

Heathfield School International Volunteering Project in collaboration with Down Madrid Foundation

March 2015

Heathfield School International Volunteering Project

Project Goals

- ✓ To mutually benefit from the experience of international volunteering.
- ✓ To grant exposure to the needs of a less privileged population, i.e. Down Syndrome youths and other intellectual disabilities, enhancing their holistic formation in core values.
- ✓ To raise awareness about the capabilities and skills of disabled people.
- ✓ To acquire work/volunteering experience towards CV and University admission requirements.
- ✓ To learn about the Spanish culture, gastronomy, fashion, way of life etc.
- ✓ To promote friendship with Spanish students of the same age
- ✓ To participate in the "Step by Step" project, internationally acknowledged by the United Nations and by the European Union.
- ✓ To open Heathfield's doors to a small group of ID girls to enable them to enjoy first-hand a short experience of boarding school life.

Programme Details

Dates

- ✓ Arrival on Sunday, March 22nd 2015.
- ✓ Departure on Saturday, March 28th 2015.

The weather in Madrid at that time of the year is reasonably pleasant, cool – temperature ranges from 5 to 15 degrees – but sunny. Heathfield girls should bring with them mostly casual wear, plus one smart outfit for a special occasion.

Accommodation and Volunteering Placement

Heathfield volunteers will stay at Down Madrid's Residence, under a full-boarding regime.

All volunteering activities will take place at Down Madrid's Early Intervention Centre, CFM School for Children with Special Needs or Down Madrid's Training for Employment Centre.

Transportation to the different centres, airport transfers and leisure time transportation will be provided by Down Madrid.

Daily time schedule

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|------------------|---|
| ✓ 8:00 | Breakfast. |
| ✓ 9:00 to 10:45 | First period of volunteering activities. |
| ✓ 10:45 to 11:15 | Break. |
| ✓ 11.15 to 13:00 | Second period of volunteering activities. |
| ✓ 13:00 to 15:30 | Lunch and free time. |
| ✓ 15:30 to 19:30 | Guided free-time activities. |
| ✓ 20:00 | Dinner. |



Activities

Volunteering activities

In the morning, the girls will be divided into 2 to 4 smaller groups, depending upon the total number of volunteers joining the programme.

- ✓ Nursery support.
- ✓ English lessons.
- ✓ Art, design and handcraft workshops.
- ✓ Sports.
- ✓ Information on Health.
- ✓ Gardening.
- ✓ Theatre and Music workshops.
- ✓ Support to ID young persons in leisure and/or cultural activities.

Leisure time activities

In the afternoon they will all carry out the same planned activity. Most of them will be guided by the "Step by Step" group of volunteers.

- ✓ Touristic visit of the town in an open-top bus.
- ✓ Spanish language practising.
- ✓ Visits to museums and other tourist sites.
- ✓ Scheduled free-time activities led by "Step by Step" volunteers.
- ✓ Visit to a theme park.
- ✓ Shopping.
- ✓ Reception at the British Embassy (to be confirmed).



Prices

The price of the programme is **£799** per person. The price includes

- ✓ Airline tickets.
- ✓ Accommodation.
- ✓ Full-board meals.
- ✓ Transportation.
- ✓ Volunteering and free-time activities.
- ✓ Tutorials on intellectual disability.
- ✓ In-country support.

Annex: Programme scheduled for one of the groups (tbc)

	MONDAY MARCH 23	TUESDAY MARCH 24	WEDNESDAY MARCH 25	THURSDAY MARCH 26	FRIDAY MARCH 27
8:00	Breakfast and Welcome	Breakfast	Breakfast	Breakfast	Breakfast
9:00	CFM English and Science	3 Olivos Art and Design workshop	CFM Music and Theatre workshop	3 Olivos Gardening activity	Theme Park
10:45	Break	Break	Break	Break	
11:15	EIC Kids' play and fun workshop	3 Olivos English and Technology	CFM Health and Sports	3 Olivos Music and Theatre workshop	
13:00	Lunch	Lunch	Lunch	Lunch	
15:30	Tourist visit in open-top bus	El Prado Museum and walk by Retiro's Park	Shopping and visit to the Old Town	Reception at the British Embassy	
20:00	Dinner	Dinner	Dinner in a Spanish restaurant	Dinner	Dinner

CFM: School for Children with Special Needs

EIC: Early Intervention Centre

3 Olivos: Training for Employment Centre