

15001 A CORUÑA Marqués de Cerralbo 11, bajo Tfno. 981 205 659	26004 LOGROÑO Obispo Fidel García 1. Tfno. 941 247 888
02002 ALBACETE Teodoro Camino 6, 5ª izda. Tfno. 967 212 315	27001 LUGO Cruz 1B, 1º. Tfno. 982 255 567
28802 ALCALÁ DE HENARES (Madrid) Via Complutense 8 bis Tfno. 918 833 544	28013 MADRID Gran Vía 46, 4º. Tfno. 915 221 783
03003 ALICANTE Arquitecto Morell 10, 2º esc., 1º H Tfno. 965 922 298	07701 MAHÓN (Menorca) Carrero des Mirador de ses Monges, 1 Tfno. 971 369 936
04001 ALMERÍA Ricardos 9, 1º izda. Tfno. 950 276 780	29015 MALAGA Strachan 6, 3ª izda. Tfno. 952 214 447
24700 ASTORGA (León) Martínez Salazar 8, 1º. Tfno. 987 602 536	30001 MURCIA Pza. Beato Andrés Hibernón 1, entlo. izda. Tfno. 968 214 029
05001 ÁVILA Pza. del Rastro 2, bajo. Tfno. 920 253 993	32004 ORENSE Mestre Vide 2, bajo. Tfno. 988 233 782
06005 BADAJOZ Avda. Antonio Masa 11. Tfno. 924 248 951	33003 OVIEDO San Isidoro 2, bajo. Tfno. 985 203 161
22300 BARBASTRO (Huesca) Juan de Lanuza 6, bajo. Tfno. 974 315 614	34001 PALENCIA Gil de Fuentes 12, 2ª izda. Tfno. 979 752 121
08037 BARCELONA Pau Claris 190, 1º-1ª. Tfno. 934 877 878	07001 PALMA DE MALLORCA Seminario 4. Tfno. 971 718 911
48005 BILBAO Plaza Nueva 4, 3º. Tfno. 944 795 886	31006 PAMPLONA Avda. Baja Navarra 64, 1º Tfno. 948 210 318
09005 BURGOS Clunia s/n. Tfno. 947 220 687	10600 PLASENCIA (Cáceres) Las Veras 3. Tfno. 927 421 707
10003 CACERES General Ezponda 14-1º Tfno. 927 214 414	36003 PONTEVEDRA Peregrina 50, entreplanta Tfno. 986 850 812
11001 CÁDIZ Hospital de Mujeres 26 Tfno. 956 214 972	37002 SALAMANCA Rector Lucena 20, 5º ATfno. 923 261 547
12001 CASTELLÓN San Luis 15, entresuelo, 1º A Tfno. 964 228 858	20005 SAN SEBASTIAN Loyola 15, 3ª izda. Tfno. 943 424 510
51001 CEUTA Plaza de África s/n. Tfno. 956 511 253	08980 SANT FELIU DE LLOBREGAT Armenteres 35, 3º. Tfno. 936 327 630
13001 CIUDAD REAL Caballeros 7, 2ª planta Tfno. 926 255 467	38002 SANTA CRUZ DE TENERIFE Pérez Galdós 26, 3ª dcha. Tfno. 922 243 442
37500 CIUDAD RODRIGO (Salamanca) Diez Taravilla 15. Tfno. 923 482 035	39001 SANTANDER Rualasal 5, 2ª dcha. Tfno. 942 227 807
14008 CORDOBA Concepción 4, 1º C. Tfno. 957 479 578	15705 SANTIAGO DE COMPOSTELA (A Coruña) Rúa del Villar 18, apdo. 456 Tfno. 981 584 966
16002 CUENCA Avda. República Argentina 27 Tfno. 969 222 022	40001 SEGOVIA Seminario 4, bajo. Tfno. 921 460 271
15402 FERROL (A Coruña) Magdalena 153, 1ª dcha. Tfno. 981 300 318	25700 SEU D'URGELL (Lleida) Pati Palau 1, 5. Tfno. 973 351 266
28901 GETAFE (Madrid) Almendro 4, 2º. Tfno. 916 838 985	41004 SEVILLA Plaza Virgen de los Reyes s/n Tfno. 954 227 568
17002 GIRONA S. J. Bautista La Salle 19, 2º 2º Tfno. 972 200 525	25250 SOLSONA-BELLPUIG (Lleida) Avda. Preixana 16. Tfno. 973 320 183
18009 GRANADA Plaza Campillo 2, 5º G y H Tfno. 958 226 620	42002 SORIA San Juan 5, 1º. Tfno. 975 231 490
19005 GUADALAJARA Avda. Venezuela 9 – Col. Sanz Vázquez Tfno. 949 218 220	50300 TARAZONA (Zaragoza) Ramón y Cajal 6, 4º. Tfno. 976 889 514
18500 GUADIX (Granada) Pº. Ismael González de la Serna 1, bajo Tfno. 958 663 592	43001 TARRAGONA Rambla Nova 119, esc. A, 2º 2º Tfno. 977 244 078
21003 HUELVA Dr. Cantero Cuadrado 1-1º. Tfno. 959 253 888	44001 TERUEL Yagüe de Salas 18, bajo. Tfno. 978 611 845
22002 HUESCA Pza. de la Catedral 8. Tfno. 974 226 556	45002 TOLEDO Trinidad 12. Tfno. 925 229 911
07800 IBIZA Pedro Francés 12, 2º. Tfno. 971 312 774	43500 TORTOSA (Tarragona) Mercaders 2, bajo. Tfno. 977 511 428
22700 JACA (Huesca) Seminario 8, 3º. Tfno. 974 362 251	46003 VALENCIA Pza. de la Comunión de S. Esteban 1, bajo Tfno. 963 919 129
23007 JAEN Maestro Bartolomé 7, dupdo. Tfno. 953 250 114	47002 VALLADOLID Simón Aranda 13, 1º. Tfno. 983 305 065
11402 JEREZ DE LA FRONTERA (Cádiz) Sevilla 53. Tfno. 956 180 156	08500 VIC (Barcelona) Ronda de Camprodón 2. Tfno. 938 861 555
35003 LAS PALMAS DE GRAN CANARIA Ángel Guerra 26, bajo. Tfno. 928 371 307	36204 VIGO (Pontevedra) Vázquez Varela 54, 2º B. Tfno. 986 423 696
24003 LEÓN Sierra Pambley 6, 3ºC. Tfno. 987 248 408	01004 VITORIA (Álava) Fueros 6, 1ª izda. Tfno. 945 231 179
25002 LLEIDA Blondel 11, 2º. Tfno. 973 269 104	49003 ZAMORA Pza. del Seminario 2. Tfno. 980 532 091
	50001 ZARAGOZA Plaza de la Seo 6, 2ª planta Tfno. 976 291 879

Depósito Legal: M-21835-2015

RESPUESTA COMERCIAL
Autorización nº 12.979
B.O.C. Nº15 del 11/02/94



Manos Unidas
Apartado nº: 1.154 F.D.
28080 Madrid

Franquear en
destino

Manos Unidas
CAMPAÑA CONTRA EL HAMBRE

STAND UP TO HUNGER:

SOW



900 811 888 - manosunidas.org

Manos Unidas
CAMPAÑA CONTRA EL HAMBRE

We are the Spanish Catholic Church Organisation for the aid, promotion and development of developing countries, and at the same time a Non-Governmental Development Organisation (NGDO) made up of volunteers, catholic and secular.

Manos Unidas maintains two lines of work:

- Raising the awareness and denouncing the existence of hunger and underdevelopment, their causes and possible remedies;
- Obtaining economic means to finance the programmes, plans and comprehensive development projects aimed at dealing with these needs.
- It is present throughout the whole national territory through 71 delegations.
- ▲ Its funds come from membership fees, an annual collection in parishes, schools, companies, public organisations, donations, etc.

STAND UP TO HUNGER
SOW





Manos Unidas' mission is for people to live, and live with dignity. We want to contribute to the transformation of the world from the roots of our foundation, which is the following of Jesus, who showed compassion for so many because they had nothing to eat. To do this, we need to fill our society with compassionate caring hearts, capable of opening up to the needs of the most vulnerable.

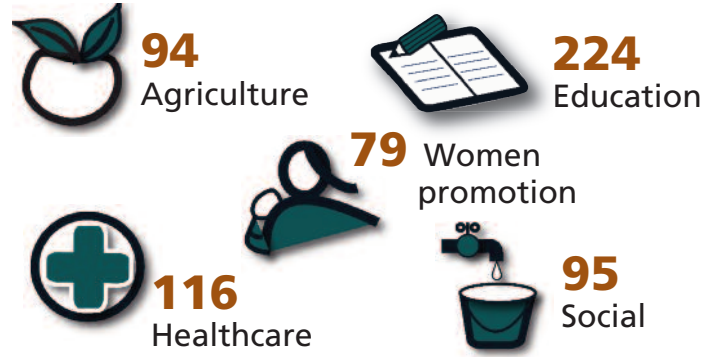
Cultivate hearts that promote specific actions to end hunger is the first step in a series of campaigns (2016-2018), in which we shall focus on those people suffering from the lack of food security and the causes that produce it. The first campaign for 2016, adds the word "SOW" to the common slogan for the three years: the beginning of the whole food process, a fundamental activity in the life of our local members and a common activity in our society, which, in our Christian experience, is associated with the Parable of the Sower.

At Manos Unidas, we are convinced that ending hunger requires a comprehensive approach driven by the commitment of all parties, by seeking and revealing its causes, promoting people's ability to transform economic and social relations, and proposing changes and improvements in economic and political systems. And so in this way, all of us, guided by justice and charity, shall walk the road together hand in hand, so that we can all have food every day.

PROJECTS APPROVED IN THE YEAR 2014

In 2014, **43,143,318 euros** have been raised, and **608 development projects** approved, in **57 countries**, distributed among the following priorities and continents:

PROJECTS BY PRIORITY

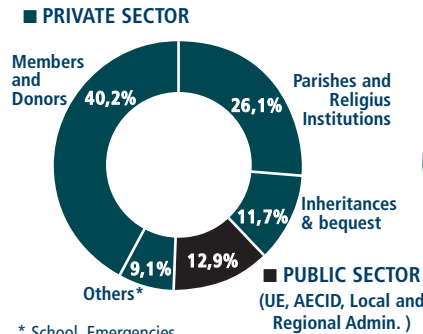


PROJECTS BY CONTINENT

134 America **276** Africa **198** Asia

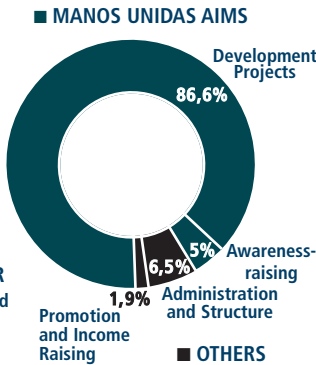


SOURCE OF INCOME (collected)



* School, Emergencies, Awareness-raising projects, Private subventions, Financial income and Other private income.

ALLOCATION OF EXPENSES



I WISH TO COLLABORATE WITH MANOS UNIDAS

Fill in this coupon, call the toll free number 900 811 888, or visit manosunidas.org

001

Name: _____ ID: _____

Surname (s): _____

Address: _____

Town: _____ Postcode: _____

Province: _____ Date of Birth: _____

E-mail: _____ Mobile Phone: _____

AMOUNT: 6 € 20 € €

FEE UPDATE: 5 euros 20 euros 30 euros 50 euros 150 euros

FREQUENCY: Monthly One off payment

BANKS FOR PAYING IN OR TRANSFERS

Bankia: ES06 2038 0603 2860 0103 6580
CaixaBank: ES18 2100 2261 5902 0013 9842
Ibercaja: ES33 2085 9252 0303 3043 0677
Santander: ES03 0049 0001 5422 1004 0002

Sabadell: ES67 0081 5240 0700 0194 1401
Popular: ES02 0075 0001 8506 0640 0006
BBVA: ES68 0182 2325 0800 1134 4904
 (Please send us the receipt your bank gives you)

SEPA DIRECT DEBIT ORDER

Account Holder: _____

IBAN Account Number: _____

Look at your cheque book, savings book or bank statement and fill in all the details.

CREDIT CARD

Expires end: _____ / _____ / _____

Holder's signature: _____

By signing this direct debit order, you authorise (A) Manos Unidas to send instructions to the bank to charge your account and (B) the bank to charge your account according to the instructions given by Manos Unidas.

Donations to Manos Unidas are eligible for the corresponding tax relief, within the legally defined limits.

For any enquiries, please send an email to: socios@manosunidas.org or call us on 91 308 20 20

Date: of 201.....



In compliance with the provisions of Organic Law 15/1999 on Personal Data Protection, your data will be stored on files belonging to Manos Unidas, declared at the General Data Protection Register, created to manage the donations received by the organisation. Likewise, your data will be used by Manos Unidas to keep you informed about our organisation's other activities. You may exercise your rights of access, rectification, opposition and cancellation by writing to **Manos Unidas - Dpto. de Protección de Datos, calle Barquillo nº 38 - 28004 Madrid**, or by email to protecciondedatos@manosunidas.org. I do NOT wish to receive information from Manos Unidas