

YOUTH WORKERS GUIDE

UKRAINE MEETS THE EU (UMEU)

COFUNDED BY THE EUROPEAN UNION

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CULTURAL AND SOCIAL INCLUSION PRINCIPLES AND VALUES APPLIED TO UA REFUGEES

PREFACE

The unprecedented displacement caused by the war in Ukraine has led to the resettlement of millions of Ukrainian refugees across Europe and beyond. This curriculum, *Cultural and Social Inclusion Principles and Values Applied to Ukrainian Refugees*, is designed to support the integration of Ukrainian refugees into host communities while preserving their cultural identity and fostering mutual understanding.

This initiative is rooted in the belief that inclusion is a two-way street, requiring both refugees and host communities to engage in dialogue, empathy, and collaboration. By embracing shared values such as respect, equality, and solidarity, we can build bridges that transcend cultural differences and create inclusive societies where everyone can thrive.

The principles and values explored in this program reflect a commitment to human dignity, diversity, and the potential for shared growth. It aims to empower Ukrainian refugees to navigate their new environments with confidence and resilience while fostering appreciation and connection between them and their host communities.

Through practical tools, culturally sensitive content, and opportunities for meaningful exchange, this curriculum seeks to provide:

1. A foundational understanding of cultural adaptation and inclusion.
2. Strategies for overcoming challenges and building resilience during the integration process.
3. Opportunities to celebrate cultural diversity and strengthen social cohesion.

The lessons within are informed by global best practices, local insights, and the lived experiences of refugees and communities alike. Whether you are a participant, educator, or community leader, this program offers a framework for fostering understanding, trust, and a shared sense of belonging.

As we embark on this journey together, let us hold firm to the values that unite us and the vision of a world where diversity is celebrated and inclusion is a reality for all.

FOSTERING INCLUSION AND EMPOWERMENT: GUIDING PRINCIPLES AND VALUES FOR UKRAINIAN REFUGEES

The principles and values guiding cultural and social inclusion for Ukrainian refugees emphasize dignity, mutual respect, and a shared commitment to building cohesive communities. These principles form the foundation for policies, programs, and practices that aim to ensure refugees feel welcomed, supported, and empowered to integrate into their new environments while preserving their cultural identities.

By integrating these principles and values into policies, education, and community programs, host societies can create inclusive environments where Ukrainian refugees and local residents coexist harmoniously and thrive together.

10 CORE PRINCIPLES

Human dignity and rights

- Treat refugees with respect and recognize their inherent dignity, regardless of their background or circumstances.
- Ensure access to basic rights, including education, healthcare, housing, and employment.

Cultural awareness and preservation

- Acknowledge and celebrate Ukrainian cultural heritage, fostering a sense of identity and pride.
- Create spaces for cultural exchange where refugees can share their traditions and learn about the host culture.

Equality and non-discrimination

- Promote equal opportunities and access to resources for refugees.
- Actively combat prejudice, stereotypes, and xenophobia through education and awareness campaigns.

Empathy and compassion

- Understand and respond to the emotional and psychological challenges refugees face.

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- Build supportive networks and foster kindness and solidarity in host communities.

Community engagement

- Encourage active participation of refugees in community activities and decision-making processes.
- Empower refugees to contribute their skills and talents to the host society.

Intercultural dialogue

- Facilitate open communication between refugees and host communities to build trust and understanding.
- Recognize commonalities while respecting and valuing differences.

Inclusion and integration

- Foster a sense of belonging by removing barriers to social and economic participation.
- Ensure integration efforts respect refugees' cultural identities while encouraging their adaptation to new environments.

Trauma-informed support

- Address the psychological impact of displacement with sensitivity and care.
- Offer programs that prioritize mental health and emotional resilience.

Empowerment and self-sufficiency

- Provide tools and resources that enable refugees to rebuild their lives, gain independence, and contribute to their new communities.
- Support education, skill-building, and language acquisition as pathways to empowerment.

Collaboration and solidarity

- Promote partnerships between governments, NGOs, local communities, and refugees to create holistic support systems.
- Foster a collective responsibility for inclusion and mutual growth.

5 KEY VALUES

- **Respect**
Honor the unique backgrounds, perspectives, and contributions of Ukrainian refugees.
- **Diversity**
Embrace multiculturalism as an asset to society.
- **Solidarity**
Stand together in support of those seeking refuge and ensure no one is left behind.
- **Resilience**
Recognize and support the strength of refugees as they navigate complex challenges.
- **Hope**
Cultivate optimism for a brighter future through collective action and understanding.

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CULTURAL AWARENESS AND ADAPTATION

Moving to a new country is never easy — especially when it happens because of war. But for many Ukrainians, Spain has become more than just a place of refuge. It's also a chance to rebuild, connect, and start again.

Spanish people are known for being warm, open, and community-focused. Long lunches, local celebrations, and friendly chats in the street are all part of everyday life here. It might feel unfamiliar at first, but over time, it can become something comforting — even enjoyable.

Ukrainians bring with them not just the trauma of displacement, but also a rich culture, language, and way of life. Spain has room for all of that. And when cultures meet, both sides can grow — learning from each other and building something stronger together.

In this section, we'll talk about how to adjust to life in Spain, what's helpful to know about local customs, and how to find balance: adapting to a new culture while staying true to who you are.

OVERVIEW OF SPANISH CULTURE, TRADITIONS, AND VALUES

Historical and Cultural Context

Geography and Identity

Spain is a diverse country in Southern Europe, bordered by France and Portugal, with regions that boast unique identities, languages, and customs — such as Catalonia, Galicia, and the Basque Country.

With over 47 million inhabitants, its capital, **Madrid**, is a political and cultural hub, while cities like **Barcelona**, **Seville**, and **Valencia** also showcase rich regional traditions.

Historical Milestones

- **Roman and Moorish Influence:** Spain's architecture, language, and gastronomy reflect centuries of Roman and Islamic rule.
- **Catholic Monarchy and Empire:** Spain became a global empire in the 16th century, influencing the Americas and beyond.
- **Civil War and Dictatorship (1936–1975):** A painful chapter that still echoes today, ending with the transition to democracy.

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- **Modern Democracy and EU Membership:** Since the 1978 Constitution, Spain has grown into a democratic, pluralistic society.

Cultural Icons and Landmarks

- **Sagrada Família** (Barcelona): Gaudí's masterpiece of modernist architecture.
- **Alhambra** (Granada): A stunning example of Islamic art and design.
- **Museo del Prado** (Madrid): Home to works by Velázquez, Goya, and more.
- **Camino de Santiago:** A spiritual pilgrimage route with deep historical roots.

Core Spanish Values

- **Family and Community:** Family is central in Spanish life, and strong ties to one's community and neighborhood are deeply valued.
- **Social Connection:** Daily life revolves around shared meals, outdoor gatherings, and conversation.
- **Respect for Tradition:** From regional languages to religious festivals, traditions are preserved and celebrated with pride.
- **Tolerance and Solidarity:** Spain is home to many nationalities and supports policies that promote inclusion and human rights.
- **Enjoyment of Life (la vida):** Spaniards embrace a balanced lifestyle — combining work, leisure, and time with loved ones.

TRADITIONS AND CELEBRATIONS IN SPAIN

Spanish traditions are full of **color, rhythm, and symbolism**, connecting communities and offering a shared sense of identity. Understanding these customs helps Ukrainian refugees connect with locals and participate in cultural life in meaningful ways.

SPRING CELEBRATIONS

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Semana Santa (Holy Week – March/April)

One of the most important religious events in Spain, especially in **Andalusia**.

- Processions with statues, music, and religious brotherhoods fill the streets.
- It's a time for reflection but also community celebration.
- In cities like **Seville or Málaga**, the atmosphere is especially vibrant.

Las Fallas (March – Valencia)

A world-famous festival where huge paper-mâché figures (fallas) are burned at the end of the celebration.

- Combines satire, art, and fire.
- A great example of Spanish creativity and sense of humor.

Día de Sant Jordi (April 23 – Catalonia)

Catalan version of Valentine's Day: men give women roses, and women give men books.

- Streets in **Barcelona** fill with bookstands and flower stalls.
- It's a celebration of love and literature.

SUMMER CELEBRATIONS

San Juan (June 23–24)

Celebrated in many coastal regions like **Alicante** or **Barcelona**, San Juan marks the start of summer.

- Bonfires on the beach, fireworks, and midnight swims are common.
- Symbolizes purification, new beginnings, and joy.

San Fermín (July – Pamplona)

Known for the famous “Running of the Bulls”, but also includes parades, music, and dancing.

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- Reflects Spain's blend of tradition and spectacle.
- Participation is optional — many simply enjoy the festive atmosphere.

La Tomatina (August – Buñol, Valencia)

A giant tomato fight!

- Fun, messy, and unique to Spain.
 - Celebrates community and humor in a playful way.
-

AUTUMN & WINTER CELEBRATIONS

Día de la Hispanidad (October 12)

Spain's National Day, commemorating the arrival of Columbus in the Americas.

- Military parades and cultural events take place across the country.
- Also a time for reflection on diversity and coexistence.

Navidad (Christmas)

Christmas in Spain is rich in **family rituals and religious symbolism**.

- Families gather for long meals on **Nochebuena (Dec 24)** and **Navidad (Dec 25)**.
 - Nativity scenes (belenes) are everywhere, and traditional sweets like **turrón** are enjoyed.
 - **Three Kings' Day (Jan 6)** is more important than Santa Claus in many regions — children receive gifts from the "Reyes Magos".
-

NAVIGATING CULTURAL DIFFERENCES

Adapting to a new culture doesn't mean giving up your own. Instead, it's about learning to **appreciate differences, find common ground**, and share your perspective with openness.

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- **Language:** Spanish is spoken throughout the country, but regional languages like **Catalan, Galician, and Basque** are also official in their territories. Don't worry if you're still learning — locals appreciate the effort.
- **Schedule and Rhythm:** Spaniards tend to eat late, take long lunches, and enjoy life outdoors. Embracing this relaxed pace can improve your well-being.
- **Social Norms:** People tend to be expressive, warm, and informal. It's common to greet with two kisses (or a handshake), and eye contact is important.
- **Bureaucracy and Rules:** Spanish administration can be slow or complex. Be patient and ask for help — many organizations support refugees and newcomers.

SPANISH TRAITS AND TRADITIONS

Spain is a country renowned for its vibrant traditions, rich cultural diversity, and deeply rooted social customs. From its regional festivals and culinary heritage to its language, arts, and everyday lifestyle, Spanish culture is a colorful mosaic shaped by centuries of history and local pride. Spanish identity is marked by a strong sense of community, passion for life, and a deep appreciation for both tradition and innovation. Here's an exploration of key Spanish traits and traditions that define the spirit of the country.

THE ROLE OF SOCIAL LIFE IN SPANISH CULTURE

Social interaction lies at the heart of Spanish life. Whether gathering with friends in a plaza, enjoying tapas in a bustling bar, or celebrating local festivals, Spaniards place a high value on community and human connection.

Tapas culture

Tapas are small dishes meant to be shared, and they are a staple of Spanish social life. More than a culinary habit, the practice of going for tapas ("ir de tapas") is a social ritual that brings people together. It often involves moving from bar to bar, sampling local specialties, and enjoying lively conversation.

Plazas and terraces

The plaza is the traditional meeting point in towns and cities. Lined with cafes and shops, plazas serve as social hubs where people of all ages gather. Outdoor terraces are particularly popular for enjoying coffee, drinks, and meals in the company of friends and family.

Late schedules and relaxed pace

Spaniards are known for their more relaxed attitude toward time. Meals are typically enjoyed

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later than in many other countries—lunch around 2–3 pm and dinner as late as 9–10 pm. This slower rhythm contributes to a strong work-life balance and a culture that values leisure and relationships.

FESTIVALS AND CELEBRATIONS

Spain is famous for its vibrant festivals, which blend religious devotion, local identity, and joyful celebration. These events often involve music, dance, costumes, and food, and they vary widely across regions.

Semana Santa (Holy Week)

Celebrated across the country, especially in Andalusia, Semana Santa features processions of religious brotherhoods carrying elaborate floats of saints through the streets. The solemnity and artistry of the event reflect Spain's deep-rooted Catholic traditions.

La Tomatina

Held in Buñol (Valencia), La Tomatina is a world-famous food fight where participants throw tomatoes at each other in a joyful, messy celebration. It exemplifies the playful and collective spirit of Spanish fiestas.

San Fermín (Running of the Bulls)

In Pamplona, this festival is marked by the adrenaline-filled encierro (bull run), where brave runners dash through the streets ahead of charging bulls. The event also includes parades, fireworks, and traditional music.

Las Fallas

Valencia's Las Fallas festival combines satire, art, and pyrotechnics. Gigantic paper-mâché sculptures are displayed throughout the city before being burned in a grand finale, celebrating renewal and community spirit.

ART AND FOLKLORE

Spanish music

Spain's musical heritage reflects its regional diversity and emotional intensity. Music is a key form of cultural expression, whether through traditional flamenco, regional folk songs, or classical compositions.

Flamenco

Originating in Andalusia, flamenco is a passionate blend of singing (cante), guitar (toque),

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and dance (baile). It expresses profound emotion—joy, sorrow, pride—and is recognized as a UNESCO Intangible Cultural Heritage of Humanity.

Regional folk music

Each region of Spain boasts its own musical traditions and instruments:

- Galicia: Gaita (bagpipe) music with Celtic roots
- Catalonia: Sardana dances with cobla orchestras
- Basque Country: Trikitixa (accordion) and tambourine rhythms

Classical music and composers

Spain has contributed significantly to classical music:

- **Isaac Albéniz** and **Enrique Granados** incorporated Spanish folk themes into piano music.
- **Manuel de Falla** composed works inspired by Andalusian traditions.
- **Pablo Casals**, a celebrated Catalan cellist, gained international fame for his expressive performances and humanistic values.

SPANISH LITERATURE

Spanish literature offers a window into the nation's evolving identity, from medieval epics to contemporary novels. It has shaped and been shaped by Spain's historical, political, and social transformations.

EARLY SPANISH LITERATURE

"El Cantar de Mio Cid" (12th century): Spain's oldest surviving epic poem, narrating the exploits of the Castilian knight El Cid and highlighting themes of honor and loyalty.

Religious and courtly texts flourished during the medieval period, laying the foundations for later literary achievements.

THE GOLDEN AGE (16TH–17TH CENTURIES)

This period marked a literary renaissance in Spain, producing works that remain central to world literature.

Miguel de Cervantes (1547–1616)

Author of *Don Quixote*, widely regarded as the first modern novel. The story's blend of satire, adventure, and philosophical insight continues to influence global literature.

Lope de Vega

A prolific playwright who revolutionized Spanish theatre, known for his dramatic works that explore love, honor, and social dynamics.

Calderón de la Barca

Philosophical playwright, best known for *Life Is a Dream*, a profound meditation on reality and free will.

MODERN AND CONTEMPORARY SPANISH LITERATURE**Federico García Lorca (1898–1936)**

A poet and playwright associated with the Generation of '27. Lorca's works combine surrealism, Andalusian folklore, and themes of love and tragedy.

Camilo José Cela

Nobel Prize laureate (1989), known for novels like *The Family of Pascual Duarte*, which explore postwar Spanish society with raw realism.

Carmen Laforet

Her novel *Nada* (1945) reflects the inner struggles of a young woman in post-Civil War Barcelona, marking a shift in female literary voices.

Javier Marías, Almudena Grandes, and Arturo Pérez-Reverte

These contemporary authors continue to shape Spanish literature with works that blend historical reflection, philosophical depth, and gripping narratives.

TRADITIONS AND EVERYDAY CULTURE**Siesta and rhythm of the day**

While less common in urban centers today, the siesta—an afternoon rest—remains a

symbol of Spain's prioritization of rest and family. Spanish daily schedules often include long lunches and extended evenings.

Family and hospitality

Spanish families are close-knit, and family gatherings are frequent and warm. Hospitality is a valued trait, with guests often treated like family members.

Bullfighting

Although controversial today, bullfighting has long been considered an expression of Spanish cultural identity. Rooted in ritual and spectacle, it remains practiced in some regions and is subject to ongoing debate.

Language diversity

Spain is home to several co-official languages:

- **Catalan** (spoken in Catalonia, Valencia, and the Balearic Islands)
- **Basque** (Euskara, spoken in the Basque Country)
- **Galician** (spoken in Galicia)

These languages coexist with Castilian Spanish and enrich the nation's linguistic and cultural landscape.

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UNDERSTANDING CULTURAL DIFFERENCES AND COMMONALITIES

Cultural understanding is a vital part of fostering peaceful coexistence and harmonious relationships between different communities. For refugees, such as Ukrainians coming to Spain, being aware of both the similarities and differences in cultural practices is essential for successful integration into society. This lesson focuses on comparing and contrasting the cultures of Spain and Ukraine, highlighting key commonalities and differences that will help Ukrainians understand the host country better and prepare them for smoother adaptation.

SIMILARITIES BETWEEN SPAIN AND UKRAINIAN CULTURES

Warmth and Family Orientation

Both Spanish and Ukrainian cultures place great importance on family. Families are central social units where support, loyalty, and regular gatherings are highly valued. Celebrations of life events such as weddings, births, and religious holidays typically involve extended family and close friends in both cultures.

Strong Religious Traditions

Religion plays a significant role in both societies, although the dominant religions differ. Ukraine is predominantly Eastern Orthodox Christian, while Spain is mainly Roman Catholic. Nevertheless, both cultures celebrate major Christian holidays such as Christmas and Easter with deep religious and cultural traditions, including family meals, church attendance, and specific rituals.

Love for Festivities and Social Life

Both Ukrainians and Spaniards enjoy festivals and social gatherings that often include traditional music, dancing, and food. Celebrations like Christmas, Easter, and national holidays are important, with a strong sense of community and shared identity.

Hospitality and Generosity

Both cultures are known for their warm hospitality. Guests in both Spanish and Ukrainian homes are often offered abundant food and drink, and hosts pride themselves on making visitors feel welcome and comfortable.

Appreciation of Traditional Music and Dance

Spain and Ukraine cherish their traditional music and folk dances. Flamenco in Spain and folk dances like the Hopak in Ukraine are expressions of cultural pride and community spirit.

Resilience and History

Both countries have rich histories marked by struggles and resilience, shaping strong national identities and pride in their cultural heritage.

SHARED CULINARY COMMONALITIES BETWEEN SPAIN AND UKRAINE

Emphasis on Hearty, Home-Cooked Meals

Both Spanish and Ukrainian cuisines focus on fresh, local ingredients and hearty dishes that nourish. Meals often include a variety of vegetables, meats, and breads.

Soups and Stews

While the specific types differ, soups and stews are common staples. Ukrainians enjoy borscht and kapusniak, while Spanish cuisine offers dishes like gazpacho (cold soup) and cocido (a meat and vegetable stew).

Bread as a Staple

Bread is central in both cultures. Ukrainians have traditional breads like palianytsia, while Spaniards enjoy a variety of rustic breads such as baguettes and regional specialties like pan con tomate (bread with tomato).

Love for Meats and Sausages

Both cuisines prominently feature pork, beef, and poultry. Spain is famous for its cured hams (jamón) and chorizo sausages, while Ukrainian cuisine includes kovbasa and other smoked meats.

Use of Fresh Herbs and Vegetables

Both cuisines use fresh herbs and seasonal vegetables extensively, reflecting agricultural traditions and emphasis on freshness.

Sweet Treats and Pastries

Both cultures have traditional desserts that emphasize local ingredients like honey, nuts, and fruits. Spain has flan, churros, and turrón (nougat), while Ukraine offers medivnyk (honey cake) and pampushky (sweet buns).

KEY CULTURAL DIFFERENCES

Social Behavior and Interactions

- *Spain*: Known for its expressive, outgoing, and open social interactions. Spaniards often engage in lively conversations, use gestures, and have a relaxed approach to

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personal space. Social life is vibrant and central to daily living, with a focus on spending time with friends and family, often in public spaces like plazas and cafés.

- *Ukraine*: Generally warm and hospitable but more reserved initially. Ukrainians may show more formality with strangers but are deeply expressive once trust is established.

Communication Styles

- *Spain*: Communication tends to be indirect and high-context, meaning Spaniards often rely on non-verbal cues, context, and subtleties. Emotional expression is common and openly displayed.
- *Ukraine*: Communication is more direct, with straightforward speech especially in professional contexts. However, emotional expressions are also common in personal relationships.

Approach to Time and Punctuality

- *Spain*: Time is viewed more flexibly, especially in social settings. Being a few minutes late is generally acceptable and not seen as disrespectful. This relaxed approach extends to daily life, including meal times and social gatherings.
- *Ukraine*: More value is placed on punctuality, especially in formal or professional contexts, though some flexibility exists in informal settings.

Attitudes Towards Hierarchy and Authority

- *Spain*: While hierarchical structures exist, there is a strong emphasis on personal relationships and informality, even with authority figures. The workplace and social structures mix respect for hierarchy with warmth and familiarity.
- *Ukraine*: Traditionally more formal respect for hierarchy, especially in family and workplace contexts, with clear roles and expectations.

Work-Life Balance

- *Spain*: Strong emphasis on enjoying life outside of work. The traditional siesta, late dinners, and vibrant nightlife reflect a cultural prioritization of leisure and

socialisation.

- *Ukraine*: Work ethic is strong, with a focus on perseverance and resilience; social life is important but often balanced carefully with professional responsibilities.

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UNDERSTANDING SOCIAL SYSTEMS IN SPAIN

Understanding Spain's social system is vital for Ukrainian (UA) refugees to navigate their new environment effectively. This knowledge equips them with the tools to access essential services, exercise their rights, and build connections within their host communities. By familiarizing themselves with available resources, cultural practices, and administrative processes, refugees can lay a strong foundation for a stable and integrated life in their new home.

Overview of the Spanish Social System

Structure: Spain's social system includes healthcare, education, social security, housing, labor support, and integration programs.

Purpose: Designed to protect the well-being of all residents, including refugees and asylum seekers.

General Information: Spain's Ministry of Inclusion, Social Security and Migration provides comprehensive information and assistance for displaced persons from Ukraine.

 [Ministerio de Inclusión - Información para personas desplazadas de Ucrania](#)

Accessing Healthcare

Eligibility: Ukrainian refugees under temporary protection have access to the public healthcare system in Spain.

Health Insurance: Refugees can obtain a health card (*tarjeta sanitaria*) through their local healthcare center (*centro de salud*) after registration.

Emergency Services: Available through the national emergency number **112**, and urgent care is accessible to all.

 [Servicio Nacional de Salud \(SNS\)](#)

Social Security and Benefits

Financial Assistance: Temporary protection allows access to basic financial support, such as housing and subsistence benefits.

Unemployment Support: Refugees can register with the Spanish Public Employment Service (*SEPE*) to receive job placement help and potential benefits.

Family Benefits: Includes support for families with children, maternity/paternity leave, and childcare assistance.

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 [SEPE – Empleo y prestaciones](#)

Education and Schooling

For Children: Ukrainian children have the right to free public education from preschool through secondary school.

Integration Support: Many schools offer Spanish language support and cultural orientation.

For Adults: Language courses, adult education, and vocational training are available through municipal services and NGOs.

 [Educaweb – Recursos educativos para refugiados](#)

Housing Support

Temporary Accommodation: Reception centers and state-funded programs offer temporary housing upon arrival.

Long-Term Solutions: Social services assist in locating affordable housing and negotiating rental agreements.

Community Initiatives: NGOs, such as CEAR and ACCEM, provide accommodation support and legal guidance.

 [CEAR – Comisión Española de Ayuda al Refugiado](#)


 [ACCEM – Apoyo para personas refugiadas](#)

Labor Market Integration

Work Rights: Refugees with temporary protection can work legally in Spain without a separate work permit.

Support Services: Job orientation, retraining programs, and entrepreneurship support are available through local *Servicios de Empleo*.

Workplace Integration: Training is often available on Spanish workplace culture, labor laws, and job-seeking strategies.

 [SEPE – Empleo para refugiados](#)

Legal Aid and Rights

Status and Protection: Refugees are covered under Spain's temporary protection directive (TPD) and can apply for asylum or residency extensions.

Free Legal Aid: Available through Bar Associations (*Colegio de Abogados*) and specialized NGOs.

Anti-Discrimination: Spain enforces strict protections against discrimination based on nationality, race, or gender.

 [Fundación CEPAIM – Asesoría legal](#)


 [Servicio Jesuita a Migrantes – SJM](#)

Community and Social Integration

Local Networks: Municipalities and NGOs organize welcome activities, conversation groups, and social events.

Volunteering and Participation: Refugees are encouraged to engage in community life through volunteering and local clubs.

Cultural Orientation: Programs help newcomers understand Spanish customs, communication styles, and values.

 [Cruz Roja – Integración](#)

 [Con Ucrania](#) (Madrid)

 [Ukrainian Progressive Community](#) (Barcelona)

 [Caritas – Acompañamiento a personas refugiadas](#)

Transportation

Public Transport: Refugees can use buses, metros, and trains with access to reduced fares depending on the region.

Orientation Support: Municipal offices and NGOs provide help understanding transport systems and obtaining travel cards.