



GUIDE **ARGANIL**
WELCOMES

2nd Edition

Title

Arganil Welcomes Guide - 2nd Edition
Arganil Municipal Council
PMIM – Municipal Plan For the
Integration of Migrants of Arganil

Promoters

ACM (High Commission for Migration)
Arganil Municipal Council
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Opening remarks

The Arganil Welcome Guide is the result of the Arganil + Migration project, co-funded by the Asylum, Migration and Integration Fund (FAMI). This guide is an instrument for facilitating and promoting the integration of and participation by the migrant population, resident or recently arrived (focusing particularly on national citizens from third countries) in the local communities in our municipality.

In recent decades, Arganil has seen a significant increase in the foreign community in the municipality, making it necessary to introduce a simplified support mechanism with all of the information and guidelines on the social action areas and their operation. With the preparation of the 2020-2023 Arganil Municipal Plan for the Integration of Migrants, presented in November 2020, this guide contains clear and objective information on the services, the private social solidarity institutions / charitable institutions in the municipality and the public bodies that can provide support to migrants in the areas of local administration, education and training, health, justice and safety, employment and vocational training, social inclusion and support and legalisation. The different municipal entities referred to here provided valuable support in the preparation of this guide. This is a particularly useful and advantageous instrument, reinforcing the value of intercultural diversity and the importance of the integration of migrant communities into integrated and sustained local development.

We are now presenting the second edition of this guide, revised and updated.

Welcome to Arganil!

Luís Paulo Costa
Mayor of Arganil

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LOCAL ADMINISTRATION

1. LOCAL ADMINISTRATION

1.1. Description of Arganil Municipality

Arganil Municipality is an administrative part of Coimbra District and in terms of land planning it is part of the Coimbra Intermunicipal Community Region and the Pinhal Interior Norte Subregion.

Arganil Municipality has an area of 332.13 km², which is subdivided into 14 parishes and 178 localities. The average altitude is 516 m. It has a population of 11,068 and a working-age population of 56.6%. Its population density is 33.2 people/km² (2021 Census).

Arganil Municipality

The duties of Arganil Municipality are to promote and safeguard the interests of the different people living here. In conjunction with the parishes, it has the power to take action 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) Free time activities and sport; g) Health; h) Social Action; i) Housing; j) Civil defence; k) Environment and basic sanitation; l) Consumer protection; m) Promoting development; n) Rural and urban planning; o) Municipal police; p) External cooperation.

Municipal Council of Arganil

📍 Praça Simões Dias, post office box 10, 3304-954 Arganil
☎ 235200150; 961989589; 933910775
✉ geral@cm-arganil.pt
🌐 www.cm-arganil.pt;
🌐 www.visitarganil.pt/
📘 facebook.com/municipioarganil
📷 https://www.instagram.com/municipioarganil/?hl=pt

1.2. Parishes in Arganil Municipality

Arganil Municipality is administratively divided into 14 parishes. It is the duty of the parishes to promote and safeguard the interests of the people living here, in coordination with the municipality, in the following areas: a) Rural and urban equipment; b) Public utilities; c) Education; d) Culture, free time and sport; e) Primary healthcare; f) Social action; g) Civil defence; h) Environment and hygiene; i) Development; j) Rural and urban planning; k) Community safety. The parishes also have other duties according to the law.

Arganil Parish

📍 Av. José Augusto de Carvalho n.º 8 B - 1º Esq., 3300-014 Arganil
☎ 235205588 / 961364778 / 961364798
✉ jf.arganil@arganil.pt
🌐 www.arganil.pt
🕒 9 am – 12:30 pm | 2 pm – 5 pm (business days)

Benfeita Parish

📍 Largo do Areal n.º 5, 3305-031 Benfeita
☎ 235 741 903 / 961379658
924733555 / 961379659
✉ fregbenfeita@sapo.pt
🌐 www.benfeita.net
🕒 9 am – 12:30 pm (business days)

Celavisa Parish

📍 Largo de Santo António, 3300-204 Celavisa
☎ 936654091
✉ jfcelavisa@gmail.com
🌐 www.celavisa.freguesias.pt
🕒 10 am – 11:30 am (Tuesdays and Fridays); 9 am – 11 am (Sundays)

Folques Parish

📍 Rua José Simões Gouveia s/n, 3300-270 Folques
☎ 235208901
✉ jffolquess@sapo.pt
🕒 9 am – 12:30 pm | 1:30 pm – 5 pm (business days) 10 am – 11:30 am (Sundays)

Piódão Parish

📍 Largo Cónego Manuel Fernandes Nogueira, 6285-018 Piódão
☎ 235732750 / 965486664 / 965486826
✉ fpiodao2010@gmail.com
🕒 3 pm – 6 pm (Sundays)

Pomares Parish

📍 Largo da Marquesa de Pomares n.º 1, 3305-259 Pomares
☎ 235732744; 916238803
✉ freguesiadepomares@gmail.com
🕒 1:30 pm – 5 pm (business days)
9 am – 11 am | 3 pm – 4 pm (Saturdays)

Pombeiro da Beira Parish

📍 Rua Visconde Sanches de Frias n.º 215, 3300-318 Pombeiro da Beira
☎ 235296496 / 925868951
92586896 / 925869013
✉ jfpombeirobeira@gmail.com
🌐 www.pombeirodabeira.pt
🕒 9 am – midday | 2 pm – 5 pm (business days)

São Martinho da Cortiça Parish

📍 Estrada Nacional 17 n.º 494, Pinheirais, 3300-357 São Martinho da Cortiça
☎ 239456927
✉ juntasmcortica@sapo.pt
🌐 www.saomartinhocortica.pt
🕒 9 am – midday | 2 pm – 6 pm (business days)

Secarias Parish

📍 Largo do Rossio n.º 1, 3300-450 Secarias
☎ 235208807
✉ jfsecarias@jfsecarias.pt
🌐 www.jfsecarias.pt
🕒 7:30 pm – 9:30 pm (Fridays)

Sarzedo Parish

📍 Rua António Paiva Rodrigues, 3300 – 407 Sarzedo
☎ 235205132
✉ j.freguesiasarzedo@gmail.com
🕒 9 am – midday | 2 pm – 6 pm (business days)

Cepos-Teixeira Parish

📍 Rua da Eirinha s/n,
3300-222 Cepos
☎ 235761154 / 964548865
✉ freguesia.cepos@sapo.pt
🌐 www.ufceposeteixeira.pt
🕒 2:00 p.m. – 4:00 p.m. (Wednesday)

Cerdeira-Moura da Serra Parish

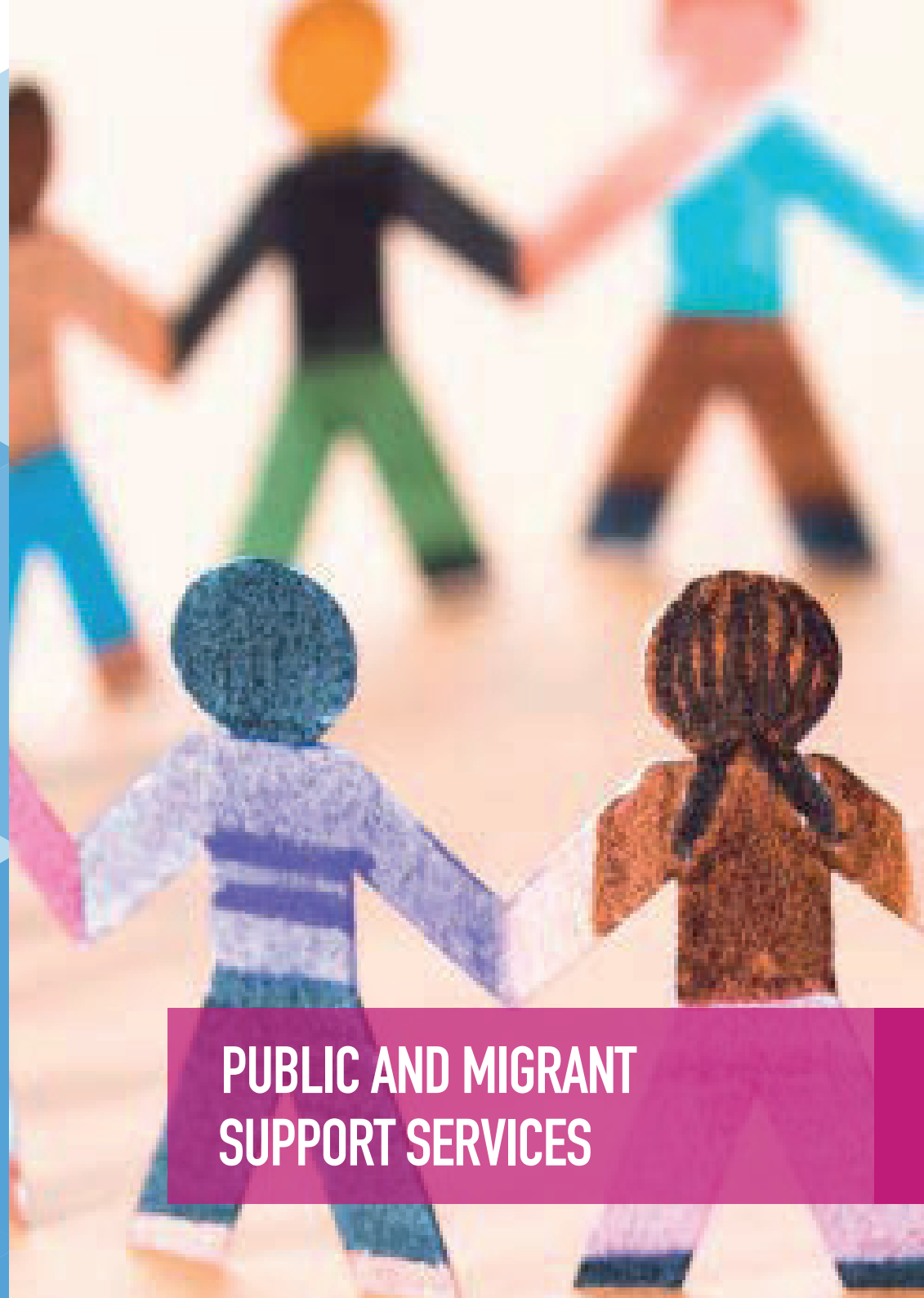
📍 Rua Principal s/n,
3305-050 Cerdeira
☎ 235721191
✉ u.f.cerdeira.mserra@outlook.pt
🕒 9 am – 12:30 pm | 2:30 pm – 6 pm
(business days)
Interviews with the president of the
parish council: 6:30 pm – 8 pm (Tuesdays)

Côja e Barril de Alva Parish

📍 Rua D. Egas Fafes 115,
3305-144 Côja
☎ 235721379 / 966149945
✉ geral@jf-coja.pt
🌐 www.cojaebarrildealva.pt
🕒 9 am – 12:30 pm | 2:30 pm – 6 pm
(business 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-vilacovadealvaeanceriz.pt
🕒 8 pm – 10 pm (Wednesdays) |
3 pm – 6 pm (Saturdays)



**PUBLIC AND MIGRANT
SUPPORT SERVICES**

2. PUBLIC AND MIGRANT SUPPORT SERVICES

2.1. One-stop Shop

The One-Stop Shop is a centralised service that allows the people of the municipality to access a set of services provided by the local administration. The One-Stop Shop has centralised services related to private building work (planning permission, inspection and supervision), fees and permits (for example for land clearing, controlled burns, road occupation, markets and street vendors, wood extraction), water (meter reading and collections), payments and school transport.

Arganil Municipality One-Stop Shop

📍 Praça Simões Dias, 3300-054 Arganil
🌐 www.cm-arganil.pt/balcao-online/
🕒 9 am – 5 pm (business days)

You can use the website to get electronic forms, monitor public tenders, read notices and the Municipal Director Plan, research legislation and/or other municipal structuring documents, check/provide your meter reading and report situations regarding public spaces.

The One-Stop Shop also has the **Arganil Citizen Spots** and the **Local Support Centre for Migrant Integration in Arganil**.

2.1.1. Citizen Space

Citizen Spots are assisted digital service areas that allow citizens to access different online services provided by public administration in a single place and with the help of the staff.

Arganil Citizen Spots

📍 Municipal Council of Arganil, Praça Simões Dias, Post office box 10, 3304-954 Arganil
🕒 9 am – 5 pm (business days)

Côja Citizen Spots

📍 JCôja Parish Council, Rua D. Egas Fafes, 115, 3305 – 144 Côja
📞 235 721 379 / 966149945
🕒 9 am – 12:30 pm | 2 pm – 5 pm (business days)

São Martinho da Cortiça Citizen Spots

📍 São Martinho da Cortiça Parish Council, EN 17 n.o 494 Pinheirais, 3300-357 São Martinho da Cortiça
📞 239456927
🕒 9 am – midday | 2 pm – 6 pm (business days)

2.2. Migrant Support Services

- Local Support Centre for Migrant Integration in Arganil (Arganil CLAIM).

CLAIM is a service aimed at supporting the migrant community throughout the entire welcome and integration process, working in coordination with a number of other entities.

CLAIM provides general information about legalisation, nationality, family

reunification, housing, voluntary return, work, health and education, as well as other areas for all foreign citizens from the European Union or third countries. Here, foreign citizens (or family members accompanying them or being reunited with them) from the European Union or the European Economic Area and Switzerland or foreign citizens with Portuguese relatives may also request the issue of an EU registration certificate. This certificate is required for foreign citizens who intend to reside in Portugal for longer than three months.

📍 Local Support Centre for Migrant Integration in Arganil – One-Stop Shop, Arganil Municipal Council, Praça Simões Dias, Apartado 10, 3304-954 Arganil
✉ claim@cm-arganil.pt
🕒 9 am – 12:30 pm (Mondays and Thursdays)

- Immigration and Border Service (SEF)

SEF is an internal security service that implements Portugal's immigration and asylum policy in accordance with the provisions of the constitution and the law.

📍 Coimbra Immigration and Border Service (SEF), Avenida Central Projetada à Av. Fernão de Magalhães, 16-20, 3000-617 Coimbra
📞 217115000 / 965903700
✉ griercp.cc@sef.pt
🌐 www.sef.pt/; www.imigrante.pt |
🕒 9 am – 5 pm (business days).

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

The ACM is a public institute that plays an active role in the implementation of public migration policies. Its main goals are to provide an integrated response by public services to the housing and integration needs of migrants, acting to combat all forms of discrimination and developing social inclusion programmes.

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

National Migrant Integration Support Centre (Lisbon CNAIM)

📍 Rua Álvaro Coutinho 14, 1150-025 Lisboa
📞 218106100
✉ informacoes@cnai.acm.gov.pt
🌐 www.acm.gov.pt/
🕒 8 am – 5 pm (business days)

Commission for Equality and Against Racial Discrimination (CICDR)

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

Migrant Helpline (information service)

☎ 808 257 257 (cost of a local call from a landline) / 218 106 191 (from a mobile network, for people calling from abroad)
🕒 9 am – 8 pm (business days)
9 am – 5 pm (Saturdays)

Telephone Translation Service (STT)

A conference call service providing simultaneous clarification between a staff member of an institution, the translator and the foreign citizen (translation services are currently available in over 50 languages)
☎ 808257257 (from landlines) / 218106191 (from the mobile network)
🕒 9 am – 8 pm (business days)
9 am – 5 pm (Saturdays)

2.3. Other Public Services

Public Libraries

The Miguel Torga Municipal Library and the Alberto Martins de Carvalho Library provide public services in the area of reading, information and culture. Using the online portal (www.bibliotecas.cm-arganil.pt), you can access the library catalogue of the network of municipal libraries, get a library card, make online reservations

of books, check the municipal newspaper and magazine library and take part in some blogs (Leituras Cruzadas; Biblioactiva.com; Leitura das Memórias). These places have free Wi-Fi.

Miguel Torga Municipal Library

📍 Av. das Forças Armadas, 3300-011 Arganil
☎ 235200135
✉ bib-arganil@cm-arganil.pt
🕒 9 am – 6:30 pm (business days)
9:30 am – 1 pm (Saturdays)

Alberto Martins de Carvalho Library

📍 Rua Comendador Eduardo Francisco Filipe, nº 144 3305-124 Côja
☎ 235729489
✉ bibamc.coja@cm-arganil.pt
🕒 9 am – 6:30 pm (business days)

Arganil Tax Office

📍 Avenida das Forças Armadas, 3300-011 Arganil
☎ 235200280
✉ sf0701@at.gov.pt
🕒 9 am – 12:30 pm | 2 pm – 3:30 pm (business days)

Arganil Civil, Land and Companies Registry Office

📍 Palácio da Justiça, Av. José Augusto Carvalho, 3300-014 Arganil
☎ 235200580
✉ registos.arganil@irn.mj.pt
🕒 9 am – 4 pm (business days)

DECO – Portuguese Consumer Protection Association

This is a service provided by the Portuguese Consumer Protection Association through an agreement signed with Arganil Municipal Council. It is aimed at providing information and free legal advice in the consumer area to citizens living in the municipality.

In particular, DECO provides information on consumer goods warranties, purchase and sale contracts, overbilling, loyalty periods and all the situations where citizens acquire goods or services for their personal use from a company, as well as promoting extrajudicial conflict mediation.

DECO also provides free support in the restructuring of loans, through its financial protection office, to all consumers who are having difficulties meeting their loan obligations or who are already in a situation of over-indebtedness.

DECO organises informative sessions and workshops on consumer rights.

DECO in Arganil

📍 Rua Frederico Freitas Simões, post office box 10, 3300-051 Arganil
🌐 www.deco.proteste.pt
🕒 10 am – midday (first Thursday of every month)

DECO – Centre Region Delegation

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



EDUCATION

3. EDUCATION

The right to education and equal access opportunities and school success is enshrined in Article 74 of the **Portuguese Constitution**.

More specifically, the Portuguese legislation in force states that **all foreign children aged between 6 and 18 shall have full access to education**, with the right to **attend school**, even if they are in an irregular situation in the country. In these cases, access to education is assured through the national register of foreign minors in an irregular situation in the country, on request from any public administration service or on request of the parent or guardian. The law also provides for assuring adequate support for the enforcement to the right to education for the children of immigrants resident in our country.

3.1. Stages and Types of Schooling in the Portuguese Education System

In Portugal, all children aged between 6 and 18 must go to school (irrespective of the education level reached). This obligation may end on conclusion of the 12th year of schooling or on obtaining a certificate confirming the secondary education level.

Stages of the Portuguese Educational System

Preschool education: from the 3 until beginning primary school. This education level is optional.

Basic education: this education level lasts for nine years and is subdivided into three sequential cycles: 1st cycle (4 years, from 1st to 4th year), 2nd cycle (2 years, 5th and 6th years) and 3rd cycle (3 years, from 7th to 9th year).

There are two teaching options in basic education: **general basic education** and **specialised artistic courses** (where the artistic component is reinforced in order to allow the pupils to learn about specific areas, particularly dance, music or Gregorian chant).

The **Arganil School Cluster** provides specialised artistic training in the area of music for 5th to 8th year pupils, which is assured through a partnership with the Coimbra Music Conservatory and Arganil Municipality and is free for the pupils who choose this area.

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For pupils who have not had Portuguese as a subject or whose mother tongue is not Portuguese, the curriculum for **general basic education or specialised artistic courses** includes **Portuguese as a Non-Native Language (PLNM)**. This component is aimed at making it possible to develop the essential skills for full inclusion in school curricular activities.

Secondary Education: comprises three years of schooling (from 10th to 12th year)

This level of education is aimed at pupils wishing to continue their studies and/or join the labour market. The education and training areas available are as follows (these may vary according to the school attended)

- **Scientific and Humanities Courses:** Aimed mainly at going on to third level education, there are four options here: Science and Technology Course; Socioeconomic Sciences Course; Languages and Humanities Course and Visual Arts Course.

- **Specialised Artistic Courses:** these courses have two main aims, integration into the labour market and/or continued studies (visual and audiovisual arts and dance).

- **Vocational Courses:** aimed mainly at learning the skills needed for engaging in a profession, but which also allow for continued studies (post-secondary training or higher education).

- **Scientific and Technological Courses:** these consist mainly of dual certification, with solid scientific and technological components.

Scientific and humanities courses and specialised artistic courses may include **Portuguese as a Non-Native Language** as a subject under the conditions referred to above.

Basic and secondary education may also include **education and training courses** for young people and, in the situations specifically provided for by law, the **integrated education and training programme** and the possibility of **redirecting the education route** of the pupil.

Non-University Post-Secondary Education:

Technological Specialisation Courses (CET) make it possible to gain a scientific or technological specialisation in a certain training area and are available for pupils who have completed secondary school or that have legally equivalent qualifications.

University and Polytechnic Education: Higher Education consists of university and polytechnic education and is structured according to the Bologna principles. There are no universities or polytechnics in Arganil Municipality. The closest ones are in Coimbra, Oliveira do Hospital and Viseu.

If you're interested, you can find out more about the different education levels in Portugal at:

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

Types of Schooling in Portugal

In-person schooling: pupils are taught in the school they are enrolled in.

Education for Itinerant Pupils: an education and training response for the children of itinerant workers who travel around from place to place. They go to different schools throughout the school year for longer or shorter periods during their time at school.

Home Schooling: the pupil is taught in their own home by a family member or somebody living with them;

Individual Tuition: the pupil is taught by a qualified teacher outside of the school.

Home schooling and individual tuition are governed by Decree-Law No. 70/2021, of 3 August. For further information, please go to the main school in the Arganil School Cluster.

Useful Information about the Public School Network

In Portugal, public school education is **free during the entire compulsory education period**.

How can I enrol my child?

For public schools, parents or guardians that have citizen's cards (as well as the PIN and a card reader) can enrol their child at Portal das Escolas [www.portaldasescolas.pt]. If this is not the case, they should go to the main school in the school cluster in their area of residence and enrol their child through the school administrative services.

Parents or guardians may also choose to enrol their child in a private or cooperative school or in another educational institution, provided that this is recognised by the competent authorities (Ministry of Education).

What documents are needed for enrolling a pupil in the public education network?

- Identification document for the child: identity card or birth certificate, or national register of minors;
- Portuguese National Health Service (SNS) user number;
- SNS health card number or beneficiary number, the identification of the entity and the health subsystem number, if applicable;
- Tax number, if any;

- Social security number (NISS) for pupils who are beneficiaries of children's allowance paid by social security;
- Proof of residence;
- Proof of the address of the parent or guardian's place of work;
- If the child has attended school in their country of origin, a certificate of qualifications, translated into Portuguese and authenticated (by the country's consulate or embassy in Portugal or the Portuguese consulate or embassy in that country) or the Hague Apostille. A certificate of equivalence should then be requested from the principal of the school in the area of residence or where the child is to be enrolled (primary, middle or secondary school);
- Information on the composition of the household validated by the Tax Authority, only when the one of the parents is not the child's guardian.

3.2. Public Schools in Arganil Municipality

All of the **public schools in the municipality are part of the Arganil School Cluster**, which is run from **Arganil Secondary School**.

Main School

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

3.2.1. Kindergartens | Primary Schools

🕒 Timetable
Kindergarten: 9 am – midday
1:30 pm – 3:30 pm
Primary School 9 am – midday
1:30 pm – 5 pm
✉ geral@esarganil.pt

Arganil Kindergarten | Primary School

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

Côja Kindergarten | Primary School

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

Pomares Kindergarten | Primary School

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

Pombeiro da Beira Kindergarten | Primary School

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

São Martinho da Cortiça Kindergarten | Primary School

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

Sarzedo Kindergarten | Primary School

📍 Bairro da Caleira,
3300 – 418 Sarzedo
☎ 235205506

3.2.2. Middle Schools

☎ 235200180 (via the Arganil School Cluster)
✉ geral@desarganil.pt

Arganil Primary School

📍 Bairro do Sobreiral,
3300 – 018 Arganil

Prof. Mendes Ferrão de Côja Primary School

📍 Avenida Padre José Vicente,
3305 – 110 Côja

3.2.3. Secondary School

☎ 235200180
✉ geral@desarganil.pt

Arganil Secondary School

📍 Av. das Forças Armadas,
Apartado 8, 3300-011 Arganil

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

3.3.1. Under the scope of the **powers and duties of Arganil Municipality**, School Social Action is a measure aimed at promoting and assuring equal opportunity school access and success. The socio-educational support available is aimed at children and pupils from

households whose economic situation determines the need for this support in order to help them make ends meet. This support should be requested from the **Arganil One-Stop Shop** and can cover the following areas:

• **Provision of School Meals (Lunches and snacks):** Public kindergartens and primary schools – Category 1 pupils (free), Category 2 pupils (half price).

(Lunches): Arganil and Côja Middle Schools and Arganil Secondary School
• **Workbooks:** Public primary schools – Category 1 pupils (free), Category 2 pupils (half price).

• **School Transport:** free for all pupils in all education and teaching levels resident in Arganil Municipality and payment of 50% for pupils living outside the municipality and pupils with permanent special education needs with an individual educational programme when travelling to the reference schools or to other structured teaching and specialised support units they attend.

• **Entertainment and Family Support Activities (AAAF):** this is a social and educational response aimed at meeting the needs of families and the children that go to public kindergartens. The AAAF ensure children are cared for before and after school, **at lunchtime and during the holidays (Christmas, Carnival, Easter and summer holidays – July and September)**. This service is provided directly by the municipality or through

agreements with private solidarity and charitable institutions.

Arganil – agreement with the Arganil Santa Casa da Misericórdia.

Côja Kindergarten – assured by Arganil Municipal Council.

Pomares Kindergarten – agreement with the Coimbra Cáritas Diocesana.

Pombeiro da Beira Kindergarten – agreement with the Coimbra Cáritas Diocesana.

Sarzedo Kindergarten – agreement with the Sarzedo Social and Parish Centre.

São Martinho da Cortiça Kindergarten – assured by Arganil Municipal Council.

• **Family Support Component (CAF):** This is a set of activities that ensures that primary school children are taken care of **before or after school and extracurricular activities, as well as during school holidays**.

Pombeiro da Beira Primary School – agreement with the Coimbra Cáritas Diocesana.

Pomares Primary School – agreement with the Coimbra Cáritas Diocesana.

3.3.2. Supports provided through cooperation agreements signed by Social Security and solidarity or charitable institutions.

• Creches and Kindergartens in the Support Network

Creches are a socio-educational social response for children up to three years old at the times when their parents or guardians are unable to

take care of them.

Arganil has three establishments providing this response and the price to be charged to the family is based on an analysis of the per capita income of the household.

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

📍 Bairro do Prazo, 3300-117 Arganil
☎ 235208269 / 961712247

✉ ccarganil@fbb.pt

🕒 7:30 am – 6:45 pm | Closed for holidays: August

Social response: Creche – aged 0 to 3 | Kindergarten – aged 3 to 6

- Côja Social and Parish Centre

📍 Avenida Padre José Vicente,
3305 – 110 Côja

☎ 235729488

✉ geral@cspcoja.pt

🕒 Opening hours: 7:30 am – 6:30 pm (business days) | Closed for holidays: First fortnight in August

Social response: Creche – aged 0 to 3

- Sarzedo Social and Parish Centre

📍 Rua Beatriz Piedade Neves,
3300-405 Sarzedo

☎ 235205838 / 965686845

✉ cspsarzedo@sapo.pt

🕒 7:30 am – 6:30 pm | Closed for holiday: August

Social response: Creche – aged 0 to 3

• **Free Time Activities Centre (CATL)**

This consists of diverse socio-educational activities for the periods before and after school and during the school holidays. The payment to be made by families for this social response is determined based on the per capita income of the household. Registration is at the entities who provide this social response at the school where the child/pupil is enrolled.

Arganil Primary School – assured by the Arganil Santa Casa da Misericórdia de Arganil

☎ 235200490

✉ geral@scmarganil.pt

Côja Primary School – assured by the Côja Parish Social Centre

☎ 235729488

✉ cspcoja@sapo.pt

Sarzedo Primary School – assured by the Sarzedo Parish Social Centre

☎ 235205838

✉ cpsarzedo@sapo.pt

São Martinho da Cortiça Primary School – assured by the São Martinho da Cortiça Casa do Povo

☎ 239458801

✉ cp.smcortica@gmail.com

Arganil Middle School: assured by the Coimbra Cáritas Diocesana

☎ 239792430

✉ atl23arganil@caritascoimbra.pt

Prof. Mendes Ferrão de Côja Middle

School: assured by the Coimbra Cáritas Diocesana

☎ 239792430

✉ atlarganil@caritascoimbra.pt

Arganil Secondary School:

assured by the Coimbra Cáritas Diocesana

☎ 239792430

✉ atlarganil@caritascoimbra.pt

3.3.3. The Ministry of Education provides the following support in the area of school social action (attributed based on the positioning in the income brackets for the attribution of children's allowance paid by social security). This support should be requested at the main school in the school cluster:

• **School milk:** free to all children attending public kindergartens and primary schools:

• **School Insurance:** for children/pupils attending public kindergartens and primary, middle and secondary schools.

• **Accommodation:** for pupils who cannot stay in their homes while attending school when it is not possible to assure alternative school transport.

• **Schoolbooks:** free for pupils doing their compulsory schooling in public schools. To get them, the parent or guardian has to register on the online platform (<https://manuaiscolares.pt/>) and/or the mobile app (Edu Rede Escolar) (your tax number will be requested) and use the vouchers issued.

• **Merit Scholarship:** for outstanding students.

URGÊNCIA

HEALTH

4. HEALTH

4.1. Right to Good Health

According to the legislation in force, any migrant who feels ill or is in need of any other type of healthcare is entitled to go to a health centre or hospital for care. Access may not be refused or limited based on reasons of nationality, racial or ethnic origin, legal status, parentage or country of origin.

What is the Portuguese National Health Service (SNS)?

The SNS consists of a network of institutions and services providing overall healthcare to the entire population, through which the state, and the Ministry of Health in particular, safeguards the right to health protection.

According to the legislation in force, the healthcare services provided by the SNS are universal and largely free of charge. All that is required is the payment of a small sum (basic fee – TM) per consultation or healthcare service provided. However, bearing in mind the economic and social situation of the users, several situations are exempt from payment of the TM, such as pregnant women, new mothers and family planning consultations, children aged up to 18, unemployed persons registered at the Employment Centre, people with certain chronic diseases or chronic diseases or chronic mental illness, as

well as other situations specified in the law.

Also through the SNS, the state pays part of the price of medicine (according to different income brackets) and provides for refunding the cost of certain equipment (prosthetics, glasses, frames, lenses and orthopaedic footwear) when proof of these expenses is presented, within 180 days of the date the payment was made and when accompanied by a prescription issued by the family doctor at the Health Centre.

What is a Health Centre (CS)?

This is the basic SNS unit for serving and providing essential healthcare, preventive or curative, to the population.

The services provided by the CS include:

- General/family medicine consultations; maternal health / family planning; infant and child health
- Diabetes consultations
- Public health service (health delegate);
- Nursing care;
- Social service;
- Vaccinations;
- Auxiliary diagnostic tests;
- Home consultations and support

In order to use these services, citizens must register at the Health Centre in their area of residence.

Primary healthcare services are provided to citizens resident in Arganil Municipal by the Pinhal Interior Norte

Health Centre Cluster (ACES PIN) and, more specifically, by the Arganil Health Centre.

4.2. Public Health Services in Arganil Municipality

Arganil Health Centre

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

There are several Functional Units in the Arganil Health Centre:

- **Personalised Healthcare Unit (UCSP):** aimed at family health, providing personalised health services and ensuring access to and continuity of care and overall care of the user and their family.

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

The Personalised Healthcare Unit also has five more health extension units throughout the municipality in order to improve citizen access to healthcare

Pombeiro da Beira Health Extension Unit (in the parish council building)

- 📍 Rua Visconde Sanches de Frias, n.º 215, 3300-318 Pombeiro da Beira
- ☎ 235296152
- 🕒 first and third week of each month (Wednesday afternoons, beginning at 2 pm)

São Martinho da Cortiça Health Extension Unit

- 📍 Rua do Casal, n.º 229, 3300-367 S. Martinho da Cortiça
- ☎ 239455238
- 🕒 8:30 am – 1 pm | 2:30 – 6 pm (Mondays); 8:30 am – 1 pm | 2:30 – 4:30 (Tuesdays); 10 am – 1:30 pm | 2:30 pm – 6 pm (Wednesdays); 8:30 am – 1 pm | 2:30 – 4:30 pm (Thursdays); 8:30 am – 1 pm | 2:30 pm – 4 pm (Fridays)

Côja Health Extension Unit

- 📍 Rua D. Egas Fafes, 115, 3305 – 144 Côja
- ☎ 235728010
- 🕒 8 am – 6 pm (Monday to Thursday) | 8 am – 4 pm (Fridays)

Pomares Health Extension Unit

- 📍 Largo da Marquesa de Pomares n.º 1, 3305-259 Pomares, Arganil
- ☎ 235731230
- 🕒 8 am – 1 pm (every 3rd Tuesday of the month)

Piódão Health Extension Unit

📍 Piódão, 6285 – 018 Piódão

☎ 235731230

🕒 8 am – 1 pm) (every last Tuesday of the month)

- **Community Care Unit (UCC):** aimed at providing home and community healthcare services and psychological and social support, particularly to more vulnerable people, families and groups in situations of greater risk or physical or functional dependence or illnesses that require closer monitoring. E-mail:

✉ ucc.arganil@arscentro.min-saude.pt

- **Shared Assistance Resource Unit (URAP):** providing consultation and assistance services to other functional units and liaising with hospital services.

- **Local Public Health Team (USP)** working at the ACES PIN Public Health Unit with responsibility for epidemiological monitoring, preparing information and plans in public health areas, managing intervention programmes under the scope of disease prevention, health promotion and protection among the general public or with specific groups (also responsible for the implementation of the National School Health Programme in Arganil Municipality).

- **Basic Emergency Service,** which provides a 24-hour service for emergency situations. This is the first level response to non-surgical medical emergencies, with the exception of minor surgery.

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

☎ 235200100.

In life threatening or emergency situations, patients may be sent to a hospital emergency service. Patients may also be sent to hospital via their family doctor when the need arises for specialty consultations that are not available in the Health Centre.

How can I register at my local Health Centre?

Citizens from a European Union country

For registration, you will need:

- Certificate of Registration of European Union Citizens (CRCUE) or a valid Residence Permit;
- Identification document (if you have a CRCUE);
- Proof of residence if it is not on the document;
- Tax number;
- Social security number (if any).

If you do not have a residence permit or your migrant status is irregular according to the legislation in force, you must present a document from your parish of residence certifying that you have been living in Portugal for more than 90 days.

This document should entitle you to a Certificate of Registration of European Union Citizens (CRCUE) at the One-Stop Shop in your area of residence or from the Immigration and Border Service (SEF). Registration at the Health Service provides access to healthcare services under the same conditions as Portuguese citizens and you will be given a National Health Service user number.

Citizens of Third Countries not part of the European Union, the European Economic Area or from Switzerland residing in Portugal

For registration, you will need:

- Valid residence card or visa (with proof that an appointment has been scheduled with SEF);
- Tax number;
- Social security number (if any);
- It is possible to present a document from a foreign financial authority.

In these cases, you will be given a National Health Service user number and access to the service will be under the same conditions as for Portuguese citizens.

Note: If you have been given a user number but your residence permit has expired (more than six months before) and you have not restarted the process at SEF, you should know that:

- If you are from a country that has a health agreement with Portugal and you have a document substantiating this, you will only have to pay the basic fee.

- If you are from a country without an agreement, you will have to pay the full cost of the care provided.

What should I do if I'm only staying temporarily?

- Beneficiaries of agreements and/or conventions fall under the same category as Portuguese citizens.

- o Citizens of European Union countries must present their European Health Insurance Card or Temporary Replacement Certificate and an identification document.

- o Citizens of Andorra, Cape Verde, Canada/ Quebec, Morocco, Tunisia and Brazil must present a supporting document regarding the agreement between Portugal and their country of origin and an identification document.

Note: Citizens of third countries that do not have an agreement will have to pay the full cost of the healthcare provided. All that is required is an identification document (passport or other).

What if I'm a citizen of a third country and I'm in an irregular situation?

If you have been living in Portugal for 90 days (but without a residence permit issued by SEF):

- You must present the certificate of residence issued by the Parish Council in the parish where you have been living in Portugal for over 90 days;

- Identification document;

In these cases, you will have to pay the full cost of the healthcare provided.

There are exceptional situations where migrants (irregular or not) have access to healthcare under the same conditions as the general public:

- Urgent and vital healthcare;

- Contagious diseases that are a threat or danger to public health;

- Mother and child and reproductive healthcare (family planning, voluntary termination of pregnancy, monitoring pregnant women, childbirth, new mothers and healthcare provided to newborns);

- Healthcare for under 18s residing in Portugal (registering minors in an irregular situation in a database so they can benefit from access to healthcare);

- Vaccination;

- Foreign citizens in a family reunification situation when anybody in their household makes duly substantiated social security contributions;

- Citizens in a situation of social exclusion and/or economic deprivation, duly substantiated by the Social Security Service.

4.3. Solidarity Health Services in Arganil Municipality

Arganil Municipality also has Integrated Continued Care Units that are part of the National Integrated Continued Care Network and that are aimed at providing adequate healthcare and social support to everybody who, irrespective of their age, is in a situation of dependency. Referral to these services may be through a national health service hospital (if the patient is hospitalised there) or through a request addressed to the Family Health Unit (to the patient's family doctor or nurse or a social service officer) in the local health clinic if the patient is at home, in a private hospital or another institution or establishment. When necessary, and when certain criteria are met, there may be partial payment of the expenses by social security.

Continued Care Unit – Medium Term and Rehabilitation A social support response in the healthcare area for people who, following an acute illness or a flare-up of a chronic illness, have lost their autonomy and ability to function, but who can recover and require healthcare, functional rehabilitation and social support which, due to the complexity or duration, cannot be provided in the home and with a

prognosis of functional gains being achieved in up to 90 consecutive days.

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

☎ 235200110

🕒 24 hours a day | Opening hours: 10 pm – 1 pm | 2:30 pm – 5 pm

Continued Care Unit – Long Term and Maintenance A social support response in the healthcare area for people who suffer from chronic illnesses or processes, with different levels of dependency and degrees of complexity and who cannot be cared for in their homes or in an institution or establishment in their area of residence. Social support and maintenance healthcare aimed at preventing or retarding an aggravation of the situation of dependency, favouring comfort and quality of life. For in-patient treatment for more than 90 consecutive days.

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

☎ 235200110

🕒 24 hours a day | Opening hours: 10 pm – 1 pm | 2:30 pm – 5 pm

Arganil Santa Casa da Misericórdia Physical Medicine and Rehabilitation Unit

A framework agreement with the Portuguese National Health Service via the centre's ARS, providing services in the area of physical medicine and rehabilitation to the surrounding community as well as neighbouring municipalities.

📍 Rua Comendador da Cruz Pereira, 3300-034 Arganil

☎ 235205272

🕒 9 am – 7 pm (business days)

4.4. Other Contact Information in the Health Area (available 24 hours a day)

European Emergency Number: 112 (in the event of an accident or a medical emergency)

Saúde 24: 808 24 24 24 (for advice on how to deal with your particular health situation)

Poison Control Information Centre: 808 250 143 (medical service providing toxicological information)



JUSTICE AND SAFETY

5. JUSTICE AND SAFETY

There are several bodies throughout the entire country aimed at ensuring the safety of citizens, protection of their legal rights and interests and assistance in case of need.

5.1. Municipal Resources

Firefighters

Argus Humanitarian Association of Volunteer Firefighters (Arganil)

📍 Av. Bombeiros Voluntários
3300-012 Arganil
☎ 235202122

Côja Humanitarian Association of Volunteer Firefighters

📍 Rua D. Alberto Moura Pinto
3305-142 Côja
☎ 235202122

Municipal Civil Defence Service

📍 Praça Simões Dias,
apartado 10, 3304-954 Arganil
☎ 235200150; 235200155
(from 5:30 p.m.) ✉ geral@cm-
arganil.pt

Arganil Court

📍 Palácio da Justiça, Avenida
José Augusto Carvalho, 3300 – 014
Arganil ☎ 235200540

✉ arganiltc@tribunais.org.pt;
🕒 9 am – 12:30 pm; 1:30 pm – 4 pm
(business days)

Arganil Department of Criminal Investigation and Prosecution – DIAP

📍 Palácio da Justiça, Av. José
Augusto Carvalho, 3300-014 Arganil
☎ 235200540
✉ arganil.ministeriopublico@tribunais.
org.pt
🕒 9 am – 12:30 pm; 1:30 pm – 4 pm
(business days)

Arganil National Republican Guard Territorial Post – GNR

📍 Rua Professor António
Ventura – Bairro do Sobreiral, S/N,
3300 - 122 Arganil
☎ 235200520
✉ ct.cbr.darg.parg@gnr.pt

- Lousã Crime Prevention and Community Policing Section 31
Address: Rua General Humberto Delgado, 3200-901 Lousã |
Telephone: 239990060 | E-mail:
ct.cbr.dlsa.npe@gnr.pt

- Lousã Environmental Protection Centre
Address: Rua General Humberto Delgado, 3200-901 Lousã |
Telephone: 239990060 | E-mail:
ct.cbr.dlsa.npa@gnr.pt

5.2. Other Contact Information in the Justice and Safety Area

Coimbra Authority for Working Conditions – ACT

📍 Centro Local do Mondego,
Av. Fernão de Magalhães 447,
3000-177 Coimbra
☎ 239400000 | ✉ cl.mondego@act.
gov.pt ☎ http://www.act.
gov.pt/(pt-PT)/Paginas/default.aspx
🕒 9 am – midday |
2 pm – 5 pm (business days)
| Informative phone service:
300069300 (9:30 am – midday;
2 pm – 5 pm (business days)

Ombudsman

📍 Rua Pau de Bandeira
9, 1249-088 Lisboa
☎ 213926600/19/21/22
✉ provedor@provedor-jus.pt
☎ http://www.provedor-jus.pt
🕒 9 am – 5 pm
(business days) | Blue Line:
808200084; Child Helpline:
800206656; Senior Citizen Helpline:
800203531; Disabled Persons Helpline
800208462

Portuguese Victim Support Association: 116006

Migrant Victim Support and Discrimination Unit:

213587914|213587900:

Information Service for Victims of Domestic Violence: 800202148

National Forest Protection Number: 117



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 national employment service, which is aimed at promoting job creation and quality and fighting unemployment through the implementation of active employment policies, particularly vocational training.

6.1. Municipal Resources

• Pinhal Interior Norte Employment and Vocational Training Centre (serving Arganil, Góis, Oliveira do Hospital, Pampilhosa da Serra, Tábua, Lousã, Vila Nova de Poiares, Penela and Miranda do Corvo municipalities)
Address: Av. das Forças Armadas Edifício Argogest, 3300-011 Arganil | Telephone: 235095900 | Email: sefp.arganil@iefp.pt | Opening hours: 9 am – 5 pm

How do I register?

You can register at the employment centre online (<https://iefponline.iefp.pt/IEFP/index2.jsp>) or in person at the employment service closest to where you live.

Some conditions must be met for registration, in particular you must: - Be available and fit for work; - Be of minimum working age (16) and have completed compulsory schooling;

- Have your identification documents up to date:

- Identity card or citizen's card + social security card + tax number – if you are a Portuguese citizen;
- Identity card or passport for foreign citizens – if you are a citizen of a country in the European Economic Area;
- A certificate permitting residence in Portugal and enabling access to employment – if you are a citizen of a country outside the European Economic Area.

People requesting unemployment allowance must also prove that they are unemployed involuntarily, in other words the situation is not of their own choosing.

What programmes and measures are available?

The IEFP promotes and implements a **set of employment programmes and measures aimed at improving the employability profile and supporting integration into the labour market**, in particular:

- **Incentive to accept offers** – <https://www.iefp.pt/incentivo-a-aceitacao-de-ofertas>
- **Entrepreneurship** – <https://www.iefp.pt/en/empreendedorismo>
- **Professional Internships** – <https://www.iefp.pt/estagios>
- **Support for geographic mobility in the labour market** – <https://www.iefp.pt/en/apoio-mobilidade-geografica>

- **Programme for Employment and Support for Training for People with Disabilities and Impairments** – <https://www.iefp.pt/reabilitacao-profissional>

- **Promotion of arts and crafts** – <https://www.iefp.pt/promocao-das-artes-e-oficios>

- **Measures Employment-Insertion Contract and Employment-Insertion Contract+**:

<https://www.iefp.pt/apoios-emprego>;
<https://www.iefp.pt/emprego-insercao>

There are several training options available at IEFP, including **Apprenticeship Courses, Adult Education and Training Courses, Technological Specialisation Courses, Certified Modular Training, Active Life Measure – Qualified Employment, the Basic Skills Training Programme and Portuguese Host Language courses.**

• What is Centro Qualifica?

Arganil Municipality has two Centro Qualifica programmes whose main aim is to develop:

- Information and welcome processes aimed at guiding users towards the most suitable education and training programmes;
- Recognition, Validation and Certification of Competencies (Professional RVCC and School RVCC);
- Modular Training;
- **PPT – Portuguese for All Programme**, aimed at improving abilities to speak and understand Portuguese and learning about basic citizen's rights.

This certified training is **available to migrant citizens aged 18 or over and whose status in Portugal has been regularised**, at no cost to the participants. This is extremely important if you want to gain access to nationality, a permanent residence permit and/or long-term resident status (with level A2 certification).

- Adult Education and Training (EFA), Type A, Type B and Type – **Qualifica Passport**: an instrument for recording the skills and qualifications acquired or developed throughout the lifetime of the adult, making it possible to benefit from prior training and the skills acquired in access to obtaining further qualifications and/or school and career progression.

Centro Qualifica in the Arganil School Cluster – main office at Arganil Secondary School

📍 Av. Forças Armadas, 3300-011 Arganil
☎ 235200180
✉ aearganil@centroqualifica.gov.pt

Centro Qualifica – Pinhal Interior Norte Employment and Vocational Training Centre

📍 Av. das Forças Armadas
- Edifício Argogest, R/c e 1.º andar, 3300-011 Arganil
☎ 235095900 ✉ cefpinorte@centroqualifica.gov.pt

6.2. Other Contact Information in the Employment and Vocational Training Area

- Network of Professional Integration Offices for Migrants (Migrant GIP Network)

As a result of a cooperation agreement between the High Commission for Migration (ACP, I.P.) and the Employment and Vocational Training Institute (IEFP, I.P.), a Network of Professional Integration Offices for Migrants (Migrant GIP Network) was set up to support the integration of migrants into the labour market, particularly in the geographic areas that are most in need.

In Coimbra District, you can go to:

GIP Casa Lusófona

📍 Rua Pedro Monteiro, 73,
3000-329 Coimbra

239825189; 962939544

✉ gipcasalusofona@gmail.com

- Migrant Entrepreneur Support Office (GAEM)

Migrants who have ideas for opening a business in Portugal and who need guidance and operational support to understand if their ideas are feasible, as well as for structuring and developing them, can go to this office.

If you wish, you can also go to:

Lisbon GAEM 📍 CNAIM

de Lisboa, Rua Álvaro Coutinho n.º
14, 1150-025 Lisboa

☎ 218106100 ✉ gaem@acm.gov.

pt



SOCIAL SUPPORT / SOCIAL INCLUSION

7. SOCIAL SUPPORT / SOCIAL INCLUSION

7.1. Social Security Service

The Social Security Service is a public body that is aimed at assuring the basic rights of citizens and equal opportunities, as well as promoting well-being and social cohesion for all Portuguese and foreign citizens living or working in Portugal.

With regard to non-nationals, access to the attribution of allowances (for example, in the family protection subsystem or the solidarity subsystem), this may depend on certain conditions provided for by law, in particular minimum periods of legal residence or legally equivalent situations (you can check the General Bases of the Social Security System for further information).

Local Arganil Social Security Service

📍 Av. das Forças Armadas, Edifício Argogest, 3300-011 Arganil
☎ 300518783

www.seg-social.pt | Segurança Social + Próxima app: <https://app.seg-social.pt>
General services opening hours:
9am–1pm | 2pm–4pm (business days)

Services provided:

Support for children and young people in danger;
EMAT – Multidisciplinary Team of Technical Assistance to the Courts;
Sponsorship, foster care and adoption;

Social support for victims of domestic violence;
Social support for senior citizens and pension supplements for senior citizens;
National Integrated Continued Care Network;
Social support for people with disabilities;
Social support for people with HIV/AIDS and their families;
Social support for drug addicts;
Social support for refugees;
Social support for people suffering from psychiatric disorders arising from psychosocial disability;
Attribution of support products;
Social protection in situations of illness, disability and dependency;
Social protection in unemployment situations;
Costs with children and young people (children's allowance, scholarship and child support guarantee fund);
Social protection for parenthood situations;
Pensions;
Family allowances;
Legal protection;
Income Support Allowance – Cash Allowance;
Attribution of a social security number to foreign citizens;
Status of Informal Carer;
European Health Insurance Card;
Temporary Incapacity Verification Service.

7.2. Entities and Programmes providing support to Children and Young People

Commission for the Protection of Children and Young People (CPCJ)

This is an official, non-judicial institution that intervenes in order to promote the rights and guarantee the protection of children and young people at risk, as well as preventing or putting an end to situations that could affect their safety, health, education or overall development. CPCJ intervenes when children or young people aged under 18 (or under 21 at their own request) are at risk.

To report any situation you may be aware of and that could be putting the life, physical or mental integrity or freedom of a child or young person at risk, you can go to or contact:

The Arganil CPCJ is based at the Youth Activities Centre

📍 Rua Frederico Freitas Simões, post office box 10, 3304-954 Arganil ☎ 926437377; 235200150 ✉ cpcj.arganil@cm-arganil.pt; cpcj.arganil@cnpdpcj.pt

Child Helpline: S.O.S. Child:

116111 or 217931617 (business days from 9 am to 7 pm)

Support Centre for at-risk Children and Young People (NACJR)
The main aim of the “Health Action for at-risk Children and Young People”

(ASCJR) is to create a response structured by the Portuguese National Health Service to the phenomenon of abuse through the development of the “National Network of Support Centres for at-risk Children and Young People”, both in terms of Primary Healthcare (NACJR) and in Hospitals with Paediatric services (NHACJR).

The **Arganil NACJR** is located on the premises of the Arganil Health Centre. |
📍 Rua Condessa das Canas 18, 3300-036 Arganil v
✉ 235200100

National Early Intervention in Childhood System (SNIPI)

The National Early Intervention in Childhood System (SNIPI) is a response aimed at accompanying families with children aged between 0 and 6 with developmental delay issues and with an environmental and/or biological risk that could be associated (or not) with disability. This means children whose living conditions put them at risk of have developmental problems.

The Arganil/Góis Local Intervention Team is based in the Youth Activities Centre.
📍 Rua Frederico Freitas Simões, post office box 10, 3300-051 Arganil ☎ 919811410

Beira Serra Family Support and Parental Advice Centre (CAFAP)

Step-by-step Association with the child and the family – psychosocial aid association

This is a specialised support service for families with children and young people aimed at preventing and resolving situations of psychosocial risk through the development of parental, personal and social skills in the families. It is targeted at children and young people in at-risk situations or psychosocial danger flagged by entities working in the childhood and adolescence field.

The Arganil CAFAP is based in the Youth Activities Centre.

📍 Rua Frederico Freitas Simões, post office box 10, 3300-051 Arganil
☎ 925784720 |
✉ cafapbeiraserra@passoapasso.org.pt |
🌐 <http://passoapasso.org/>
🕒 10 am – 1 pm | 2 pm – 6 pm (business days)

Support Programmes for Children and Young People developed by Arganil Municipality

Holiday Sports Programme and Free Time Activities

Arganil Municipality has an integrated and diverse programme for free time activities during school holidays, where challenges and cooperation are the main “ingredients” for lots of adventures in the “woods”.

The goal of this programme is to provide children and young people with fun, educational activities, encouraging a liking for physical activity and the development of psychosocial and individual skills, as well as building relationships of cooperation with their peers.

The activities are held in different parts of Arganil Municipality and embrace a number of areas, including **sports** (football, handball, basketball, athletics, swimming, volleyball), **cooking, safety, humanitarian actions, cinema, theatre and dance, or even recreational and social trips.**

All the activities are free of charge and are covered by personal accident insurance.

For further information, please contact: geral@cm-arganil.pt or 235200150

Youth Office

Arganil Municipality, which has a Youth Municipal Council, tries to focus on public policies for the integration of young people into the community, where young people are a crucial factor in development and fighting against abandonment.

Aware of the needs of this age group for constant discovery and development, this office:

- Provides support in the preparation of applications for the different activities at the Portuguese Youth and Sport Institute that are held during the

summer holidays (for example, Free Time Activities Programme), and/or others if necessary.

- Promotes International Youth Day celebrations, with a diverse programme of activities aimed at young people.
- Provides monetary and logistical support to youth associations in the municipality for holding their annual activities and events, such as Arganil Rock and Arganil Summer Fest.
- During the school year, there are also sporting and cultural activities designed exclusively for children and young people.

The Youth Office is located at the Youth Activities Centre

📍 Rua Frederico de Freitas Simões, post office box 10, 3300-051 Arganil ☎ 235200143
✉ juventude@cm-arganil.pt
🕒 9 am – 12:30 pm |
2:30 pm – 5 pm

Children's Room at the Miguel Torga Municipal Library in Arganil

This is where activities, projects and events are organised for children in order to develop their appreciation for books and reading from an early age. For further information, please go to: <https://bibliotecas.cm-arganil.pt/>

Young People's Room at the Miguel Torga Municipal Library in Arganil

This space offers a wide range of services bearing in mind the needs and motivation of this age group, such as

consulting documents, lending books, showing films, free internet access, using computers and i-pads and board games. For further information, please go to: <https://bibliotecas.cm-arganil.pt/servico-leitura-jovens-sala-jovem-na-biblioteca-municipal/>

Parents and Children Project – Books and Tenderness and the Reading, Sharing, Living and Learning Project at the Miguel Torga Municipal Library in Arganil

A reading service for children going to creches, kindergartens or primary schools in the municipality aimed at developing family reading habits, providing parents and children with an assortment of reading material. For further information, please go to: <https://bibliotecas.cm-arganil.pt/projetos/pais-e-filhos-livros-e-ternura/>.

7.3. Entities providing support to People with Disabilities

Portuguese Association of Parents and Friends of People with Mental Disabilities (Coimbra APPACDM) – Arganil Functional Unit

The mission of APPACDM is to create conditions for each person with a mental disability and/or impairment or at risk of exclusion to fully realise their social and human capacities, encouraging their individuality and consolidating their effective participation in society. This is the only institution in Arganil Municipality providing support to these people. It also

works with families from a neighbouring municipality (Tábua).

APPACDM – Arganil Functional Unit

📍 Rua Comendador Cruz
Pereira S/N, 3300-034 Arganil
☎ 235203153
✉ arganil.geral@appacdmcoimbra.pt | 🌐 <http://www.appacdmcoimbra.pt/>

Social responses:

Activities Centre and Training for Inclusion: a broad set of therapeutic responses, training and socially useful activities for people with serious or profound mental disabilities

Vocational Training: this includes a set of activities that promotes training and employability/inclusion in a normal job context for people with cognitive disabilities or other impairments.

Resources for Inclusion Centre (CRI): this has a team of people specialising in working with pupils with Special Educational Needs (NEE) – from the first year of primary school until the end of compulsory schooling. The Arganil School Cluster is a partner of the Coimbra APPACDM CRI.

Home Help Service: this is aimed at providing individual, personalised care in the home to people with disabilities or impairments and whose families are temporarily or permanently unable to help them in their daily activities

7.4. Entities/Projects providing support for Senior Citizens

Arganil Municipality – ‘Senior Sport’ Programme

The Sports Office organises the ‘Senior Sport’ programme, which is aimed at planning and developing physical activities for senior citizens in a fun, educational context. This includes traditional Portuguese games and dances, exercises with balls, hula hoops, elastics and sticks, as well as other activities. The programme is developed in cooperation with private social solidarity institutions in the municipality and there is no cost for the users.

Arganil Municipality – ‘Leitura das Memórias’ project at the Miguel Torga Municipal Library in Arganil

This is a reading service that is held every month in care homes and day centres in the municipality and is aimed at improving literacy levels through reading, lending books and organising theme talks.

Day Centre

A social response that provides a set of services contributing to supporting people aged 65 and over in their social and family environment. Its goals include making it easier for senior citizens to continue with their usual way of life and contributing to delaying or avoiding their admittance to institutions as far as possible.

Home Help Service

A social response that consists of providing care and services to families and/or people who are in their own homes but are in a position of physical or mental dependency and who are unable, temporarily or permanently, to meet their basic needs and/or carry out the activities necessary to their daily lives and do not have any family support for the purpose. Its aims include allowing the people to remain in their usual living spaces, delaying or avoiding their being admitted to residential homes.

Residential Home for Senior Citizens

A social response aimed at temporary or permanent collective housing for senior citizens. This is aimed mainly at providing permanent and appropriate solutions for the biopsychosocial issues of senior citizens, contributing to the stimulation of an active ageing process and preserving/encouraging intrafamily relations.

7.4.1. Municipal Resources-

Assistência Folquense

📍 Rua José Simões
Gouveia s/n, 3300-270 Folques
☎ 235200420
✉ assistenciafolquense@sapo.pt
🌐 www.assistenciafolquense.pt

Social Responses: Day Care Center Home Help Service (every day, including public holidays, from 9 am to 5 pm | Residential Home for Senior Citizens (24 hours a day)

Barril de Alva Casa do Povo Humanitarian and Social Association

📍 Rua Joaquim Silvestre
nº 44, 3305 - 020 Barril de Alva
☎ 235728029; 968901216
✉ ah.barril@gmail.com
🌐 www.ahscpbarrildealva.org
Social Responses: Day Centre | Home Help Service (every day, from 8:30 am to 5:30 pm, except Christmas Day, New Year’s Day and Easter Sunday)

Cerdeira-Moura da Serra Casa do Povo

📍 Rua Principal nº15,
3305-050 Cerdeira
☎ 235721270; 962246756
casa_povo_cerdeira@hotmail.com
🌐 www.cpcms.pt/
Social Responses: Day Centre | Home Help Service (business days, from 8 am to 6 pm; Saturdays, Sundays and public holidays, from 8 am to 5 pm) | Residential Home for Senior Citizens (24 hours a day)

Vide Casa do Povo

📍 Largo Alves Miguel, 6285-110 Vide ☎ 238666219;
✉ centrodiavide@gmail.com
Social Responses: Home Help Service for Piódão Parish (Monday to Saturday, from 8 am – 5 pm)

Pomares Day Centre – Coimbra Cáritas Diocesana

📍 Rua Engº Horácio de Moura, Residência Paroquial de Pomares, 3305-259 Pomares

☎ 235731403

✉ caritas@caritascoimbra.pt
Social Responses: Day Centre | Home Help Service (business days: 8 am – 6 pm; Saturdays, Sundays and public holidays: 8 am – 1:30 pm)

Arganil Santa Casa da Misericórdia Secarias Day Centre

📍 Rua Joaquim Nunes da Silva n.º 10, 3300-450 Secarias
☎ 235200490
🌐 geral@scmarganil.pt
Social Responses: Day Centre (opening hours: 9 am – 6 pm, business days)

São Martinho da Cortiça Day Centre Coimbra Cáritas Diocesana

📍 Adro Prior D. Nuno Castelo Branco n.º35 3300-367 S. Martinho da Cortiça ☎ 239455554
✉ caritas@caritascoimbra.pt
Social Responses: Day Centre | Home Help Service (business days, from 8 am to 5:30 pm; Saturdays and Sundays: 8 am – 1:30 pm)

Cepos Parish Social Centre

📍 Rua Professor Abel Gonçalves de Almeida, 3300 - 222 Cepos ☎ 235761126
✉ csfdc@sapo.pt
Social Responses: Day Care Center | Home Help Service (business days, from 9 am to 5:30 pm; Saturdays, from 10 am – 2 pm)

Benfeita Parish Social Centre

📍 3305-031 Benfeita
☎ 235741202; 965809257
✉ c.s.p.benfeita@sapo.pt
Social Responses: Day Centre (business days, from 8:30 am – 6 pm) | Home Help Service | (every day, from 8:30 am – 6 pm) | Residential Home for Senior Citizens (24 hours a day)

Côja Parish Social Centre

📍 Rua D. Ernesto Sena de Oliveira n.º 50, 3305-145 Côja
☎ 235729488 |
✉ cspcoja@sapo.pt
Social Responses: Day Centre (business days, from 9 am – 5 pm) | Home Help Service (business days, from 9 am – 5 pm) | Residential Home for Senior Citizens (24 hours a day)

Sarzedo Parish Social Centre

📍 Rua Beatriz Piedade Neves, 3300-405 Sarzedo
☎ 235205838; 964613253
✉ cpsarzedo@sapo.pt | Sarzedo Parish Social Centre Facebook
Social Responses: Day Centre (every day, from 8 am – 6:30 pm) | Home Help Service (every day, from 8:30 am – 5:30 pm) | Residential Home for Senior Citizens (24 hours a day)

Vila Cova de Alva Santa Casa da Misericórdia Brotherhood

📍 Rua Luís Bento Susano n.º 40, 3305-285 Vila Cova de Alva
☎ 235729505
✉ scmvcovalva@sapo.pt
🌐 miradourodevilacova.blogs.sapo.pt/

Vila Cova de Alva Santa Casa da Misericórdia Brotherhood

📍 Rua Luís Bento Susano n.º 40, 3305-285 Vila Cova de Alva
☎ 235729505
✉ scmvcovalva@sapo.pt 🌐
https://miradourodevilacova.blogs.sapo.pt/
Social Responses: Day Centre | Home Help Service (every day, from 8 am – 5 pm)

Arganil Santa Casa da Misericórdia

📍 Rua Comendador Cruz Pereira, 3300-034 Arganil
☎ 235200490
✉ geral@scmarganil.pt 🌐
www.scmarganil.pt | Arganil Santa Casa da Misericórdia Facebook
Social Responses: Day Centre (9 am – 7 pm, every day) | Home Help Service (9 am – 6 pm, every day) | Residential Home for Senior Citizens (24 hours a day)

Divino Salvador Residential Unit – Coimbra Cáritas Diocesana

📍 Rua Condes de Pombeiro da Beira e Marqueses de Belas, 3300 – 318 Pombeiro da Beira
☎ 235296406/ 939631082
Social Responses: Day Centre | Home Help Service (business days, from 8 am – 5 pm; Saturdays and Sundays: 8 am – 1:30 pm) | Residential Home for Senior Citizens (business days, 24 hours a day)

7.5. Entities and Programmes supporting Families and the Community (Arganil Municipality)

7.5.1. Service and Social Monitoring

Arganil Municipality is responsible for the Núcleo Local de Inserção de Arganil (NLI) [Local Integration Centre] and the Serviço de Atendimento e Acompanhamento Social no Concelho de Arganil (SAAS) [Social Assistance and Follow-up Service].

Decree-Law No. 55/2020 of 12 August, in its current wording, and in accordance with Ordinances No. 63/2021 and No. 65/2021 of 17 March, established the terms for the operationalisation of the transition of competences regarding the conclusion and monitoring of integration contracts for beneficiaries of the Social Integration Income (RSI) and regarding the Social Assistance and Follow-up Service (SAAS), for the Municipal Councils, taking into account the provisions of paragraphs a) and f) of Article 3.1 and set out in Articles 10 and 11 of Decree-Law No. 55/2020 of 12 August.

What is the SAAS?

The SAAS consists of a first line service that seeks to respond to situations of crisis and/or social emergencies, as well as follow-up aimed at guaranteeing the permanent technical support, ensuring the implementation of the Social Integration Income (RSI)

measure and the operationalisation of the Social Assistance and Follow-up Service (SAAS), with a view to preventing and solving social problems.

What is the vision of the Arganil NLI?

The Arganil NLI aims to be a participatory forum for the promotion of social, professional and community integration of beneficiaries of the RSI and their families, as well as beneficiaries of Social Intervention Agreements (AIS), within the scope of Social Action, in conjunction with the resources and social responses in the community in a manner appropriate to the characteristics and needs of each beneficiary.

This forum promotes reflection on the problems, vulnerabilities, potential and local resources in the NLI's area of influence, in order to minimize and eradicate poverty and social exclusion.

- 1- The Arganil NLI must include a representative of the municipality, as well as a representative of each of the public entities responsible in the respective area: social security, employment and vocational training, education and health.
- 2- By deliberation of the NLI, public and private entities may also join the forum, if they do so of their own free will. Projects that develop activities with the same target population may join as well, through partnerships.

Geographical Scope

The NLI exercises its competence in

the Arganil Municipality, covering all the parishes and unions of parishes within the municipality.

How do I access the SAAS?

The service is available by appointment, by phone, online, or in person, any day of the week.

Opening hours and Location:

The SAAS of Arganil operates at CAJ (Youth Activity Centre) located at Rua Frederico Freitas Simões, 3300-051 Arganil.

The NLI operates at the Municipality of Arganil:

📍 Praça Simões Dias, Apartado 10, 3304-954 Arganil

🕒 Monday through Friday, from 9am to 12:30pm and from 2pm to 5:30pm

📍 Câmara Municipal de Arganil, Praça Simões Dias, Apartado 10, 3304-954 Arganil

☎ 235200144 and 924438762 ✉ accao.social@cm-arganil.pt; rsi-arganil-nli@cm-arganil.pt

Social Action Office

Arganil Municipality has also a Social Action Office which provides services and social monitoring aimed at people and families living in a certain geographic area in the prevention and/or resolution of problems causing or caused by situations of social exclusion and, in certain cases, acting in situations of social emergency. This office is also responsible for the implementation of the Arganil Solidarity Project – Social Shop and the Abem project.

Arganil Solidarity Project – Social Shop

The “Arganil Solidarity” Project – SOCIAL SHOP is a charitable response, intervening in emergencies in the social area. It was set up in the municipality as a proximity structure, aimed at meeting the immediate needs of disadvantaged families through collecting new or used goods donated by private citizens or companies. The Arganil Social Shop operates in the **Youth Activities Centre**, organising different campaigns through volunteers.

Address: Rua Frederico Freitas Simões, Apartado 10, 3300-051 Arganil | Telephone: 926437182 | Website: www.cm-arganil.pt/municipio/areas-d-e-intervencao/acao-social/loja-social/

Abem project

In order to ensure its citizens' essential right to health protection, Arganil Municipality signed a cooperation agreement with the Dignity Association, responsible for the Abem Programme – Solidarity Medicine Network to provide free access for economically disadvantaged people to medicine prescribed by their doctor and that is partially paid for by the Portuguese National Health Service, within the criteria established, with the participation of local pharmacies.

For further information and clarification, please go to the **Social Action Office**, whose main office is in the **Youth Activities Centre**

📍 Rua Cidade do Rio de Janeiro, Sobreiral, 3300 – 145 Arganil
☎ 235 200 140
✉ piscina.municipal@cm-arganil.pt
🌐 <https://www.cm-arganil.pt/viver/piscina-municipal-de-arganil/>
🕒 10 am – 1 pm | 3 pm – 9 pm (business days); 9:30 am – 1:30 pm (Saturdays)

7.5.2. Arganil Municipal Swimming Pool

This sports facility provides for engaging in all kinds of swimming activities, for babies, children, adults and the elderly. Here you can take part in activities for adaptation to the water; adapted swimming; free swimming; swimming classes, perfecting swimming techniques, hydrogymnastics, sauna and Turkish bath.

📍 Rua Cidade do Rio de Janeiro, Sobreiral, 3300 - 145 Arganil
☎ 235200140
✉ piscina.municipal@cm-arganil.pt
🌐 <https://www.cm-arganil.pt/viver/piscina-municipal-de-arganil/>
🕒 10 am – 1 pm | 3 pm – 9 pm (business days); 9:30 am – 1:30 pm (Saturdays)



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PLANO MUNICIPAL PARA
A INTEGRAÇÃO DE
MIGRANTES DE ARGANIL
2020-2023

CONTACTS:
MUNICIPAL COUNCIL OF ARGANIL
CENTER OF JUVENILE ACTIVITIES (CAJ)
RUA FREDERICO FREITAS SIMÕES
(NEXT TO "LARGO FONTE DA BICA" FOUNTAIN SQUARE)
3300-051 ARGANIL
TELEPHONE: 235 200 143
EMAIL: FAMI@CM-ARGANIL.PT

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ALTO COMISSARIADO PARA AS MIGRAÇÕES

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:

Assistência Folquense
Barril de Alva Casa do Povo
Humanitarian and Social Association Casa da Criança D. Joaquina Barreto Rosa (Fundação Bissaya-Barreto)
Cáritas Diocesana de Coimbra
Casa do Povo Cerdeira-Moura da Serra
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
Health Centre of Arganil
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
Vide Casa do Povo
Vila Cova de Alva Santa Casa da Misericórdia Brotherhood