

VOLUNTEER

ADVENTURE



FAMILY

OUR PROGRAMS

A journey of **Bonding, Learning, and Growth.**

Volunteering as a family is a **transformative experience** that allows you to bond, learn, and grow together while making a meaningful impact on the world around you.

our Family-Based Programs are thoughtfully designed to **meet the unique needs and schedules of all family members**, ensuring that each person, regardless of age or ability, finds joy and purpose in their volunteering journey.

These programs offer families the rare opportunity to **step outside of their comfort zones and spend quality time together** in a new and enriching environment. As parents engage with important values such as empathy, kindness, and social responsibility, children benefit from hands-on activities that not only provide practical skills but also foster a deep understanding of the challenges faced by others.



OUR PROGRAMS

As part of your family's volunteering journey, we are excited to introduce **Adventure Days** — a special day each week dedicated to exploring the incredible **sights** and **experiences** that each destination and its surroundings have to offer!

Adventure Days are your opportunity to step away from the volunteer work for a moment and dive into **unforgettable family adventures**. Whether you are looking to explore stunning landscapes, dive into cultural experiences, or simply have some fun together, there is an adventure to suit every family's taste and budget.



LOGISTICS

To ensure a seamless and comfortable experience for your family, we provide:



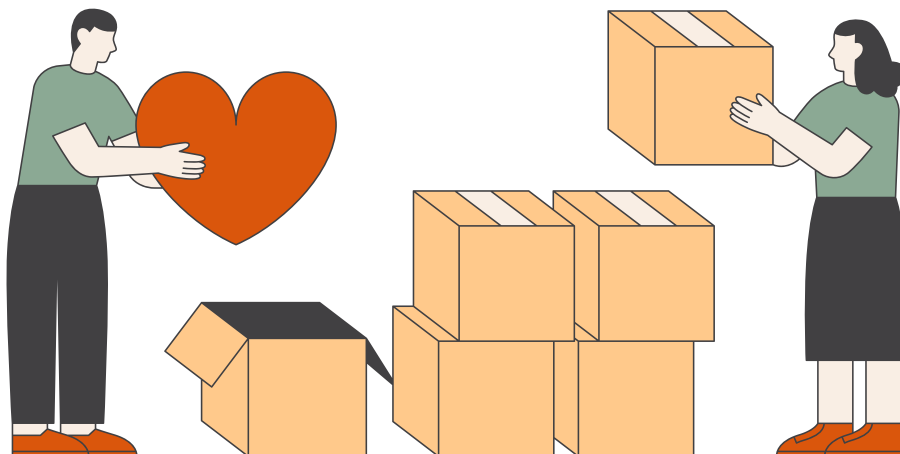
Convenient drop-off and pickup services: Making transitions between arrival and departure easy and stress-free.



Comfortable transportation: Reliable transport to and from all project sites and activities.



Family-friendly accommodations: Your family will stay together in a private room, ensuring comfort and privacy throughout your stay. Our accommodations are designed to cater to families, providing a cozy and welcoming environment where everyone can relax after a day of volunteering and adventure.



OUR PROGRAMS

LISBON

Marine Conservation
Animal Care
Food Rescue

BARCELONA

Marine Conservation

ROME

Sustainable Farming

CROATIA

Marine Conservation
Horse Caretakers

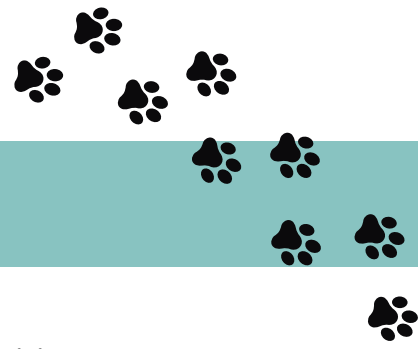
GREECE

Marine Conservation



LISBON

ANIMAL CARE



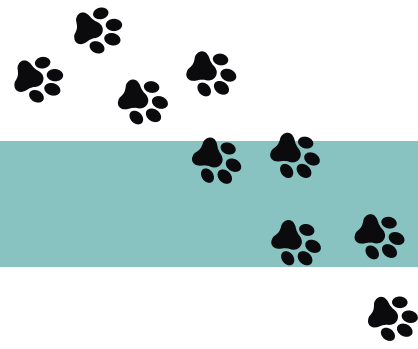
This unique volunteer opportunity allows families to come together and **support the welfare and protection of abandoned dogs and cats** in local shelters around Lisbon. These shelters provide a safe and nurturing environment for animals, with the ultimate goal of **helping them find their way into loving homes.**

This family-focused project is a fantastic way for parents and children to **bond while contributing to the well-being of animals** that have been lost or abandoned.

Families will assist in daily care tasks, from feeding and grooming to providing companionship, all while learning about the importance of animal welfare.



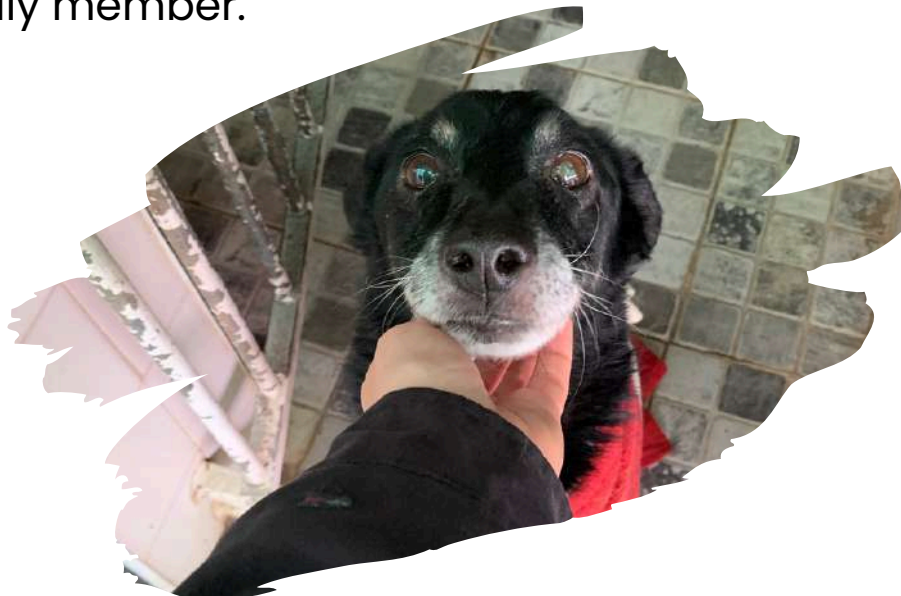
ANIMAL CARE



The key goals of these nonprofit organizations include:

- Protecting and caring for animals: Ensuring the animals are safe, well-fed, and healthy.
- Providing medical treatment and companionship: Helping animals recover from physical or emotional trauma with love and care.
- Raising awareness about animal abandonment: Educating the community to prevent abandonment and encourage adoptions.

No prior experience is necessary for families to participate, but a shared patience and love for animals are crucial. Rest assured, all animals in the shelters are fully vaccinated and well cared for, making this a safe and fulfilling experience for every family member.



TASKS

As a family, you will work together on a variety of tasks to make a meaningful impact in the Animal Care project!

Your responsibilities will include (but are not limited to):

- **Feeding** the dogs and/or cats
- **Playing and socializing** with them
- **Cleaning cages and kennels**
- General maintenance of the space
- Supporting **adoption events**
- Contributing to **communication campaigns** in support of the shelters



FOOD RESCUE

Make a difference joining the Food Rescue project that tackles two critical issues at once: **eliminating food waste and ending hunger.**

In this program, your family will team up with local volunteers to **recover surplus food** from supermarkets, restaurants, and other local establishments. You will then help **redistribute this food** to those in need across Lisbon.

Your family will be **actively involved in the daily operations of collecting and delivering food**, making a tangible impact in the lives of those who need it most. This project is a fantastic way to teach children about the importance of giving back while working together to support the community.

There are numerous initiatives across Lisbon currently **redistributing surplus food to around 20 low-income neighborhoods**, and they heavily depend on volunteers like you to keep this large-scale operation running smoothly.



TASKS

As a family, you will work together on a variety of tasks to make a meaningful impact in the Food Rescue project.

Your responsibilities will include (but are not limited to):

- **Picking up food** from local restaurants, cafes, hospitals and supermarkets
- **Packing and packaging** meal boxes
- Assisting with **storing and organizing** food donations
- **Cleaning and arranging** containers and workspaces
- **Handing out meal boxes** to the beneficiaries



MARINE CONSERVATION

Embark on an unforgettable adventure with your family as you explore the wonders of the Portuguese coastline through our Marine Conservation project. This program is ideal for families who **love the sea and are passionate about protecting the environment**.

Together, you will gain valuable **experience in scuba diving** and **environmental conservation** while learning about the challenges facing marine ecosystems.

Your family will play a crucial role in helping to protect this unique natural environment and its diverse wildlife, ensuring that it thrives for generations to come.



MARINE CONSERVATION

To participate in conservation activities, all family members will need to complete **dive training** or already be experienced divers. The first week of the program will be dedicated to obtaining your diving certificates, where your family will learn the essential skills needed to safely remove trash from the ocean.

It is mandatory that all family members provide a **medical certificate** that clears them for scuba diving in order to join the program.

The **minimum age** for this program is **14**.

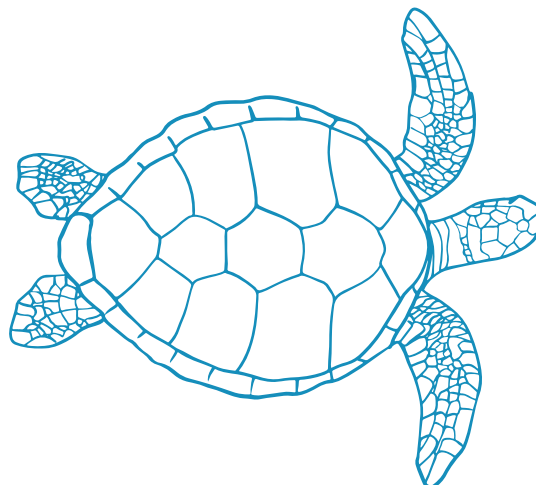


TASKS

As a family, you will work together on a variety of engaging and impactful tasks in the Marine Conservation project.

Your responsibilities will include (but are not limited to):

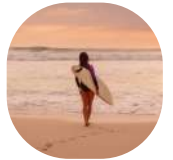
- **Cleaning the seafloor:** Diving together to help clean up rubbish from the ocean floor, contributing to a healthier marine environment
- **Learning about marine ecosystems:** Discover ways to protect these vital habitats
- **Observing marine wildlife:** Observing and identifying fish and other marine wildlife, an exciting opportunity to experience marine life up close
- **Collecting data:** Working together to collect data on fish populations, which helps in monitoring the health of the marine environment



ADVENTURE DAYS

Here are some fantastic options to choose from:

- **Surfing:** Catch some waves and enjoy the beautiful Portuguese coastline.
- **"Golfinhos na Arrábida":** A magical experience of dolphin watching in the stunning Arrábida region.
- **"A Caminho dos Dinossauros":** Step back in time on a journey through the dinosaur trails.
- **Day Trip to Sintra:** Explore the enchanting palaces and gardens of this UNESCO World Heritage site.
- **Oceanário:** Discover the wonders of marine life at Lisbon's famous aquarium.
- **Pavilhão do Conhecimento:** Engage in interactive science exhibits at this renowned knowledge pavilion.



BARCELONA

MARINE CONSERVATION

Join us in Barcelona for an incredible opportunity to contribute to ocean conservation as a family. By participating in this project, **your family will collaborate with a non-profit diving club** on a range of social and environmental initiatives, all aimed at **supporting underwater conservation and combating ocean pollution.**

As Marine Conservation volunteers, you'll **become part of a global movement of passionate individuals dedicated to protecting our oceans.** Together, you'll address the pressing issue of marine litter and the impact of human activity on marine environments and biodiversity.

The Barcelona coastline, while rich in resources and activities, faces significant challenges due to **urban marine waste that threatens marine species and ecosystems.**



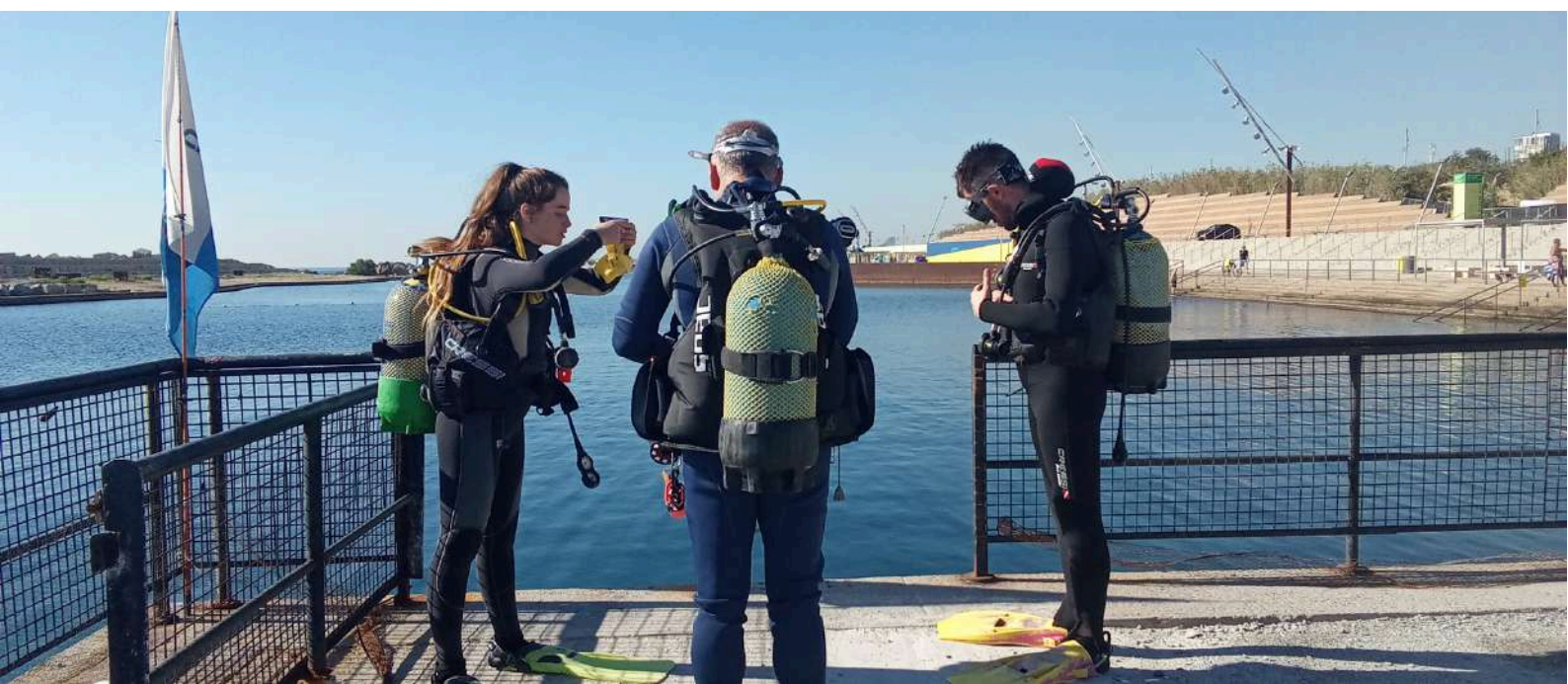
MARINE CONSERVATION

Through this project, your family will not only enhance your scuba diving skills but also actively participate in efforts to restore the natural state of the marine ecosystem in Catalonia and the wider Mediterranean Sea.

To participate in conservation activities, all family members will need to complete **dive training** or already be experienced divers. The first week of the program will be dedicated to obtaining your diving certificates, where your family will learn the essential skills needed to safely remove trash from the ocean and contribute to the protection of marine life.

It is mandatory that all family members provide a **medical certificate** that clears them for scuba diving in order to join the program.

The **minimum age** for this program is **14**.



TASKS

As a family, you will engage in a variety of hands-on tasks that are both educational and impactful.

Your responsibilities will include (but are not limited to):

- **Cleaning the seabed:** Dive together to reduce marine debris by collecting trash from the seabed using diving equipment and nets
- **Logging collected items:** Keep detailed records of the items and trash your family collects, contributing to important data for conservation efforts
- **Rescuing marine life:** Carefully remove marine organisms from the collected debris and return them safely to the sea, ensuring their survival



TASKS

- **Documenting marine fauna:** Participate in a scientific research project by documenting and collecting information on marine life in a monitored biodiverse area
- **Learning About the Marine Ecosystem:** Learn about the marine ecosystem and its protection while documenting the biodiversity in an ecosystem that developed around a dismantled thermal power plant.

These tasks offer a unique opportunity for your family to work together, learn about marine conservation, and make a real difference in protecting the ocean and its inhabitants.



ADVENTURE DAYS

Here are some fantastic options to choose from:

- **Port Aventura:** Spend an exhilarating day at one of Europe's most popular theme parks. With thrilling rides, captivating shows, and themed areas, Port Aventura offers something for every member of the family.



- **Tibidabo Amusement Park:** Enjoy the charm and excitement of Tibidabo, one of the oldest amusement parks in the world, perched atop a hill with stunning views over Barcelona. From classic rides to family-friendly attractions, Tibidabo is a perfect day out for all ages.



ROME

SUSTAINABLE FARMING

Immerse your family in the beauty of the **Roman countryside** and join an unique opportunity to **contribute to sustainable farming while making a positive social impact**. This hands-on program allows your family to work alongside local NGOs, helping to maintain vegetable gardens, nurseries, and craft workshops that empower the community.

As part of this project, your family will **collaborate** with a diverse group of individuals, including **migrants, refugees, asylum seekers, and people with mental and motor disabilities**. You will also have the chance to interact with the elderly and children, creating a rich, multicultural experience that fosters understanding and compassion.

This project is an opportunity to teach your children about the importance of **caring for the environment** and how functional, sustainable, and ecological solutions can be applied to models of social inclusion.



TASKS



As a family, you will engage in a variety of rewarding and hands-on activities in the Sustainable Farming project.

Your responsibilities will include (but are not limited to):

- **Gardening:** Planting, weeding, watering, and taking general care of a garden that hosts a collection of plants typical to the Mediterranean region
- **Cultivating and harvesting:** Learn about the process of growing and harvesting fresh, healthy products
- **Craft workshops:** Participating in craft activities that involve creating various objects using waste or recyclable materials, encouraging creativity and an understanding of recycling and sustainability

TASKS

- **Urban beekeeping:** Engaging in urban beekeeping and honey production, a fascinating activity where you will learn about the importance of bees in our ecosystem.
- **Animal care:** Taking care of farm animals, offering a fun and educational experience for children as they learn about animal husbandry
- **Multi-ethnic cooking sessions:** Joining in on multi-ethnic cooking sessions, where your family can explore diverse culinary traditions and enjoy cooking together
- **Supporting events:** Assisting the association during events and with the sale of their handicraft and food products
- **Playful workshops for children:** Running design workshops for children, allowing your family to contribute to educational and playful activities that promote creativity



ADVENTURE DAYS

Here are some fantastic options to choose from:

- **Canoa Kayak Academy at Castel Gandolfo:** Enjoy a day of water-based fun at the stunning Lake Albano in Castel Gandolfo. The Canoa Kayak Academy offers your family the chance to learn kayaking or canoeing while surrounded by the breathtaking scenery of this historic area.



CROATIA

MARINE CONSERVATION

The Marine Conservation project is perfect for those who love the sea and are passionate about the environment. This program offers your family the chance to learn scuba diving with special equipment while making a real difference in the Adriatic Sea.

As Marine Conservation volunteers, **your family will gain hands-on experience in both scuba diving and environmental protection.** You will learn about the challenges facing marine ecosystems and discover how your efforts can help preserve this unique natural environment and its diverse wildlife for future generations

This project is a fantastic way for your family to connect with nature, learn important environmental lessons, and contribute to the preservation of our oceans and rivers—all while enjoying a fun and adventurous experience together.



MARINE CONSERVATION

During the project, your family will:

- Learn how to recycle: Discover how to properly recycle any trash you find during your dives and how to separate materials to ensure they are disposed of responsibly
- Understand marine litter: Gain knowledge about marine litter and the impact it has on the Adriatic Sea, as well as learn about the various species that call this sea home
- River cleanups: Weather permitting, your family can join river cleanups using boats and equipment to stop trash from reaching the sea, keeping both rivers and the ocean clean.

It is mandatory that all family members provide a **medical certificate** that clears them for scuba diving in order to join the program.

The **minimum age** for this program is **14**.

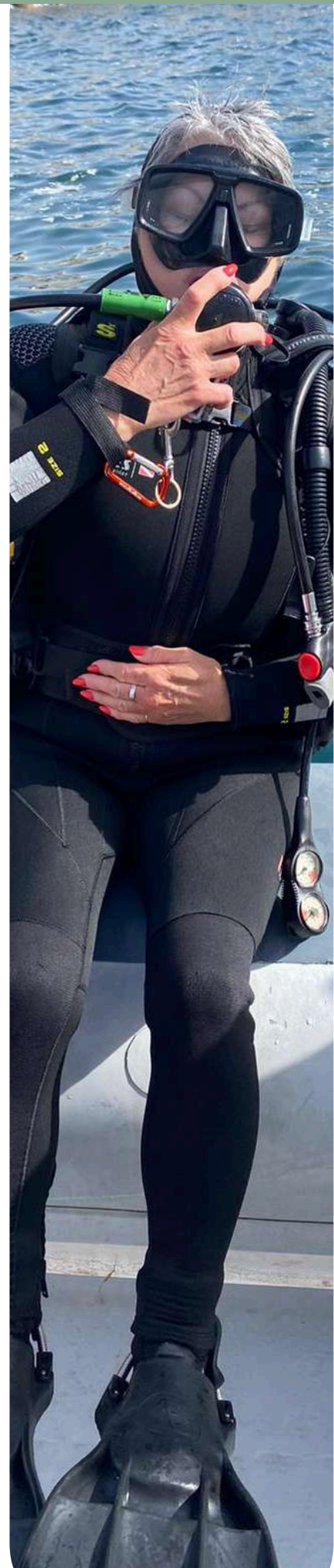


TASKS

As a family, you will have the opportunity to work together on a variety of impactful tasks.

Your responsibilities will include (but are not limited to):

- **Cleaning the seafloor:** Dive as a family to help clean up rubbish from the seafloor, directly contributing to the health of the Adriatic Sea's marine ecosystem
- **Recycling:** Learn how to properly recycle the trash you collect during your dives, ensuring that materials are disposed of in an environmentally responsible way
- **Understanding the marine ecosystem:** Gain a deeper understanding of the marine ecosystem, including the species living in the Adriatic Sea, and learn how to protect these vital habitats
- **Data Collection:** Assist in storing data on the types and amounts of trash collected, contributing to important research that helps track and reduce marine pollution



HORSE CARETAKERS

Join us in the charming city of Sinj for an enriching experience with the Horse Caretakers project—**perfect for families who love animals and want to make a positive impact.** This program offers your family the chance to immerse themselves in the rich equestrian culture and traditions of Sinj while contributing to the **well-being of children with severe autism and cerebral palsy.**

As part of this project, your family will **assist in therapeutic horseback riding sessions**, supporting the children's progress and helping them experience the joy and benefits of riding. You will also learn how to properly **care for the horses**, gaining hands-on experience in equine care and while connecting with the beautiful nature surrounding you.

This project provides a meaningful opportunity to support children in need and engage with the local community in a truly unique and impactful way.



TASKS

As a family, you will engage in a variety of meaningful and hands-on activities in the Therapy Horse Riding project.

Your tasks will include (but are not limited to):

- **Cleaning stables:** Clean the boxes where the horses live and maintain all stables, ensuring a clean and healthy environment for the horses
- **Caring for the horses:** Feed, brush, and clean the horses daily. You will also learn to take care of any minor injuries by applying cream and providing the necessary care
- **Exercising the horses:** Ensure the horses get their daily exercise by walking or riding them, an activity that allows your family to interact closely with the horses
- **Preparing horses for equestrians:** Assist in getting the horses ready for equestrian activities by putting on their equipment and saddling them, teaching responsibility and teamwork



TASKS

- **Preparing for therapy riding:** Ensure the horses are calm and ready to support the children they will be working with
- **Assisting with therapy sessions:** Support children during their therapy horse-riding sessions by helping them get on and off the horse, holding them, and working on their posture, contributing directly to their progress and well-being
- **Transporting horses:** Assist with transporting the horses to the river when needed, a unique task that allows your family to explore the surrounding nature
- **Painting and restoration:** Participate in painting and restoring activities, as well as engage in simple construction tasks to maintain and improve the facilities



Visiting the Sinj Museum

Enjoy a guided visit to the Museum of Sinj with the project staff, where your family will learn about the important cultural heritage of the city, deepening your understanding of the local community.

ADVENTURE DAYS

Here are some fantastic options to choose from:

- **Zip Lining:** Experience the thrill of zip lining together as a family, soaring above breathtaking landscapes and enjoying the stunning views of Croatia's natural beauty.



- **Rafting or Kayaking:** Embark on an adventure down Croatia's rivers with a family rafting or kayaking trip. Whether navigating gentle waters or taking on more exciting rapids, this is a perfect way to bond while experiencing the great outdoors.



- **Visit to National Parks:** Explore Croatia's magnificent national parks, where your family can hike through lush forests, discover cascading waterfalls, and observe diverse wildlife in their natural habitats.



- **Getaway on Korčula:** Enjoy a relaxing and culturally enriching getaway on the beautiful island of Korčula. This island escape offers a mix of stunning beaches, historic towns, and delicious local cuisine, making it an ideal spot for a family retreat.



GREECE

MARINE CONSERVATION

Embark on an immersive journey that blends **adventure, learning, community engagement, and lots of fun!** Together, you will experience the beauty of Greece while making a meaningful impact on the environment.

Imagine exploring the famous blue beaches surrounded by lush greenery, just like scenes from Mamma Mia! Now, picture your family **safeguarding marine life in Europe's largest National Marine Park**, where dolphins, turtles, and falcons thrive, and the endangered Mediterranean monk seal finds sanctuary... This is all possible!

In Greece, your family will dedicate time to preserving Alonissos island's marine ecosystem, including its 6 smaller islands and 22 uninhabited islets.

It is mandatory that all family members provide a **medical certificate** that clears them for scuba diving in order to join the program.

The **minimum age** for this program is **14**.



TASKS

As a family, you will work together on a variety of rewarding and impactful tasks in the Marine Conservation Program.

Your responsibilities will include (but are not limited to):

- **Cleaning the seabed:** Dive as a family to help reduce marine debris by cleaning up the seabed using diving equipment and nets, contributing to the health of the marine ecosystem
- **Logging collected items:** Record information on the items and trash your family collects during dives, helping to build important data that supports ongoing conservation efforts
- **Rescuing marine life:** Carefully remove marine organisms from the collected debris and return them safely to the sea, ensuring their continued well-being and preserving biodiversity



TASKS

- **Documenting marine fauna:** Participate in a scientific research project by documenting and collecting information on marine fauna in a monitored biodiverse area, contributing valuable data to conservation research.
- **Learning about the marine ecosystem:** Explore and learn more about the marine ecosystem, including how to protect it. Your family will also collect and register information on the biodiversity found in an ecosystem that has naturally developed around a former dismantled thermal power plant.



ADVENTURE DAYS

Here are some fantastic options to choose from:

- **Botanical Hike in Mount Ymittos:** Embark on a scenic hike through Mount Ymittos, where your family can explore the rich flora of Greece.
- **Experience Park in Ellinikon:** Spend a day at the Experience Park in Ellinikon, a family-friendly destination offering a variety of outdoor activities.
- **SNFCC Tour:** Take a guided tour of the Stavros Niarchos Foundation Cultural Center (SNFCC), an architectural marvel that combines art, culture, and nature.
- **Pottery Classes:** Unleash your family's creativity with pottery classes, where you'll learn traditional Greek pottery techniques and create your own unique pieces. This hands-on activity is a perfect way to bond as a family while engaging with Greece's rich artistic heritage.



1ST WEEK

	SUN	MON	TUE	WED	THU	FRI	SAT
7 – 10 am	Arrivals Day	Breakfast at accommodation					Free Day
10 am		Orientation session	Travel to project to join local placement staff and begin work on your project	Adventure Day!!	Travel to project to join local placement staff and begin work on your project		
1.30 pm		Lunch the accommodation			Lunch the accommodation		
2 – 7 pm		Explore the city, relax or partake in a tour	Travel to project to join local placement staff and begin work on your project		Travel to project to join local placement staff and begin work on your project		
8 – 10 pm		Dinner the accommodation					

TYPICAL WEEK

	SUN	MON	TUE	WED	THU	FRI	SAT
7 – 10 am	Free Day	Breakfast at accommodation					Free Day
10 am		Travel to project to join local placement staff and begin work on your project		Adventure Day!!	Travel to project to join local placement staff and begin work on your project		
1.30 pm		Lunch the accommodation			Lunch the accommodation		
2 – 7 pm		Travel to project to join local placement staff and begin work on your project			Travel to project to join local placement staff and begin work on your project		
8 – 10 pm		Dinner the accommodation					

HIGHLIGHTS

Family-Friendly Programs

- Activities for all ages: Tailored volunteer experiences that engage both adults and children, ensuring everyone can contribute.
- Strengthen family bonds: Work together on meaningful projects, creating shared memories and learning valuable life skills.

Meaningful Impact

- Environmental and social causes: Help protect marine ecosystems, support vulnerable communities, and promote sustainability.
- Hands-on learning: Gain practical skills in areas like scuba diving, farming, and animal care while making a tangible difference.



HIGHLIGHTS

Cultural Immersion

- Explore and learn: Immerse your family in local cultures and histories, with opportunities to interact with and learn from the community.
- Adventure days: Enjoy exciting outings like hiking, cultural tours, and recreational activities, balancing work with exploration and fun.

Comprehensive Support

- Seamless logistics: Benefit from reliable transportation, convenient services, and family-friendly accommodations for a comfortable stay.
- Safety first: Participate with confidence, knowing that safety measures and training are provided for all activities.

Unforgettable Memories

- Create lasting impact: Leave a positive mark on the communities and environments you serve while building a legacy of giving back.
- Fun and adventure: Beyond volunteering, enjoy unique experiences that combine education, culture, and outdoor adventure.