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Day 1	- Arrival of the volunteers.
	- Opening session and inauguration of the project.
Day 2	- Formative and informative sessions for volunteers about risk
	prevention and volunteering actions to undertake.
	- Forming of intergenerational pairs.
	- First volunteering actions on the field: knowledge of the
	working place and basic notions for interpretation of topographic
	maps.
Day 3	- Volunteering actions: identification of the areas occupied by
	invasive species in the Atlantic Forest of the working place (limits,
	characteristics, guiding indicators).
	- Immersion time: celebration of an open assembly for the
	neighbourhood, aiming to promote the project.
Day 4	- Volunteering actions: identification of the areas occupied by
	invasive species in the Atlantic Forest of the working place (limits,
	characteristics, guiding indicators).
	- Immersion time: meeting with the local school for the promotion
	and integration of those youngest in the intergenerational process.
Day 5	- Volunteering actions: gathering of fruits from the Atlantic Forest
	for their later seeding.
	- Immersion time: popular gathering for gastronomic activities at a
	local establishment ( <i>Taberna de Caaveiro</i> ), with a recreational
	event by "cantareiras" and a joint walk with the neighbours
	throughout trails in the natural park of the Fragas do Eume.
Day 6	- Volunteering actions: seeding of fruits from the Atlantic Forest
	gathered the previous day.





	- Immersion time: celebration of a gastronomic activity to promote
	the local agri-food production. Interaction and oral transmission of
	the immaterial heritage.
Day 7	- Volunteering actions: inspection of a section of river to evaluate
	the state of the fluvial areas near the CPI Virxe da Cela in Monfero.
	- Immersion time: meeting with the educational community of the
	school in Monfero and the local public administration for a
	brainstorm session on suggestions, ideas, plans and collaborations.
Day 8	- Volunteering actions: searching and cataloguing of local fauna
	(butterflies, tawny owls, amphibians and others) as bio indicators.
	- Immersion time: identification of the observed fauna throughout
	the forest trails and familiarising with the types and handling of
	environmentalist apps.
Day 9	- Volunteering actions: seeding of fruits from the Atlantic Forest
	gathered the previous days.
	- Immersion time: artisanal and informative workshop about the
	seed of the oak.
Day 10	- Volunteering actions: searching, cleaning and restoring of
	traditional chestnut storage ("curripas").
	- Immersion time: workshop about the building of gatherers of
	chestnuts according to local oral traditions of the process alongside
	neighbours of the area.
Day 11	- Volunteering actions: preparation of locations for meteorological
	stations and data interpretation.
	- Immersion time: visit to the Centro de interpretación das Fragas
	do Eume to become familiar with the natural park and the
	protection model of the Atlantic Forest.
Day 12	- Volunteering actions: searching and cataloguing of local fauna
	(butterflies, tawny owls, amphibians and others) as bio indicators.
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	- Immersion time: gathering of information about the oral and
	written history of these animals in the surrounding areas.
Day 13	- Volunteering actions: searching and documenting of petroglyphs
	and engravings.
	- Immersion time: trail alongside the petroglyphs of Vilachá de
	Monfero and gathering of information about tales, legends and
	myths that reference petroglyphs or similar structures in the
	surrounding areas.
Day 14	- Volunteering actions: visibility tasks for promotion of a new trail
	in the neighbourhood that highlights the working areas of the
	project.
	- Immersion time: promotion of the new trail in the surrounding
	areas and through social media.
Day 15	- Closing ceremony and acknowledgements.
	- Recording of the tasks undertaken and handing of diplomas to the
	volunteers.

\*This programme of volunteering actions is preliminary and may be subject to adjustments and changes according to the circumstances (profiles of the volunteers, weather changes, etc.) aiming to promote social inclusivity and a better degree of immersion to achieve the established objectives of the project.