

We cherish life



Volunteering

a passion that
changes the world



VOLUNTEERING



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ONCE Volunteering



What is it?

ONCE's Volunteer Service is a social initiative to support blind people of all ages who are members of the institution who, due to their blindness, serious visual disability or deafblindness, need your solidarity help to carry out daily activities that allow their inclusion in a "barrier-free" world full of possibilities.

Come with me



What do you think?



Come and find out more!

Why would you request this service?

For daily and everyday activities such as travelling, carrying out formalities, going to medical consultations, visiting museums, practicing sport, reading correspondence, etc.

Do you want to volunteer?

If you are an adult, you want to help other people who need your support and have a little bit of free time, do not hesitate to contact us.

Join us in changing the world!

Do you have a disability and want to volunteer?

If that is your case –whether you are an ONCE member or not– but you like to help others, we are confident that we will find opportunities together that match your personal abilities and skills.

Go ahead and try it out!



Are you in?



Will you help us choose?

What programmes do we develop?

• Accompaniment

To help with travel to attend services provided by ONCE, to visit relatives, to attend external services, such as medical consultations. Accompaniment at home or in hospitals; support in supervising guide dogs, in physical exercise and leisure activities; telephone accompaniment to those who are geographically distant or those who are in a situation of solitude.

Company anywhere!

• Access to Information

Reading documents, handwritten texts, completion of forms, support in the use of IT tools (computers, mobiles, tablets, etc.) or specific tools for people with visual impairment, assistance in practising Braille, etc.

Written words, within everyone's reach!

**Your experience will be an example
for other volunteers.
Help us to disseminate this service!**

• Sports

Visual impairment should not be a problem to go running, to skate, in short, to practice any sport or to access or move in sports facilities. With a good companion, it is possible.

Get in shape!

• Cultural-Leisure

Support for participating in cultural and leisure activities, such as visits to museums or collaborating in the organisation of cultural and institutional activities. Visual assistance for blind parents to spend a fun afternoon at the amusement park with their children... for example.

Let's share culture and fun to the fullest!

Also, through international volunteering we provide support to people in difficulty in other parts of the world.



Go for it!!

Information and registration

If you want to receive more information or sign up for our Volunteer Service, you can do so in any of the following ways:

- ① At your nearest ONCE centre.
- ② Through the ONCE website, where you will find a form:
<https://www.once.es/Comprometidos/voluntariado>

*"We make a living from what we receive,
but we make life with what we give".*

John Maxwell



all equal
Now and in the future.

