citizens intend to reside in Portugal for a period superior to three months.

📍 Local Centre of Integration Support for Migrants of Arganil - One-stop Shop, Municipal Council of Arganil, Praça Simões Dias, post office box 10, 3304-954 Arganil
✉ claim@cm-arganil.pt
🕒 9:00 a.m. – 12:30 p.m. (Monday and Thursday)

Serviço de Estrangeiros e Fronteiras (“The Foreigners and Borders Service”)

The SEF is an internal security service which executes the immigration and asylum policy of Portugal according

to the provisions of the Constitution and the Law.

📍 The Foreigners and Borders Service of Coimbra, Avenida Central Projected onto the Av. Fernão de Magalhães 16-20, 3000-617 Coimbra
☎ 808202653; 808962690
✉ gricrp.cc@sef.pt
🌐 www.sef.pt/; www.imigrante.pt |
🕒 9:00 a.m. – 5:00 p.m. (Working days)

High Commissariat for Migration (ACM, I.P.)

The ACM is a public institution which intervenes actively in the execution of the public policies in terms of migration. It has as main objectives giving a integrated answer of the public services to the necessities of reception and integration of the migrants, acting in the fight against any form of discrimination and developing programmes of social inclusion.

📍 Rua Álvaro Coutinho 14, 1150-025 Lisboa
☎ 218106100
✉ informacoes@acm.gov.pt;
✉ acm@acm.gov.pt
🌐 www.acm.gov.pt

Portuguese Centre of Integration Support for Migrants (CNAIM Lisbon)

📍 Rua Álvaro Coutinho 14, 1150-025 Lisboa
☎ 218106100
✉ informacoes@cnaim.acm.gov.pt
🌐 www.acm.gov.pt/
🕒 8:00 a.m. – 5:00 p.m. (Working days)

Committee for Equality and Against Racial Discrimination (CICDR)

📍 Rua Álvaro Coutinho 14, 1150-025 Lisboa
☎ 218106100
✉ cicdr@acm.gov.pt
🌐 www.cicdr.pt

Helpline for the Migrants (informative service)

☎ 808257257 (from the fixed network, cost of a local call); 218106191 (from the mobile network, for who calls from a foreign country)
🕒 9:00 a.m. – 7:00 p.m. (Working days)

Telephone Translation Service (STT)

Service which allows to realise, in a conference call, a simultaneous clarification between the employee of an institution, the translator and the foreign citizen (currently the translation service is available for 50 languages)
☎ 808257257 (from the fixed network); 218106191 (from the mobile network)
🕒 9:00 a.m. – 7:00 p.m. (Working days)

2.3. Other Public Services

Public Libraries

The Municipal Library Miguel Torga and the Library Alberto Martins de Carvalho offer public services in the areas of reading, information and culture. From an online portal (www.bibliotecas.cm-arganil.pt) it is possible to accede to the bibliographic catalogue of the network of libraries of the municipality, obtain a card

for the network of libraries, make a book reservation online; consult the archive of periodical literature of the municipality and participate in some blogs (Leituras Cruzadas; Biblioactiva.com; Leitura das Memórias). There is also free Wi-Fi in these places.

Municipal Library Miguel Torga

📍 Av. das Forças Armadas, 3300-011 Arganil
☎ 235200135
✉ bib-arganil@cm-arganil.pt
🕒 9:00 a.m.– 6:30 p.m. (Working days) | 9:30 a.m. – 1:00 p.m. (Saturday)

Library Alberto Martins de Carvalho

📍 Rua Comendador Eduardo Francisco Filipe, 3305-124 Côja
☎ 235729489
✉ bibamc.coja@cm-arganil.pt
🕒 9:00 a.m.– 6:00 p.m. (Working days)

Tax Office of Arganil

📍 Avenida das Forças Armadas, 3300-011 Arganil
☎ 235200280
✉ rf0701@dgci.min-financas.pt
🕒 9:00 a.m. – 12:30 p.m. | 2:00 p.m. – 4:00 p.m. (Working days)

Conservatory of Civil Registry, Property and Commercial of Arganil

📍 Palácio da Justiça, Av. José Augusto Carvalho, 3300-014 Arganil
☎ 235200580
✉ registos.arganil@irn.mj.pt
🕒 9:00 a.m. – 4:00 p.m. (Working days)

DECO – Portuguese Association for Consumer Protection

It is a service provided by the Portuguese Association for Consumer Protection through a protocol concluded with the Municipal Council of Arganil and which aims at offering information and free legal support in the area of consumer law for the citizens living in the municipality.

DECO offers information, namely, about warranties of consumer goods, purchase and sales contracts, excessive invoicing, binding period and all situations in which the citizens acquire a good or a service for the personal use for a company promoting the extrajudicial conflict mediation.

DECO provides even free support with the restructuring credit, within its office for financial protection, all consumers who have difficulty to comply their credit obligations or who are already in a situation of over-indebtedness.

DECO promotes informative sessions and workshops regarding the rights of consumers.

DECO of Arganil

📍 Rua Frederico Freitas Simões, post office box 10, 3300-051 Arganil
🌐 www.deco.proteste.pt
🕒 10:00 a.m. – 12:00 p.m. (first Thursday of each month)

DECO – Delegação Regional do Centro (Regional Delegation of Center, Coimbra)

📍 Rua Padre Estevão Cabral 79 – 5º Andar – Sala 504, 3000-317 Coimbra
☎ 239841004
✉ deco.coimbra@deco.pt



EDUCATION

3. EDUCATION

The right to education and the equal access opportunities and success in school is established in the art. 74 of the Constitution of the Portuguese Republic.

More specifically, the Portuguese legislation in force defines that all foreign children, aged between 6 and 18, have total access to education, having the right to attending school even when they are in an irregular situation in our country. In these cases, the access to education is assured through the Portuguese registry of foreign minors who are in an irregular situation by a request of any Public Administration Service or by a requirement of who has the parental responsibility. Furthermore, the law predicts that an appropriated support for the realization of the right to education for children of immigrants living in our country should be assured.

3.1. Stages and Modalities of the Portuguese Educational System

In Portugal, the education is mandatory between 6 and 18 years of age (regardless the achieved level of education). This obligation can cease when the conclusion of the 12th grade of education or an acquisition of a degree certificate conferring the secondary level of education is verified.

Stages of the Portuguese Educational System

Preschool education: from the 3 years of age to the entry in the basic education. This level is optional.

Basic education: with a duration of 9 years, this level of education is subdivided in 3 sequential cycles: 1st cycle (4 years, from the 1st to the 4th year of school), 2nd cycle (2 years, from the 5th to the 6th year of school) and the 3rd cycle (3 years, from the 7th to the 9th year of school).

There are two education opportunities in the basic education: the general basic education and the specialised artistic courses (on which the artistic curricular component is reinforced by permitting the students a learning in specific areas, namely, in dancing, music and Gregorian chant).

The **School Group of Arganil** provides a specialised artistic training in the area of music for students from the 5th to the 8th grade, which is assured by a partnership with the Music Conservatory of Coimbra and the Municipality of Arganil, being free for the students who choose this way.

In the case of students, who have not had Portuguese as education language, or for those, who have not Portuguese as native language, the curricular component **Portuguese Non-Native Language (PLNM)** is included in the curricular matrix

of the **general basic education or of the specialised artistic courses**. This component aims at enabling the development of essential competences for a full inclusion in the school curriculum's activities.

Secondary education: means 3 years of education (from the 10th to the 12th year of school)

This level of education aims at the continuation of studies and/ or the inclusion in the labour market. The provided education and formative opportunities are the following (may vary depending on the attended educational establishment):

- **Scientific-Humanistic Courses:** Aimed especially at the continuation of studies of superior level, existing 4 options: Science and Technology Course; Socioeconomic Sciences Course; Languages and Humanities Course and the Visual Arts Course.

- **Specialised Artistic Courses:** orientated in a double perspective, inclusion in the labour market and/ or continuation of studies (visual, audio-visual arts and dancing).

- **Vocational Courses:** orientated especially for the learning of competences inherent of the execution of a profession but which also permit the continuation of studies (post-secondary trainings or higher education).

- **Scientific-Technological Courses:** consisting in, in majority, offers of a double certification with a solid scientific and technological component.

The scientific-humanistic courses and the specialised artistic courses can include in its offer the subject **Portuguese Non-Native Language** for the conditions mentioned above.

For the levels of education basic and secondary education, there can be provided Education and Training Courses of juveniles and, in particular situations provided by the law, the integrated programme of education and training and the possibility of reorientation of the formation journey of the student.

Post-Secondary Education non Higher Education: The Technological Expertise Courses (CET) permit obtaining a scientific or technological specialisation in a determined training area and are available for students who concluded a secondary course or who obtained a qualification legally equivalent.

University and Polytechnic Education: the higher education is formed by the university education and the polytechnic education and is structured according to the principles of Bologna. There are no university or polytechnic institutes in the municipality of Arganil, but, with greater geographical proximity, this training opportunity is available in the cities Coimbra, Oliveira do Hospital and Viseu.

If you are interested, you can consult

for more information related to the different levels of education existing in Portugal:

🌐 www.dge.mec.pt and https://eacea.ec.europa.eu/national-policies/eurydice/content/portugal_en

Modalities of the Education existing in Portugal

Classroom Teaching: the learning take place in the school in which the student is enrolled.

Education For the Itinerancy: it is an educational and training answer to students who, due to the itinerancy character of their guardians' profession, travel from country to country, being integrated in several schools in the same school year and for periods of time more or less prolonged during their education path.

Home Schooling: is taught, on the student's home, by a family member or a person who lives with the student.

Individualised Education: is delivered by qualified teacher to one student only out of a educational establishment.

The law in effect for the home schooling and the individualised education is the Decree no. 69/2019 published on the Diário da República (official gazette of Portugal) no. 40/2019, Series I of 26 February 2019. More information at the headquarters of the School Group of Arganil.

Useful Information about the Public School Network

In Portugal, the public school network is **free during the complete period of compulsory education.**

How can I enrol my pupil?

In the case of the educational establishments of the public network, the guardian, if he/she is holder of a Portuguese citizen card (and has the respective pin and card player), can do it through the Portal of Schools [www.portaldasescolas.pt]. If this is not the case, the guardian has to go in person to the headquarters of the School Group of the area of residence and do it in the administrative services. However, the guardian can choose enrolling its pupil in a private school or school of cooperative education or in another educational institution as long as this is recognised by the responsible authorities (Ministry of Education).

Which documents are necessary for the enrolling in an establishment of the public network?

A document of identification of the child: ballot or identity card, or birth certificate, or Portuguese registry of minors; Costumer number of the Portuguese Health Service; Number of the health/beneficiary costumer card, the identification of the entity and the number related to the health subsystem, if applicable; Tax identification number, if assigned; Social security number (NISS) in the

case of the student being beneficiary of a social benefit of the child benefit paid by the Social Security; Residence proof of the area of residence; Residence proof of the professional activity of the guardian; If the student has had attended an educational establishment in the country of origin, a qualification certificate, translated into Portuguese and authenticated (by the Consulate or Embassy of the country of origin in Portugal or by the Portuguese Consulate or Embassy in this country), or a Hague Apostille and a equivalency has to be solicited from the school director of the area of residence or of the one the guardian intends to enrol its pupil (in the case of basic and secondary education); Data relative to the composition of the family validated by the Tax Authority, only in the cases in which the guardian is not the father or mother.

3.2. Schools of the Public Network existing in the Municipality of Arganil

All schools of the public network existing in the municipality are integrated in the School Group of Arganil with its headquarters on the Secondary School of Arganil.

School Headoffice

📍 Av. das Forças Armadas, post office box 8, 3300 - 011 Arganil
☎ 235200180
✉ geral@esarganil.pt
🌐 www.esarganil.pt

3.2.1. Kindergartens | 1st Cycle of the Basic Education

🕒 Opening hours of the school component:
Kindergarten: 9:00 a.m. – 12:00 p.m. | 1:30 p.m. – 3:30 p.m.
1st cycle of the basic education: 9:00 a.m. – 12:00 p.m. | 1:30 p.m. – 5:00 p.m.
✉ geral@desarganil.pt

Kindergarten | 1st Cycle of the Basic Education School of Arganil

📍 Rua Doutor Homero António Daniel José Pimentel, 3300 – 154 Arganil
☎ 235205133

Kindergarten | 1st Cycle of the Basic Education School of Côja

📍 Avenida Padre José Vicente, 3305 – 110 Côja
☎ 235729368

Kindergarten | 1st Cycle of the Basic Education School of Pomares

📍 Rua Aurora de Campos n.º11, 3305 – 259 Pomares
☎ 235732726

Kindergarten | 1st Cycle of the Basic Education School of Pombeiro da Beira

📍 Rua Condes de Pombeiro e Marqueses de Belas n.º 100, 3300 – 318 Pombeiro da Beira
☎ 235296483

Kindergarten | 1st Cycle of the Basic Education School of S. Martinho da Cortiça

📍 Rua da Cabeça Gorda n.º 31 Portelinha, 3300 – 362 S. Martinho da Cortiça
☎ 239455595

Kindergarten | 1st Cycle of the Basic Education School of Sarzedo

📍 Bairro da Caleira,
3300 – 418 Sarzedo
☎ 235205506

3.2.2. Schools of the 2nd and 3rd Cycle

☎ 235200180 (via School Group of Arganil)
✉ geral@esarganil.pt

2nd and 3rd Cycle School of Arganil (Escola Básica de Arganil)

📍 Bairro do Sobreiral,
3300 – 018 Arganil

2nd and 3rd Cycle School of Côja (Escola Básica Prof^o Mendes Ferrão de Côja)

📍 Avenida Padre José Vicente,
3305 – 110 Côja

3.2.3. Secondary School

☎ 235200180
✉ geral@esarganil.pt

Secondary School of Arganil

📍 Av. das Forças Armadas, post office box 8, 3300-011 Arganil

3.3. School Social Action and Other Social Responses in the Area of Education

3.3.1. Within the Competences and Attributions of the Municipality of Arganil, the School Social Action forms a measure which has as objective the promotion and warranty

of the equal access opportunities and success in school. The available socio-educational supports are destined to children and enrolled students in family units whose financial situation determines the necessity of this support to enface the set of charges. These supports have to be requested on the One-stop Shop of Arganil and may cover the following areas:

Provisions of food in School (lunches and snacks): Preschool Education and 1st cycle of the Basic Education of the public network – students with echelon 1 (exemption from payments), echelon 2 (co-participation of 50%).

School Books: 1st cycle of the Basic Education of the public network – students with echelon 1 (exemption from payments), echelon 2 (co-participation of 50%).

School Transports: free for students of all levels of education and Training living in the municipality of Arganil and co-participated with 50% for the students who live outside the municipality.

Animation and Supporting Activities for families (AAAF): build a social and educational answer which intends corresponding to the necessities of the families and children who attend the Kindergartens of the public network. The AAAFs assure the monitoring of the children before and after the school activities, during the lunch time and the school

holidays (Christmas, Carnival, Ester and the summer vacations – July to September). This service is assured directly by the municipality or through protocols concluded with local private institutions of social solidarity and mercy.

Kindergarten of Arganil – protocol with Santa Casa da Misericórdia of Arganil.

Kindergarten of Côja – assured by the Municipal Council of Arganil.

Kindergarten of Pomares – protocol with the Diocesan Caritas of Coimbra.

Kindergarten of Pombeiro da Beira – assured by the Municipal Council of Arganil.

Kindergarten of Sarzedo – protocol with the parish social centre of Sarzedo.

Kindergarten of S. Martinho da Cortiça – assured by the Municipal Council of Arganil.

Support Component for Families (CAF): Consists of a set of activities which assure the monitoring of the students of the 1st cycle of the basic education before and after the curriculum components and the extracurricular activities, as well as during the school holidays.

1st CEB of Pombeiro da Beira – assured by the Municipal Council of Arganil.

3.3.2. Supports provided within the Cooperation Agreements concluded between the Social Security and Private Institutions of Social Solidarity or Mercy Unions.

Kindergartens of the Solidary Network

The Kindergarten is a social response of socio-educational nature which hosts children till 3 years of age during the period of impediment of the parents or the person who has the legal custody. In the municipality of Arganil, there are three establishments that gives this answer, being the value of familiar co-participation depended of the analysis of incomes per capita of the household.

- Casa da Criança D. Joaquina Barreto Rosa (Fundação Bissaya-Barreto)

📍 Bairro do Prazo, 3300-117 Arganil
☎ 235208269; 961712247
✉ ccarganil@fbb.pt

🕒 7:30 a.m. – 6:45 p.m. (working days) | Holiday Closure: August
Social Responses: **Nursery - 0 to 3 years old** | **Kindergarten - 3 to 6 years old**

- Parish Social Center of Coja

📍 Avenida Padre José Vicente,
3305 – 110 Côja
☎ 235729488

✉ geral@cspcoja.pt
🕒 7:30 a.m. – 6:30 p.m. (working days) | Holiday Closure: first half of August
Social Responses: **Nursery - 0 to 3 years old**

- Parish Social Center of Sarzedo

📍 Rua Beatriz Piedade Neves,
3300-405 Sarzedo
☎ 235205838|965686845

✉ cspzarzedo@sapo.pt
🕒 7:30 a.m. – 6:30 p.m. (working days) | Holiday Closure: August
Social Responses: **Nursery - 0 to 3 years old**

Hobby Activities Centre (CATL)

Consists of a diversified offer of socio-educational activities for the period before and post-school and during the holidays. The familiar co-participation per frequency of this social response is determined with basis on the income per capita of the household. The inscription has to be made at the entities which provides this social response at the school where the student s enrolled.

1st CEB of Arganil – assured by the Santa Casa da Misericórdia of Arganil
☎ 235200490
✉ geral@scmarganil.pt

1st CEB of Côja – assured by the Parish Social Center of Côja
☎ 235729488
✉ cspcoja@sapo.pt

1st CEB of Sarzedo – assured by the Parish Social Center of Sarzedo
☎ 235205838
✉ cspzarzedo@sapo.pt

1st CEB of S. Martinho da Cortiça
– assured by the Folk's House of S. Martinho da Cortiça
☎ 239458801

✉ cp.smcortica@gmail.com

2nd and 3rd Cycle School of Arganil

(Escola Básica de Arganil): assured by the Cáritas Diocesana de Coimbra
☎ 239792430
✉ atl23arganil@caritascoimbra.pt

2nd and 3rd Cycle School of Côja (Escola Básica Prof^o Mendes Ferrão de Côja): assured by the Cáritas Diocesana de Coimbra
☎ 239792430
✉ atlarganil@caritascoimbra.pt

Secondary School of Arganil: assured by the Cáritas Diocesana de Coimbra
☎ 239792430
✉ atlarganil@caritascoimbra.pt |

3.3.3. The Ministry of Education provides the following supports within the **school social action** (attributed with basis on the positioning on the income echelons for the attribution of the child benefit attributed by the social security). These supports have to be requested in the headquarters of the School Group:
School milk: free for all children who attend the establishments of preschool education and the 1st cycle of the basic education of the public network.

Provisions of food in School: for the 2nd and 3rd cycle of the basic education and the secondary education of the public network – students with echelon 1 (exemption from payments), echelon 2 (co-participation of 50%). There may be the free provision of breakfasts and/

or interim meals for disadvantaged and marked students or for promoting better eating habits of the students.

School Insurance: for children/ students who attend an establishment of preschool education and of basic and secondary education of the public network.

Transport: free for all students with special educational necessities of permanent character with individual educational programme on its displacement to the reference schools or to the structured teaching and specialised support units they attend.

Accommodation: for the students who are displaced from their families for attending school when there is no other way to assure school transport.

School Textbooks: free for the students who attend the compulsory education in establishments of the public network. For this purpose, the guardian has to accede to an online platform (<https://manuaiscolares.pt/>) and/or a mobile app (Edu Rede Escolar) to proceed with your registration (the tax identification number will be requested) and so benefit from the respective coupons.

Merit-based Scholarship: for students with exceptional results.

URGÊNCIA

HEALTH

4. HEALTH

4.1. Right to Good Health

According to the legislation in force, any immigrant has the right, if he/she feels sick or needs any kind of health care, to be assisted in a Health Centre or Hospital, not being possible to refuse or limit the access with basis on reasons connected to the nationality, racial or ethnic origin, legalization, origin or country of foreign.

What is the Portuguese Health Service (SNS)?

The SNS consists of a network of institutions and global health carers services for the entire population through which the Government and in particular the Ministry of Health safeguards the right to health protection.

According to the legislation in force, the health care provided by the SNS are universal and biasedly free, being asked only for the payment of a monetary importance (basic fee, TM) for each provided appointment or health care. However, responding to the financial and social conditions of the costumer, there are several situations which predict the exemption of TM payment as for example in the case of pregnant women, parturient and costumer of the appointment of family planning, children till 18 years of age, unemployed registered in the

Employment Centre, people with some chronic diseases or with a chronic mental illness, among other situations specified in the law.

Still within the SNS; the Government co-participates in the price of the drugs (according to the different echelons) and permits the reimbursement of costs with determined equipment (acquisition of protheses, glasses, frames, lenses and orthopaedic shoes) through the proof of these expenses within the term of 180 days from the day on you made the payment and when they are accompanied by a credential issued by the family doctor of the Health Centre.

What is a Health Centre (CS)?

Build by the basic unit of the SNS for attendance and essential healthcare provisions for the population, preventives or curatives.

Among the services that may be provided by the CS, you can find:

- General/medicinal family clinical examinations; maternal health/family planning; children/juvenile health;
- Appointment for diabetes;
- Public health services (delegate of health);
- Nursing care;
- Social Service;
- Vaccines;
- Auxiliary diagnostic examinations;
- Appointments and home support.

To benefit from these services, the citizens have to be registered in the Health Centre of their area of residence.

The provision of primary health care for citizens residents in the municipality of Arganil is assured by the Health Centre Group of Pinhal Interior Norte (ACES PIN) and more specifically by the Health Centre of Arganil.

4.2. Health Services of the Public Network existing in the Municipality of Arganil

Health Centre of Arganil

📍 Rua Condessa das Canas no. 18, post office box 92, 3300-034 Arganil
☎ 235200100
✉ ucsp.arganil@arscentro.min-saúde.pt
🌐 www.sns.gov.pt

In the Health Centre of Arganil different Functional Units work:

Unit of Personalised Health Care (UCSP): aimed at the family health which provides health care in a personalised way, guaranteeing the accessibility, the continuity and the entirety of care of the costumer and the family.

📍 Rua Prof. José Lourenço Nogueira, 3300-063, Arganil
☎ 235200100
✉ ucsp.arganil@arscentro.min-saúde.pt
🌐 www.sns.gov.pt

The Unit of Personalised Health Care includes also five assistance centres distributed in the municipality for bettering the accessibility of the citizens to the health:

Health Extension of Pombeiro da Beira (in the building of the parish' headquarters)

📍 Rua Visconde Sanches de Frias, n.º 215, 3300-318 Pombeiro da Beira
☎ 235296152
🕒 first and third week of the month (Wednesdays afternoon after 2:00 p.m.)

Health Extension of S. Martinho

📍 Rua do Casal, n.º 229, 3300-367 S. Martinho da Cortiça
☎ 239455238
🕒 8:30 a.m. - 1h00 p.m. | 2:30 p.m. - 6:00 p.m. (Monday); 8:30 a.m. - 1:30 p.m. | 2:30 p.m.- 4:30 p.m. (Tuesday); 10:00 a.m. - 1:30 p.m. | 2:30 p.m. - 6:00 p.m. (Wednesday); 8:30 a.m. - 1:30 p.m. | 2:30 p.m. - 4:30 p.m. (Thursday); 8:30 a.m. - 1:00 p.m. | 2:30 p.m. - 4:00 p.m. (Friday)

Health Extension of Côja

📍 Rua D. Egas Fafes, 115, 3305 - 144 Côja
☎ 235728010
🕒 8:00 a.m. - 6:00 p.m. (Monday to Thursday) | 8:00 a.m. - 4:00 p.m. (Friday)

Health Extension of Pomares

📍 Largo da Marquesa de Pomares n.º 1, 3305-259 Pomares, Arganil
☎ 235731230
🕒 8:00 a.m. - 1:00 p.m. (third Tuesday of the month)

Health Extension of Piódão

📍 Piódão, 6285 – 018 Piódão

☎ 235731230

🕒 8:00 a.m. – 1:00 p.m. (last Tuesday of the month)

Care Unit in the Community (UCC): aimed at providing health care and psychological and social support, domestic and communal area, in particular for more vulnerable people, families and groups in the situation of higher risk or physical and functional dependence or illness that need a closer monitoring.

✉ ucc.arganil@arscentro.min-saude.pt

Shared Assistance Resource Units (URAP): provides services of consulting and assistance for the other functional units and connects the hospital services.

Local Team of Public Health (USP)

that works in dependence to the Public Health Unit of the ACES PIN and that has as objectives the development of epidemiological surveillance activities, the elaboration of information and plans in areas of the public health, the management of intervention programmes in terms of disease prevention, the health promotion and protection of the population in general or of specific groups (being responsible for the implementation of the Portuguese Programme of School Health in the municipality of Arganil).

Basic Emergency Service which permits an attendance in emergency situations in 24 hours. Consists of the first level response to the emergency situation of non-surgical medicine nature with exception of minor surgery.

📍 Rua Condessa das Canas (the entrance is through the garden), 3300-034 Arganil

☎ 235200100.

In situations of risk of life or of emergency, the customer can be redirected to a hospital emergency service. The referral to an Hospital may also be effected by the family doctor when there is the necessity of being accompanied to specialty appointments not available in the Health Centre.

How can I register myself in the Health Centre of my area of residence?

Citizens of a country of the European Union

To proceed with you registration, you need:

- Registration Certificate of Union Citizen (CRCUE) or a valid Residence Card;
- Identification Document (if you are holder of the CRCUE);
- Residence Proof, if it is not included in the document;
- Tax Identification Number;
- Identification Number of the Social Security (if you have).

If you are not holders of a residence permit or if you are in a irregular situation regarding the immigration legislation in force, it is necessary to present a document of the Parish/ Unions of Parishes of the area of residence for certifying your residence in Portugal for more than 90 days.

With this document you should obtain the Registration Certificate of Union Citizen (CRCUE) at the One-stop Shop of your area of residence or at the Foreign and Border Service (SEF).

The registration at the Health Centre permits you acceding to the health services in the same conditions as the Portuguese citizens by giving you a customer number of the Portuguese Health Service.

Citizens of Third Countries not included in the area of the European Union or the European Economic Area or Switzerland who reside in the Portuguese territory

To proceed with you registration, you need:

- Valid residence card or residence visa (with proof of marking for the SEF);
- Tax Identification Number;
- Identification Number of the Social Security (if you have);
- It is possible to present a document of a responsible foreign financial

entity.

In this cases, a customer number of the Portuguese Health Service and your access has the same conditions as the owns of the Portuguese citizens.

Note: If you have obtained a customer number but your residence permit card has expired (for more than 6 months) and you have no re-opened process at the SEF, you should know that:

- If you are from a country that has a health agreement with Portugal and if you are holder of a confirming document, you only pay the basic fee.
- If you are from a country without agreement, you will have to pay the entire amount of the provided care.

And if it is a temporary stay, how have I to proceed?

In the case of beneficiaries of agreements and/ or conventions, they have the same circumstances as the Portuguese citizens.

In case of citizens of the European Union, it is necessary to present the European health Insurance Card or the Interim Certificate of Substitution and an identification document.

In the case of citizens of third countries originating from Andorra, Cape Verde, Canada/ Quebec, Morocco, Tunisia and Brazil, it is necessary to present a confirming document/ form of agreement

between Portugal and the country of origin and an identification document.

Note: In the case of citizens of a third country without form of agreement, they will have to pay the entire amount of the provided health care and being only necessary a identification document (passport or other).

And in the case of being a citizen of a third country and being in an irregular situation?

If you are residing for more than 90 days in Portugal (but without residence permit issued by the SEF):

- You have to present the residence certificate issued by the Parish Council which confirms that you are residing for more than 90 days in Portuguese territory;
- Identification document.

In this cases, you will have to pay the entire amount of the health care provided to you.

There are exceptional cases, in which the immigrants (irregular or not) have access to the health care in the same terms as the general population, namely:

- Emergency and vital health care
- Communicable diseases that represent a danger or threat for the public health;
- Care in the area of mother-child health and reproductive health (family planning appointments,

voluntary termination of pregnancy, monitoring and surveillance of the woman during the pregnancy, birth and postpartum and health care provided to new-borns);

- Health care for minors of 18 years who are residing in Portugal (proceeding to the registry of minors in irregular situation in a database for being able to benefit from the access to health);

- Vaccination;
- Foreign citizens in situation of Family Reunification, when a family member discounts for the Social Security properly proven;
- Citizens in situation of social exclusion and/ or economic deprivation proven by the Services of the Social Security.

4.3. Health Services of the Solidary Network existing in the Municipality of Arganil

In the Municipality of Arganil, there are also Units of Integrated Long-term Care that are included in the Portuguese Network of Integrated Long-term Care and that aim at the provision of appropriated care, health and social support for all people who, independently of the age, are in a situation of dependence. The referencing for these services can be effected either by an hospital of the Portuguese Health Service (if the customer is hospitalised there) or by a request addressed to the Family Health Team (to the family doctor or the family nurse of the customer

or to the social service technician) of the Health Centre of the area of residence if the patient is at home, in a private hospital or in other institutions or establishments. If necessary and by fulfilling determined criterions, the expenses can be co-participated by the social security.

Unit of Long-term Care – Average Duration and Rehabilitation

Response in the area of health and social support for people who, after acute disease or re-exacerbation of chronic disease, lost their autonomy and functionality but who may recover them and who need healthcare, functional rehabilitation and social support which, due its complexity or duration, cannot be assured at home with predictability of functional gains achievable until 90 consecutive days.

Rua Condessa das Canas, n.º 17, 3300-036 Arganil
235200110

24:00 | Time of attendance: 10:00 a.m. – 1:00 p.m. | 2:30 p.m.– 5:00 p.m.

Unit of Long-term Care – Longa Life and Maintenance

Response in the area of health and social support for people with chronic diseases or processes with different levels of dependence and degree of complexity who not the conditions to be cared at home or in institutions or establishments in the local they live. Provides social support and health care of maintenance which prevent or delay the worsening of the

situation of dependence, promoting the comfort and quality of life for hospitalisation for more than 90 consecutive days.

Rua Condessa das Canas, n.º 17, 3300-036 Arganil
235200110
24h00
10:00 a.m. – 1:00 p.m. | 2:30 p.m.– 5:00 p.m.

Unit of Physical Medicine and Rehabilitation of Santa Casa da Misericórdia of Arganil

Agreed structure with the Portuguese Health Service via Regional Administration of Health (ARS) of the Centre which provides services in the area of Physical Medicine and of Rehabilitation to the surrounding community, as well as to the neighbour municipalities.

Rua Comendador da Cruz Pereira, 3300-034 Arganil
235205272
09:00 a.m. – 7:00 p.m. (Working days).

4.4. Other Contacts in the Area of Health (available 24 hours)

European Emergency Number: 112 (in case of accident or medical emergency)

Saúde 24: 808242424 (for obtaining advices about how to lead with the health situation in particular)

Antivenom and Intoxication Information Centre: 808250143 (medical service of toxicological information)



JUSTICE AND SECURITY

5. JUSTICE AND SECURITY

There are several entities, which aim at guaranteeing the security of the citizens, the defence of the rights and legal interests of the citizens and the help in case of necessity.

5.1. Municipal Resources

Firefighters

Humanitarian Association of the Volunteer Firefighters Argus (Arganil) Associação Humanitária dos Bombeiros Voluntários Argus (Arganil) | Address: Av. Bombeiros Voluntários 3300-012 Arganil | Telephone: 235202122

Humanitarian Association of the Volunteer Firefighters of Côja | Associação Humanitária dos Bombeiros Voluntários de Côja | Address: Rua D. Alberto Mora Pinto 3305-142 Coja | Telephone: 235721122

Municipal Service of Civil Protection
Address: Praça Simões Dias, post office box 10, 3304-954 Arganil | Telephone: 235200150; 235200155 (from 5:30 p.m.) | Email: geral@cm-arganil.pt

Judicial Court of Arganil

Address: Palácio da Justiça, Avenida José Augusto Carvalho, 3300 – 014 Arganil | Telephone: 235200540 |

Email: arganiltc@tribunais.org.pt; | Opening hours: 09:00 a.m. – 12:30 p.m.; 1:30 p.m. – 4:00 p.m. (Working days)

Research and Legal Action Department – DIAP of Arganil

Address: Palácio da Justiça, Av. José Augusto Carvalho, 3300-014 Arganil | Telephone: 235200540 | Email: arganil.ministeriopublico@tribunais.org.pt | Opening hours: 09:00 a.m. – 12:30 p.m.; 1:30 p.m. – 4:00 p.m. (Working days)

Territorial Office of the Republican National Guard of Arganil - GNR of Arganil

Address: Rua Professor António Ventura – Bairro do Sobreiral, S/N, 3300 - 122 Arganil | Telephone: 235200520 | Email: ct.cbr.darg.parg@gnr.pt

Section of Crime Prevention and Communal Policing of Lousã

Address: Rua General Humberto Delgado, 3200-901 Lousã | Telephone: 239990060 | Email: ct.cbr.dlsa.npe@gnr.pt

Environment Protection Centre of Lousã

Address: Rua General Humberto Delgado, 3200-901 Lousã | Telephone: 239990060 | Email: ct.cbr.dlsa.npa@gnr.pt

5.2. Other Contacts in the Area of

Justice and Security

Authority for the Working Conditions of Coimbra - ACT

Address: Centro Local do Mondego, Av. Fernão de Magalhães 447, 3000-177 Coimbra | Telephone: 239400000 | Email: cl.mondego@act.gov.pt | web site: [http://www.act.gov.pt/\(pt-PT\)/Paginas/default.aspx](http://www.act.gov.pt/(pt-PT)/Paginas/default.aspx) | Opening hours: 9:00 a.m. -12:00 p.m.; 2:00 p.m.-5:00 p.m. (Working days) | Informative phone service: 300069300 (9:30 a.m. – 12:00 p.m.; 2:00 p.m. – 5:00 p.m., Working days)

Ombudsman

Address: Rua Pau de Bandeira 9, 1249-088 Lisboa | Telephone: 213926600/19/21/22 | Email: provedor@provedor-jus.pt | web site: <http://www.provedor-jus.pt> | Opening hours 9:00 a.m. – 5:00 p.m. (Working days) | Blue Line: 808200084; Children's Line: 800206656; Senior Citizen's Line: 800203531; People with Disabilities' Line: 800208462

Portuguese Supporting Association for Victims: 116006

Support Unit for Migrant Victim and of Discrimination: 213587914|213587900:

Information Service for the Victim of Domestic Violence: 800202148

National Number of Forest Protection: 117



CENTRO DE EMPREGO
E FORMAÇÃO PROFISSIONAL

CENTRO DE EMPREGO
E FORMAÇÃO PROFISSIONAL

**EMPLOYMENT AND
VOCATIONAL TRAINING**

6. EMPLOYMENT AND VOCATIONAL TRAINING

The Institute of Employment and Vocational Training (IEFP) is the public service of national employment which has as objective promoting the creation and the quality of employment and fighting the unemployment by executing active policies of employment namely of vocational training.

6.1. Municipal Resources

Employment and Vocational Training Centre of Pinhal Interior Norte (for the municipalities of Arganil, Góis, Oliveira do Hospital, Pampilhosa da Serra, Tábua, Lousã, Vila Nova de Poiares, Penela and Miranda do Corvo) Address: Av. das Forças Armadas - Edifício Argogest, 3300-011 Arganil | Telephone: 235095900 | Email: sefp.arganil@iefp.pt | Opening hours: 09:00 a.m. – 5:00 p.m.

How is the registration made?

The registration at the employment centre can be made online (<https://iefponline.iefp.pt/IEFP/index2.jsp>) or in person in the employment service which is closer to you area of residence.

There are some conditions for proceeding with the registration namely:

- Having capacity and being willed to work;

- Having the minimum age to work (16 years) and having concluded the compulsory education;

- Having an actualised identification document:
Identity card or Citizen Card + Social Security Card + Fiscal Card – if you are Portuguese citizen;
Identity card of foreign citizen or passport – if you are citizen of a country of the European Economic Area;
Certificate that permits your stay in Portugal and enables the access to employment – if you are a citizen of a country outside the European Economic Area.

The applicants for unemployment benefits have also to prove that they are involuntarily in the situation of unemployment or rather for reasons unrelated to their will.

Which are the provided programmes and measures?

The IEFP promotes and executes a set of programmes and measures of employment destined for bettering the profile of employability and the supporting of integration in the labour market namely:

-Incentives to accept offers -<https://www.iefp.pt/incentivo-a-aceitacao-de-ofertas>

- Entrepreneurship – Supporting Programme for the Entrepreneurship and the Creation of the Own Employment, Invest Juvenile

Programme: <https://www.iefp.pt/en/empreendedorismo>

- Professional Internship - <https://www.iefp.pt/estagios>

- Supports for the geographical mobility in the labour market - <https://www.iefp.pt/en/apoio-mobilidade-geografica>

- Employment and Supporting Programme for Qualification of People with Impairments and Inability - <https://www.iefp.pt/reabilitacao-profissional>

- Promotions of arts and occupations - <https://www.iefp.pt/promocao-das-artes-e-oficios>

- Measures Against Employment-Inclusion and Against Employment-Inclusion +: <https://www.iefp.pt/apoios-emprego>; <https://www.iefp.pt/emprego-insercao>

You can also find several available measures of training namely the Learning Courses, the Education and Training Courses for Adults, the Technological Expertise Courses, the Modular Training Certificate, the Measure Active Life – Qualified Employment and the Training Programme in Basic Competences in the IEFP.

What are the Qualifica Centres?

There are two Qualifica Centres in the municipality of Arganil which has as main objective developing:

- Information and orientation processes in order to route the costumers to more appropriated

education and training offers;

- Process of Recognition, Validation and Certification of Competences (Professional RVCC and School RVCC);

- Modular Training;

- PPT Programme – Portuguese for All, which has as objective the increasing of the expression and comprehension capacity of the Portuguese language and the knowledge of the basic citizenship rights. This certified Training is available for immigrant citizens, at the age of 18 years or more, with regularised situation in Portugal, without costs for the participants. It turns very important if you intend obtaining the Portuguese nationality, the permanent residence permit and/or the long life residence status (with certified A2 level);

- Education and Training for Adults (EFA) Type A, Type B and Type C;

- Qualifica Passport which is a registration instrument of the acquired or developed qualifications and competences during the life of the adult permitting the appreciation of the former formative experiences and the acquired competences in the access of acquisition of new qualifications and/or for school or professional progression.

Qualifica Centre of the School Group of Arganil – headquarters in the Secondary School of Arganil

Address: Av. Forças Armadas, post office box 8, 3300-011 Arganil |

Telephone: 235200180 | Email: aearganil@centroqualifica.gov.pt

Qualifica Centre – Employment and Vocational Training of Pinhal Interior Norte

Address: Av. das Forças Armadas - Edifício Argogest, R/c e 1.º andar, 3300-011 Arganil | Telephone: 235095900 | Email: cefppinorte@centroqualifica.gov.pt

6.2. Other contacts in the Area of Employment and Vocational Training

- Network of Professional Integration Offices for Immigrants (Network GIP Immigrant)

As result of the Cooperation Agreement between the High Commissariat of Migrations (ACP, I.P.) and the Institute of Employment and Vocational Training (IEFP, I.P.), the Network of Professional Integration Offices for Immigrants (Network GIP Immigrant) was formed which aims at supporting the integration of immigrants in the labour market namely in the geographical areas with more necessity.

In the district of Coimbra, you can contact:

GIP Casa Lusófona

Address: Rua Pedro Monteiro, 73, 3000-329 Coimbra | Telephone: 239825189; 962939544 | Email: gipcasalusofona@gmail.com

- Supporting Office for the Migrant Entrepreneur (GAEM)

The migrants, who have a business idea to implement in Portugal and who need orientation and operative support to understand if the idea is viable, as well as for structuring and developing the idea, can contact this office.

If you want, you can contact:

GAEM of Lisboa | Address: CNAIM de Lisboa, Rua Álvaro Coutinho n.º 14, 1150-025 Lisboa | Telephone: 218106100 | Email: gaem@acm.gov.pt



SOCIAL SUPPORT / SOCIAL INCLUSION

7. SOCIAL SUPPORT / SOCIAL INCLUSION

7.1. Service of Social Security

The Social Security is a public body that intends to assure the basic rights of the citizens and the equal opportunities, as well as to promote the well-being and the social cohesion of all Portuguese and foreign citizens who work or reside in the Portuguese territory.

Concerning the non-nationals, the access to provisions (for example relatives to the subsystem of family protection or the subsystem of solidarity) may depend on determined conditions fixed in the law namely on minimum periods of legal residence or on situations legally equivalent (for more information, consult the General Bases of the Social Security System).

Local Service of Arganil of the Social Security

Address: Av. das Forças Armadas, Edifício Argogest, 3300-011 Arganil | Telephone: 300518783 | Email: marco.p.pinto@seg-social.pt | website: www.seg-social.pt | APP Segurança Social + Próxima: <https://app.seg-social.pt> | Opening hours: 09:00 a.m.- 1:00 p.m. | 2:00 p.m. - 4:00 p.m. (Working days)

Provided services:
General attendance;

Social action;
Care and social support for children and juveniles (for example precocious intervention in the childhood, inter alia nanny, kindergarten);
Care and social support for children and juveniles in situations of danger (for example foster care, temporary reception centre, childhood and youth houses);
Civil patronage, foster care and adoption;
Subsidy of eventual character;
Social Supports for victims of domestic violence;
Social Supports for the elderly population and solidarity supplement for elderlies;
Additional health benefits;
Portuguese network of integrated Long-term Care;
Social Supports for the population with impairment;
Social Support for people with HIV/AIDS and their families;
Social Support for drug addicted people;
Social Supports for people with psychiatric illnesses resulting in psychosocial inability;
Attributions of support products;
Social protection in situations of disease, invalidity and dependence;
Social Protection in situations of unemployment;
Burden with children and juveniles (child benefits for children and juveniles, study grant and guarantee fund of food for minors);
Social Protection for parental

situations;
Pensions;
Family benefits;
Legal protection;
Portuguese Line of Social Emergency: 144 (24 hours).

7.2. Entities and Programmes which Support Children and Juveniles

Protection Committee of Children and Juveniles (CPCJ)

It is an official institution, not judiciary, that intervenes in order to promote the rights and guarantee the protection of children and juveniles in danger, as well as prevent or finish situations which may affect their security, health, training, education or integral development.

The CPCJ intervenes when the child or juvenile, under 18 years (or 21 years, by request of the own) is in a situation of danger. To communicate a situation, from which you know, which may endanger the life, the physical or psychical integrity or the freedom of a child or juvenile, go to or contact:

The CPCJ of Arganil headquartered in the Centre of Juvenile Activities

| Address: Rua Frederico Freitas Simões, post office box 10, 3304-954 Arganil | Telephone: 235200144; 235200150 | Email: cpcj.arganil@cm-arganil.pt; cpcj.arganil@cnpdpcj.pt

Support line: S.O.S. Child: 116111 or 217931617 (working days from 9:00

a.m. to 7:00 p.m.)

Support Centre for Children and Juveniles in Risk (NACJR)

The "Health Action for Children and Juveniles in Risk" (ASCJR) has as main objective the creation of a structured response by the Portuguese Health Service to the phenomenon of Maltreatment through the development of the "Portuguese Network of Support Centres for Children and Juveniles in Risk" on booth levels, the level of Primary Health Care (NACJR) and of Hospitals with Paediatric attendance (NHACJR).

The NACJR de Arganil headquartered in the Health Centre of Arganil | Address: Rua Condessa das Canas 18, 3300-036 Arganil | Telephone: 235200100

Portuguese System of Precocious Intervention in the Childhood (SNIPI)

The Portuguese System of Precocious Intervention in the Childhood (SNIPI) is a response destined to accompany families with children between 0 and 6 years with development delay and with environmental and/or biological risk which may be connected (or not) with the impairment. This means children whose life circumstances put them in risk of having problems in their development.

The Local Intervention Team of Arganil/Góis is headquartered in

the Centre of Juvenile Activities | Address: Rua Frederico Freitas Simões, post office box 10, 3300-051 Arganil | Telephone: 919811410

Family Support Centre and Parental Advice of Beira Serra (CAFAP) – Association Step-by-Step with the child and the family – psychosocial support association

It is a specialised support for families with children and juveniles aimed at preventing and repair of situations of psychosocial risk through the development of parental, personal and social competences of families. Its target audience are children and juveniles who are in situations of psychosocial risk or danger marked by entities with competencies in Childhood and youth questions.

The CAFAP of Arganil is headquartered in the Centre of Juvenile Activities | Address: Rua Frederico Freitas Simões, post office box 10, 3300-051 Arganil | Telephone: 965784720 | Email: passoapassoarganil@sapo.pt | web site: <http://passoapasso.org/> | Opening hours: 10:00 a.m. – 1:00 p.m. | 2:00 p.m. – 6:00 p.m. (Working days).

Support Programmes for Children and Juveniles developed by the Municipality of Arganil

Programme of Sporting Holidays

and Occupation of the Free Time
The Municipality of Arganil develops, during the school holidays, an integrated and diversified programme of occupation in the holidays on which the challenge and the cooperation are the main “ingredients” for many adventures in the “woods”.

This programme has as objective providing activities in recreational-pedagogical context promoting the joy for physical activities, the development of psychosocial and individual competences, as well as the establishment of relations of cooperation between pairs to children and juveniles.

The activities are realised in different locations of the municipality of Arganil and cover various themes of the world of sport (soccer, handball, basketball, athletics, swimming, volleyball), cooking, security, humanitarian actions, cinema, theatre, dancing or even recreative and social journeys.

All activities are free and include the security of personal accidents. For more information, contact: geral@cm-arganil.pt or 235200150.

Office of Youth

The Municipality of Arganil, which disposes the Municipal Council of Youth, wants to bet on public policies of integration of the juveniles in a community in which they are a crucial factor of development and fight against the desertification.

Sensitive to the necessity of constant discovery and development in this age group, the office:

Provides support with the elaboration of the applications for several activities of the Portuguese Institute of Sports and Youth which take place during the summer vacations (for example Programme of Free Time Occupation) and/or other if it is justified.

Promotes the commemoration of the International Youth Day with a diversified programme of activities destined for juveniles from 12 to 30 years.

Supports monetarily and logistically the municipal juvenile associations with the realisation of its annual activity and with events as Arganil Rock and Arganil Summer Fest.

During the school period, there is also a offer of sport and cultural activities made exclusively for children and juveniles.

The Office of Youth is localised in the Juvenile Activities Centre.

Address: Rua Frederico de Freitas Simões, post office box 10, 3300-051 Arganil | Telephone: 235200143 | Email: juventude@cm-arganil.pt | Opening hours: 9:00 a.m. – 12:30 p.m. | 2:30 p.m. – 5:00 p.m.

Children’s Room of the Municipal Library Miguel Torga of Arganil

In this space, activities, projects and actions are dynamized for children

which aim at promoting the joy for the book and the reading from the early childhood. For more information, consult: <https://bibliotecas.cm-arganil.pt/>

Juvenile’s Room in the Municipal Library Miguel Torga of Arganil

This space offers diversified services having in mind the necessities and motivations of the juvenile audience for example consultation of documents, lending of books, watching films, free access to the internet, utilisation of computers and i-pads and board games. For more information, consult: <https://bibliotecas.cm-arganil.pt/servico-leitura-jovens-sala-jovem-na-biblioteca-municipal/>

Project Parents and children – Books and Tenderness and Project Read, Share, Live and Learn of the Municipal Library Miguel Torga of Arganil

Reading Service for children, who attends kindergarten or primary schools of the 1st cycle of the municipality, that has as objective developing reading habits in family providing several materials of reading to parents and children. For more information, consult: <https://bibliotecas.cm-arganil.pt/projetos/pais-e-filhos-livros-e-ternura/>

7.3. Entities which Support Citizens with Impairments

Portuguese Association of Parents and Friends of the Mentally Impaired Citizen (APPACDM of Coimbra)

The mission of the APPACDM is creating conditions so that each person with a mental impairment and/or in risk of exclusion may achieve the fullness as human being and the social fullness, optimising the individuality and consolidating the effective participation in society. It is the only institution in the municipality of Arganil aiming at the providing of support for this population, covering also families of the neighbour municipality (Tábua).

APPACDM – Functional Units of Arganil

Address: Rua Comendador Cruz Pereira S/N, 3300-034 Arganil | Telephone: 235203153 | Email: arganil.geral@appacdmcoimbra.pt | web site: <http://www.appacdmcoimbra.pt/>

Social Responses:

Center for Occupational Activities: a broad set of therapeutic, habilitation and socially useful activities for people with severe and profound mental disabilities.

Professional Education: it belongs to the set of activities that promote the qualification and the employability / inclusion in the context of regular work of people with cognitive deficit or another incapacity / dysfunctionality.

Resource Center for Inclusion:

it provides a team of specialized technicians to intervene with students with Special Educational Needs (NEE) - from the 1st year of primary education to the end of the compulsory school. The CRI of APPACDM of Coimbra has as partner the Grouping of Schools of Arganil.

Home support service: it provides individualized and personalized care at home, to people with disabilities or incapacities, and whose families can not temporarily or permanently guarantee the satisfaction of daily living activities.

7.4. Entities that Support the Elderly

Municipality of Arganil - 'Senior Sports' Program

The Sport Office promotes the 'Senior Sports' program, which aims to plan and develop physical activities for the elderly, in a ludic-formative context, which integrates traditional Portuguese games and dances, exercises with balls, bows, elastics and sticks, among other activities. This program is developed in collaboration with private social solidarity institutions and does not entail any cost to users.

Municipality of Arganil - Project 'Reading of Memories' of the Miguel Torga de Arganil Library

It is a reading service that is held every month in the Homes and Day Centers of the municipality, which aims to raise literacy levels through

reading, borrowing books and encouraging thematic conversations.

Day Care Center

Social response that provides a set of services that contribute to the maintenance, in their social and family environment, of people aged 65 and over. Among others, it aims to facilitate the elderly person's stay in their habitual environment and contribute to delaying or avoiding institutionalization as much as possible.

Home Support Service

A social response consisting in the provision of care and services to families and / or persons who are at home, in a situation of physical and / or psychic dependence and who can not temporarily or permanently provide for the satisfaction of their basic needs and / or instrumental activities of daily living, nor do they have family support for this purpose. Among others, it aims to allow people to stay in their usual environment, delaying or avoiding the use of residential structures.

Residential Structure for the Elderly

Social response to collective accommodation, temporary or permanent, for the elderly. It aims above all to provide permanent and adequate services to the biopsychosocial problems of the elderly, to contribute to the stimulation of an active aging

process and to preserve / encourage the intra-family relationship.

7.4.1. Municipal Resources-

Folk Assistance

Address: Rua José Simões Gouveia s/n, 3300-270 Folques | Telephone: 235200420 | Email: assistenciafolquense@sapo.pt | Web site: www.assistenciafolquense.pt | Social Responses: Day Care Center | Home Support Service (daily, including public holidays, from 9:00 a.m. to 6:30 p.m.) | Residential Structure for the Elderly (24 hours)

Humanitarian and Social Association of the Folk's House of Barril de Alva

Address: Rua Joaquim Silvestre nº 44, 3305 - 020 Barril de Alva | Telephone: 235728029; 968901216 | Email: ah.barril@gmail.com | Web site: www.ahscpbarrildealva.org | Social Responses: Day Care Center | Home Support Service (daily from 8:30 a.m. to 5:30 p.m., except for Christmas Day, New Year and Easter Sunday)

Folk's House of Cerdeira e Moura da Serra

Address: Rua Principal nº15, 3305-050 Cerdeira | Telephone: 235721270; 962246756 | Email: casa_povo_cerdeira@hotmail.com | Web site: www.cpcms.pt/ | Social Responses: Day Care Center |

Home Support Service (working days from 8:00 a.m. to 6:00 p.m.; Saturday, Sunday and Holidays from 8:00 a.m. to 5:00 p.m.) | Residential Structure for the Elderly (24 hours)

Folk's House of Vide

Address: Largo Alves Miguel, 6285-110 Vide | Telephone: 238666219; 925399309 | Email: centrodiavide@gmail.com

Social Responses: Home Support Service to Parish of Piódão (daily from 8:00 a.m. to 5:00 p.m.)

Day Care Center of Pomares – Cáritas Diocesana de Coimbra

Address: Rua Engº Horácio de Moura, Residência Paroquial de Pomares, 3305-259 Pomares | Telephone: 235031403 | Email: caritas@caritascoimbra.pt
Social Responses: Day Care Center | Home Support Service (working days from 8:00 a.m. to 6:00 p.m.; Saturday and Sunday from 8:00 a.m. to 1:30 p.m.)

Day Care Center of Secarias of Santa Casa da Misericórdia of Arganil

Address: Rua Joaquim Nunes da Silva n.º 10, 3300-450 Secarias | Telephone: 235200490 | Email: geral@scmarganil.pt
Social Responses: Day Care Center (working days 9:00 a.m. to 6:00 p.m.)

Day Care Center of S. Martinho da Cortiça - Cáritas Diocesana of Coimbra

Address: Adro Prior D. Nuno Castelo Branco nº35 3300-367 S. Martinho da Cortiça | Telephone: 239455554 | Email: caritas@caritascoimbra.pt
Social Responses: Day Care Center | Home Support Service (working days from 8:00 a.m. to 5:30 p.m.; Saturday and Sunday from 8:00 a.m. to 1:30 p.m.)

Parish Social Center of Cepos

Address: Rua Professor Abel Gonçalves de Almeida, 3300 - 222 Cepos | Telephone: 235761126 | Email: csfdc@sapo.pt
Social Responses: Day Care Center | Home Support Service (working days from 9:00 a.m. to 5:30 p.m.; Saturday from 10:00 a.m. to 2:00 p.m.)

Parish Social Center of Benfeita

Address: 3305-031 Benfeita | Telephone: 235741202; 965809257 | Email: c.s.p.benfeita@sapo.pt
Social Responses: Day Care Center (working days from 8h30 a.m. to 6h00 p.m. | Home Support Service (daily from 8h30 a.m. to 6h00 p.m.) | Residential Structure for the Elderly (24 hours)

Parish Social Center of Coja

Address: Rua D. Ernesto Sena de Oliveira n.º 50, 3305-145 Côja | Telephone: 235729488 | Email: cspcoja@sapo.pt
Social Responses: Day Care Center | Home Support Service | Residential Structure for the Elderly (24 hours)

Parish Social Center of Sarzedo

Address: Rua Beatriz Piedade Neves, 3300-405 Sarzedo | Telephone: 235205838; 964613012 | Email: cpsarzedo@sapo.pt
Social Responses: Day Care Center (daily from 8:30 a.m. to 6:30 p.m.) | Home Support Service (daily from 8:30 a.m. to 5:30 p.m.) | Residential Structure for the Elderly (24 hours)

Fraternity of Santa Casa da Misericórdia of Vila Cova de Alva

Address: Rua Luís Bento Susano nº 40, 3305-285 Vila Cova de Alva | Telephone: 235729505 | Email: scmvcovvalva@sapo.pt | Web site: <https://miradourodevilacova.blogs.sapo.pt/>
Social Responses: Day Care Center | Home Support Service (daily from 8:30 a.m. to 5:30 p.m.)

Santa Casa da Misericórdia of Arganil

Address: Rua Comendador Cruz Pereira, 3300-034 Arganil | Telephone: 235200490 | Email: geral@scmarganil.pt | Web site: www.scmarganil.pt
Social Responses: Day Care Center (daily from 8:30 a.m. to 9:00 p.m.) | Home Support Service (daily from 8:30 a.m. to 6:00 p.m.) | Residential Structure for the Elderly (24 hours)

Residential Unit Divino Salvador - Cáritas Diocesana of Coimbra

Address: Rua Condes de Pombeiro da Beira e Marqueses de Belas, 3300

- 318 Pombeiro da Beira | Telephone: 235296806 | Email: caritas@caritascoimbra.pt
Social Responses: Day Care Center | Home Support Service (working days from 8:30 a.m. to 6:00 p.m.; Saturday and Sunday from 8:30 a.m. to 1:30 p.m. | Residential Structure for the Elderly (24 hours)

7.5. Entities and Programs that Support the Family and the Community (Municipality of Arganil)

Social Service and Support

The Municipality of Arganil has the Social Action Office, which is a social assistance and / or social follow-up service to support individuals and families residing in a certain geographic area, in the prevention and/or repair of problems generated by situations of social exclusion and, in certain cases, to act in situations of social emergency. This office is also responsible for implementing the Arganil Solidária – Social Shop Project and the ABEM project.

Arganil Solidária – Social Shop Project

The “Arganil Solidária” Social Shop Project is a solidary response, of intervention and emergency in the social area, appearing in the municipality as a proximity structure, with the objective of meeting the immediate needs of needy families, through the collection of

used or donated by individuals or companies. The Arganil Social Shop operates in facilities provided at the Parish Center of Arganil, with the dynamization of several valences through volunteers. Website: www.cm-arganil.pt/municipio/areas-de-intervencao/acao-social/loja-social/

ABEM Project

In order to ensure the indispensable right to protect the health of its citizens, the Municipality of Arganil has signed a protocol of collaboration with the Dignitude Association, responsible for the ABEM - Solidarity Network for Medicines Program to enable people in a situation of economic free access to medicines prescribed by their doctor and that are reimbursed by the National Health Service, within the established criteria, with the adhesion of the local pharmacies.

For further information and clarification, please contact the:

Office of Social Action headquartered in Centro de Atividades Juvenis

| Address: Rua Frederico Freitas Simões, post office box 10, 3300-051 Arganil | Telephone: 235200143; 924438762 | Email: acao.social@cm-arganil.pt | web site: www.cm-arganil.pt/ | Opening hours: 9:00 a.m. – 12:30 p.m. | 2:00 p.m. – 5:30 p.m. (Working days)

Arganil Municipal Pool

It consists of a sports equipment that allows the practice of various aquatic activities by infants, children, adults and the elderly. In this space you can enjoy activities of adaptation to the aquatic environment, adapted swimming, free swimming, swimming lessons, perfection of swimming techniques, water aerobics, sauna and Turkish bath.

Address: Rua Cidade do Rio de Janeiro, Sobreiral, 3300 - 145 Arganil | Phone: 235200140 | E-mail: piscina.municipal@cm-arganil.pt | Website: <https://www.cm-arganil.pt/viver/piscina-municipal-de-arganil/> | Schedule: 10:00 a.m. to 8.30 pm (Working days); 9:30 a.m. – 1h30 p.m. | 3:30 p.m. -6:30 p.m. (Saturday).

The elaboration of this guide counted on the precious collaboration of the different entities and institutions that are described in it, to which we send our heartfelt thanks:

Casa da Criança D. Joaquina Barreto Rosa (Fundação Bissaya-Barreto)
Cáritas Diocesana de Coimbra
Day Care Center of Secarias of Santa Casa da Misericórdia of Arganil
DECO – Portuguese Association for Consumer Protection
Employment and Vocational Training Centre of Pinhal Interior Norte
Family Support Centre and Parental Advice of Beira Serra
Folk Assistance
Folk's House of Cerdeira e Moura da Serra
Folk's House of Vide
Fraternity of Santa Casa da Misericórdia of Vila Cova de Alva
Health Centre of Arganil
Humanitarian and Social Association of the Folk's House of Barril de Alva
Local Service of Arganil of the Social Security
Parish of Arganil
Parish of Benfeita
Parish of Celavisa
Parish of Folques
Parish of Piódão
Parish of Pomares
Parish of Pombeiro da Beira
Parish of São Martinho da Cortiça
Parish of Sarzedo
Parish of Secarias
Parish Social Center of Benfeita

Parish Social Center of Cepos
Parish Social Center of Coja
Parish Social Center of Sarzedo
Portuguese Association of Parents and Friends of the Mentally Impaired Citizen – Functional Unit of Arganil
Portuguese System of Precocious Intervention in the Childhood
Protection Committee of Children and Juveniles
Santa Casa da Misericórdia of Arganil
School Group of Arganil
Support Centre for Children and Juveniles in Risk
Territorial Office of the Republican National Guard of Arganil - GNR of Arganil
Union of Parishes of Cepos and Teixeira
Union of Parishes of Cerdeira and Moura da Serra
Union of Parishes of Côja and Barril de Alva
Union of Parishes of Vila Cova de Alva and Anceriz

CONTACTS
MUNICIPAL COUNCIL OF ARGANIL
CENTER OF JUVENILE ACTIVITIES (CAJ)
RUA FREDERICO FREITAS SIMÕES
(NEXT TO "LARGO FONTE DA BICA" FOUNTAIN SQUARE)
3305-051 ARGANIL
TELEPHONE: 235200143
EMAIL: FAMI@CM-ARGANIL.PT



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