

In this section, we'll keep you updated about what your foundation has been doing, in cooperation with the people of ULMA, as a way to channel our commitment to transforming SOCIETY into a more human and sustainable model.



Etor Arregi



Parenting School



Children's Workshops



Reduction of Plastic



Sustainable Mobility

### | Mundukide Aid Worker

Etor Arregi, member of ULMA Architectural Solutions, signed for two years as an aid worker for Mundukide in Brazil. Shortly before his first year in Brazil, we spoke with him and he shared his impressions with us: *"I feel we are strengthening the cooperatives and that is very gratifying"*.

### | Yoga Sessions

Yoga to promote the wellbeing of our employees at ULMA in Oñati. 50 minutes of relaxation on Tuesdays, Wednesdays and Thursdays at noon. And in Legazpi, Hypopressive exercises and Pilates.

### | Children's Workshops

This year they were held in January and June for the purpose of helping to balance work and family life. Nearly 200 boys and girls aged 4 to 10 had a great time at ULMA while their parents were working.

### | Reduction of Plastic

To reduce the consumption of plastic at coffee time we have distributed glass cups throughout the cooperatives. This way we

are saving 1,000 plastic cups each day at ULMA.

### | Sustainable Mobility

Sustainable commuting to work is rewarded. Walking, biking, skating, carpooling, public transportation (LanBus) and now using an electric scooter as well.

From January we are expanding the programme to all of Spain: earn points for each sustainable kilometre, which you can exchange for gifts. All the information is available on the Website: [www.ekokilometro.ulma.com](http://www.ekokilometro.ulma.com)

### | Parenting School

To better understand children's behaviour, maturing processes in the early stages of life and the importance of our role as parents.

The first meeting was held in October with the slogan "Whims, tantrums and limits". And the second meeting was held in November where we discussed "Cultivating children's self-esteem", with Dr. Rafael Cristóbal as the speaker. A day care service was provided to help parents attend.

### | Labour Integration

We have signed the "Laneratzuz" collaboration agreement between the City of Oñati, Bidebarri and ULMA to promote the labour integration of people in companies from our community who have been socially excluded or run the risk of being socially excluded.

On the other hand, we are working for labour integration of people with disabilities at our cooperatives. To accomplish this we have had the help of expert companies like Gureak and Katealegaia, in Gipuzkoa as well as the essential collaboration and involvement of all our cooperatives.

The aim is for all personnel in these collectives to be able to obtain a job that will help them develop as people fully integrated into society.

### | Sports and Educational School

The three education centres of Oñati, along with the collaboration of the Aloña Mendi sports club, have joined forces to promote a comprehensive and quality education model that is committed to diversity in sports and values such as respect or teamwork in addition to promoting healthy habits in boys and girls aged 4 to 15 in Oñati. The ULMA Group has become a member to protect this interesting educational project.

### | Solidarity with Honduras

In April, hundreds of people from the ULMA Group participated in a solidarity collection of books and stories written in Spanish to send to Honduras. NGO Acoes Honduras took care of shipping the tons of solidarity that was collected. Now all these

books and stories are in educational centres of the country and are used to promote reading habits and spread the culture. Thank you very much for your collaboration!

### | And also...

- .ULMA Group participates in the solidarity Race in favour of Mundukide
- .ULMA Group as a sponsor of the First Lego League
- .La Caixa training courses for Bidebarri

Another year full of activities; solidarity collections, balancing work and family life, social inclusion and sustainability have been some of the objectives for 2018.



### And until 14 December, "Toy collection campaign"...

You still have time to collaborate in the campaign for collecting new toys for the Red Cross to deliver to Olentzero. The neediest children of our community will then be visited by Olentzero and will receive a toy thanks to our solidarity.