Humanitarian and Social Missions in Spain



Program Description

Discover these two humanitarian missions in Barcelona, Spain, and commit to a meaningful cause!
You can choose between these two projects.
Whether you want to support the social and professional inclusion of people with disabilities or assist children with severe disabilities, these missions offer you the opportunity to get involved in enriching projects.

Program Professional and Social Integration program

In this program in Barcelona, you will support adults with disabilities in their socio-professional integration by involving them in ethical and responsible tourism.

Highlight

- Stay at the hostel in the secret part of Barcelona City: The Collserola National Park
- Support people with disabilities as they re-enter the workforce by working at the only hostal in Europe 100% dedicated to inclusion.
- Voluntrainees also contribute to the enriching mission of the NGO, which supports the local communities in the most humble district of Barcelona.

- Experience Barcelona in an authentic and engaged way, outside of the traditional tourist circuits.
- Meet other volunteers and make lifelong friends with the same values and goals!

Volunteers' tasks will include:

- Assisting with Decoration, painting and gardening
- Helping with the preparation of shared spaces and common areas
- Supporting disabled people in their tasks related to housekeeping and maintenance
- Organizing and setting up spaces for community events summer childcare
- Collaborating with social initiatives led by the NGO
- Participating in administrative/communication tasks and logistics coordination
- Promoting inclusion and social interaction among staff, guests, and other volunteers
- Supporting accessibility projects and programs linked to the Hostel social mission.

This role offers the chance to connect with diverse groups of people, gain valuable inclusive experience, and actively contribute to a positive social impact through solidarity and teamwork.
Volunteers will work 35 hours a week, from Monday to Friday, from 10am to 6pm but schedule might vary regarding the needs. Weekends are free to enjoy the city of Barcelona!

Schedule

Sunday: You will be **picked up at the airport** (flights with arrival times between 10:00 AM and 6:00 PM) and a volunteer from the team will help you settle into your room at the hostel where **you will receive a first orientation** by checking-in.

Monday: 8am: Preparing breakfast and getting ready for the day 9am Orientation by a member of the team, introduction to the hostel, the teams and how the week will unfold.

- 11am: Preparing lunch
- 1pm: Lunch
- 2pm: Kitchen cleaning + Briefing assisting hostal staff with day-to-day tasks: gardening, decorating, painting, pool maintenance. Discovering all the sustainable solutions put in place by the hostel to reduce its impact on the environment and promote social inclusion. Supporting teams of disabled workers in ongoing sustainability projects and implementing measures to assess their positive impact.
- 5pm: End of the shift

Tuesday:

- 8am: Preparing breakfast and getting ready for the day
- 8:30: Leaving the hostel in the direction of the NGO.
- 9:30: Orientation in the NGO HQ + Morning Routine + Briefing
- 10:30: Preparing Foodbank
- 1pm: Lunch
- 2pm: Briefing Foodbank + Finalizing baskets
- 3pm: Welcome families. Coordination and reception of food and baby supplies donations, preparation of the baskets, and distribution of the food supplies. Delivery of the baskets to the families and individuals in the centre, and leaving the space clean and tidy.
- 5pm: Meditation Workshop

Wednesday:

- 10:30: Going to the Residency of Elderly People
- 2pm: Training about NGO work
- 3pm: Spanish conversational workshop
- 4:30pm: Personal development workshop

Thursday:

- 9am: Preparing breakfast and getting ready for the day
- 10am: Morning Briefing + Teamwork projects
- 5pm: End of the shift

Thursday (July & August): Children of the NGO summer camp are visiting !

- 9am: Preparing breakfast and getting ready for the day
- 10am: Preparing the meal for children
- 12pm: Welcoming children of the NGO and making pool games with them
- 1pm: Serving and sharing lunch with children
- 2pm: Kitchen cleaning + Briefing assisting summer camp.
- 3pm: Pool Games
- 4:30pm: Cleaning up and helping children to pack.
- 5pm: End of the day.

Friday:

- 8am: Preparing breakfast and getting ready for the day
- 8:30: Leaving the hostel in the direction of the NGO.
- 9:30: Orientation in the NGO HQ + Morning Routine + Briefing
- 10:30: Teamwork and art projects
- 1pm: Lunch
- 2pm: Collective intelligence workshop and organization of the next week, evaluation of the results and opportunities for improvement. Working on local and current projects.

Saturday and Sunday: Free time to visit Barcelona.

This schedule can be changed and/or amended depending on local conditions and unforeseen circumstances.

Accommodation

All the rooms are shared, in the social inclusion hostel, located in Vallvidrera. There are rooms of 3 to 5 bunk-beds.

Transport

Transfer from the airport to the hostel is included, for pickups between 10am. and 6pm.

Meals

All meals are included (breakfast, lunch, and dinner). The food is primarily vegetarian, but meat options are also available. If you have any allergies or dietary restrictions, please inform us in advance. Food is provided and you cook it with the other volunteers.

Mandatory Orientation Day

A coordinator will be available for you, and you will have a meeting with them. You will also have a person assigned to assist you with practical situations.

Sights & Surroundings

Barcelona, the cosmopolitan capital of the Catalonia region in Spain, is known for its Renaissance art and architecture. It is the second most populous city in Spain and renowned for its high quality of life. Famous for its Mediterranean tapas and historic streets, it features neighborhoods such as Gràcia, Gótico, and Born, known for their narrow, history-laden streets. Barcelona has a Mediterranean climate, with hot summers ideal for enjoying its Mediterranean beaches.