



Volunteer work in NGOs in Seville

COMEDOR SOCIAL SAN JUAN DE DIOS:

www.fundacionsjd.org/es

We have been working with this NGO for a couple of years. It is an organization that helps people in vulnerable situations. They especially provide the following services:

- a community soup kitchen
- showers and clothing for people in need

The activity in which our volunteers usually collaborate is the soup kitchen program.

Our volunteers go to this soup kitchen in the mornings. They help in the kitchen. Depending on what is needed on the day of the activity, they will do one task or another. As a general rule, they prepare sandwiches to be distributed among the people who come to the soup kitchen every day. At the soup kitchen, people are served a hot meal, but they can only eat there once a day. The sandwich represents a second meal and is offered so they can have food at another time of the day.

This is a very charitable activity because, unfortunately, many people come there every day in order to be able to eat something.

If you feel that with a small gesture you can help people who, due to the twists of life, have ended up living on the street, this is your place. There are people of Spanish and foreign origin. In fact, many of those who come are from Seville. Many of them do not live on the street, but their salaries are not enough for them to be able to afford food at home.

Address: Calle Misericordia nº 8.

FUNDACIÓN SOLIDARIOS:

www.solidarios.org.es

It is an organization that works with people in vulnerable situations. They focus on different groups depending on the activity:

- **Accompanying elderly people:** Elderly people – “abuelitos” – are a large group in our country. Due to the fast pace of life today, many elderly people live alone, and if they are lucky and have family in the same city, they may receive a visit once a week.
These people need someone to talk to, help with their mobile phones, go out for a walk, accompany them to the doctor, or go to the pharmacy... Solidarios offers the opportunity to accompany an elderly person one day a week for a couple of hours.
- **Homeless people:** This is another group that is very present in our city today. There are organizations that go out at night to the streets to offer hot food, blankets, etc. But Solidarios wants, in addition to providing hot food and talking with them, to encourage them to come to their organization to participate in workshops so that they are not only on the street during the day.

Solidarios offers workshops at their center from Monday to Thursday in the afternoons, usually from 4:00 to 8:00 pm.

- **MONDAY:** Film forum / Karaoke. (The coordinator told me that on Karaoke days, the room is full. They love attending this activity.)
- **TUESDAY:** Creative Writing Workshop
- **WEDNESDAY:** Biodanza Workshop
- **THURSDAY:** Visual Arts

In addition, Solidarios needs volunteers to go out at night on Mondays and Tuesdays from 8:00 to 10:00 pm to offer hot food and broth to people on the street.

- **Mental Health:** This activity is designed for people with mental health issues. Many of them rarely leave the house except to go to the doctor, which might be once a month or even less frequently.
With this group in mind, Solidarios decided to offer companionship to these people. Every Wednesday, they meet at a café in Seville called **LA SEÑORA POP** at 6:00 pm. At this café, they talk, laugh, and feel cared for because someone is there to accompany them.

Solidarios tells us that this activity is the one volunteers enjoy the most because they feel they are helping to boost these people’s self-esteem, and these individuals feel, for the first time, that they are important to someone.

If you feel motivated to help one of these groups, don’t hesitate. This is your NGO.

Address: Hogar Virgen de los Reyes, Calle Doctor Fedriani, 1, 1st floor.

FUNDACIÓN GERÓN:

We have been working with this NGO for many years.
It is an organization dedicated to caring for elderly people in its residential homes.
They have residences all over Spain.

The residence is organized in such a way that each floor of the building is dedicated to a different group of elderly residents: those who are independent, those who need daily assistance, and those who cannot get out of bed.

In the residence there are social workers, therapists, and other professionals.
Depending on the day of the week, activities are carried out with the elderly residents on one floor of the building or another.

You can work either in the morning or in the afternoon.

If you are interested in meeting genuine people, talking with them, learning their life stories, and accompanying people who need companionship... this is your place!!!!

Address: Carretera de Carmona nº 7.

FUNDACIÓN PRODEAN:

www.fundacionprodean.org

It is an organization that works with elderly people as well as school-age children.

The activity with elderly people takes place in the mornings. Volunteers help with the workshops offered, but there is not much to do.

However, in the afternoons, volunteers are needed to help students with their schoolwork.

Since this organization involves working with minors, they also require a certificate of no sexual offenses.

In this activity, you can help students with English, other subjects, and it is also a great opportunity to get to know a neighborhood in Seville that you would likely never visit otherwise. You will be working with people living in one of the poorest neighborhoods in Spain.

If you feel called to teach, don't hesitate—these kids are waiting for you!

Additionally, this organization has an agreement with the Virgen del Rocío Children's Hospital in Seville. They also need volunteers to spend time at the hospital with

children who are sick. It is a recreational activity, but it is important to keep in mind that the children have medical conditions. These children are also waiting for us to accompany them and help them forget their situation for a little while.

Address: Calle Cátodo nº 1.

CASA RONALD MCDONALD:

Instagram: @casaronaldsevilla

It is an organization that has been in Seville for two years. Until now, we had not known them.

The activity takes place at a house with families who stay for a specific period of time or sometimes an indefinite period.

The families staying in this house come from outside Seville. They come to Seville so that their children can receive treatment at the hospital or because they are sick and are hospitalized for a time.

The rule is to host families whose sick children are up to 21 years old.
The house is fully equipped to accommodate 20 families.

The volunteer coordinator organizes afternoon activities each week to do with the families staying there. She already has a list of workshops but is open to new ideas. For example, I asked if it would be possible to organize an American cookie workshop, and she said of course!

They also have a music room with guitars and a drum set. I asked if a workshop using musical instruments could be organized, and she said yes, of course.

Since this NGO works with children, they require a certificate of no sexual offenses. In Spain, this is a requirement to work with minors.

If you feel motivated to work with families whose children are sick and need a small distraction in their daily lives, this is your place. In some cases, there will be young people, and in others, only the adults staying in the house.

The activity always takes place in the afternoon, generally starting at 5:00 pm.

Address: Calle Dr. Rafael Martínez Domínguez, 5.

DÁRSENA DEPORTIVA:

www.darsenadeportivasevilla.org

We have been working with this organization for a couple of years. It is an organization that works especially with immigrants.

They offer this vulnerable group the opportunity to enjoy the city in a relaxed, sporty, and healthy environment. The founders of Dársena Deportiva aim to combine sport with nature and encourage young people to step out of their comfort zone.

The activity carried out with them consists of meeting on some afternoons during the week to spend time together for one hour. During this time, they have a snack so they can get to know each other. Sometimes they do not even know one another. During this time, people talk, play games to get to know each other, break the ice, etc. Afterwards, for another hour, they enjoy the Guadalquivir River in a canoe.

It is an activity focused on social interaction and getting to know other people and other realities.

It is truly a worthwhile activity if you are interested in working with immigrants while also practicing Spanish.

These are people who greatly lack affection, and a simple conversation can mean the world to them.

In addition, on specific occasions when sporting events are organized in the city, such as the Seville Marathon in February, they need volunteers for the event. I will always keep you informed about these occasional activities whenever they arise.

Address: Parque del Alamillo.

PADEL INTEGRA:

www.padelintegra.es

It is an organization that helps people with disabilities through sports.

Padel has become very popular in Spain. If you are familiar with tennis, you will surely also know padel.

Through physical exercise, Padel Integra helps people with disabilities feel that they have equal opportunities. Respect for differences and the acceptance of people with disabilities are two of the key values promoted through this activity.

They haven't sent me the schedule for this spring yet. I will have it by the end of this week. But from experience, I can say that we have had students helping both in the mornings and in the afternoons.

PULSERAS ROSAS:

www.pulserasrosas.com

It is an organization we have been collaborating with for years.

This organization works with people who are suffering from cancer. At their headquarters, they always need volunteers to help with daily tasks. One of the most common tasks is making bracelets, which are given away at events so that more people can get to know the organization and reach out if they need support.

Volunteers also work on making wigs.

The work takes place in their space, which is a charity shop, and volunteers may also interact with customers who visit the store.

This is an activity that requires a lot of love and patience, because even though it may seem like not much is being done, it is truly essential for people to get to know the organization due to the support they can provide.

The schedule is very flexible since, being a commercial setting, volunteers can work in the mornings or afternoons.

If you feel motivated to join this organization, don't hesitate to let me know.

Address: Calle Castillo de Alcalá de Guadaira s/n.

MADRE CORAJE:

www.madrecoraje.org

It is an organization that works primarily by helping people in Peru.

They need volunteers to sort materials in their warehouse: books, medicines, clothing, shoes, toys...

This activity takes place in their warehouse and basically consists of organizing materials donated or given by people.

They have also included a recycling activity, which involves making soap from used cooking oil that they receive.

The schedule can be either in the morning or the afternoon.

Address: Polígono Industrial Store, Calle Escarpia nº 22.

COOPERACIÓN INTERNACIONAL:

www.ciong.org

It is an organization that works with people in great need.

The activity our volunteers usually do is organize food boxes in a warehouse, which are offered daily to families in need. This activity takes place in the mornings.

If you are familiar with the Food Bank, this NGO is very similar. The main goal is to help families who have nothing to eat, as they come to the warehouse each day to collect food for their children.

In addition, they carry out many occasional activities, such as helping to clean or paint the homes of people in need.

They also have a residence outside of Seville and need volunteers to accompany elderly people there.

Address: Calle Pino Siberia nº 1.

BANCO DE ALIMENTOS:

www.bancodealimentosdesevilla.org

This organization is internationally known.

One of its features is that you can collaborate on a one-time basis. They usually send me opportunities every week or every two weeks, depending on the need.

The most well-known activity is the food drive, which takes place twice a year. During this campaign, they always need volunteers stationed in supermarkets to encourage customers to donate money or food for people living in poverty.

After these campaigns, volunteers are also needed to help organize the collected food.

