

# INTERNATIONAL SCHOOL OF COMMUNITY BUILDING



**PROGRAM 2022 - 2023**



# About us.....

EnriquezArte offers training on Community Building centered around the creation and management of communities. We welcome students from all over the world who wish to experience a community life in Barcelona.

The objective is the integral personal development, based on creative methodology with greater participation and involvement. The challenge for students is their own commitment to work on personal development, with individual and personal development, with individual and community goals.

From the experience of the years that we have been developing projects, we want to create a dynamic of inclusive and social participation.



# Goal of the Program

## **The objective is personal growth accompanied by:**

- Dynamic and original methodologies
- Study and development of introspection processes to create new training opportunities in the technical-vocational, artistic-cultural and recreational
- Creation of solidarity networks of volunteers as new entrepreneurial networks.

## **How do we achieve these objectives?**

- Project based on:
  - General content = community coherence, ethics and sustainability
  - Personal content = expectations, projects and personal concerns
- Space for personal development based on values, attitudes and community methods
- Co-construction of a community project that contributes to conscious, participatory and meaningful learning for the entire community
- Solidarity and cooperation" skills as axes of personal development
- Routines of mental and physical balance

# Training Plan

The EnriquezArte training requires a circulation in the community.  
Each person dedicates 35 hours a week to community life, distributed as follows:

7 hours in lecture classes (work circles).

16 hours in thematic guided practices.

7 hours in community building (community living tasks + meetings).

5 hours of coexistence (cleaning and care of the living spaces).

## **The courses are divided into 7 main categories:**

Community economic management

Human talent management

Organization of community events

Individual and collective ecology

Digital community management

Personal and collective coaching

## **Classes usually follow this format (1 hour):**

20 minutes of lecture

20 minutes of certifying exam

20 minutes of guided discussion

# Learning Schedule

## **01 Week**

Community rules and behaviors

## **02 Week**

Sustainability – Recycling

## **03 Week**

Conflict management

## **04 Week**

1st session – Feedback 360

## **05 Week**

Sustainability – Consumption

## **06 Week**

Community expression workshop  
Module 1

## **07 Week**

2nd session – Feedback 360

## **08 Week**

Food handling

## **09 Week**

Sustainability – Food

## **10 Week**

Respect for my body

## **11 Week**

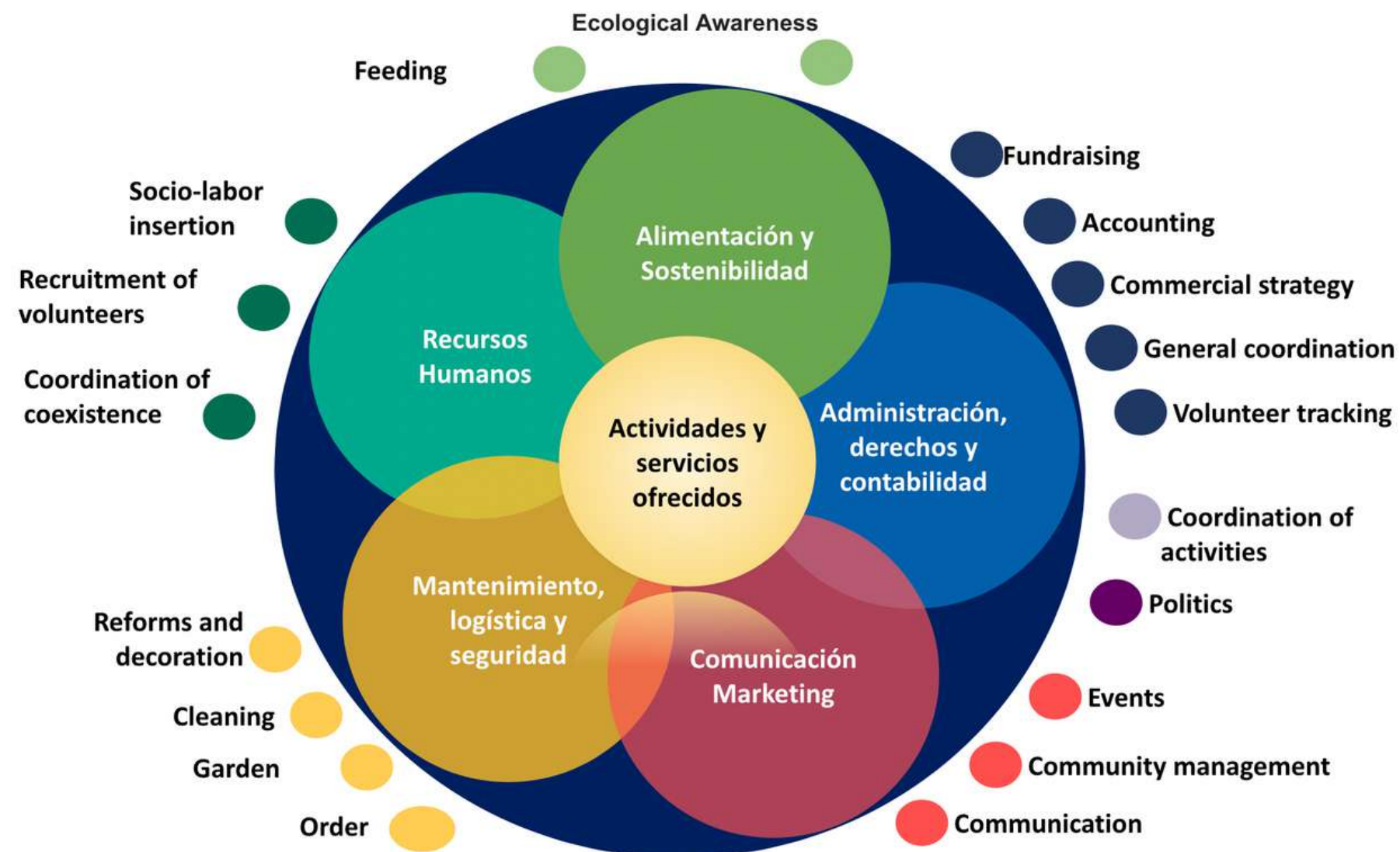
Community expression workshop  
Module 2

## **12 Week**

3rd session – Feedback 360

# Areas of Work

To learn to live in community and develop personal skills, we use the 'learning by doing' method. method (learning by doing): godfathers and godmothers will support you in your personalized personal development, recommending you to focus on one of the circles proposed below. Depending on your skills and interests, you can consider changing circles each month to experience several of the five categories proposed: human resources (HR), administration & accounting, food & sustainability, communication & marketing, and maintenance & logistics.



### Management

- **Fundraising:** Respond to the call for tenders, seek how to benefit from the municipalities in general.
- **Accounting:** Update cash flow.
- **Commercial strategy:** Imagine the financial development of the center
- **General coordination:** Coordinate the missions of the volunteers and the life of the center between them.
- **Follow-up of the volunteers:** Ensure the correct integration of each.

### Activities

- **Conception and internal coordination of activities with economic viability:** Ensure that the planning of activities is functional, ensure communication with the promoters, resources available to the partners.
- **Community work:** Participate in meetings with other entities, make the association known to politicians to involve institutions and authorities.

### Communication-Marketing

- **Events:** Imagine and create events to animate the center and bring more people.
- **Community management:** Animate the life of the center on social networks, publish information about the workshops, answer questions on messenger or whatsapp.
- **Communication:** Ensure good communication between volunteers and promote the activities of the center.

### Human Resources

- **Social and Labor Insertion:** Integrate the individualized project of each volunteer within the activities of the NGO.
- **Recruitment of volunteers:** Post job offers on volunteer sites, respond to people who want to volunteer.
- **Coordination of coexistence:** Make sure that everyone feels integrated, in the life of the center, of the city and among the volunteers. Make the planning of coexistence, make sure that all the volunteers participate.

### Maintenance

- **Reforms and decoration:** Maintain the center and carry out reforms to improve it (mortar, paint, ...).
- **Hygiene:** Clean the common spaces and the rooms where the workshops take place.
- **Garden:** Take care of the plants in the garden, make sure they feel good!
- **Sort:** Sort all the things in the center (donations, painting material, wood, tools, food...) in a smart way so that they are easy to find.

### Food and sustainability

- **Food Bank:** From collection to distribution, all logistics, administration and food safety regulations.
- **Sustainable, healthy and supportive restoration:** Managing a restaurant from A-Z
- **Ecological awareness:** To the day in each act to be in a continuous improvement.



# Invest in your future!

The rationale behind this program is that learning about community life should be a must from an early age. The world has many problems because we do not know how to live together. Many of the conflicts in the world, whether they be conflicts between families, friends, couples, countries, come from a lack of teaching community life.

This formation is not reserved for those who wish to live in community: we all live in community by the way we are linked in society. Sharing on good terms generates well-being: community life teaches you to appreciate the positive and trains you to avoid misunderstandings and social unpleasantness.

EnriquezArte offers you a community life with personalized and multilingual pedagogy. The fee includes all training, accommodation in dormitories for 2 or 4 students, and meals in our restaurant: [elpatiobarcelona.org](http://elpatiobarcelona.org).

# Our spaces





# Our accommodations



# Our Workshops

Ongoing activities:

- Community garden - We have a "community garden" that provides a green space to create and respect nature.
- Arts - enriquezArte is open to artists studying painting, drawing, photography, collage, etc. It provides an opportunity to exhibit your art.
- Food Bank - "Wealth is not in money but in people". In enriquezArte we believe in this slogan because we have an economic vision that benefits people of limited resources. We provide support with a weekly food bank.
- Collective intelligence - Group dynamics with the objective of facilitating personal and personal and community development based on different cognitive and emotional themes.
- Community library - enriquezArte has a book area where anyone can take a book where anyone can take a book and leave a book.
- Cacao Ceremony - Celebration of the sacred healing powers of cacao. healing powers of cacao. It allows you to connect with yourself and others, promote healing, creativity, mindfulness and joy, as well as stimulating positivity and joy, as well as stimulating positivity.
- Open Mic - Singing night to showcase your talent and have fun performing live. performing live.
- Weekend, Easter, summer and Christmas camps - Recreational and sports activities, handicraft and language workshops for children between 5 and 15 years old.
- Rental of spaces for events - We rent our 'Casal de Barri' for events. We also offer additional services such as bouncy castles, workshops with entertainers, face painting, and photography; we decorate the room and have catering service.
- Personal development conferences - Open discussion tables touching on different points and topics of community interest. To encourage reflection on different issues and create group knowledge. knowledge.



The workshop leader conducts his or her workshop in a professional manner and expects participants to have a constructive attitude. The workshop leaders are professional volunteers from the district, as well as those who join us in the activities we organize every day. participate in the activities we organize on a daily basis.

The workshops offer sports, artistic, wellness and personal development activities, wellness and personal development activities:

- Morning yoga
- MBSR meditation
- Martial arts and self-defense
- Climbing
- Salsa
- Yoga
- Sevillanas
- Art therapies
- Spanish learning plan (Conversational)

# Training Costs

The training includes:

- Accommodation in a room with either 4 or 2 beds
  - 1 flat exclusively for boys with a terrace
  - 1 flat exclusively for girls with a balcony
  - 2 rooms for accommodation in the center
- Unlimited internet 24/7 at EnriquezArte
- Excursions in the city, organized weekly by EnriquezArte
- Washing and drying machines at EnriquezArte
  - Washing machines in each flat

The training includes:

- 7 lunches a week at EnriquezArte, cooked by scheduled volunteers
  - Food for 14 home cooked meals a week (for breakfast and dinner)



- Free access to all workshops, activities and/or classes organized by EnriquezArte.
  - These include open mics, dance classes, cacao ceremonies, climbing, hiking or outdoor excursions.

- 1 MONTH: €900\* / €1500\*\*
- 1 QUARTER: €2,000\* / €3,400\*\*
- 1 SEMESTER: €3,750\* / €6,375\*\*
- 1 YEAR: €7,000\* / 11,900\*\*
- 2 YEARS: €13,000\* / €22,100\*\*

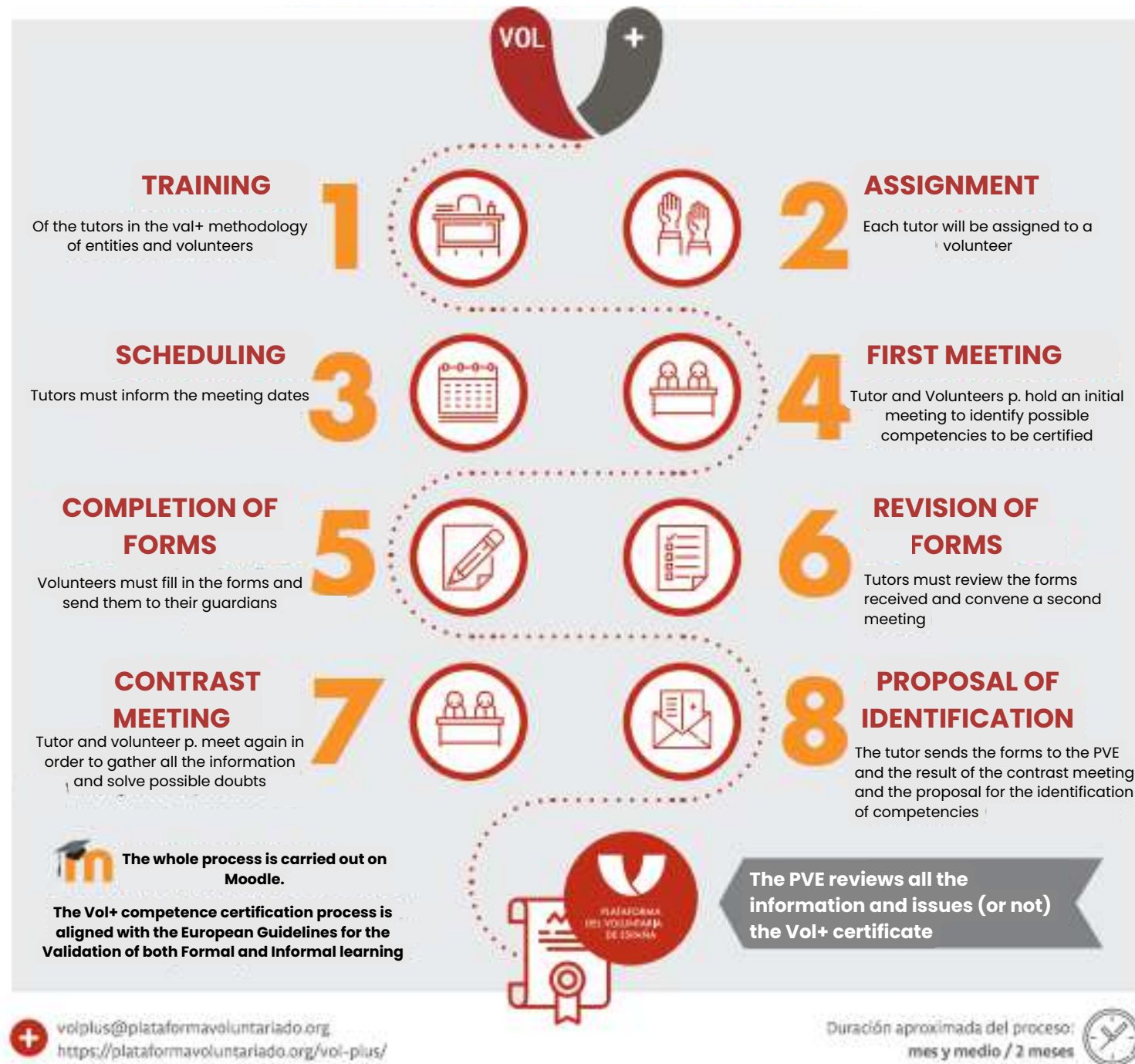
*\*Classic Trainings*

*\*\*Premium Trainings (private room, special activities)*

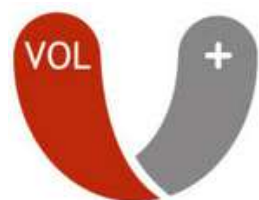


# A Diploma delivered by National authorities

## Phases of the Process



We are able to validate the skills of our participants through Vol+ and with this validation, participants will be able to enrich their resume and/or prove when applying for a job, that they have acquired knowledge and experience from the tasks they performed as a Solidarity Volunteer.



POR SOLIDARIDAD OTROS FINES DE INTERÉS SOCIAL

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