

GUIDE FOR YOUR BODY AND YOUR MIND:

TAKE CARE, ALL DEPENDS ON YOU



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SOMETHING ABOUT US ...



ASOCIACION DE MUJERES PROGRESISTAS “VICTORIA KENT”.

The Progressive Women's Association "Victoria Kent", who struggles to defend the rights of women in particular and in general all those living in disadvantaged situation, has been developing since 2003 to present a program specifically aimed at people prostitutes in the Campo de Gibraltar.

The intention with this program is to give you a number of important resources in developing your work and unfold in your life. Our objective, very far from pretending that you leave your profession, is to give you tools to your daily life. For that reason our association has qualified professionals in his cabinet, composed of:

- **Psychologist:** This person can help you overcome any crisis situation, anxiety, fear ... which alone you can not get to achieve.
- **Lawyer:** She can advise on regularize your situation in Spain, on bring your family from your home country, on make a complaint, on get your nationality ...
- **Social Worker:** She can help you about the formalities how to get the health social security card and the health care for people who are not regularized , about career guidance and how to get food help ...

Any information or queries direct you to :

Address: C/ Regino Martínez, nº 3, 3ºB, Algeciras.

Telf: 956633299 / 956633396

E-mail: asociacion@ampvictoriakent.org
salud@ampvictoriakent.org

OMITÉ CIUDADANO ANTISIDA DEL CAMPO DE GIBRALTAR.

The Citizens Committee Antisida del Campo de Gibraltar is an NGO located in Algeciras, C / Gregorio Marañón, 1 bajo 11201, which has as main objectives:

- The prevention, training and information of HIV / AIDS.
- Psychosocial care and self-support of people living with HIV / AIDS and their families.
- Ensure greater partnership between families, schools and the community for more effective prevention and treatment of sexually transmitted diseases.
- Promote the care, training and prevention of HIV / AIDS on social exclusion groups (drug addicts, prostitution, prisoners, etc.).
- Delivery of male condoms, Birth control device and lubricants.
- Advocate for the rights of people with HIV / AIDS against stigma and discrimination that still exists associated with this disease.

Any information or queries direct you to :

Telf: 956634828

Fax: 956634828,

E-mail: cascg5@hotmail.com or in person at our association.

CENTRO MÉDICO DE ENFERMEDADES DE TRANSMISIÓN SEXUAL.

From Medical Center Sexually Transmitted Diseases of the Andalusian Health Service you will receive care free of charge, anonymous and without presenting any documentation .The services that we offer are:

- Analysis of major diseases transmitted by sex: HIV / AIDS, Hepatitis A, B and C and Syphilis.
- Complete blood count to see if there are anemias.
- Analysis for testing aspects such as glucose, cholesterol, uric acid and other determinations.
- Urine pregnancy test.
- Vaginal cultures.
- Crops throat.
- Vaccination against hepatitis B.
- Smear tests to prevent cervical cancer.
- Delivery of free condoms.
- Information and advice on sexually transmitted infections.

REMEMBER YOUR HEALTH AND THE HEALTH OF YOUR FAMILY IS VERY IMPORTANT.

Any information or queries direct you to :

Address: C/ Núñez s/n, Old Red Cross Hospital (Centro Sanitario del Paseo de la Conferencia).

Telf: 956004904

DO YOU KNOW THAT...

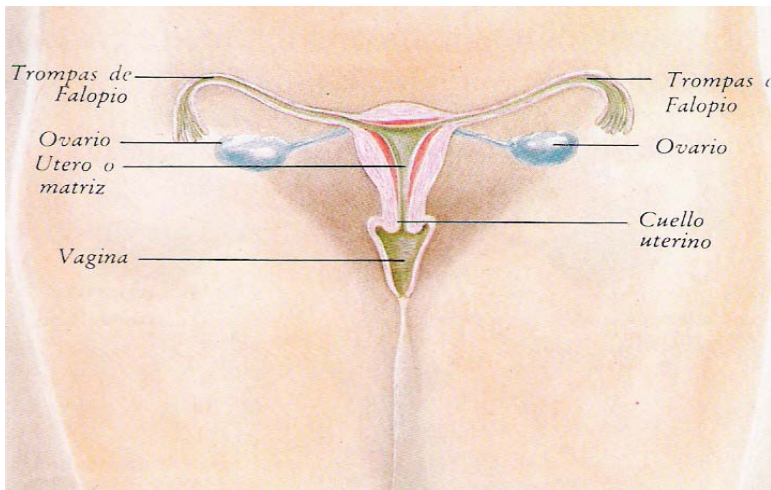
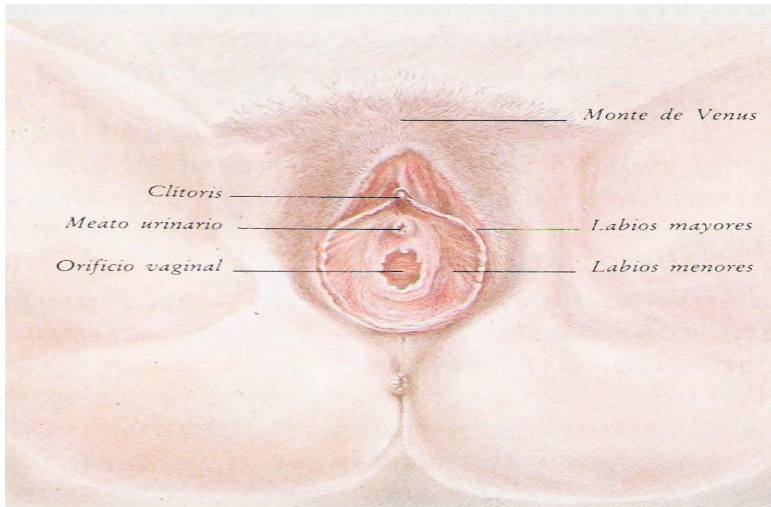


ANATOMY OF THE SEXUAL ORGANS

FEMALE GENITAL SYSTEM

The female genital tract encompasses two parts: external and internal.

- **External part:** we can see the VAGINAL ORIFICE, or just the entrance to the VAGINA and the URINARY BLADDER which is where urine comes out. Both are surrounded by a lip-shaped skin, with two deep, the deepest one called LABIA MINORA and other overlying called LABIA MAJORA. In the upper lip lies the CLITORIS, which is a particularly sensitive tubercle.
- **Internal part:** it consists of OVARIES, FALLOPIAN TUBES, WOMB OR UTERUS AND VAGINA.
 - **OVARIES:** Two almond-shaped organs, which at intervals of one month (approx.) matures and frees an OVULE, female reproductive cell.
 - **FALLOPIAN TUBES:** two tubes that connect the ovaries to the UTERUS. This is where fertilization occurs.
 - **WOMB OR UTERUS:** organ prepared to host a fertilized ovule. A fetus develops during the 9 months of pregnancy.
 - **VAGINA:** flexible space that communicates with the vestibule external genitalia .



SOURCES: SALUD I, GUÍA DE ANTICONCEPTIVOS Y SEXUALIDAD, M° DE TRABAJO Y ASUNTOS SOCIALES, INSTITUTO DE LA MUJER, 2000.

MALE GENITAL SYSTEM

The male genital tract encompasses two parts: external and internal.

- **External part:** at first glance we can see the PENIS and SCROTUM, a small bag that contains TESTES.

The final part of the penis called the GLANS, which is covered with an elastic skin called the FORESKIN.

The penis has a small hole through which the semen and the urine is discharged called URINARY MEATUS.

- **Internal part:** composed of TESTES, EPIDIDYMIDES, VAS DEFERENS, SEMINAL VESICLES, PROSTATE, URETHRA, PROSTATIC AND SEMINAL FLUID.

- **TESTES:** glands which produce sperm.

- **EPIDIDYMIS:** a place where mature sperm.

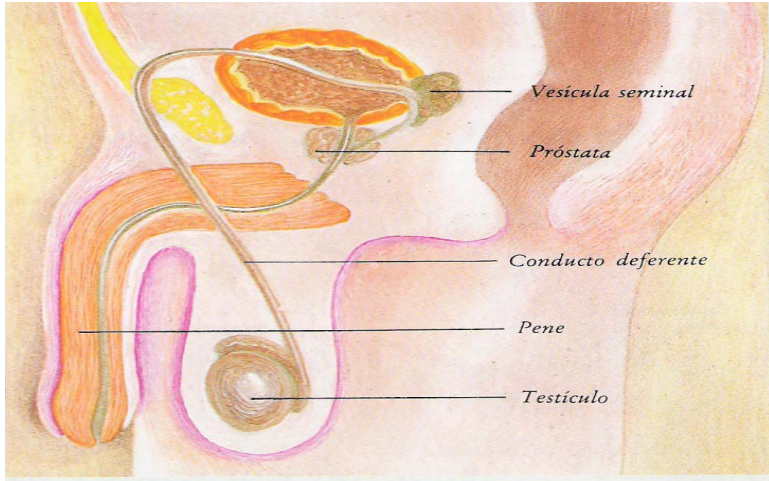
- **VAS DEFERENS:** canal through which raise the sperm to seminal vesicles .

- **SEMINAL VESICLES:** deposit of sperm and of a portion of fluid that serves as food and vehicle.

- **PROSTATE:** produces another liquid similar to the seminal.

- **URETHRA:** spongiosum canal of the penis which passes through the body and ends at the urinary meatus.

- **PROSTATIC AND SEMINAL FLUID:** with the sperm cells constitute sperm, thick white liquid that is expelled on ejaculation.



SOURCES : SALUD I. GUÍA DE ANTICONCEPTIVOS Y SEXUALIDAD, M^o DE TRABAJO Y ASUNTOS SOCIALES, INSTITUTO DE LA MUJER, 2000.

METHODS FOR THE PREVENTION OF PREGNANCY AND DISEASES.

Each culture has its own techniques and hopefully the knowledge gained in societies over time have been used fruitfully by other ones. Serve as an anecdote, the story of the Berbers who, as a forerunner of our present current IUD, introduced into the uterus of camels small pebbles to prevent her pregnancy in the desert crossings.

A few decades ago, it was said that the women constitute the pill generation and certainly the Pill and the widespread use of effective contraceptives is one of the factors that have conditioned the development of Western countries in the last half century.

We must clarify that the existence itself of contraception does not guarantee contraception. It is not enough to use, you must use them well. Similarly, it is not not enough that our children know of the contraceptives existence . We must work educationally myths and prejudices towards them, their shame, doubt and modesty.

METHODS «NATURALS»

It is named for the belief that no intervening external factors will not upset the "normal" development of sexuality.

- **COITUS INTERRUPTUS.** Also named withdrawal, it is the withdrawal of the penis from the vagina before ejaculation. Besides affecting the experience of sexual intercourse by abruptly ends, it is a method with high failure rate: There is an emission of semen prior orgasm (pre-ejaculation) and also is not always easy to retire on time.

- **RHYTHM METHOD.** It is based on abstinence of sexual intercourse during the fertile period of women. It is another inconsistent technique because the human body is not functioning as a calculator or a clock.
- **GENITAL SHOWER.** Based on the assumption that washing the vagina after sex prevents pregnancy. That is totally wrong and ineffective.

- **BARRIER METHODS.**

They are different procedures that prevent the progress of sperm beyond the vagina.

- **SPERMICIDES.** Chemical substances introduced into the vagina assault and incapacitate sperm. They are useful if used together with other barrier methods. By nature, they have a high level of failure.
- **DIAPHRAGM.** It is a shallow latex cup, inserted into the vagina and cervix blocks to prevent the passage of sperm. Its use requires a previous visit to a gynecological or planning center to fit the size for each woman. It must always be used together with spermicides to be effective. It must be placed correctly, smeared with spermicide, ten minutes before penetration and removed eight hours after having sex.
- **CONTRACEPTIVE SPONGE.** Operating similarly to the diaphragm, it is a sponge, coated with spermicide,

preventing access of sperm into the uterus. Before having sex, you wet the sponge and place it, loop side down, inside your vagina to cover the cervix. The sponge may remain inside the vagina up to thirty-six hours. Whenever you make a new penetration, you must add another dose of spermicide previously. The sponge is a single use, at once we used we must change it.

- **PROPHYLACTIC.** Also condom, it is a latex sheath covering the penis that prevents the passage of sperm into the vagina. It is easy to acquire and its use protects against transmission of many STDs, including HIV / AIDS. The condom is for single use and by nature, it is basically effective. You should always placed it before any vaginal penetration once erection appeared. At its upper end you must leave a small space, many models incorporate it as a deposit-free air, where to store the semen. After ejaculation and before the erection subsides we must withdraw the penis from the vagina, holding the condom at the base. It is a single use only by intercourse, we must one condom each time to keep the effectiveness of this method.

HORMONAL METHODS

- **BIRTH CONTROL PILLS.** It is a combination of female hormones- synthetic estrogen and progestin-, that taken in an appropriate way alter the sequence of operation of the female reproductive tract: in the menstrual cycle no ovulation occurs and pregnancy is impossible.

It is the safest method of contraception, with an effectiveness close to 100% although this depends on a correct use. Medical expertise is essential for use, both to start taking it and for periodic monitoring.

In view of oversights, vomiting or diarrhea, their effectiveness may be suspended. In these situations it is

necessary, without interrupting the treatment, to use other additional contraceptive resources.

The pill may have some secondary effects and it has proven to be a precipitant of cardiovascular disease, as can be tobacco, poor diet or age. It is therefore not recommended for smokers women over 35 years. We insist that you should always used with medical advice.

- **INJECTABLES.** With a composition and performance similar to the pill, they are substances that are administered once a month or every three months intravenously. Its use implies a greater comfort with respect to the pill. Comparatively, it produces greater alterations of the menstrual cycle. Is also essential to use medical control.
- **EMERGENCY CONTRACEPTION (MORNING AFTER PILL).** It is a contraceptive procedure to prevent pregnancy after an unprotected sex (condom breakage or rape.). Its efficiency is 97% if given before 24 hours after intercourse. It has a considerable amount of secondary effects. So it must be used in exceptional cases and under medical supervision.

INTRAUTERINE DEVICES OR QUDS. It is a small object, introduced into the uterine cavity, that prevents pregnancy. It has a size of 3-4 cm and its usual form is 'T', '7' or 'anchor'. It should be prescribed and placed by a physician. Its validity is from two to four years, depending on model, and requires regular medical checks. With an IUD, you should consult your specialist every time you see a disturbance of the menstrual cycle, pain, discomfort or bleeding. Overall, it is a recommended method for women who have had at least one child.

SURGICAL METHODS

- **TUBAL LIGATION.** The ligation and / or section of the fallopian tubes prevents the passage of the egg and its contact with the sperm cells
- **VASECTOMY.** The surgeon cuts the vas deferens through which the sperm cells reach the testicle from the urethra .

HYGIENE AND HEALTH ADVICES

IF YOU USE VAGINAL SPONGES:

- Maximum 8 hours in the vagina.
- Impregnated with spermicide facilitates its introduction into the vagina and helps in preventing infections, but it must be used in addition to condoms.
- If you don't use a condom, you should change with every sexual intercourse.

AMONG SERVICES AND AMONG CLIENTS IS ADVISABLE:

Wash with lukewarm water and a little salt. When finalizing the activity of the day you can wash with neutral soap, you do not have to use other product because it eliminates the natural protection of your body.

IF YOU EXERT PROSTITUTION IT IS ADVISABLE TO USE A CONTRACEPTIVE METHOD:

- Chemistry, like the spermicidal ones.
- Hormonal, like the tablets or the intramuscular injections.
- Intrauterine Device (DIU).
- Surgical Methods (but always accompanying the preservative, that is the unique contraceptive method - of barrier that comes up with the infections of sexual transmission - I.T.S. - and of the VIH/SIDA).

IF YOU PRACTICE ORAL SEX:

You should not brush your teeth before or after performing oral sex because the brush opens small wounds that facilitate entry of microorganisms in the blood. Use a mouthwash, which disinfects and do not produce injuries.

VAGINAL WASHINGS:

They must be only realised when a doctor prescribes you, its excessive use would eliminate the natural protection of your body and it would leave exposed more infections. The use of ova, vaginal showers, homemade remedies and other drugs without medical checkup, destroys the vaginal flora, causing that you contract diseases.

TO RECEIVE THE CLIENT:

TO RECEIVE THE CLIENT:

Wash the customer before the service and press the penis from the inside out to see if it has a thicker consistency liquid urine with a color ranging from white to yellow-green, so you can check the status of the genitals, thus being able to detect any symptoms of STIs (Sexually Transmitted Infections).

But remember, even if he seems healthy, does not imply that it has not contracted some infection.

**DO NOT FORGET:
⚠️ USE A CONDOM!!**

MORNING AFTER PILL:

There is a contraceptive method (it is a hormone treatment), emergency treatment for cases like:

- Broken condom.
- Forget the pill (if it has been over 12 hours).
- Expulsion of the IUD.

There are two pills, the 1st taken as soon as possible after the above cases, but always before 72 h, and the 2nd is taken 12 hours after the 1st shot). It does not prevent HIV / AIDS and STI (STIs).

ISEXUALLY TRANSMITTED INFECTIONS (STIs.)

SEXUALLY TRANSMITTED INFECTIONS (I.T.S.)

GONORRHOEA:

Gonorrhoea is a sexually transmitted infection (STI) caused by a bacteria called neisseria gonorrhoeae or gonococcus. It used to be known as 'the clap'. The bacteria is found mainly in the semen of infected men and vaginal fluids of infected women, so is easily passed between people through sexual contact.

Symptoms:

Men:

- a thick white, yellow or green-coloured discharge from the tip of the penis,
- pain or tenderness caused by inflammation of the testicles or prostate gland,
- pain or burning sensation when urinating,

Women:

- strong, unpleasant smelling thick discharge from the vagina, which may appear green or yellow in colour,
- pain or tenderness in the lower abdominal area, including a burning sensation when urinating,
- frequent need to urinate,
- irritation or discharge from the anus, and bleeding between periods or heavier periods.

Consequences if not treated:

If treated early, gonorrhoea is unlikely to lead to any complications or long-term problems. However, without treatment gonorrhoea can spread to other parts of your body and cause serious problems.

As mentioned, gonorrhoea can lead to PID in women and infections of the testicles and prostate glands in men.

Diagnosis and treatment:

It requires a medical examination and laboratory test of discharge from the penis, vagina, throat and / or anus. The study after treatment is necessary because sometimes, the symptoms disappear but the disease is not cured.

- **SYPHILIS:**

Syphilis is a bacterial infection that is typically passed through sexual contact. However, it can be passed on by intravenous drug use (injecting drugs directly into the vein), blood transfusions and from an infected mother to her unborn child.

Symptoms:

Evolves in stages:

1st Stage (from 1 to 12 weeks after infection):
Reddish ulceration located in the contact area. Lasts 1 to 5 weeks.

2nd Stage (1 to 6 months after exposure)::
Rash on chest, back, arms and legs; Lymph nodes in neck, armpits, groin, fever, sore throat and general feeling of malaise.

3th Stage (of 3 or more years after infection):

Ulcers on the skin and internal organs, arthritis, loss of feeling in arms and legs, pain and disability due to injuries .

Diagnosis and treatment:

Includes medical and laboratory examination.
Treatment is with antibiotics.

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- **HERPES SIMPLEX:**

It is caused by a virus and is transmitted by sexual contact, but can also spread via the hands.

Symptoms:

Pain and inflammation with itching, fever and itching when urinating.

Diagnosis and treatment: Diagnosis is confirmed through examination by analysis. The cure is through enhancing drugs relieve symptoms and outbreaks.

Possible complications:

Increased risk of cervical cancer, risk of death, brain damage and abortion.

- **CHLAMYDIA:**

It is caused by a bacterium that affects the urethra in men, and cervix in women. It is transmitted by contact with mucous membranes of the vagina, mouth, eyes, urethra or rectum.

Symptoms:

Men: discharge from the penis. Frequent need and sometimes painful urination.

Women: vaginal discharge and lower abdominal pain.

Diagnosis and treatment: Examination of secretions and specific analysis. It is treated with antibiotics.

HEPATITIS A:

Hepatitis A is an infection caused by the hepatitis A virus, which leads to inflammation of the liver. It is the most common type of viral hepatitis.

It spreads through contact with blood, semen or other body fluids of an infected person. (Sexual intercourse, sharing needles, toothbrushes and razors and vertical transmission)

Symptoms: Fatigue, nausea, fever, poor appetite, stomach pain, diarrhea.

Diagnosis: through blood tests and / or biopsy also

Treatment: may involve medications and / or surgery

Prevention:

- through vaccine (3 shots over 6 months). Other measures: use condoms, not sharing needles and instruments of personal hygiene, wear gloves when in contact with blood, and make sure that tattoo is done with clean tools

- **HEPATITIS B:**

It leads to a inflammation of the liver and malfunction . It is caused by a virus and is spread through contact with blood, semen, or other body fluid of an infected person. (Sexual intercourse, sharing needles, toothbrushes and razors and vertical transmission).

Symptoms: fatigue, nausea, fever, poor appetite, stomach pain, diarrhea.

Diagnosis: Diagnosis through blood tests and / or biopsy .

Treatment: may involve medications and / or surgery

- **HEPATITIS C:**

Symptoms :

Prevention: Treatment :

Symptoms: It leads to a inflammation of the liver and stops functioning properly. The hepatitis C virus (HCV) is spread by blood-to-blood contact. It is in the blood of infected people and is transmitted through blood, sexual intercourse (less likely) and vertical transmission. It is not spread by causal contact, coughing or sharing food and drinks, or through breastfeeding.

Prevention: condom use, No sharing needle and tools for personal hygiene and avoid exposure to infected blood.

Treatment: No vaccine. But the healthy lifestyle promotes it. However, the consumption of alcohol, drugs and having other diseases (HIV) contributes to an accelerated progression of the virus.

- **HIV (THE HUMAN IMMUNODEFICIENCY VIRUS) AND A.I.D.S (ACQUIRED IMMUNE DEFICIENCY SYNDROME)**

WHAT IS HIV / AIDS ?

The word AIDS corresponds to the initials of Acquired Immune Deficiency Syndrome.

AIDS is a communicable disease caused by a virus called "Immunodeficiency virus (HIV)."

The disease, which manifests after eight or ten years of latent infection is characterized by deterioration of the body's natural immune system that facilitates the development of a serious infection or disease.

The infections are "opportunistic" because they take the weak and declining immune capability of the person carrying HIV to cause disease.

DIFFERENCE BETWEEN HIV AND AIDS

A person has HIV when this person has human immunodeficiency virus in the body, and has not developed any disease.

When a person has HIV and he/she develops one or more diseases called "opportunistic" ->AIDS.

WHAT FLUIDS HAS VIH?

HIV is found in many body fluids but only in the blood, semen, pre-semen, vaginal fluid and breast milk, concentration of virus is sufficient to cause infection.

WHAT ARE THE GATEWAY TO HIV?

To become infected the virus, it is necessary to enter in our bloodstream, it needs input gates as injuries that can be found on our skin or mucosa.

The skin is thick enough so that HIV can not pass through the

skin but if there are injuries such as wounds, cuts, sores and so on. then the virus can get through them.

ROUTES OF TRANSMISSION

Blood and Sex

PRACTICES OF RISK:

- Sharing needles, syringes, sharps unsterilized, toothbrushes, razors and any sharp instrument.
- Sex: vaginal and anal penetration, both the vagina and anus, mucosal tissue has a very weak, easily occurring injuries and wounds through which the virus can enter.
- Oral sex.
- Contact mouth penis (fellatio) is not safe to do fellatio if ejaculate in the mouth and there are injuries, wounds or sores in the mouth, gums or throat.
- Contact mouth-vulva cunnilingus risk to lick the vulva, if there are injuries, wounds or sores in mouth or vulva, through the vaginal fluid or blood, especially during menstruation.
- Rub with sex to sex rubbing between women also come into contact with vaginal discharge, but if there are not injuries to the genital mucosa, the virus will not have a gateway to our body.
- Sex toys, sharing of sex toys that have been in contact with vaginal fluid or blood is a practice of risk of transmission of STDs and HIV. To prevent this use a condom for each pass around no toys.

SAFE PRACTICE.

Condom use male or female .

UNSAFE PRACTICE.

IUD, diaphragm, Reverse, spermicides ... as only prevent pregnancy but not STIs and HIV / AIDS.

AVOID.

- Semen or pre-seminal fluid in the vagina or anus.
- Direct contact between vagina and penis.
Cum in mouth.
- Exchange of unprotected sex toys.
Contact between vaginal and mouth.

¿WHAT TO DO IF YOU HAVE HAD A PRACTICE OF RISK?

Refer to the unity of Sexually Transmitted Infections located in Algeciras, the request for HIV test, "Elisa test.

Address: C/ Núñez, S/N (antiguo hospital Cruz Roja).

Telephone: 956 00 49 04 / 956 00 49 03

Al Comité Ciudadano Antisida del Campo de Gibraltar, situada en Algeciras.

Address C/ Gregorio Marañón, N°1. B.

Telephone 956 63 48 28

CONSULT WITH A LAWYER ...



¿WHAT SHOULD I DO IF I HAVE ANY TYPE OF VIOLENCE?

IF YOU THINK YOU SUFFER FROM ANY SITUATION OF VIOLENCE AS A PHYSICAL OR PSYCHOLOGICAL AGGRESSION, THREATS OR COERCION, SEXUAL ABUSE, SEXUAL HARASSMENT, BULLYING AT WORK OR FEEL VICTIM OF ILLEGAL TRAFFICKING FOR THE PURPOSE OF SEXUAL EXPLOITATION, REPORT IT TO POLICE, THE GUARDIA CIVIL OR IN COURT.

IF YOU HAVE NOT "PAPERS" GO DIRECTLY AT THE DUTY COURT.

If you want to feel supported or go to the Progressive Women Association "Victoria Kent, where you will find support from a lawyer, psychologist and social worker **TOTALLY FREE.**

Before we denounce **aggression.** I recommend that you present a complaint before the duty court from where you are. He immediately put a restraining order against your aggressor if the authorities think fit, in which output measures include the defendant's home, restraining, prohibiting contact with the victim and determine the use of electronic means to ensure protection of the same in case of breach of these measures, the suspension of visitation between the abuser and / as student's grades, children provisionally pending rate the desirability of such contacts.

In court, the officials will ask youR address the document number you have available (Passport, Green Card) for filing

the complaint, but they did not inquire about the administrative situation in which you are in the country (with or without papers).

IS IT AN OFFENCE OR CRIMEN THE PROSTITUTION?.

In Spain, prostitution is not a crime.

YOU CAN NOT BE ARRESTED FOR LA PROSTITUTION.

It is a crime other aspects thereof, such as:

- Prostitution of minors or incompetent
- Prostitution through violence, intimidation, deception or abuse of position of power or necessity.
- Use of minors to exhibit / or perform as pornographic.
Corruption of minors.
- Illegal traffic of people.

When you are regularizing your situation in Spain, having a judicial assault on Gender Violence, will provide you some proceedings.

IF YOU ARE AN IMMIGRANT

- If you are in a **regular situation**: You have recognized the right to legal aid (to request a lawyer at the office) under the same conditions as the Spanish..

- If you are in an **irregular situation**: The ways of having a lawyer at the office are :
 - When expulsion proceedings start, you will have assigned a lawyer to the office. (FREE).
This expulsion proceedings are initiated when an illegally person is arrested, but explain to your lawyer why you want to remain in Spain for example:
 - You have regularized partners in Spain.
 - You have children in Spain.
 - You have an employment.
 - You're in the process of regularization of your papers

WHAT IS THE RESIDENCE PERMIT?

There are two types of current residence in Spain:

- **Temporary residence permit**
- **Permanent residence permit**

Temporary Residence Permit

Temporary Residence authorizes the foreign to remain in Spain for a period exceeding 90 days and less than 5 years. There are two types:

- **The Visa**: is granted to the Spanish consular office of the place where the alien resides, it allows you to stay in Spain for 3 months.
This permit provides for those who will not perform any gainful activity in Spain (with this permission you can not work).

- Initial Authorization for Temporary Residence:

The visa granted, will incorporate an **initial authorization of residence** and shall run from the entry in force in Spain that is in the passport.

It is Important that once granted the visa, you must to pick up in person within 1 month after has been notified, because if you do not pick it up within that time, it is understood that the visa waivers granted, proceeding to file the dossier. For your part, you must enter in Spain within the period of **the visa that does not exceed 3 months**.

Once you have entered in Spanish territory, you must apply personally and within **1 month** the **Foreigner Identity Card** which will have a validity period equal to the temporary residence permit that you have been granted. It is called **NIE: Foreigners Identification Number**, this is your identification number in Spain and it is issued at once you have residency (which is on your Resident Card). This number is vital for virtually any document you should complete and for basic things like filing taxes, open bank accounts or start a business. **All the foreign have assigned a NIE.**

The **initial temporary residence permit** is valid for **1 year** and may be **extended**, seeking renewal, reaching a maximum of **5 years**.

**THE OFFICIAL APPLICATION IS FREE , NEVER
PAY FOR IT.**

Permanent Residence Permit

Once you have been legally resident in Spain and continued for a period of 5 years, you have acquired the right to reside in Spain indefinitely. You can work without limitation and under equal conditions as the Spanish.

For the Residence is considered continuous, it is necessary that you have not absent from our country more than 6 consecutive months, provided that absences do not exceed the time of 1 year.

Permanent Residence Permit is also granted to those who are demonstrating any of the following cases:

- Be receiving a retirement pension, beneficiaries of a pension of permanent total disability or severe disability, included in the Social Security system or benefits equivalent to those previously obtained in Spain and sufficient to their support and, where appropriate, of his family.
- Being born in Spain and after reaching the age of majority you must proof of having had **a legal and continuous residence** for at least three consecutive years immediately preceding the application..
- Have been **Spanish** and lost after the Spanish nationality.
- Upon reaching adulthood, and having been under the tutelage of the Spanish authorities during the 5 years immediately preceding the application for permanent residence.
- **Stateless persons and refugees** as who have recognized that status.

- Foreign who have made a significant contribution to economic, scientific or cultural advancement of Spain or its projection in abroad.

If you have a permanent residence permit, you must apply for **renewal every 5 years**.

HOW CAN YOU BRING TO YOUR FAMILY?

There are two ways:

The temporary residence permit for the Social Embedding.

This situation falls within the exceptional circumstances of Residence Permit.

A residence permit May be granted on grounds of belonging to the worker foreign citizens attesting to the **continuous stay in Spain for a minimum period of 3 years**, provided he/she has the following requirements:

- Having no criminal record in Spain and their country of origin or former residence.
- Do not be prohibited from entering Spain.
- Have a work contract at the time of application lasting not less than 1 year.
- Prove family ties with other foreign citizens resident like spouse, ancestors and lineal descendants. Or submit a report on social inclusion issued by the City of where you live.

Family reunion

For this family reunion **you have to take 1 year residing in Spanish territory and have applied for and obtained a residence permit for another year, that is, you've renewed your first residence.** You will have to demonstrate that you have adequate accommodation and sufficient means to meet your expenses and your family.

WHO CAN I REGROUP?

You can merge your spouse if you are not separate.

- Your children and your spouse (including adopted) under 18 or disabled and in both cases, they must not be married.
- Your ancestors or your spouse if they are in your care, the minors under 18 and the disabled when you are their legal representative.

WHERE DO I HAVE TO APPLY FOR FAMILY REUNION ?

You must go to the Aliens Office or the Government Sub-delegations nearest to your home.

If you comply with all requirements and a permit is granted for family reunification. The deadline shall be suspended until the issuance of visas and the entry of your family in Spanish territory.

To apply for the visa, your family need a report certifying that you have the conditions required to apply for family reunification and that you hold a residence permit renewed.

- **WHAT IS THE VALIDITY OF THE AUTHORIZATION FOR MY FAMILY?**

The validity of your family's residence permit will depend on your legal status in Spain and will be for the same time as your residence permit.

- **WHERE AND WHO MUST APPLY FOR A VISA?**

The visa can be obtained only outside Spain, in the consular or diplomatic mission in the country of residence of your family. Once you have notified the granting of authorization, your family will have two months to apply for a visa.

Important: The family may not be regrouped if you were in Spain illegally. I refuse the application will be refused. They must travel to their country to apply for a visa.

- **HOW LONG DOES THE GRANTING OF VISA TAKE?**

The consulate will have a maximum of 2 months to notify the granting of a visa. The family reunite must pick up in person, except in the case of minors, which may be collected by his/her representative or guardian.

The family must enter in Spain during the validity of the visa that will never be more than 3 months and will take more than one month to apply for **the ID Card of foreign citizens**.

If your spouse gets a work permit and accredited by a certificate of cohabitation that both have lived 2 years, she/he can apply for a residence permit separate from your residence. Your children will also get an independent residence permit when they come of age and obtain a work permit.

If you are in an irregular situation in Spain, go to those NGOs that provide free legal services and advise you on the possibilities to regularize your situation in Spain.

And if the passport is the only document you have, keep it safe.

CONSULTATION WITH A PSYCHOLOGIST ...



From a psychological standpoint, the practice of prostitution can have a significant impact on the mental health of people who practice it. In this regard it is essential to make an analysis to better understand how we are psychologically.

Our mental health depends on many factors and we have to take care of:

- The support network that I can tell (family, friends ...).
- Access to information and resources.
- Our ability to address problems.
- As we value and develop our self-esteem.

After working directly with persons engaged in prostitution, mostly women, we found that isolation, rootlessness and the profound solitude are the factors that are present and especially affecting your mood. This restricts their personal, social and occupational functioning.

When we speak of **isolation**, It does not mean just the feeling of helplessness, but also the difficulty in obtaining information and access to resources and social relations (no relations with other people even with their working environment). The isolation is reinforced by an unfamiliar environment, and sometimes hostile and a little solidarity.

The situation of **embedding** is also a important problem for these people. The continuing geographic mobility, social isolation and, in most cases, lack of housing hinders integration.

Loneliness is not only the absence of affection and the separation of nearby children and family, they try to hide the activity that allows them to develop and support her family economically, by fear of the reactions that may occur. In this solitude, the systematic transfer of place interferes that makes it difficult for them to interact much less with friends or close relationships with others.

This situation affects with no doubt their mental health, because all people need to feel loved, communicate and share concerns and joys with people who want and trust. Moreover promote insecurity, powerlessness, lack of motivation, reluctance and apathy towards learned helplessness from the isolation in which they can find.

Therefore, greater helplessness lower the capacity to respond to the environment and the greater exposure to the decisions of others.

Another factor involved in the psychological distress is caused by lack of sleep due to endless hours of work and inadequate nutrition and poor. It is very important to develop healthy lifestyle: proper nutrition, adequate rest ... and so on. All this will influence positively on your mood and of course, their mental health.

● REFLECTION:

- ✓ If in our personal relationships we emotionally connect) resistance, we must put measures and go to a specialist to see what happens. It can happen to begin making negative associations with sexual activity and even causing an aversion to intimacy.

✓ If your mood is depressed, you feel sadness, discouragement, and apathy with high frequency, and measures must be put to see a specialist.

✓

IF YOU DO NOT HAVE TO TALK TO, COUNT ON US.

CONSULTATION WITH A SOCIAL WORKER ...



I'M AM IMMIGRANT, AM I ENTITLED TO HEALTHCARE?

Specifically, the Andalusian Government offers a health card to all immigrants in regular or irregular situation, free of charge and under the same conditions as any Spanish. To do this you must register yourself in the municipality where you live, regardless of your legal situation. **DON'T FEAR TO GO TO YOUR CITY CIVIL REGISTRY.**

Thus, you will be entitled to the following benefits:

- **CARE OF SERIOUS ILLNESS.**
- **ACCIDENTS.**
- **PRIMARY CARE (FAMILY DOCTOR).**
- **MEDICAL ATTENTION AS SPECIALISTS.**
- **CARE FOR PREGNANCY, CHILDBIRTH AND POSTPARTUM.**
- **CLAIM TO BENEFITS PHARMACEUTICAL SOCIAL SECURITY.**

I AM A IMMIGRANT UNDER 18 YEARS:

YOU HAVE A RIGHT TO PROVIDE HEALTH CARE WITH THE SAME CONDITIONS THAT ANY SPANISH

WHAT SHOULD DO TO APPLY FOR HEALTH CARD?

First, the social worker of the Association of Progressive Women "Victoria Kent offers you all the information you need, as well as the accompaniment to make appropriate representations.

To obtain a health card, you must go to your social worker from the health center for your home, with the registration certificate and a personal document that identifies you.

NO AID FOR RENTAL HOUSING?

The Andalusian Government grants financial assistance to facilitate the payment of rent to all the people who hire rental housing through rental Promotion Agency. This assistance will contribute a maximum of 40% of annual income satisfied. To access this feature request, you must meet certain requirements:

- Have an age not exceeding 35 years.
- Being a victim of gender violence or terrorism.
- Be large families.
- Be over 65 years.
- To be disabled recognized officially.

IF I AM A CRIME VICTIM , WHERE CAN I GO?

The social worker A.M.P. Victoria Kent can contact the Victim Assistance Service of Andalusia (SAVA). It is a public service, universal and free, which aims to give an answer (legal, psychological and social) to the problem that arises in **any victim** (domestic or foreign regular or irregular) **of a criminal act.**

The objectives of this service are:

- Protect the victim of any crime.
- Provide a comprehensive treatment and support.
- Provide emotional support.
- Serve as a bridge or link between the victims and the various authorities involved in the judicial process.

You should also know that there is an allowance called **Active Insertion Income (RAI)** for victims of gender violence, and for people over 45 and under 65 years, returning migrants and disabled people with a percentage of 33% or upper, all of them seeking work in the office of the Servicio Andaluz de Empleo (SAE) for 12 months. The request can be collected in the office of the INEM

HOW CAN YOU BE HELP BY A SOCIAL WORKER?

The social worker of the Association of Progressive Women "Victoria Kent, can advise you on the above issues, as well as on items that can be of great interest, which include the following:

- Subsistence payments.
- Economic benefit of 2500 € per birth or adoption of children .
- Aid to families to purchase textbooks and teaching materials.
- Support for large family.
- Provision for in care children.
- Information on financial assistance to widows.

- General information for women.
- Food aid.
- Social-labor orientation.
- Problems of addiction.

ADDRESSES OF INTEREST:

- **Associatons.**
- **Town halls : to carry out procederes related to registration.**
- **Health care centers.**
- **Justice.**
- **Information Centers for women.**
- **State Security Forces.**
- **Social Affairs .**
- **Emergency phone.**



ONGs OF INTEREST

- **ASOCIACIÓN DE MUJERES PROGRESISTAS
“VICTORIA KENT”**

C/ Regino Martínez, nº 3, 3ºB.

Telf: 956.633.299

- **ASOCIACIÓN COMITÉ CIUDADANO ANTI-SIDA**

C/ Gregorio Marañón nº 1B

Telf: 956.634.828

TOWNHALL CAMPO DE GIBRALTAR

- **AYUNTAMIENTO DE ALGECIRAS**

C/ Alfonso XI, 12

Tlf: 956672700

- **AYUNTAMIENTO DE CASTELLAR DE LA
FRONTERA**

Plaza de Andalucía, 20

Telf: 956693011

- **AYUNTAMIENTO DE JIMENA DE LA FRONTERA**

C/ Sevilla, 61

Telf: 956640254

- **AYUNTAMIENTO DE LA LÍNEA DE LA
CONCEPCIÓN**

Av. De España, 7

Tlf: 956696200

- **AYUNTAMIENTO DE LOS BARRIOS**

Plaza de la Iglesia, s/n
Telf: 956621603

- **AYUNTAMIENTO DE SAN ROQUE**

Plaza de Arma, s/n
Telf: 956780106

- **AYUNTAMIENTO DE TARIFA**

Plaza de Santa María, 3
Tif: 956684186

HEALTH CENTERS

CENTRO DE ENFERMEDADES DE TRANSMISIÓN SEXUAL

C/ Núñez, s/n (Antiguo Hospital Cruz Roja).
Algeciras.
Telf: 956.004.904

HOSPITALS CAMPO DE GIBRALTAR

- **HOSPITAL “PUNTA DE EUROPA” DE ALGECIRAS**

Ctra de Getares, s/n
Telf: 956025147

- **HOSPITAL DE LA LÍNEA DE LA CONCEPCIÓN**

Avda. Menéndez Pelayo nº 103
Telf: 956026573

HEALTH CENTERS CAMPO DE GIBRALTAR

- **CENTRO DE SALUD DE ALGECIRAS**

- **ALGECIRAS-NORTE**

- Av. Polígono del Rosario, s/n

- Telf: 956024650

- **ALGECIRAS-SUR “SALADILLO”**

- Cl Santo Domingo de Guzmán, s/n

- Telf: 956784047

- **“CAMILO MENÉNDEZ TOLOSA”**

- Plaza Menéndez Tolosa, s/n

- Telf: 956026306

- **CENTRO DE SALUD DE CASTELLAR DE LA FRONTERA**

- Plaza Andalucía, s/n

- Tif: 956647168

- **CENTRO DE SALUD DE JIMENA DE LA FRONTERA**

- Av. De los Deportes, s/n

- Telf: 956640906

- **CENTRO DE SALUD DE LA LÍNEA DE LA CONCEPCIÓN**

- **LA LÍNEA LEVANTE**

- Av. Del Puerto, 1

- Telf: 956784180

– **LA LÍNEA PONIENTE**

C/ Andalucía, s/n

Telf: 956027903

– **LA LÍNEA-CENTRO “LAVELADA”**

C/ Paseo de la Velada, s/n

Telf: 956024505

• **CENTRO DE SALUD DE LOS BARRIOS**

Av. Blasco Ibáñez, s/n

Telf: 956024611

• **CENTRO DE SALUD DE SAN ROQUE**

Av. Castiella, 4

Telf: 956024700

• **CENTRO DE SALUD DE TARIFA**

Ct. Nacional 340, s/n

Telf: 956027700

IMMIGRANT CARE UNITY

Paseo de la Conferencia (Antiguo Hospital Cruz Roja).

3ª planta.

(Algeciras).

Telf: 956004957 / 956004959

JUSTICE.

SERVICE OF ATTENTION TO VÍCTIMS OF ANDALUCÍA.

Dirección:

- **Asociación de Mujeres Progresistas “Victoria Kent”:**
C/ Regino Martínez, 3, 3º B.
Telf: 956633299 / 956633396 / **656308786**
- **Juzgado Contra la Violencia En Algeciras:**
Plaza de la constitución s/n.
Telf: 956 02 76 16

PROVINCIAL COLLEGE OF LAWYERS CÁDIZ WITH DELEGATION IN ALGECIRAS

C/ Alfonso nº 11-14, 2º planta
Telf: 956662100

COURTS OF CAMPO DE GIBRALTAR

- **JUZGADO DE LO PENAL Nº 1 DE ALGECIRAS**

Paseo Victoria Eugenia,
Telf: 956027302 / 956027304

- **JUZGADO DE LO PENAL Nº 2 DE ALGECIRAS**

Paseo Victoria Eugenia, s/n
Telf: 956027310 / 956027311

- **JUZGADO DE LO PENAL Nº 3 DE ALGECIRAS**

Paseo Victoria Eugenia, s/n
Telf: 956027315 / 956027316

- **JUZGADO DE LO PENAL N° 4 DE ALGECIRAS**

Paseo Victoria Eugenia, s/n
Telf: 956027323 / 956027324

- **JUZGADO DE MENORES N° 2 DE ALGECIRAS**

C/ Muñoz Cobos, 4
Telf: 956026803 / 956026804

- **JUZGADO CONTRA LA VIOLENCIA EN ALGECIRAS**

Plaza de la constitución s/n.
Telf: 670942149 / 670942419

- **EQUIPO TÉCNICO DE MENORES DE ALGECIRAS**

C/ Muñoz Cobos, 4
Telf: 956026806 / 956026807

MUNICIPAL INFORMATION CENTERS TO WOMEN

- **C.I.M. AYUNTAMIENTO DE ALGECIRAS**

C/ San Antonio n° 10, Edificio La Escuela
Telf: 956672751

- **C.I.M. AYUNTAMIENTO DE LA LÍNEA DE LA CONCEPCIÓN**

Avda. Virgen de la Palma, s/n
Telf: 956178258

- **C.I.M. AYUNTAMIENTO DE LOS BARRIOS**

Paseo de la Constitución s/n
Telf: 956582515

- **C.I.M. AYUNTAMIENTO DE SAN ROQUE**

C/ Rubín de Celis nº 3
Centro de Servicios Sociales.
Telf : 956780676

- **C.I.M. MANCOMUNIDAD DEL CAMPO DE GIBRALTAR**

C/ Parque de las Acacias s/n
Telf: 956572680

CUERPOS Y FUERZAS DE SEGURIDAD DEL ESTADO

NATIONAL POLICE:

- **POLICIA NACIONAL DE ALGECIRAS:**

Avda. Fuerzas Armadas, nº 6.
Telf: 956588445

- **POLICÍA NACIONAL DE LA LÍNEA DE LA CONCEPCIÓN:**

Avda. Menéndez Pelayo, nº 2.
Telf: 956690619

LOCAL POLICE

- **POLICÍA LOCAL DE ALGECIRAS:**

C/ Ruiz Zorrilla, 3
Telf: 956660155

- **POLICÍA LOCAL DE CASTELLAR DE LA FRONTERA:**

Plaza de Andalucía, s/n
Telf: 956647265

- **POLICÍA LOCAL DE JIMENA DE LA FRONTERA:**

C/ Sevilla, 66
Telf: 956640064

- **POLICÍA LOCAL DE LA LÍNEA DE LA CONCEPCIÓN:**

Avda. La Banqueta, s/n
Telf: 956176000-306 / 956690068

- **POLICÍA LOCAL DE LOS BARRIOS:**

C/ Pablo Picasso, s/n
Telf: 956620780

- **POLICÍA LOCAL DE SAN ROQUE:**

Camino del Almendral, s/n
Telf: 956780256

- **POLICÍA LOCAL DE TARIFA:**

Plaza de Santa María, 3
Telf: 956682174 / 956684186

GUARDIA CIVIL

- **GUARDIA CIVIL DE ALGECIRAS:**

Telf: 956587610

- **GUARDIA CIVIL DE CASTELLAR DE LA FRONTERA:**

Telf: 956647125

- **GUARDIA CIVIL DE JIMENA DE LA FRONTERA:**

Telf: 956640009

- **GUARDIA CIVIL DE LA LÍNEA DE LA CONCEPCIÓN:**

Telf: 956171473

- **GUARDIA CIVIL DE LOS BARRIOS:**

Telf: 956620013

- **GUARDIA CIVIL DE SAN ROQUE:**

Telf: 956750193

- **GUARDIA CIVIL DE TARIFA:**

Telf: 956627148

- **UNIDAD ORGÁNICA DE POLICÍA JUDICIAL:**

Telf: 956587215

SOCIAL AFFAIRS CAMPO DE GIBRALTAR

- **ASUNTOS SOCIALES DE ALGECIRAS**

C/ Baluarte, s/n

Telf: 956587071

- **ASUNTOS SOCIALES DE CASTELLAR DE LA FRONTERA**

Plaza Andalucía, s/n

Telf: 956693001

- **ASUNTOS SOCIALES DE JIMENA DE LA FRONTERA**

C/ Sevilla, 61

Telf: 956640254

- **ASUNTOS SOCIALES DE LA LÍNEA DE LA CONCEPCIÓN**

Bda. Bellavista, locales 21, 22 y 23

Telf: 956690039 / 956170578

- **ASUNTOS SOCIALES DE LOS BARRIOS**

Paseo de la Constitución s/n

Telf: 956582514

- **ASUNTOS SOCIALES DE SAN ROQUE**

C/ Rubín de Celis, 3

Telf: 956780154

- **ASUNTOS SOCIALES DE TARIFA**

Calzadilla de Téllez – Edif. Casa del Mar

Telf: 956685030

EMERGENCY PHONE.

016: ATTENTION TO VICTIM.

091: NATIONAL POLICE PHONE.

092: LOCAL POLICE PHONE.

112: EMERGENCY PHONE.

