

# ACTIVITY REPORT

Superacció 2024



**SUPERACCIÓ**  
SUMANDO HUELLAS

ACTIVITY REPORT  
YEAR 2023  
Associació Superacció

## ***HOW THE DIFFERENT SERVICES, CENTERS, OR FUNCTIONS INTO WHICH THE ASSOCIATION'S ACTIVITY IS DIVIDED ARE ORGANIZED.***

The Association works along two main lines of action:

**Social inclusion of children and young people at risk of social exclusion through sport as a core, structuring tool.**

**Expressive training for personal development (TCI).**

On the one hand, the aim is to promote the social inclusion of people at risk of social exclusion, with a particular focus on children and young people, through sport and body-based work. On the other hand, the Association promotes training for personal development through self-knowledge, using the body and expressive languages as its main tools.

Sport, visual and body expression are our core tools because they allow us to help children and young people channel their energy, work on self-improvement, take on commitments, face their fears, encourage cultural exchange, challenge their own limits, and recognize what they are capable of achieving. In the case of triathlon, by combining three sports (swimming, cycling, and athletics), participants are required to make an effort in disciplines in which they may be strong as well as in those in which they are less skilled.

Within the social inclusion projects, we work with heterogeneous groups of both boys and girls aged between 12 and 35, without taking age, gender, or athletic ability into account. In this way, we foster cooperation and teamwork, allowing more advanced participants to support the younger ones. In terms of gender, boys are predominant, as they still migrate alone more frequently, although the number of girls is steadily increasing. The organization seeks to reserve between 2% and 5% of places for girls, which roughly corresponds to the percentage of girls who migrate alone. Social inclusion programs account for 80% of our effort and time, while the remaining 20% is devoted to the Integrative Bodywork Program.

We consider it important to note that activities within the social inclusion programs have different durations throughout the year. A first group runs from September to June, a second group takes place during the summer months, and a third group operates throughout the entire year, with 24-hour care, 365 days a year, in the case of the Youth Reception Center, in addition to activities carried out on a one-off basis. Activities within the Postgraduate Program in Integrative Bodywork take place from January until June of the following year.

Triathlon sessions have a subsidized cost ranging between €35 and €40 per month. For young people, registration is free of charge as long as they do not have sufficient financial resources, which is the case for the vast majority.



## Entities that refer cases to the social inclusion programs.

### YOUTH REFERRAL CENTRES

PUBLIC HEALTH AGENCY	APC'S EDUCADORS DE CARRER	CAN LLUPIÀ JUVENILE JUSTICE EDUCATIONAL CENTRE	CASAL DELS INFANTS
CAN MIRALPEIX RECEPTION CENTRE	MAS PINS RECEPTION CENTRE	MARIA FEIXA CENTRE	CRUÏLLA SALESIAN CENTRE
SOCIAL SERVICES CENTRES OF POBLENOU	CEPAIM	L'ALZINA EDUCATIONAL CENTRE	CRAE JOAN TORRAS
CRAE LLEDONERS	CRAE TONI JULIÀ	CREI CASTANYERS	ORC DEPARTMENT OF THE MOSSOS D'ESQUADRA
ST ANDREU DISTRICT	FEEB / CEEB	HOSPITAL CLÍNIC	IES BESÒS
IES PAU CLARIS	SOCIAL INTEGRATION SERVICES – BARCELONA CITY COUNCIL	SOCIAL INTEGRATION SERVICE (SDI) – BARCELONA CITY COUNCIL	MONTORNÈS DEL VALLÈS CITY COUNCIL

# **DESCRIPTION OF THE ACTIVITIES CARRIED OUT AND SERVICES PROVIDED DURING THE YEAR.**

## Social Inclusion Programs

### **Triathlon programs during the school year**

#### **Superacció Space**

This is a day-center project structured around a weekly schedule from Monday to Thursday, from 9:00 a.m. to 5:00 p.m., and Fridays from 9:00 a.m. to 3:00 p.m. The main objective of this program is to offer a stable and safe space where young people can develop personal, social, and work-related skills through a methodology based on three fundamental pillars: the motor axis, the intellectual axis, and the affective axis.

The motor axis includes physical and sports activities aimed at improving health, fostering discipline, teamwork, and the acquisition of healthy habits. Five weekly sessions of two hours each are carried out, distributed as follows: Monday, Wednesday, and Friday from 9:00 a.m. to 11:00 a.m., and Tuesday and Thursday from 11:30 a.m. to 1:30 p.m. Activities within this axis include general sports training, capoeira, yoga, and other physical dynamics that also work on body awareness, endurance, and coordination.

The intellectual axis seeks to strengthen participants' basic competencies and cognitive abilities. This block includes workshops such as oral and written communication—focused on improving expression and linguistic comprehension—the radio workshop, which is a motivating tool for working on expression, creativity, and teamwork, as well as mathematics reinforcement and other educational content that supports preparation for access to formal education or the labor market.

The affective axis focuses on the emotional and relational sphere of young people. It includes group work spaces for collective and individual reflection, workshops on personal care and autonomous living habits, as well as artistic and creative expression activities such as percussion, painting, and body movement. These spaces aim to promote self-esteem, connection with others, and emotional management, all of which are essential for empowerment and social inclusion.

All these activities take place in different locations throughout the territory, allowing for a varied and high-quality experience. Specifically, sessions are held at the La Mar Bella Municipal Sports Complex, the Andrade Street Center, and the Júpiter Municipal Sports Center, facilities that provide optimal conditions for the development of the various activities. This diversification of spaces also contributes to territorial rootedness and the creation of community networks.

## Superacció Space Tenerife

This is a day-center project located in Tenerife, with a weekly schedule from Monday to Thursday from 9:00 a.m. to 5:00 p.m., and Fridays from 9:00 a.m. to 3:00 p.m. The main objective of this program is to provide a stable and safe space where young people can develop personal, social, and work-related skills through a methodology based on three fundamental axes: motor, intellectual, and affective, while consistently integrating elements of Canarian culture.

The motor axis includes physical and sports activities aimed at improving health, fostering discipline, teamwork, and the acquisition of healthy habits. Five weekly sessions of two hours each are carried out, distributed as follows: Monday, Wednesday, and Friday from 9:00 a.m. to 11:00 a.m., and Tuesday and Thursday from 11:30 a.m. to 1:30 p.m. Activities include general sports training as well as traditional practices such as Canarian folk dance, in addition to yoga and other dynamics that work on body awareness, endurance, and coordination.





The intellectual axis focuses on strengthening basic competencies and cognitive skills. It includes oral and written communication workshops to improve expression and linguistic comprehension, a radio workshop that promotes creativity and teamwork, and mathematics reinforcement activities and other educational content. Spaces dedicated to learning about Canarian history and traditions are also incorporated, fostering local pride and identity, while supporting preparation for access to formal education or the labor market.

The affective axis centers on the emotional and relational development of young people. It includes group work spaces for collective and individual reflection, workshops on personal care and independent living habits, as well as artistic and creative expression activities such as traditional Canarian percussion, painting, and body movement. These initiatives aim to promote self-esteem, interpersonal bonds, and emotional regulation, which are essential for empowerment and social inclusion.

All these activities are carried out in different locations across Tenerife, providing a varied and high-quality experience. Sessions take place at the Santa Cruz Municipal Sports Center, the La Laguna Cultural Center, and the Tenerife Island Pavilion, facilities that ensure optimal conditions for the implementation of the different activities. This diversification of spaces also supports territorial integration and the creation of community networks within the context of the Canary Islands.

## Sumant Dones Project

Sumant Dones is an initiative created with the aim of promoting physical activity among women, especially those who often remain on the margins of sports practice due to social, cultural, or personal reasons. The project began in October and offers weekly guided physical activity sessions, held every Tuesday from 6:00 p.m. to 8:00 p.m. at the Mar Bella Sports Complex in Barcelona.

The activity focuses on triathlon disciplines—swimming, cycling, and running—adapted to different levels of physical fitness. Through this proposal, the project seeks to promote women’s sports as a tool for physical and emotional well-being, empowerment, and social cohesion. Sessions are designed not only to improve physical condition, but also to create a safe, welcoming, and trusting space where participants feel comfortable, respected, and free to share, express themselves, and take care of themselves.

Sumant Dones represents a firm commitment to equal opportunities and inclusion in the field of sport. By recognizing the importance of creating accessible, judgment-free environments, the project contributes to breaking down gender barriers and making visible the active role of women in the world of sport.



## **Triathlon Groups for Superacció Social Inclusion (Various referrals and individual registrations)**

These groups primarily serve young non-EU immigrants, many of whom are in irregular administrative situations or in the process of regularization. They are young people who have recently arrived in Catalonia and who, in many cases, do not have a stable family or support network. They come from very diverse social and economic backgrounds and have often experienced life trajectories marked by vulnerability, housing instability, and limited access to basic resources.

These young people have been referred through different channels, such as child protection centers (once they have reached adulthood and exited the protection system), social inclusion and vocational training spaces, non-governmental organizations (NGOs) specializing in the reception and support of newly arrived youth, as well as municipal social services and other community resources. This diversity of referral sources reflects the open and welcoming nature of the project, which serves as a space for meeting, support, and guidance for these young people at a key moment in their integration process.

The group carries out its activities regularly every Saturday during the school year, from 8:00 a.m. to 11:00 a.m. This weekly space has become a consistent and meaningful meeting point for participants and has been designed to offer an educational, sports-based, and community-oriented program that supports the personal and social development of young people. Sessions combine bodywork dynamics, physical and sports activities (such as training sessions, cooperative games, and martial discipline sessions), as well as spaces for conversation, language reinforcement, and the creation of bonds among peers and with the educational team.

## **Triathlon programs during the summer**

### **Intensive Summer Triathlon Activity**

During the summer months, the association carried out an intensive program of activities with both sports and educational objectives, structured as a sports camp officially approved by the Barcelona City Council. This initiative was designed to offer young people continuity in learning, socialization, and physical well-being during a period—the summer—when structured activities are often scarce. The camp took place at the La Mar Bella Municipal Sports Center, a landmark facility for sports practice in the city.

The activity lasted five weeks, from June 26 to July 28, with an intensive schedule from Monday to Friday, from 9:00 a.m. to 3:00 p.m., including a meal service. Each day combined sport, healthy nutrition, and values-based education, providing a safe, stimulating, and structured environment during the school holidays.

Triathlon was the central focus of the camp, incorporating regular training in its three disciplines: swimming, cycling, and running. This sport was chosen for its ability to develop physical endurance, personal discipline, perseverance, and consistency, as well as for its educational value as both a personal and collective challenge. Around this core activity, complementary workshops and practices were organized with a clear educational and holistic development focus.

The program was enriched with activities such as body expression, which worked on body awareness and non-verbal communication; yoga sessions aimed at relaxation, concentration, and emotional regulation; and dance and rhythm spaces designed to foster creativity, coordination, and group cohesion. Together, these activities contributed not only to improving participants' physical condition, but also to their emotional, relational, and social development in a playful and healthy environment.

The camp was especially designed for young people in situations of social vulnerability, offering them not only access to high-quality activities but also a protective environment in which to strengthen bonds with adult role models, establish positive relationships within the group, and experience personal success through sport and shared effort.



## August Summer Camps

During the month of August, summer camps were held at the Els Isards hostel, located in La Molina, in the heart of the Catalan Pyrenees, from July 29 to August 9. This natural setting, surrounded by forests, peaks, and mountain meadows, provided an ideal environment to disconnect from the intense pace of city life and reconnect with nature and with oneself. The camps, aimed at boys linked to the association, became an enriching experience on both a personal and collective level, fostering coexistence, cohesion, and emotional growth in a calm and safe environment.



Throughout the stay, a wide variety of activities were carried out to make the most of the natural surroundings. These included hiking routes along mountain trails, where the young people were able to observe local flora and fauna, learn how to read maps, and orient themselves using compasses. Outdoor workshops, cooperation and trust-building games, guided reflection spaces under the trees, sports activities, and environmental discovery gymkhanas with challenges related to nature and sustainability were also organized.

The nights, especially magical in a place like La Molina, were used for nighttime activities such as stargazing, storytelling around the campfire, and dialogue spaces to share personal experiences. The experience allowed participants to work on values such as respect for nature, autonomy, responsibility, coexistence, and mutual support. Moreover, for many of the young people, this was their first experience in the mountains, which had a deeply positive and lasting impact on their personal growth and self-esteem.

## ***SPECIAL GROUPS***

### **Psychomotor Stimulation at Quatre Camins and Youth Prison**

This group was carried out at the DAE Module of the Quatre Camins Penitentiary Center, where three activities were held weekly (every Monday from 9:00 a.m. to 2:00 p.m.), and at the Youth Penitentiary Center on Fridays from 3:00 p.m. to 6:00 p.m.

The first activity consisted of a psychomotor and cultural stimulation workshop involving inmates from the DAE module at Quatre Camins, students from the University of Barcelona, and volunteers. The second activity consisted of a total of 15 lectures given by specialists, with a dual purpose. On the one hand, to offer content of interest to the inmates, and on the other, to create links with the outside world in order to generate spaces for dialogue and interaction that foster constructive socialization. Students from the University of Barcelona and volunteers also participated in these lectures.

Finally, the third activity promoted administrative procedures and training so that volunteers could acquire the appropriate tools to provide support to inmates with intellectual and developmental disabilities.

### **Montornès del Vallès Groups**

During the months of February, March, April, May, June, and July, a comprehensive skills training program was carried out within the framework of an employment promotion project aimed at young people in situations of vulnerability. This training combined theoretical and practical content with the objective of facilitating the participants' social and labor market integration through the development of personal and professional competencies.

On the one hand, workshops focused on key competencies and social skills were delivered, using a methodology based on sports practice as an educational tool. These sessions addressed aspects such as effective communication, conflict resolution, cohesion and teamwork, as well as emotional management and self-confidence. In this context, sport served not only as a means of physical improvement, but also as a vehicle for developing attitudes and values transferable to the workplace.

On the other hand, specific training was provided in technical and professional skills, including practical cycles in areas such as bicycle courier services and bicycle repair—a sector with growing demand in urban environments—as well as urban horticulture and the maintenance of green spaces. These training programs allowed participants to acquire concrete and applicable skills for real work environments, with a clear focus on sustainability and the social economy.

Subsequently, during the months of September, October, November, and December, a second phase of the project was developed, focused on practical experience and job placement.

### **“Llar d’Oportunitats” 24-Hour Youth Reception Center**

This center serves young people between the ages of 18 and 23 who were experiencing homelessness, many of whom lacked a family network or stable financial resources. The space offers temporary but structured accommodation, with the aim of facilitating processes of social inclusion and personal autonomy. The center was created as an immediate response to the crisis generated by the public health emergency caused by Covid-19 in Catalonia and throughout Spain, a period during which the vulnerability of certain groups—particularly homeless young people—became especially evident.

The project aims to provide comprehensive support to this group through a set of activities that combine socio-educational support with sports, physical, and expressive tools characteristic of the methodology and working model of the Superacció association. This methodology is based on promoting effort, discipline, cooperation, and self-esteem as drivers of personal change and transformation.

Activities are carried out with the support of the Barcelona Municipal Institute of Social Services (IMSS), which collaborates closely in the coordination and monitoring of the project. The activities take place at the Llar d’Oportunitats Center, located at Carrer Sales i Ferré 60 in Barcelona, a residential space that provides continuous 24-hour care. This safe and stable environment allows young people to develop their abilities, acquire healthy habits, and build their own life projects with the constant support of a multidisciplinary team.

### **Social Activation Project at Banys del Fòrum**

This project, developed during the months of May, June, July, August, and September, is an initiative of the Barcelona City Council and was led by the Superacció organization. Its general objective was to contribute to improved behavior and to the personal and social development of various groups at risk of social exclusion who use the facilities in the Banys del Fòrum area. To achieve this goal, a comprehensive activity plan was implemented, combining sports sessions with instrumental and social workshops designed to promote healthy habits, basic competencies, and values such as respect, responsibility, and cooperation.



Among the highlighted activities were environmental workshops that encouraged ecological awareness and respect for the territory, helping participants understand the importance of caring for their environment and adopting sustainable behaviors. In addition, music therapy sessions were offered, contributing to improved emotional expression, communication, and psychological well-being through music and movement. A radio workshop was also organized, serving as a learning and creative space where participants could develop communication and oral expression skills, while also fostering group cohesion and confidence in a dynamic and creative environment.

At the same time, the project placed special emphasis on creating meeting and interaction spaces among the different groups present in the Banys del Fòrum area. Through intercultural dynamics, dialogue, mutual understanding, and respect for cultural diversity were encouraged, helping to break down barriers and prejudices. In this way, social cohesion was strengthened and a more integrated, inclusive, and resilient community was fostered, in which participants not only improved individually but also contributed to coexistence and the reinforcement of social bonds.

## Canary Islands Projects

### Hogar la Isla

In October 2024, a new residential center for minors was opened on the island of Tenerife, with the aim of responding to the growing need for reception and protection spaces for young people in situations of vulnerability. The center, with capacity for 20 boys, offers a safe, structured environment oriented toward the holistic development of minors. The young people residing there have been referred by the Directorate General for the Protection of Children and Families of the Government of the Canary Islands, the regional authority responsible for the guardianship and protection of children and adolescents in situations of neglect or social risk.

The project is committed to an educational and socio-emotional care model, where minors not only find a temporary home but also a qualified professional team that accompanies them in their personal processes. The main objective of the center is to promote the progressive autonomy of young people by providing them with resources and tools for their social, educational, and eventual labor integration. Daily life at the center includes academic support, sports and cultural activities, shared living spaces, emotional work, and continuous support from social educators, psychologists, and other specialized professionals.

The center's location, in a quiet yet well-connected area of Tenerife, allows the boys to maintain links with the community and school environment, as well as access health, educational, and leisure resources.

### PLAY NOW Barcelona

We have a 2,650 m<sup>2</sup> space located in the Fòrum area of Barcelona: PLAY NOW BARCELONA. This space hosts a significant part of our sports activities, but it is also offered as a resource for organizations, companies, and institutions seeking a functional, spacious, and well-located environment to hold their own events.

PLAY NOW BARCELONA is a versatile and multidisciplinary space designed to adapt to a wide variety of formats. It is an ideal venue for cultural, sports, and social events, as well as team-building activities, offering both the infrastructure and the atmosphere needed to ensure success. Its size and layout allow for customization according to the specific needs of each activity, whether it be a sports tournament, a corporate event, a product launch, a live performance, or any other type of gathering.

In addition, its strategic location within the city of Barcelona, with easy access by public and private transport, makes it an ideal meeting point for both local participants and attendees from outside the city.

## ***PARTICIPATION IN SPORTS EVENTS***

This is a central activity within our educational proposal, as it serves as a valuable reward for young people who demonstrate sustained commitment throughout the year. Since athletic performance is not an objective of Superacció, we only participate in competitions where registrations are provided to us, which usually means that places are limited.

In 2024, young people participated in the following activities:

- Marnaton Ibiza (October): 10 boys participated in the open-water swim.
- Marnaton Mar Bella (September): 8 boys participated in the open-water swim.
- BURRIAC ATAC (September): 5 boys participated in the night trail race.
- CN Badalona (July): 7 boys participated in the open-water swim.
- 4Cims (July): 7 boys participated in the cycling race.
- Marnaton Sant Feliu de Guíxols (July): 15 boys participated in the open-water swim.
- Transpyr Coast to Coast (June): 6 boys participated in the cycling race.
- Transpirenaica (March): 13 boys participated in the race.

### **Volunteer Activities**

- During the Three Kings Parade on January 5, 10 young people volunteered in street control support with the organization Global Attentive.
- At the CN Badalona open-water swim, 6 young people participated in organizing the event.
- At the Transpyr Coast to Coast, 5 young people participated in event organization.
- At Marnaton Mar Bella and Sant Feliu de Guíxols, 6 and 7 boys respectively participated in event organization.
- At the Transpirenaica, 8 boys participated in event setup and organization.



## YOUTH VOLUNTEER ACTIVITIES

- During the Three Kings Parade on January 5, 10 young people volunteered in street control support with the organization Global Attentive.
- Transpyr Coast to Coast: a group of 15 young people volunteered in the organization of the event on June 12.
- 4 CIMS x BUFF: the boys participated as volunteers in the 4 CIMS event on July 10, organized by Buff.
- On July 23, a group of young people volunteered at the 72nd Badalona Swimming Crossing.
- At the BURRIAC ATAC race, 7 young people supported the setup process on September 12.
- Marnaton: a group of young people volunteered at Marnaton events in Barcelona on September 30.

## COMPLEMENTARY ACTIVITIES

- Young people from Superacció participated in the Alt! rumors workshop led by actress Mai Sina.
- Several young people from Superacció centers participated in the 2024 Christmas Celebration of the Mossos d'Esquadra.
- Young people from Superacció traveled to Cartagena for a meeting with the association La Huertecica.
- Superacció was present at the YouSports – Kick Off Event, held in Anglet, France, from June 12 to 16. The meeting brought together more than 100 participants from across Europe and aimed, among other objectives, to connect organizations, clubs, associations, and individuals involved in the field of social sport.
- Young people from Superacció experienced a musical event through Primavera Sound and the Primavera Sound Foundation.
- Superacció carried out a solidarity trip to Diogo, Senegal, where several essential infrastructures were built and various socio-sport activities were organized.



## Integrative Bodywork Postgraduate Program

In 2024, the 23rd cohort of the Integrative Bodywork Postgraduate Program, linked to INEFC, began. This cohort has a duration of 18 months, starting in January 2024 and concluding in June 2025. During 2024, workshops corresponding to the postgraduate program were held from January to December, totaling 12 weekends.

The program started with 21 students; however, 4 withdrew during the latter part of the postgraduate course (one in December, one in January, one in March, and another in April). One participant was awarded a scholarship (in exchange for executing and maintaining the website), and the other three had paid the full fee before leaving.

Three participants receive a €500 reduction in tuition due to coming from outside the area, and another participant applied for a scholarship due to financial difficulties and was granted a 60% reduction in the program fee. Throughout 2024, bodywork classes also continued to be offered. These take place on Thursdays from 10:30 a.m. to 12:00 p.m. and from 7:00 p.m. to 8:30 p.m. This space is free of charge for students and former students, as well as for Superacció staff.

### **STUDENT LIST**

FRANCESC AMOR  
TULDRÀ

SILVINA AUTELLI  
QUATTRINI

YOUSSRA  
BOUJARFAOUI ISSAIDI

DAVID DE LA MORENA  
DE FRANCISCO

CLAU DEL SALTO  
ARNAL

KATIA DUMONT  
ESERSKI

MARIUS ESPINOSA  
MESTRES

JORGE FERRER  
ALONSO

OSCAR INIESTA GARCÍA

MARTA JIMENEZ  
SERRANO

YVONNE KONAN  
KÜHLMANN

CRISTINA LINARES  
CAVERO

MARTA MIQUEL  
PLANAS

CARMEN M<sup>a</sup> PÉREZ  
REVUELTO

GUILLEM REITG  
PROFUMO

MÓNICA SANESTABAN  
TERRER

CRISTÒFOL SASTRE  
RAMIS

ROCIO SEVILLA  
CALCERRADA

ALBA SIMARRO  
DALMASES

JANA VANCAKOVA

MARIBEL VIDAL  
MARCO

### ***OBSERVERS / ASSISTANTS***

MARIA IGLESIAS CAÑUETO

JOAN MAS MARTÍN

## The dates and activities carried out in 2024 are:

19-20-21 JANUARY	EARTH / LUIS CARBAJAL	FUNDACIÓ LA PLANA
10-11 FEBRUARY	MASSAGE / JOSEP DEVESA	PUNT DE TROBADA
9-10 MARCH	RHYTHM / RUBÉN SEGAL	PUNT DE TROBADA
6-7 APRIL	MARTIAL ARTS / PERE JUAN	PUNT DE TROBADA
4-5 MAY	VOICE / ANNA SUBIRANA	PUNT DE TROBADA
1-2 JUNE	BIOENERGETICS/ LUIS CARBAJAL	PUNT DE TROBADA
29-30 JUNE	CHILDREN AND ADOLESCENTS / IOLANDA VIVES	PUNT DE TROBADA
7-8 SEPTEMBER	WORK AND DISABILITY – LAUGHTER THERAPY / JANNICK - SUSANA SANCHÍS	PUNT DE TROBADA
5-6 OCTOBER	FIRE AND WATER/ LUIS CARBAJAL	PUNT DE TROBADA
26-27 OCTOBER	SHIATSU / VICTORIA LUQUE	FUNDACIÓ LA PLANA
23-24 NOVEMBER	PLASTIC ARTS AND BODY / ARTUR ACEVEDO	FUNDACIÓ LA PLANA
21-22 DECEMBER	USE AND MANAGEMENT OF MUSIC / CAROL VILLALÓN	PUNT DE TROBADA

In June, during the last meeting of the year held in a residential format at La Plana, the corresponding certificates were awarded to all students.

Also throughout 2024, the bodywork classes have remained open. They take place on Thursdays from 10:30 a.m. to 12:00 p.m. and from 7:00 p.m. to 8:30 p.m.

This space is free of charge for students, former students, and Superacció staff.

## Quantification of the results obtained through these activities

### **NUMBER OF DIRECT AND INDIRECT BENEFICIARIES** **TOTAL NUMBER OF BOYS/GIRLS SERVED: 440**

1	SCHOOL YEAR PROGRAM (SEPTEMBER TO JUNE)	107 BOYS AND GIRLS
2	INTENSIVE SUMMER TRIATHLON PROGRAM	48 BOYS AND GIRLS
3	AUGUST SUMMER CAMPS	35 BOYS AND GIRLS
4	QUATRE CAMINS PENITENTIARY CENTER	32 BOYS
5	24-HOUR YOUTH RECEPTION CENTER	57 BOYS
6	MONTORNÈS DEL VALLÈS PROJECT	15 BOYS AND GIRLS
7	SUMANT DONES	30 GIRLS
8	BANYS DEL FÒRUM	1.750 BOYS AND GIRLS
9	ESPAI SUPERACCIÓ TENERIFE	104 BOYS AND GIRLS
10	HOGAR LA ISLA	25 BOYS

## TIME DEDICATION

1	SCHOOL YEAR PROGRAM (SEPTEMBER TO JUNE)	1.404 HOURS
2	INTENSIVE SUMMER TRIATHLON PROGRAM	138 HOURS
3	AUGUST SUMMER CAMPS	288 HOURS
4	QUATRE CAMINS PENITENTIARY CENTER	210 HOURS
5	24-HOUR YOUTH RECEPTION CENTER	8.760 HOURS
6	MONTORNÈS DEL VALLÈS PROJECT	650 HOURS
7	SUMANT DONES	20 HOURS
8	BANYS DEL FÒRUM	828 HOURS
9	ESPAI SUPERACCIÓ TENERIFE	728 HOURS
10	HOGAR LA ISLA	1.872 HOURS

## TOTAL NUMBER OF TRAINING EXPERIENCES GENERATED

NOIES 3 %

NOIS 97 %

## NUMBER OF SPORTS RACES AND COMPETITIONS

NUMBER OF PARTICIPANTS IN RACES

48 PARTICIPANTS

## **DEGREE OR LEVEL OF EFFECTIVE COMPLIANCE WITH THE STATUTORY OBJECTIVES**

Fortunately, throughout the year 2024 we were able to carry out all our activities under normal conditions, which has allowed us to fulfill one of the objectives established in our statutes: to attend to all requests received, provided that they met the requirements defined by the association to be considered a situation of social exclusion.



Taking into account our aim of providing support and inclusion for children and young people at risk of social exclusion, and after analyzing the data from the monitoring system of participants in the programs during the 2024 school year, as well as the annual activities, we can state—thanks to personalized assessments and tutoring—that the young people integrated positively into our organization. This is reflected in their regular attendance, level of participation, and motivation. During this period, we achieved a high percentage of commitment to course attendance from the moment of enrollment, reaching 98%. This result demonstrates the achievement of one of our main statutory objectives, especially considering that participation in our activities is entirely voluntary.

Regarding the intensive activity in July and the summer camps in August, participation is usually driven mainly by the entities that refer participants or by parents and legal guardians. Nevertheless, the opportunity to enjoy outdoor activities under favorable conditions—particularly in the context of the pandemic experienced during this year—has encouraged a high and positive level of involvement among participants, achieving 97% active participation.

At the 24-hour youth residential center, the young people were experiencing homelessness, and their admission to the resource was completely voluntary. However, once integrated into the center, a high level of engagement was observed in most cases, as sports activities functioned as a motivating element and as recognition for their participation in the different proposals offered by the center. In addition, sports became a stimulus for remaining active in their studies and improving their quality of life. Once the sessions were completed and group evaluations were analyzed, changes in attitude were identified in 88% of the young people, both in their relationships with peers and with educators.

In order to achieve one of the objectives established in our statutes—promoting the social inclusion of young people at risk of exclusion—our intervention during 2024 was not limited solely to the activities mentioned above. Other initiatives were also promoted, such as the creation of employment opportunities and the promotion of volunteering in collaboration with local organizations.

Throughout the year, various actions aimed at facilitating the social integration of young people were carried out, offering them a new opportunity. In 97% of cases, these activities were successfully completed, and the evaluations by coordinators highlighted very positive aspects such as responsibility, commitment, and a significant improvement in participants' self-esteem.

In addition, during the same period, all young people who took part in the social inclusion programs and the 24-hour residential center received individual tutoring from their reference educators. This support included improving their résumés, working on tools and channels for job searching, and providing personalized career guidance.

During 2024, several courses and workshops were conducted, including body expression activities, leisure initiatives focused on emotional and affective well-being, as well as participation in seven sports races and three nature-based experiences, such as the Transpirenaica Social Solidària, the Transpyr, the Marnaton, and the 4 CIMS. These initiatives have served as support spaces to promote social inclusion, as they have enabled young people to share experiences with peers from different social backgrounds.

The individual and group evaluations carried out each term showed that all participants enjoyed the activities and rated very positively the impact they had on their social relationships, especially in the way they interacted with their peers.

We are aware that our intervention had an immediate effect: many young people experienced a notable improvement in their self-esteem, sense of belonging to the group, as well as in aspects such as discipline and responsibility. They also felt more capable of achieving personal goals. Beyond this initial impact, the intervention also seeks a deeper and more lasting influence on their lives—a personal and educational transformation which, although less visible in the short term, aims to mark a turning point in their life trajectory. The goal is for this change to also reach their family and social environment, providing them with tools to face the future with greater security and confidence.

Regarding the statutory objective of promoting personal growth through self-knowledge, using the body and expressive languages as the main tools, once the course had ended and after a joint review with the entire team involved, we can state that 94% of the established objectives were achieved. Both tutors and teaching staff agreed in their positive assessment of students' active participation and the shared learning process, despite the fact that two of the twelve sessions planned for the year had to be canceled.

## **TOTAL NUMBER OF BENEFICIARIES OR USERS OF THE ACTIVITIES OR SERVICES PROVIDED BY THE ORGANIZATION, TYPE AND LEVEL OF SUPPORT RECEIVED, AND REQUIREMENTS OR CIRCUMSTANCES TO QUALIFY FOR THIS STATUS**

The total number of beneficiaries during 2024 was 2,203 young people participating in the Social Inclusion Programs (school year, summer, and special programs) and 21 students in the Integrative Bodywork (TCI) program.

Within the framework of the social inclusion programs, two intervention modalities are distinguished: group-based and individual. In group work, sports activities are used as the main tool to identify young people's needs and, at the same time, as a strategy to address and transform the difficulties previously analyzed from an individual perspective.

Regarding individualized support, the process begins with an initial interview, followed by personal tutoring and interdisciplinary team meetings— involving educators and psychologists—to define the most appropriate intervention approach for each specific case.

The level of support is determined through careful monitoring, and the approach is customized based on:

- The need to develop tools to strengthen self-esteem, confidence, and personal motivation.
- The quality of the young person's relationships with their family and social environment.
- Their integration into areas such as employment, education, or volunteering.

With regard to the August summer camps, the approach was more dynamic and intensive, as sports activities occupied most of the day. This provided a more collective intervention space, but with less depth in addressing the individual needs of participants.

The criteria established to access our resources are: being between 12 and 35 years old and being in one of the following situations:

- Being at risk of social exclusion due to factors such as family breakdown, marginalization caused by bullying, educational failure, abuse, or mental health problems.
- Belonging to a particularly vulnerable group, such as migrants with irregular administrative status, newly arrived individuals with economic difficulties, refugees, or young people leaving the child protection system.

Nevertheless, we welcome any young person who requests our support, without discrimination based on origin, age, gender, physical condition, or economic situation.

Regarding the TCI project, the training action offered follows a closed program in terms of both teaching hours and practical training. The care model remains dual: group support is provided during training sessions, while individualized support is developed through personalized tutoring.



**HUMAN RESOURCES AVAILABLE TO THE ORGANIZATION, INCLUDING, WHERE APPLICABLE, DETAILS OF THE STAFF STRUCTURE, NUMBER OF VOLUNTEERS AND THE MANNER IN WHICH VOLUNTEERING IS CARRIED OUT, AS WELL AS THE ORGANIZATION'S MANAGEMENT OR REPRESENTATIVE PERSONNEL. THE FULL NAMES OF THE INDIVIDUALS WHO MAKE UP THE ORGANIZATION'S HUMAN RESOURCES MUST ALSO BE STATED.**

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**Infancia y el CNDES forman al personal de los centros en los...**

La directora general de Protección a la Infancia y las Familias, Sandra Rodríguez, inauguró hoy una jornada de formación sobre el nuevo protocolo unificado de actuación de las fuerzas y cuerpos de seguridad Profundizar en los protocolos de...

Portal de Noticias del Gobierno de Canarias

TREASURER  
AND TRAINER

LUIS ALBERTO  
CARBAJAL  
PÉREZ

TREASURER OF SUPERACCIÓN, AS WELL AS COORDINATOR AND TRAINER OF THE ASSOCIATION'S POSTGRADUATE PROGRAM IN INTEGRATIVE BODY WORK. HE ALSO PARTICIPATES AS A BODY EXPRESSION TRAINER.

The total number of employees of the organization in 2024 was 61.

1	AARON	GAMERO
2	ABDELHALIM	BENMAATALLAH
3	ABDELILAH	EL MADDI
4	ALICIA	BELMONTE
5	ANASS	EJAY
6	AROA	SANCHO
7	AZZOUZ	BACHROURI
8	CARLA	ARIAS
9	CARLOS	LUENGO
10	CECILIA ESTHER	SEGOVIANO

11	DANIEL	HERNÁNDEZ
12	DAVID	PARRON
13	DIEGO IGNACIO	ALVARADO
14	EDGAR	VALLES
15	MUSTAPHA	BEN EL FASSI
16	HABIBA	AOULAD
17	HELENA	LLONCH
18	IKRAM	BEN EL FASSI
19	JAUME	MERCADAL
20	JAVIER	CASADO
21	JAVIER	VERDE
22	JOAQUÍN	CARRASCO
23	JORDI	OTERO
24	JOSE MANUEL	BRITO
25	JOSE LUIS	MARTÍNEZ
26	JOSÉ MANUEL	DUEÑAS
27	JUDITH	EXPÓSITO
28	KHALIL	ABARA

29	LAURA	FUENTES
30	LILIANA	WITTE
31	LUCÍA	MEZZADRI
32	MARIA	ROSON
33	MARIA	SANS
34	MARTA	RASO
35	MARTINA	RIERA
36	MOHAMED	CHAHBOUN
37	MOHAMED	ELKABOURI
38	MOHAMED	HELJAM
39	MOR	MBAYE
40	MÒNICA	ARELLANO
41	MOUSSA	DIOP
42	NAIARA	MORENO
43	NATALIA	SERNA
44	ÓSCAR	LÓPEZ
45	PAULA	FALCÓN
46	PAULINA	NGONGOLO

47	RAÚL	ESTEBAN
48	SAID	SERROUKH
49	SALEH YOUNG	HASSAN
50	SERGIO	ALAMILLO
51	SERGIO	FERRER
52	SILVIA	VAQUERO
53	SMAIL	HELJAM
54	SONIA	BETANCORT
55	STEFANIA	ROXANA
56	SULEIMAN	BEN EL FASSI
57	TAMARA	DÍAZ
58	VICTOR	CLAVELL
59	YAMINA	OCHEN
60	YASSINE	BENAYAD
61	ZOUHAIR	ZAMMOURI

## VOLUNTEERS

- **Pedro Garcia Aguado:** Association Ambassador. He helps raise the visibility of the project, collaborating in sports sessions and reinforcing the association's presence on social media.
- **Roberto Heras:** Association Ambassador. Participates in actions and outings related to cycling.
- **Marcel Zamora:** Association Ambassador. Participates in actions and outings related to running.
- **Francesc Godoy:** Association Ambassador. Participates in actions and outings related to triathlon.
- **David Campà:** Founder of Marnaton. He is the swimming instructor who opens the doors for both educators and Superacció participants to improve their technique.
- **Saleh Young:** International judoka who supported the organization by conducting judo activities with participating young people.
- **Pep Devesa:** Gestalt therapist and TCI instructor. Participates in body expression activities with young people.
- **Baltasar Gómez Martínez:** Specialist in economic and family management, supporting young people in various administrative processes.
- **Mario Cubillas:** Musician and music therapy expert, recognized for his work in the therapeutic use of music to promote emotional and social well-being.
- **Rocío Olivera:** Art therapist and facilitator of creative processes focused on emotional well-being and personal development.
- **Natalia Cajiao:** Artist and art therapy expert, specialized in creative processes as a tool for personal growth and social inclusion.
- **Olga Guerrero:** Workshop facilitator specialized in gender issues and feminist perspectives. She leads reflection and awareness spaces to promote equality and prevent gender-based violence.



## Agreements

- **Fundació Claror:** Agreement for the use of sports facilities at CEM Marítim and CEM Can Caralleu, and for volunteer participation in sporting events.
- **Fundació CEEB – Consell de l'Esport Escolar:** Agreement to be included under the Council's network of entities, granting us workspace within its offices and the use of the sports facilities at CEM Marbella, as well as the use of sports facilities at CEM La Mar Bella and volunteer participation in sporting events.
- **RACC:** Agreement for collaboration through funding provided via the points program for the educational-sports project Triathlon Programs for Inclusion.
- **Mossos d'Esquadra:** Agreement for the transfer of all confiscated and unclaimed bicycles in the city of Barcelona for the training and employment project of Superacció's bicycle workshop.

- **Club Natació Barcelona:** Agreement for the use of the swimming pool.
- **Agreement with Fundació DIR:** For the delivery of sports technician training for our participants.
- **Agreement with Marnatón:** A swimming school and sports event organizing company that allows both educators and participants to improve their swimming technique during its activity hours. It also invites participants to take part free of charge in the sporting events it organizes and supports fundraising by allocating €1 from each registration to Superacció.
- **Agreement with Associació Crear Comú:** For the organization of a sports, expression, and communication summer camp for children referred by Tarragona Social Services.
- **Agreement with Ramon Solé Solé:** For the provision of work-experience opportunities for our participants.
- **Agreement with Colònies El Pinatar:** For the provision of work-experience opportunities for our participants and the use of the facilities to hold quarterly meetings.
- **Educational cooperation agreement with the University of Barcelona (UB):** For the completion of external academic internships by university students at our organization.
- **Agreement with Bakery Folks, S.L.:** For the provision of work-experience opportunities for our participants.
- **Agreement with Suara Serveis:** For the provision of work-experience opportunities for our participants.
- **Agreement with the Escola Superior de Música de Catalunya (ESMUC):** For the completion of music therapy internships by students at our organization.
- **Agreement with Fundació Solidaritat UB:** To promote the Spanish Service for the Internationalization of Education (SEPIE).

- **Agreement with European Special Ladders, S.A.:** To provide training spaces and opportunities for applying the knowledge acquired by young people in Superacció's projects.
- **Agreement with Cataforesis del Vallès, S.L.U.:** To promote a setting in which young people can develop various skills within the industrial sector.
- **Agreement with Green Line Gardens, S.L.:** To offer theoretical and practical training in gardening tasks for young people participating in Superacció's projects.
- **Agreement with Global Attentive, S.L.:** To provide a placement within the Obrim Carrers Sants–Montjuïc project so that young people can develop social and communication skills.
- **Agreement with Be-One Palau del Mar, S.L.:** To provide basic culinary training, including food preparation, order reception, storage, food preservation, and cleaning, enabling young people to acquire skills for work in the hospitality sector.
- **Agreement with General West Service, S.A. (ESIRO Barcelona):** To offer dental treatments to young people in Superacció's projects, ensuring proper oral health.
- **Agreement with Lles Esquí i Natura, S.L.:** To offer internships and practical activities that support the development and integration of young participants.
- **Agreement with Club Esportiu Green Urban Games.**
- **Agreement with Antigua i Barbuda Construcció i Efectes, S.L.:** For the delivery of body expression workshops.
- **Agreement with TOP 30, S.L. – CLIMBAT La Foixarda:** For the use of its facilities.
- **Agreement with Magatzem Balears:** For the creation of training experiences.
- **Agreement with MTbcn Manteniment Industrial, S.L.:** For the creation of training experiences.
- **Agreement with Sermi Serveis Auxiliars:** For the creation of training experiences.

# **MATERIAL RESOURCES AND ASSETS AVAILABLE TO THE ORGANIZATION, WITH SPECIAL REFERENCE TO PUBLIC SUBSIDIES AND THEIR USE**

Regarding the acquisition of material assets through public and private subsidies, the association has the following resources:

## **Materials**

We have an extensive fleet of bicycles, consisting of 29 second-hand bicycles purchased at low cost from the Vall d'Hebron Institute, as well as more than 45 additional bicycles awaiting repair in our workshop. The latter were transferred by the Mossos d'Esquadra and originate from confiscated bicycles that were not claimed within two years. These bicycles are a key tool in the pre-employment and training activities of our programs, as well as for promoting sustainable mobility among participants.

Our bicycle repair workshop and storage facility are located at the La Mar Bella Sports Center, thanks to the allocation of a workspace and an office by the Consell de l'Esport Escolar de Barcelona (CEEB), which actively supports our association.



In terms of IT equipment, we have one desktop computer provided by Social Welfare, used by participants for academic support, CV preparation, and active job searching. We also have two laptops for organizational and coordination tasks carried out by the technical team. In addition, we recently acquired 10 refurbished second-hand desktop computers through the organization Solidança Treball E.I., S.L., and incorporated 10 additional laptops to strengthen training spaces and digital support for service users.

In terms of mobility and logistical autonomy, we currently have our own 5-seat vehicle, which allows us to carry out youth accompaniment, institutional visits, community activities, and material transport.

Finally, it is worth highlighting the allocation of an apartment in Granollers, which we use as a temporary housing resource for emergency situations or to support emancipation processes. We also have land in Figuerola d'en Camp, representing an opportunity to develop community, training, or nature-based leisure activities within our social inclusion and cohesion projects.

## **Grants received in 2024**

- The Barcelona City Council, through the Municipal Institute of Social Services, awarded us a grant of €25,000.00 for the development of the project “Espai Superacció Centre Obert.”
- CaixaBank – Business Office granted us €9,000.00 to subsidize the summer camp for young people, both from the association and externally, who were unable to cover the financial cost.
- CaixaBank – Social Action Office of the Canary Islands Territorial Network granted us €3,000.00 to subsidize the Convivències al Teide program.
- The Department of Social Action, Inclusion, Volunteering, and Citizen Participation of the Cabildo of Tenerife granted us €4,843.75 to strengthen the associative network.
- Fundació Ideo granted us a subsidy of €3,000.00.

## **REMUNERATION RECEIVED IN THE LAST TWO YEARS BY MEMBERS OF THE GOVERNING BODY FOR SERVICES OTHER THAN THOSE INHERENT TO THEIR ROLE**

Among the members of the governing body, only Zouhair Zammouri Ochen, the President, received remuneration for 40 hours per week, exclusively corresponding to his role as an educator. The position of President itself is not remunerated.

## **TOTAL NUMBER OF MEMBERS, NATURAL OR LEGAL PERSONS, THAT MAKE UP THE ASSOCIATION**

The association is composed of three individual members: Zouhair Zammouri Ochen, Arturo Acevedo García, and Luis Alberto Carbajal Pérez.



Sr. Zouhair Zammouri Ochen

President



Sr. Arturo Acevedo García

Secretary



Sr. Luis Alberto Carbajal Pérez

Treasurer

**Associació Superacció 2024**  
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