



**AFAIJ**  
Asociación para la Formación y  
Actividades Interculturales para la Juventud



**ICYE**

## WORK PROFILE (SPAIN)



**SPAIN**





## WELCOME

Dear Volunteers!

We are delighted to welcome you to come and take part, through the ICYE network, in many different and all equally rewarding voluntary activities in Spain! This will surely be an unforgettable experience and a pathway to new friendships.

This file is a brief description of the social and environmental projects for 2019-2020. We hope you will find it engaging and that it responds to your needs and motivations.

Please read thoroughly all the information on the projects because, as you will realise, some of them demand a strong motivation. Fill out the application form and write a motivation letter in which you explain the reasons why you would like to join a certain project. Once you have been selected as a volunteer you will be involved in a training cycle consisting of 3 steps (long term):

- Pre-departure training: Organized by the sending organization who is responsible for providing volunteers with training to ensure knowledge of the following: rights and obligations; expectations and fears; insurance; intercultural education; culture shock, etc.
- Arrival training: This initial training will be conducted by AFAIJ. The training will consist of a meeting in AFAIJ's office, with training covering the basics of the following topics: Spanish culture, language, conflict resolution, intercultural training.
- Final assessment: Volunteers will have a final meeting in AFAIJ to evaluate the whole project and write down the general impressions of their experience in Spain and its activities.

All projects offer the opportunity to learn and experience cultural differences in the context of the work being done to break down barriers between cultures and people and deepen the principle of equality between cultures, nations and genders.

Learning to understand a new culture through direct personal experience is the best way these objectives are achieved. By exchanging in everyday life, you learn from people with a different perspective from yours. AFAIJ will work with you to help you achieve this challenge. During your stay, you will become acquainted with different people from AFAIJ and on many different levels. These people make a great effort to make sure your stay is worthwhile to you. We are all in this together, by which we mean that your full implication in AFAIJ is essential to enhance the whole experience for future volunteers.

Go for it!

Enjoy & learn loads!!



## SUMMARY

### Social, Community

### Region

|                     |                                  |
|---------------------|----------------------------------|
| Betesda Foundation  | Madrid (Madrid)                  |
| FADEAM Els Avets    | Cataluña (Barcelona)             |
| Basida Navahondilla | Castilla y León (Ávila)          |
| Basida Aranjuez     | Madrid (Madrid)                  |
| Basida Manzanares   | Castilla La Mancha (Ciudad Real) |
| Remar               | Madrid (Madrid)                  |

### Environment, Education

### Region

|                                   |                                  |
|-----------------------------------|----------------------------------|
| Monsagro (STePs)                  | Castilla y León (Salamanca)      |
| Granja Escuela Huerta “La Limpia” | Castilla La Mancha (Guadalajara) |

### Environment, Conservation

### Region

|      |                       |
|------|-----------------------|
| Dema | Extremadura (Badajoz) |
|------|-----------------------|

### Environment, Agriculture, Health

### Region

|                    |                       |
|--------------------|-----------------------|
| Ecovillage (STePs) | Madrid (Ciempozuelos) |
|--------------------|-----------------------|

### Culture, social media

### Region

|                          |                      |
|--------------------------|----------------------|
| Cultural project (STePs) | Cataluña (Barcelona) |
|--------------------------|----------------------|



## BETESDA FOUNDATION

The Betesda Foundation (La Fundación Betesda) is a non-profit organisation founded in 1984, with the aim of contributing to the development of people with physical or learning difficulties.

Betesda's Belisana residence is open 24/7, 365 days a year, and looks after people with different disabilities. It is located in Madrid, 500 metres from the Metro. Just nearby is Betesda's other centre, in the Hortaleza district of Madrid.



### Life at Betesda:

On weekdays, 2 social integration technicians and 4 professional carers work in the residence. 2 professional carers work overnight, and between 07:30 and 09:00 in the morning, 6 carers help out with the morning routine and take residents to their occupational workshops.



All morning activities are mandatory for residents, but in the afternoon some of the activities are voluntary, while others are still mandatory. The mandatory activities are to do with personal hygiene, looking after personal belongings and the general premises, and fostering a good social climate and personal relations.

### Volunteer Tasks:

The volunteer will help the staff look after the residents. They will participate in the workshops organised at the residence, which can include carpentry, painting, crafts etc. and leisure activities such as going to the cinema, theatre, restaurants, excursions (e.g. to the mountains), etc.

Volunteers generally work 30 hours a week, with mornings always free and the day's work starting at 16:00 and finishing at 22:00.



### Accommodation:



The volunteer will stay in the same building as the residents, but on a different floor with other volunteers/staff. They will have a private room and bathroom, and lunch and dinner is provided at the residence (with the other residents they are looking after).



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Some items are provided by Betesda for breakfast – milk, Nesquik, and biscuits.

**Volunteer Requirements:**

- Over 18 years old
- Tolerant and flexible
- Open-minded and enthusiastic
- Sense of humour and humanity (this is essential)

**Availability:**

Long term, but in summer we can host short term (in July and August).

## FADEAM

FADEAM (Fundació Els Avets de Moià) is a public non-profit organisation for adults with learning disabilities. The organisation's focus is on fostering relationships with people with disabilities to achieve a homely and inclusive environment. The association forms part of the International Federation of L'Arche Communities ([www.larche.org](http://www.larche.org)).



FADEAM is a residential service with a focus on daily life, sharing house tasks, celebrations, the good and the bad times... It has two homes housing around 17 disabled people, called Els Avets and L'Olivera. It also has an occupational centre where residents get experience that prepares them for the world of work, with activities that contribute to their integration into society.

**Location:** Our community is situated in Moià, in central Catalonia and 50km north of Barcelona. Moià is the capital of the area, with a rich historic, natural and cultural heritage, and many archaeological artefacts. It is a small town of about 6,000 inhabitants and many traditions and parties. Our residences and workshop are located in the centre of the town, contributing to the mobility, integration and independence of the disabled people and the volunteers at our centre. There is a bus service connecting the town with Barcelona and Manresa.

### Volunteer tasks:

- Establish a trusting relationship with the residents.
- Support the staff
- Personal hygiene care (showering, getting dressed, toilet etc.)
- Take part in communal activities like games and meetings, and help out and take part in special occasions such (parties, fayres, celebrations, etc.)
- Partake in weekly house meetings
- Plan activities with people inside and out of the house, alongside the team
- Partake in daily domestic tasks around the house such as cleaning, ironing, washing, cooking, shopping for the house etc.

**Accommodation:** The volunteer can either live in the residence with the disabled residents – this option is given priority upon the volunteer's arrival as it allows them to integrate into the project better and learn faster about the area – or share an apartment with other volunteers.

Volunteers tend to get their own private room.



**Days off and holidays:** The volunteer will work approximately 30 hours a week. Each week they will have 1-3 days off, plus 2 days off per month for holidays. These two days can be joined together so that you can have a longer period off.

**Duration:** The organisation prefers volunteers to stay for **6-9 months or a year**. Minimum stay is 3 months.

**Pocket Money and Training:** Pocket money: 150 €/month.

**Language classes:** Volunteers will receive language classes in Spanish and Catalan (the language spoken in the area, together with Spanish). The frequency of these classes will depend on the volunteer's level.

**General training and support:** The volunteer will have a mentor who can monitor their progress over the course of the project, answer any doubts or questions they might have and help them with any problems that arise.

The volunteer will attend regular meetings with the other volunteers to share their experiences, and will attend all team meetings.

**Volunteer requirements:**

- Motivation to form relationships with people with learning disabilities
- Enthusiasm, flexibility and responsible attitude
- Basic-intermediate level of Spanish and an interest to learn Catalan (generally spoken by the residents)
- Driving licence (not essential)
- Minimum stay 3 months, but preferably 6 months to 1 year



If the volunteer is interested, they need to **submit their application at least 10 MONTHS BEFORE their desired starting date.**





## BASIDA

BASIDA is a charitable, non-profit association that has been declared as a Public Utility since 1996 and has the general aim of providing attention to people in need from a biopsychosocial point of view.

Originally, BASIDA worked with final-phase AIDS sufferers. Now this work has since expanded to cater to any kind of illness, but what all users have in common is that they need assistance in day-to-day life. BASIDA has 3 houses located in Navahondilla (Castilla y León), Aranjuez (Madrid) and Manzanares (Castilla La Mancha). All three are located in rural, isolated environments, outside of (but with connections to) the nearest city or town.

**Basida Navahondilla:** It is located in the little town of Navahondilla about 70km from Madrid. Navahondilla is in the Ávila province (Castilla and León). It is set within a very natural environment, with various points of interest. Navahondilla is connected by bus to San Martín de Valdeiglesias (from this town the buses leave every 30 minutes. It is 1 hour to Madrid).



**Basida Aranjuez:** This centre is a country house located 9km away from the train station in the town centre. It is a royal village 47km south of Madrid. From Madrid centre, RENFE offers a 45-minute train service every 30 minutes to Aranjuez.

**Basida Manzanares:** The so-called "Finca Basida" hosting house is located 2km from the centre of Manzanares, and 60km from Ciudad Real, the capital city of the La Mancha region. With an area of approximately 6 hectares has space and adequate facilities to develop this project, including a football pitch, swimming pool, gardens etc. It is 175km from Madrid, with buses and trains available.



**Volunteer Tasks:** Volunteers are there to help and support the staff. They will never substitute them. The volunteers will have a mentor who will guide them specifically in the tasks they carry out.

Volunteers will work a maximum of 38 hours per week from Monday to Friday. The schedule time will be principally during the morning although it will depend on need at the time. Volunteers may participate in all activities in the centre, always taking into account factors such as the characteristics of the volunteer, their previous professional training and their



personal preferences. Considering these aspects is fundamental in allowing the volunteer to integrate and adapt to the dynamics of the hosting home and at the same time to empathise with those being treated.

Some of the most frequent activities to be carried out by volunteers are:

- **Personal attendance** to users: hygiene (bath, clothes...), basic tasks (waking up, eating...), etc.
- Help with physical rehabilitation activities and occupational therapy activities for their cognitive rehabilitation: walks and gym.
- Participation in workshops (carpentry, gardening, painting...).
- Collaboration with the organisation of workshops and occupational activities: magazines, theatre, computer science, yoga and relaxation, sport activities, workshop...

The volunteers will participate with the other volunteers in the daily home activities. There are some activities (laundry, kitchen, cleaning their room...) that are not part of the specific work as a volunteer, but part of general help, as the volunteer will be part of a community. Every person living in Basida has to collaborate to keep the residence in good condition.

Evenings are free. Volunteers can participate in the activities held at Basida (theatre, workshops, etc....) if they want to. Be aware that living at the residence can cause a feeling of being overworked, as you may always be helping people. The volunteer has to be able to keep some leisure time and to care of his/her wellbeing.

The volunteers will be supported by a mentor who is always available for guidance and support.

#### **Important:**

- None of the houses have WiFi.
- No exit or entrance from the residence at night
- Strictly no drugs (including tobacco) or alcohol
- Room can be shared.
- Please bring some comfortable clothes.
- You live in **cohabitation**, i.e. you spend your day with the workers and other volunteers and also with the users.

#### **Volunteer requirements:**

- Basic level of Spanish
- Willingness to learn about the experience of people with HIV-AIDS and a drug dependency, and who have the additional motivation to learn and self-improve.
- A self-belief in their capabilities as well as an engagement with the activities they take part in and a desire to work as part of a team
- Capable of actively listening and showing empathy- people that like to listen and are capable of seeing things from the perspective of the users to whom they are talking.
- Tolerant and flexible



## REMAR

REMAR is an NGO, originally founded in Spain in 1982 with the aim of helping people with problems with drug addiction, homeless people and people in extreme poverty, single mothers in need of help, broken families, and young people underperforming at school. It has centres in 65 countries and has broadened its mission to helping anyone in need, whether it's marginalised people, people recently released from prison with nowhere to go, people with drug addictions etc. REMAR's main activity is opening shelters, training centres, charitable schools, soup kitchens, shops and working with non-profit companies.



### Volunteer Tasks:

Support in any of the activities currently undertaken by staff at REMAR's centres in Ajalvir or Madrid. These include:

Soup kitchen: personal service of hot and cold food during the night.

Street Angels ('Angeles de la Calle'): visits to impoverished neighbourhoods to give food and information about REMAR to homeless people.

Warehouse: sorting, ordering and cleaning food donations.

Printing press: propaganda, binding, sorting and cleaning.

Office: administrative tasks, publicity and communication/social media, accounting, journalism, making TV and radio programmes, TV, sound and camera technicians, occupational workshops, etc.

Shop floor: cleaning, picking up furniture, customer service



### Accommodation and Food:

Boys and girls live in separate accommodation in Ajalvir and Madrid.

Rooms are shared between two people. The person you share with will also be a volunteer at REMAR. Bathrooms are shared and fully equipped.

The accommodation also has WiFi, a communal room with a TV, a kitchen, store room, Internet, computer, communal dining room.

Breakfast, lunch and dinner are provided and are usually eaten communally.

### Duration:

15 days minimum

### Volunteer requirements:



Open and flexible attitude

**Additional information:**

No smoking or drinking alcohol, and no leaving after 22:00 or bringing strangers to the centre (e.g. friends that do not work at REMAR).

Please remember to bring bed sheets and towels, as these are not provided.





## MONSAGRO (STEPS)

Monsagro is a small village located in the district Salamanca (Castilla y León). It has a population of around 140 inhabitants, but due to its peaceful beauty and ideal climate, this rises to around 1000 in the summer months. It is located in the national park *Las Batuecas-Sierra de Francia*, and it belongs to the former 'Las Batuecas' National Hunting Reserve, made up of various neighbouring towns. It is located around 90km from Salamanca, the region's capital, 33km from Ciudad Rodrigo (to which it belongs in administrative terms), and 300km from Madrid. You can easily get to Salamanca/Ciudad Rodrigo on buses that leave daily from Monsagro.

**About the town:** Monsagro has 1 primary school with 5 pupils during the winter, with the number increasing to about 50/60 during the summer months. It has a brand new interactive fossil museum that opened this year, as well as marine fossils over 400 million years old embedded all round the village, such as on paths and on the walls of houses. Not to be missed! It also has 1 communal library, a botanical garden, a recreational centre for the elderly, amongst other things.



It is quite a small place that is fairly isolated. This means that if you are coming from a bustling city, or even a large town, you will likely experience a bit of a 'culture shock'.

**Activities:** The activities you can do as part of the project are either environmental (the volunteer will be placed in a work team with a few local workers who can guide them through what needs doing. Their hours are usually 07:00-15:00) or working with children (they leave mid-way through September). There is also the option to do a mix of both. The tasks included are listed below (but this is not an exhaustive list)...If they like, the volunteer can also participate in the museum. This would generally involve giving guided tours of the museum, so a good level of Spanish and/or English is important if you are interested! Someone with experience in IT would also be a good candidate for a position at the museum.

### Environmental area:

- Helping maintain the national park (e.g. keeping tourist hotspots accessible and tidy such as viewpoints, paths, etc.)
- Helping maintain the botanical garden
- Helping keep areas at risk of forest fire clear and safe
- Supporting associations that work to prevent forest fires (helping with prevention methods etc.)



#### Children/young person's area:

- Teaching English to the children and the other volunteers (adults)
- Supporting school staff with carrying out activities, games and workshops with children
- Participation in the various activities organised by local volunteers
- If they like, offering their own new activities and games to the children



**Accommodation and Eating:** Volunteers will stay in a flat located at the centre of the village with their own bedroom (usually private, but it is possible they share with another volunteer). The bathrooms and kitchen is shared, and volunteers buy and cook their own food. There is WiFi. Volunteers are given 100€ a month (by AFAIJ) to buy food.

**Duration:** The project will be available to volunteers for the summer months (June/July – September). It might also be possible to extend this period once the volunteer has arrived and settled, should they want to. If you want to take part in the museum, a long-term project could be arranged.

#### Volunteer requirements:

- Over 18 years old.
- Basic level of Spanish and, if the volunteer wants to work on the educational side with children, an intermediate level of English.
- Strong interest in the environment.
- A positive and flexible attitude.
- Ability to adapt to the village's needs, as these can change!

## FARM-SCHOOL LA LIMPIA



La Limpia is a 7-hectare estate comprising orchards, a garden of aromatic plants, a nursery, a vineyard and an olive grove, fields, a garden, a playground, sports facilities, a fenced enclosure with a swimming pool, and two main buildings. The first building is the house/living quarters and the second contains the workshops and stables.

The house has two floors. On the ground floor is the students' dining room, the office kitchen, storehouse and teachers' dining room. On the first floor are the students' and teachers' dormitories. The toilets and showers are located next to the bedrooms.

Opposite the second building are the Granja-Escuela's animal facilities, including haystack, sheepfold, cow shed and milking parlour, animal feed storehouse etc.

**Main Aims and Activities and Target Groups:** At certain points throughout the year, groups of children come to stay at the Huerta de la Limpia. During their stay, they carry out a series of activities related to nature, farm animals, the orchard, sports and entertainment. Workshops include carpentry, pottery, animal feed-making, aviary, apiary, artisanal crafts (e.g. wicker, dying fabrics etc.), cooking and many more. There is also a multi-purpose room for theatre, games, videos, music, etc.

The activities planned for children at La Limpia are grouped as follows: work sessions, craft workshops, communication and expression workshops. Each of them can take place in classrooms or outdoors, depending on the activity and the weather.



**Volunteer Tasks & Role:** Depending on what they're like, their prior experience and level of Spanish, the volunteer will be included in one of the following areas:

- Garden: different jobs around the school, maintenance work and animal care (feeding, cleaning etc.), working in the garden and the vegetable garden (weeding, planting, harvesting etc.).
- Children: different jobs around the school, helping child mentors during lunch time, helping mentors organise and run workshops and games, helping to take care of children during break time and lunch time. **We can under no circumstances guarantee that the volunteer will be able to work with children**, as it is the member of staff there who ultimately decides, upon meeting the volunteer.



**Required Skills:** the volunteer will need to be open-minded, creative, proactive, able to make decisions and open to doing physical tasks, able to work with animals and must enjoy working with children.

**Location:** Granja-Escuela Huerta La Limpia is situated in natural surroundings, a 10-minute walk from Guadalajara centre. The city of Guadalajara is a 60-minute train journey from Madrid. You can get a direct Cercanías train from most large stations in Madrid. To get from the city centre to La Limpia, follow a track from near the supermarket that will take you straight to the farm (pictured). It is a very safe path but, if they are arriving at night time, we kindly ask that the volunteer contacts a member of staff to collect them by car or give them more precise directions.

**Duration (Only for STePs):** (min) 2-16 weeks (max). La Limpia can host volunteers from March to September (spring and summer).

**Lodging and Food:** The volunteer will have a private room, although there is a possibility they will have to share it with another volunteer if one arrives. During activities with children, the volunteer will likely accompany them at lunch. Outside of activities or when the farm-school does not have (m)any visitors, unless there is food already prepared, the volunteer may have to cook their own food.



**Practical & Additional Information:** The volunteer might be on their own occasionally, especially out of season when there are not many visitors (the children will leave around mid-October), and even more so at night during these times.

Bring comfortable clothes.

A criminal record document is also necessary.

The project is only available from May to October.

## DEMA

DEMA is located in Almendralejo, province of Badajoz (Extremadura). It has around 30,000 inhabitants and is an industrial city with several dealers in olives and wine cellars. It is surrounded by mountain ranges. DEMA promotes the defense, study and maintenance of natural and cultural heritage using specific projects as environmental education, maintaining the natural habitat of the Lesser Kestrels and reproductive strategies of this endangered species.

### Volunteer Tasks:

- Daily maintenance of the lesser kestrel breeding centre: cleaning, feeding, organisation, looking after the mice, cleaning their cages out etc. In breeding season constant monitoring of breeding pairs of chicks is essential.
- Maintaining the property, such as clearing, gardening, cleaning the environment, irrigation, painting, masonry, construction of nest boxes, etc. It all depends on the season.



In the wild, lesser kestrels feed on insects and small mammals but, here at the breeding centre, we feed them mice and chicks, and only sometimes insects. This food is frozen and a ration must be removed from the freezers daily and prepared for each breeding colony (where the kestrels live). **Important:** this involves cutting them up. If you have any problem in doing this, please let us know and we will try to give you other options or more time to practice. Volunteers must also help clean up/disinfect the mess produced, both in the birds' breeding area and in the dishes and food preparation area. This involves using bleach and other cleaning products.

- Help with visits, workshops and activities, as we also get visits to the breeding centre

**Accommodation:** The hostel where the volunteers live is on the same farm where DEMA has the rest of their facilities and where the breeding centre is. It has several rooms, single and shared, with shared bathrooms. There will likely be no more than 4 or 5 volunteers living in the house at the same time. It has a fully-equipped kitchen, an oven, a washing machine, iron, towels etc. There is a small oven and everything you need for cooking. You have to cook your own food and organise the clean-up with the other volunteers. You will receive 100€ per month for food from AFAIJ (not DEMA), although you can manage the money as you want.



There is WiFi at the DEMA facility, which reaches some areas of the house. DEMA has an office with a computer, Internet access, telephone etc. Usually all the people staying at the shelter are volunteers from DEMA and come to work on the project. Sometimes AFAIJ's volunteer is on their own for certain periods of time, working with the staff at DEMA.

**Schedules and days off and holidays:** Volunteers work from 09:00 to 14:00, and 17:00 to 19:00. This schedule may change, depending on the season, to adapt to sunlight and the kestrels' feeding time. You will work from Monday to Friday and some weekends a month (no more than one or two, but it depends on how big our team is). If you work a weekend you will have 1 or 2 days off afterwards, depending on how many hours you worked.

**Duration:** The breeding season runs from March to July, but we need volunteers all year round. Please bear in mind that if you arrive in autumn/winter there will be less activity at the centre, but there is, of course, always work to do.

**Volunteer Requirements:** The volunteer must adapt to the project's characteristics and the way of life there. They expect that you'll have settled in within a couple of weeks or so: all you need is a good attitude. Should this not be the case, we'll look for other alternatives.



## Eco-village (STEPS)



The project is an ecovillage in which people with diverse backgrounds can cohabit in harmony and freedom in a natural environment, with projects centred around five key points: sustainability and ecology, rearing animals, gender and health, drug addiction and economic exclusion.

The ecovillage is supported and sustained by a network of people and collectives who all contribute their own experiences, knowledge and altruistic collaboration. It is thanks to them that we can support people with nothing.

### Inclusive project

This is a drug-free community space, where anyone who has suffered drug addiction or other forms of exclusion can join in on projects that foster empowerment, mutual support, shared and autonomous life, and a close relationship with nature. The volunteer will work with a group of people from this group. There is also a group of women who work independently in the community.



**Volunteer Tasks:** Helping with the activities at Ecovillage. These include: Gardening (normal and vegetable gardening), animal care (feeding and cleaning them out, etc.), maintenance of facilities and grounds (building works). The volunteer will also be taking part in the community activities, such as cooking, cleaning etc. They can participate in our other activities, which include meditation, workshops, etc.

**Accommodation and Washing:** You will be sleeping in a four-bed room, which may or may not be shared with other volunteers. The bathrooms and showers are shared. Please make sure to bring your own towels and toiletries, preferably eco-friendly ones: the drain unfortunately runs directly into the River Tajuña.

We have recently built a dry toilet (one that does not drain or flush) to minimise the impact of fecal matter in the river and we prefer that you use this one to the conventional toilets. There is also a swimming pool and we will have sunny weather, so you can bring your swimsuit.





The building has 24-hour photo-voltaic electricity, but it might not be able to withstand high-voltage appliances such as hairdryers, so please do not bring them. Other areas of the estate, paths and other buildings do not have light, so we recommend you bring a torch/lantern. There is Internet, but it is limited to only certain areas.

There will be running water in certain time slots which we can adjust to fit your needs, but it will not be available all day. It also depends on how many hours of sunlight we get and on the generator which powers the pump. We have several showers with hot water that you can use during these time slots. Outside of these slots and overnight you can get buckets of water from a water drum by the front entrance.

**Eating and Drinking:** We do not recommend drinking the tap water as it is very chalky and might be contaminated from non-eco-friendly farming in the area. There will be jugs of drinking water available that we collect from nearby.

We eat breakfast, lunch and dinner together. Meals are vegetarian and are almost always made from ingredients sourced from our eco-friendly estate. If you have any dietary requirements or allergies, please let us know before coming so that we can prepare. We kindly ask that you clean up after yourself after the meal. We would like to organise work groups to make cleaning the kitchen easy.



This is not a hostel, but a community, so it is everyone's responsibility to keep everything clean and tidy for the use of other groups and collectives.

**Important:** Please respect our no-drugs policy. This means no drugs or alcohol, just tobacco. You can have a drink in the closest village, which is a 30-minute walk away. There are pets at the place (dogs and cats), but they are not allowed to enter the building, so please make sure to close all doors behind you.

**Short-term project:** maximum 3 months



## Cultural project (Long Term)

Our project was created to enrich people from the Nou Barris neighbourhood in Barcelona in general through art. This aim can be achieved by empowering people and giving the strategies and tools to carry out their projects.

The current social reality, the support received and our belief that the transformation must be carried out by a participatory community, led us to implement the project of living and learning together through diversity.



### Main activities

We are a non-profit cultural association whose objective is opening our space to national and international projects.

We combine activities of personal development (meditation, active listening, self-esteem, NLP, etc...), cultural promotion, artistic exploration (theatrical improvisation, painting, ukulele, dancing, circus, etc...) and training for companies and individuals.

### Volunteer's tasks

- Support in cultural activities.
- Help with web mastering, social media, video making and photos.
- Maintenance work: Painting, gardening, cleaning, ordering, fixing, labelling...
- Daily communication and Public Relations

Working hours are from 9:00 to 13:00 and then from 15:00 to 18:00

The volunteer has to be open-minded, ready to live in an alternative community and creative.

**Medium level of Spanish required.**

### Location

The place is situated in Nou Barris-Vilapicina, just in front of the metro station, a neighbourhood about 5 km away from the centre of Barcelona.

### Additional information

Only vegetarian food is available.

The volunteer participates for free in the activities of the cultural centre such as improv' comedy, contact dance, yoga, circus and collective intelligence workshops and personal development conferences.