



## 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.

### 1. 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 hostel 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 Enriquezarte 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 hostel 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.\*

## 2. Support children with severe disabilities

Join the group of our volunteers at the children's day hospital, promoting adapted activities, stimulating children and helping them interact with their environment and grow happy while facing difficulties.

Create your own games in collaboration with the team of professionals, make adapted crafts and have fun while you help take care of babies and children from 3 months to 10 years. Participate in the bank of materials adapted for families with babies and children with multiple mental and physical disabilities.

### Your Role:

- Support the logistics of the NGO's activities: food, activities, and excursions.
- Organize spaces and educational materials.
- Prepare recreational and educational activities and games to enhance children's well-being.
- Participate in communication and fundraising efforts.
- Provide support to families of children and babies.
- Cook and prepare meals for the community.
- Ensure the cleaning and maintenance of safe spaces.

You will work on weekdays, from Monday to Friday. Weekends will be free to enjoy the city of Barcelona!

## Schedule

**Sunday :** Arrival day (same conditions as the other program)

**Monday:** Welcome interview with your project coordinator, recognition of the work space and learning about the foundations of the NGO and severe multiple disabilities. Presentation of the volunteer team and Spanish and climbing class.

**Tuesday:** Visit of the hospital and meeting with the medical team and presentation with the children. First training on multiple disabilities. Help at lunch time. Development of planned activities (crafts, dance, treasure hunt).  
End of the day: Meditation workshop.

**Wednesday:** Guided volunteering with the children and verification of the level of adaptability with everything necessary for the planned activities. Lunch at the NGO with other volunteers. Afternoon: Training on the operation of the NGO, Spanish class and personal development workshop.

**Thursday:** Guided volunteering with children and planned activities. Lunch at the NGO with other volunteers. Afternoon: Preparation of the necessary material for the activities.

**Friday:** Guided volunteering with children and planned activities. Lunch at the NGO with other volunteers. Afternoon: Workshop on emotional intelligence and community actions.

**Saturday and Sunday:** Free days to enjoy Barcelona.

## 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, Gòtico, and Born, known for their narrow, history-laden streets. Barcelona has a Mediterranean climate, with hot summers ideal for enjoying its Mediterranean beaches.