The Hosting Family & Voluntraining Experience

Community Development in Barcelona for Teenagers

The **Voluntraining** in Barcelona is a fully structured, 2-week immersive program explicitly designed for young voluntrainees (ages 14–18). Based in the vibrant city of **Barcelona** neighborhood, this initiative focuses on social inclusion, humanitarian aid, and community building.

The heart of this transformative experience lies in the symbiotic relationship between the voluntrainees, the NGO's social projects, and the dedicated **Hosting Family** who acts as a 24/7 support system.





1. Safety, Accompaniment, and Logistics

For parents sending teenagers abroad, the program offers a comprehensive safety net through meticulous supervision and care:

- **Door-to-Door Welcome:** The host family directly manages airport pickup at Barcelona-El Prat Airport (BCN) and handles the drop-off at the end of the 2 weeks, driving the volunteer to their accommodation (approx. 30 minutes from the airport).
- **Constant Accompaniment:** Teenagers are never left to navigate the city alone. A member of the host family or dedicated 24/7 staff accompanies the voluntrainees during all moves, commutes, and weekend tours.
- **Fully Funded Transportation:** The hosting family provides and covers the cost of the volunteer's public transportation card for seamless commuting via the Barcelona Metro system.
- **Shared Peer Environment:** Most host family apartments accommodate 2 to 3 participants. Volunteers are placed alongside at least one other international peer of the same gender and approximate age, providing an immediate friend and roommate.

2. Professional Voluntraining & Core Social Causes

Voluntrainees spend their weekdays working across diverse circles of interest alongside passionate local coordinators. The work targets vulnerable populations (children, the elderly, and marginalized groups) through real-world social work:

- **Food Bank Support:** Assisting with logistics, operations, and the dignified distribution of food to families and babies facing food insecurity.
- **Intergenerational Care:** Conducting care visits and engaging with elderly neighborhood residents to foster community connections.
- **Community Art & Sustainability:** Contributing to neighborhood art projects and learning about local sustainable development initiatives.
- **Permaculture Urban farm:** Back to the roots: reconnecting to nature, fighting erosion and climate change but also a kind way to self sustain healthy and organic food.
- **Summer Youth Program:** taking part in educational excursions for local children from disadvantaged backgrounds.
- **Skills Validation:** Volunteers gain leadership, teamwork, and cross-cultural communication skills, culminating in an official project completion certificate.

3. Full Nutrition & Cultural Immersion

Dietary needs are completely catered for, dividing meals between authentic local home cooking and community dining:

- **At the Host Home:** Families prepare a nutritious breakfast and dinner daily, alongside mid-day snacks. This is prime time for practicing conversational Spanish and learning about local customs.
- **At the NGO/On Placement:** From Monday to Friday, the voluntrainees share a freshly prepared lunch made by the kitchen crew.



- **Weekend Adventures & Excursions:** For weekend tours, beach trips, and sightseeing sessions, the host family packages a dedicated lunch (picnics/bocadillos) so the youth are fueled for their adventures.

The 2-Week Program Schedule

Note: All daily commutes, activities, and weekend trips are fully supervised and accompanied by a host family member or program staff.

Week 1: Arrival, Induction, and Community Foundations

Day	Morning	Afternoon	Evening
Sunday	**Arrival & Welcome:** Airport pickup at BCN by host family. Travel to Nou Barris accommodation.	Settle into host family home; unpack and meet international roommates.	**Host Family Welcome Dinner:** First orientation to household guidelines and neighborhood overview.
Monday	**NGO Induction:** General orientation at the center, cultural awareness introduction, and safety briefing.	**Neighborhood Walking Tour:** Exploring the local streets of Nou Barris to locate metro stops and project sites.	Dinner with host family; initial Spanish conversation practice.
Tuesday	**Food Bank Operations:** Team briefing, sorting incoming donations, and organizing food distribution lines.	**Language & Culture Circles:** Conversational Spanish workshop and team-building exercises with fellow volunteers.	Dinner with host family; evening reflection journal.
Wednesday	**Summer School Program:** Assisting coordinators at the *Casal de Verano* with morning sports and icebreaker games.	**Community Art Project:** Planning a local mural or social initiative with neighborhood youth.	Dinner with host family; board games or shared leisure time.

Thursday	**Elderly Care Visits:** Supervised intergenerational social visits, storytelling, and companion walks with neighborhood seniors.	**Sustainable Development Workshop:** Learning about local social entrepreneurship and urban sustainability.	Dinner with host family; packing bags for the weekend.
Friday	**Community Kitchen & Food Security:** Helping distribute meals and supporting the center's food program logistics.	**Weekly Evaluation:** Reflection session with tutors to review social work insights and validate skills tracker.	**Weekend Prep Dinner:** Host family details the upcoming weekend itinerary.
Saturday	**Full-Day Guided Tour:** Exploring iconic Barcelona landmarks (Gaudí's architectural sites like Sagrada Família). *Packed lunch provided by Host Family.*	Continuation of sightseeing, historical city center walk, and souvenir shopping.	Return to host family home for dinner; rest and relaxation.
Sunday	**Beach & Mediterranean Session:** Supervised beach trip to La Barceloneta for relaxation and group games. *Packed lunch provided by Host Family.*	Coastal walk, traditional Spanish ice cream tasting, and recreation time.	Dinner with host family; preparing for the second week of activities.

Week 2: Deepening Impact and Program Completion

Day	Morning	Afternoon	Evening
Monday	**Summer Youth Program:** Leading educational workshops, language games, and arts & crafts at the *Casal de Verano*.	**Food Distribution Circle:** Managing inventory and community check-ins at the food bank.	Dinner with host family; conversational Spanish practice.

Tuesday	**Elderly Care & Social Inclusion:** Creative activities and music sessions with local senior citizens.	**NGO Peer Workshops:** Collaborative planning session for the final community celebration.	Dinner with host family; local neighborhood stroll.
Wednesday	**Food Bank & Logistics:** Final push for organizing local donations and addressing high-priority community requests.	**Community Art Execution:** Putting final touches on the neighborhood revitalization/mural project.	Dinner with host family; casual social time with roommates.
Thursday	**Summer School Closing Activities:** Organizing a mini-tournament or farewell performance for the summer camp children.	**Final Evaluation & Portfolio Review:** Final meeting with mentors to sign off on volunteer hours and competencies.	**Farewell Dinner Celebration:** Sharing a final authentic Spanish meal at a local restaurant with peers and staff.
Friday	**Certification Ceremony:** Receiving official Project Completion Certificates and celebrating team achievements.	**Goodbye appreciation Party:** graduation ceremony, Open Mic, dancefloor, Pokeball party	**Host Family Farewell packing session**
Saturday	**Departure Day:** Final breakfast with the family. Coordinated drop-off at Barcelona-El Prat Airport (BCN) by the host family.	**Flight departures and journey home.**	*Program Concluded*