



AFAIJ

Asociación para la Formación y
Actividades Interculturales para la Juventud



Erasmus+

TITLE	Living in Diversity
NUMBER OF VOLUNTEERS	6
EVS DURATION	9 months
PLACE	Aranjuez, Manzanares, Navahondilla
COORDINATING ORGANISATION	AFAIJ
HOSTING ORGANISATION	BASIDA
STARTING FROM	2019 (flexible dates)
DEADLINE	No

BASIDA - Project Environment

BASIDA, a charitable, non-profit making association that has been declared as a Public Utility since 1996 and has the general aim of providing **attention to needy people from biopsychosocial point of view**.

In the beginning, BASIDA worked with last phase AIDS sick people. Now, this labor has been explained into any kind of illness but all of the users share that they need assistance in order to live. BASIDA has 3 houses **isolated** with close community life style:

1. Aranjuez (Madrid)

Situation	Aranjuez
Distance from Aranjuez town	9 km
Aranjuez characteristics	Urban tourism University city Natural environment
Communication with Madrid	47 km By train: 45 min travel time / 20 min travel service
Aranjuez inhabitants	58 000



2. Manzanares (Ciudad Real)



Situation	Manzanares
Distance from Manzanares	2 km
Distance from Manzanares to Ciudad Real (capital city of La Mancha, 74 000 inhabitants)	60 km
Distance from Manzanares to Madrid	175 km (bus and train available)
Manzanares characteristics	Rural city Good communication by bus/train with other cities
Manzanares inhabitants	19 000



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3. Navahondilla (Avila)

Situation	Inside Navahondilla
Distance from Madrid	70 km
Communication with Madrid	By bus: 1 hour travel time
Navahondilla characteristics	Rural village Rural tourism Mountain Natural environment
Navahondilla inhabitants	300



Volunteer Tasks

Volunteers are there to help and support the staff. They will never substitute them. The volunteers will have a mentor who will guide them specifically in the tasks they carry out.

Volunteers will collaborate a maximum of 38 hours per week from Monday to Friday. The schedule time will be principally during the morning although it will depend on the current necessities.

Volunteers may participate in all activities in the centre, always taking into account factors such as the characteristics of the volunteer, their previous professional training and their personal preferences; considering these aspects is fundamental in allowing the volunteer to integrate and adapt to the dynamics of the hosting home and at the same time empathise with those being treated.

Some of the most frequent activities to be carried out by the volunteers are:

- **Personal Attendance to sick people: hygienic (bath, clothes...), basic task (wake up, eat...), etc.**
- *Help in the activities of physical rehabilitation and of occupational therapy for their cognitive rehabilitation: **walks and gym.***
- *Participation in workshops (carpentry, gardening, painting...).*
- *Collaboration with the organization of workshops and occupational activities: magazine, theatre, computer science, yoga and relaxation, sport activities, workshop...*

It is important to understand that you live in co-habitation. That means you spend your day with the workers and volunteers and also with the sick people.

The volunteers will participate with the rest of the volunteers in the daily home activities. There are some activities (laundry, kitchen, cleaning their room...) that aren't not part of the work as a volunteer, but part of the help, as the volunteer will be part of the community. Every person living in Basida has to collaborate to maintain the residence in good condition.

Evenings are free. Volunteers can participate in the activities in Basida (theater, workshops, ...) in case they want to join. Be aware of living at the residence can suppose a feeling of overworking, as you can be always helping people. The volunteer has to be able to keep some leisure time and to care of his/her wellbeing.



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Example of dayly schedule in BASIDA (in all 3 Homes):

8.00h Help the user with the clothes and personal hygiene
9.00 h Breakfast with the users
9.30-11.00 h Providing assistance to the users while they tidy and order their personal space.
11.00-11.30 h Therapy/ workshop
11.30h Snack/Break
12.00-13.30 h Gym / Rehabilitation
13.30 h Provide support to the users while they eat.
14.30 h Lunch
16.00-18:00 h Workshops/walks



The volunteers will be supported by a mentor always available, who will talk with them and see if they need support with other matters.

Requirements and advertisement:

- **There is not WIFI in any house.**
- **There are some rules for the entrance and exit from the residence, not allowed at night.**
- **Consuming any kind of drugs (including tobacco and alcohol) is not allowed.**
- **Room can be shared.**
- **Please bring some comfortable clothes.**

It would be convenient if the Volunteers are/have:

- Basic level of Spanish
- A willingness to learn about the experience of people with HIV-AIDS and a drug dependency, and who have the additional motivation to learn and self-improve.
- A self-belief in their capabilities as well as an engagement with the activities they take part in and a desire to work as part of a team
- Capable of actively listening and showing empathy- people that like to listen and are capable of seeing things from the perspective of the users to whom they are talking.
- Tolerant and flexible
- No specific or professional training is required.



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