

Diving & Marine Conservation

Spain

High School Special Schedule

▶ Diver Certification

Complete the CMAS One Star Diver certification, which is a comprehensive entry-level diving qualification that provides thorough theoretical and practical training for new divers. Participants learn essential skills including underwater communication, dive planning, equipment management, and critical safety procedures through both classroom instruction and practical pool and open water training.

▶ Conservation & Environmental Protection

Participate in active seabed cleanup initiatives, removing marine debris and plastic pollution to directly improve the health of Mediterranean marine ecosystems. Contribute to social media and educational awareness campaigns that highlight the critical importance of marine conservation, engaging local communities and international audiences in understanding the challenges facing marine environments.

▶ Community & Collaborative Impact

Work alongside a local Community Centre, passionate about improving the lives of underserved people in Barcelona. Assist with daily operations and create meaningful, tangible contributions to marine conservation education. Build a supportive learning community that shares knowledge, experiences, and a commitment to education and environmental protection

▶ Cultural Immersion & Understanding

Experience the rich cultural heritage of Barcelona through exploration of its historic neighborhoods, iconic architectural sites, and vibrant coastal communities.





Highlights

- ▶ 40 Service Hours
- ▶ Raise awareness about environmental issues
- ▶ Complete CMAS One Star Diving certification
- ▶ Immerse yourself in Spanish culture
- ▶ Visit historical sites in Barcelona
- ▶ Offset your carbon footprint

Accommodation

Social Enterprise Hostel

Transport

Private metro and by foot

Meals

Breakfast and dinner will be served at your hostel each day. Lunch will be at the Community Centre.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart home before 9am and arrive back at around 7pm. However, this may differ from day to day depending on the activity and progress of the volunteer work.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport.

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

| Day 1 | Sunday |
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| All Day | <p>You'll arrive at the airport where program staff will meet you and transfer you to your accommodation in Barcelona. The journey offers your first glimpse of the beautiful Catalan landscape as you make your way to what will be your home during this conservation adventure.</p> <p>After settling into your room and unpacking, you'll join a casual welcome gathering to meet fellow volunteers and program coordinators. This initial meet-and-greet includes light refreshments and gives you a chance to get acquainted with the people you'll be working alongside during your marine conservation journey.</p> |



| Day 2 | Monday |
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| Morning | The program officially begins with a comprehensive orientation session covering program goals, safety protocols, and conservation objectives. You'll receive detailed information about the program and the NGO's mission to protect Barcelona's marine ecosystems. |
| Afternoon | Participate in an engaging team-building workshop designed to foster cooperation and communication among all volunteers. The afternoon continues with your first Spanish language class, focusing on basic vocabulary that will be useful throughout your stay. |
| Evening | Challenge yourself with an outdoor climbing workshop, designed to build trust among your fellow volunteers while enjoying a summer evening in Barcelona. |
| Day 3 | Tuesday |
| Morning | Experience your first dive session where CMAS certification training begins, with instructors introducing fundamental diving techniques and safety procedures. You'll become familiar with diving equipment and practice basic underwater skills in a controlled environment as you begin your journey toward certification. |
| Afternoon | Engage in community work at the Community Centre, helping with the children's summer camp and running activities focussed on the environment. You'll assist with organizing equipment, preparing educational materials, and contributing to daily operations. |
| Evening | Explore Barcelona's historic streets on a guided walking tour, discovering hidden gems and iconic landmarks with staff supervision. |
| Day 4 | Wednesday |
| Morning | Participate in an underwater biodiversity observation and debris dive, where you'll identify various marine species while practicing your diving skills. Instructors will guide you through techniques for observing marine life without disturbing natural habitats, an essential skill for conservation diving. |
| Afternoon | Receive detailed equipment training, learning how to properly maintain and handle specialized conservation tools used in underwater research and cleanup efforts. The session continues with a comprehensive education module about local Mediterranean ecosystems, their importance, and the threats they face. Travel to the Community Centre for training about their operations and protocols, followed by an interactive Spanish lesson. |
| Evening | Dinner and relax at the hostel. |
| Day 5 | Thursday |
| Morning | Participate in your first marine cleanup dive, actively removing debris from the seabed while learning to identify harmful versus harmless materials. Afterward, you'll assist with equipment maintenance, learning the proper care techniques that ensure longevity and reliability of diving gear. |
| Afternoon | Contribute to the Community Centre's social media conservation awareness campaign by helping create compelling content about your marine cleanup experience. You'll learn how effective communication and digital storytelling play crucial roles in building public support for marine conservation initiatives. |
| Evening | Prepare for the diving certification, enjoy dinner & unwind. |



Day 6 **Friday**

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| Morning | Complete your certification dive and examination, demonstrating the skills you've developed throughout the week under instructor supervision. Your performance will be evaluated based on diving technique, safety awareness, and environmental sensitivity during underwater operations. |
| Afternoon | Head back to the Community Centre for lunch and to assist with the summer camp activities, followed by an emotional intelligence workshop. The workshop explores how personal emotions and attitudes impact our work and how to work best as a team. |
| Evening | Head back to the hostel for some games before dinner. |

Day 7 **Saturday**

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| Morning | Put your newly earned certification to use during a conservation dive, where you'll practice advanced equipment techniques while contributing to real environmental protection work. The morning session reinforces your skills while transitioning from training to active conservation contribution. |
| Afternoon | Take a well-deserved trip to Barcelona's beautiful beaches, where you can observe coastal ecosystems from shore and understand the connection between land and sea. |
| Evening | Enjoy free time at the hostel. |

Day 8 **Sunday**

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| Morning | Tour the city by foot, walking past the breathtaking Sagrada Familia and Hospital de Sant Pau, as well as experience Antoni Gaudí's architectural masterpieces that define Barcelona's unique skyline. The guided tour provides historical and cultural context while allowing ample time for photography. |
| Afternoon | Explore Casa Batllo, La Pedrera, Plaza Catalunya, and Las Ramblas, witnessing the diverse architectural styles that make Barcelona a global design destination. Continue through Plaza Real and the Gothic Quarter (Barrio Gótico), where medieval structures create an atmospheric contrast to the modernist buildings seen earlier. |
| Evening | Visit the Palau de la Música and Barcelona Cathedral before concluding your sightseeing tour at Barceloneta Beach for a stunning Mediterranean sunset. After a long day of walking and exploring, take time to relax back at the hostel. |



Day 9 **Monday**

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| Morning | Participate in a focused seabed cleanup dive, removing plastic waste and other harmful debris while documenting collection data for research purposes. Your growing confidence underwater allows for more effective conservation work as you systematically address pollution hotspots. |
| Afternoon | Engage in team-building activities designed to strengthen cooperation skills essential for underwater conservation teamwork. The afternoon continues with a Spanish workshop. |
| Evening | Enjoy free time to reflect on your experiences, catch up on personal interests, or socialize with fellow volunteers at the hostel. |

Day 10 **Tuesday**

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| Morning | Join a marine life rescue operations dive, learning techniques for assisting distressed marine creatures and addressing entanglement situations. The training covers ethical interaction protocols and species-specific approaches to wildlife assistance in underwater environments. You'll input your observations into the organization's database and learn how this information informs policy recommendations and conservation strategies. |
| Afternoon | Head to the Community Centre to continue marine education activities for the children attending the summer camp. |
| Evening | Enjoy free time at the hostel before dinner. |

Day 11 **Wednesday**

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| Morning | Engage in a comprehensive biodiversity observation and debris dive, systematically documenting marine species presence. Your improved diving skills allow for longer underwater observation periods, resulting in more valuable data collection for the NGO's ecosystem monitoring program. |
| Afternoon | Head to the Community Centre and apply your growing knowledge by contributing to article writing about your marine conservation experience. This hands-on communication experience helps develop your ability to translate scientific observations into accessible information for public awareness campaigns. |
| Evening | Enjoy free time at the hostel before dinner. |

| Day 12 Thursday | |
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| Morning | Participate in a conservation dive, cleaning rubbish and debris gathered in the port. Contribute to scientific research by assisting with detailed fauna documentation, including photography, measurement, and behavioral observation of species. |
| Afternoon | Head to the Community Centre to continue educational activities for the children attending the summer camp. |
| Evening | Return to the hostel for dinner and time to unwind. |
| Day 13 Friday | |
| Morning | Complete your final conservation dive, demonstrating advanced diving techniques and environmental assessment skills. |
| Afternoon | Celebrate your achievements during a graduation ceremony where you'll receive your CMAS certification and participation certificate. The ceremony transitions into a celebratory lunch at the Community Centre. |
| Evening | Join fellow volunteers and staff for a special farewell dinner at a local restaurant featuring traditional Catalan dishes and music. The evening provides a meaningful conclusion to your conservation journey, with opportunities to exchange contact information and discuss how to continue supporting marine protection after returning home. |
| Day 14 Saturday & Sunday | |
| Morning | Complete check-out procedures and say goodbye to the hostel that has been your home during this transformative experience. Transfer to the airport with plenty of time for check-in, accompanied by program staff who ensure a smooth departure process. The journey back to the airport offers a final glimpse of Barcelona and time to reflect on the skills, knowledge, and memories you've gained during your marine conservation program. |

Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental wellbeing.

Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.



When you think of Spain, you likely picture the sun-drenched landscapes of Andalusia, the architectural marvels of Barcelona's Sagrada Familia, the passionate rhythms of flamenco, or the historic streets of Toledo. From the rugged peaks of the Pyrenees to the pristine beaches of the Costa del Sol, Spain offers a breathtaking tapestry of landscapes, cultures, and traditions that have captivated travelers for centuries.

Fun Facts

- Spain is the second-largest country in the European Union, spanning 505,370 square kilometers.
- Spain boasts the second-highest number of UNESCO World Heritage Sites in the world.
- Spain is the world's largest producer of olive oil, generating approximately 44% of global production.

Want to learn more?

We'd be happy to talk to you and answer any questions you may have. You can call or email our team, or use the 'live chat' feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Destination Information

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| National Language: | Spanish |
| Population: | 48 million |
| Currency: | Euro |
| Time Zone: | GMT +1 |
| Capital: | Madrid |
| Calling Code: | +34 |
| Dominant Religions: | Catholic |
| National Dish: | Paella |
| National Animal: | Bull |
| National Bird: | Imperial Eagle |

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