

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

We reward sustainable mobility

From home to work and from work to home you accumulate cycles and then you can exchange your cycles for gifts.

After a six-month pilot test in the Garagaltza neighbourhood, the Ciclogreen programme has been extended to the area of Oñati.

The aim of the programme is to change habits towards more sustainable and healthy behaviours and to free up space in the car park for people who rely on a car to get to work. This will make ULMA a more responsible, sustainable and healthy company.

We reward people who go to work by a sustainable method: walking, cycling, skating, running, car sharing or LanBus. Trips from Monday to Friday from 7 to ULMA cooperatives in Oñati are valid. Each kilometre walked is 4 cycles, by bike, running or by scooter 2 cycles, and in LanBus or shared car 1 cycle.

The ULMA cooperatives in Oñati have a bidegorri (bike lane), which facilitates access without a car. It is an opportunity to exercise, oxygenate the brain, respect the environment and enjoy the landscape before or after work. And if you come from afar, car

sharing is an environmentally friendly way to arrive at work and is also rewarded!

We know that changing habits is something that takes effort, that comfort or

inertia are resistant to change, but if you make a small contribution, ULMA will reward you. Can you help us?

www.ekokilometro.ulma.com

4 ziklo 2 ziklo ziklo 1

All the information you need to register can be found at: www.ekokilometro.ulma.com

We are reducing plastic consumption

As we announced in the last issue, we want to be have more sustainable coffee breaks. **Do you know that every day at ULMA we were using more than 3,000 plastic cups for coffee?**

To **reduce the consumption of plastic cups** we have distributed reusable cups in our Businesses. So, now **if you use your cup you pay less for coffee**: using plastic costs 5 cents more.

We are also committing to:

- **fair trade coffee.** This means decent conditions and salaries for cooperatives that produce coffee, respect for the environment, no child labour, equality between men and women and quality coffee. There are two products: Robusta (strong) and Arabica (smooth).
- **Bidebarri as sole provider** of this service. Bidebarri is an Oñati company that works for the labour integration of groups at risk of social exclusion.

Drink coffee, zero plastic!

0,35€ 0,30€

plasticorik ez

FAIRTRADE

Workshops for children in June

From 4 to 22 June, for the third consecutive year, we organized workshops for children ages 4 to 10, in order to help parents with the important issue of balancing **work and their personal lives**.

More than 100 minors participated this year (40% more than last year) in groups of 70 each week. The workshops were held at ULMA Group's gym in Oñati.

They had a great time doing experiments, manual work, singing and learning the importance of taking care of

the environment.

This year, 4 of the 6 monitors tasked with facilitating the workshops, were selected from among the family members of ULMA employees. They were therefore able to put their knowledge into practice in the field of early childhood education.

On the final day, as a memento of their participation in the workshops, we gave them a decorated wooden box made by students from the special education unit of the Zuazola Larraña Institute in Oñati. We

also invited them to come to ULMA so that they could present this special gift to our children.

more than 100 children
40% more than last year



Yoga sessions

Since last April, Yoga sessions are being offered at the ULMA Group's Oñati gym. These sessions, which take place every Tuesday, Wednesday and Thursday at mid-day, are provided under the "Izan Osasuntsu" programme and seek to improve the well-being of our staff, to help them disconnect from daily stressors and connect with their bodies, improve flexibility, relaxation, concentration and balance.

The first sessions, from April to July, were a success and are already coming to an end. New sessions will be organized from September to December. **Are you interested but have not yet registered?** For further information, please visit begira.ulma.com. Priority will be given to people who have not yet participated in this initiative.

