

# DO YOUR VOLUNTEER PROJECT IN SPAIN



## JOIN US AND HAVE AN UNFORGETTABLE EXPERIENCE



Asociación Multideportiva Euexia is currently looking for **5 european volunteers** for 4 different hosting organizations, in Plasencia, Spain.

→ Coordinating Organization: Asociación Multideportiva Euexia. [www.ameuexia.es](http://www.ameuexia.es)

### MORE INFORMATION:

**Where:** Plasencia (Extremadura), Spain.



**When:** 10 months since the arrivals (May or June 2022)

## PROJECT 1. PLACEAT (1 volunteer)

**Activities:** helping people with intellectual disabilities in their daily job, organize free time activities with them such as board games, dancing, sports, walking, handicrafts, drawing, gardening, outdoor activities...

→ Hosting Organization: “Placeat” - <https://placeat.org/>



**Who:** volunteers from 18 to 30 years old; high motivated, positive energy, willing to help others.

## PROJECT 2. Centro Sociosanitario de Plasencia (2 volunteers)



**Activities** (in the psychiatric center): helping people with mental illness, intellectual disability or other mental disorders in their daily job, organize free time activities with them such as board games, dancing, sports, walking, handicrafts, drawing, gardening, outdoor activities... → **Hosting Organization: Centro Sociosanitario de Plasencia**



**Who:** volunteers from 18 to 30 years old; high motivated, positive energy, willing to help others.

## PROJECT 3. CÁRITAS (1 volunteer)



Hosting Organization: CaritasDiocesan de Plasencia - <http://www.caritasplasencia.org/w/>

**Activities:** the volunteer will carry out various activities in the different centers of the hosting organization.

1. Temporary Reception Center: it offers first contact and reception to homeless people. It can also be the starting point of the itinerary of the project "Back to being" in which after a certain period of time the homeless people can access to the Regional Reintegration Center. Leisure activities such as games, walking and sport are demanded.
2. Regional Reintegration Center: specializing in caring for the homeless people in their second phase of integration. Here the users are trained in order to get back to their lives, they learn to adapt themselves to enter properly in the social and working world.

3. Senior Center: center for old people in which it's important to develop and/or to improve the users' autonomy. Accompaniment, dialogue, walks, leisure activities with the users of the center are required.

4. Soup Kitchen: distribution of food for people in need.

5. Wardrobe: clothing distribution point for people in need.



**Who:** volunteers from 18 to 30 years old; high motivated, positive energy, willing to help others.

#### **PROJECT 4. PROYECTO HOMBRE EXTREMADURA ( VACANCIES COVERED)**



<http://phextremadura.com/>

Proyecto Hombre Extremadura is a non-profit organization that works from a biopsychosocial approach based on the approach of people with addictive behaviors (drugs, alcohol, gambling...) and their families, contributing to achieve their autonomy and social insertion.

**Activities:** The volunteer will perform in the center a work of accompaniment to the users that present addictive behaviors, he/she will be an integral part of the Project team, bringing the added value of his/her culture, aspirations and skills in our social activities. The volunteer will carry out leisure and free time activities with the group of people of the entity, these activities will depend on the needs of the users and the interests of the volunteer. Online activities will be directed too, towards the promotion of healthy leisure and the well-being of people, through the coexistence and sharing.

The volunteer will go through all the activities and will know the day to day of the center:

- reception and accompanying of users;
- leisure time;

- raising awareness in educational establishments;
- training for both families and volunteers;
- Etc.

**Who:** volunteers from 18 to 30 years old; high motivated, positive energy, willing to help others.

## **PROJECT 5. ASOCIACIÓN MULTIDEPORTIVA EUEXIA (1 volunteer)**



**Activities** to do in the Hosting Organization “Asociación Multideportiva Euexia”:  
<https://www.ameuexia.es/>

- **The Erasmus+ Programmes:** European Solidarity Corps, International Youth Exchanges, International seminars, Training Courses, Helping the team of the Euexia office (writing projects, preparation and promotion of activities...).
- **Educational programs related to leisure time:** Summer camps with children, Events animations (weddings, birthdays, communions...), Organisation of sporting events.
- **Activities for people with intellectual disability:** Respiro Familiar, it’s a program for kids and teenagers with disabilities, in which they enjoy their leisure time during the weekends with a professional team and with other kids and teenagers without disabilities, in order to improve more and more their inclusion in the society. We also help people with intellectual disabilities through summer camps and events.
- **Extracurricular activities in schools:** languages, multisport, zumba, football, roller skating...



**Who:** volunteers from 18 to 30 years old; high motivated, positive energy, willing to help others.

# **WHAT ABOUT ALL THE CONDITIONS?**

## **FOOD AND ACCOMMODATION**

The volunteer will live in an apartment to be shared with other 3/4 volunteers, in the center of the city. The apartment includes: 1 kitchen, 1 living room, 4/5 bedrooms (each volunteer will have his/her own bedroom), 2 bathrooms and 2 balconies. Food will be covered by the Coordinating Organization “Asociación Multideportiva Euexia”, 130€/month.

## **WORKING HOURS**

The volunteer will work 30-35 hours per week. He/she will have 2 consecutive free days per week + 2 free days per month. He/she will have a timeschedule’s rotation with the other volunteers within the two Placeat’s Residences, one located in Plasencia and one located in San Gil (10 km from Plasencia).

## **POCKET MONEY**

The volunteer will receive 5 euros per day of pocket money, paid in cash or by bank transfer by A.M. Euexia in the first 5 days of each month.

## **LANGUAGE SUPPORT**

An on-line Spanish language course is provided by the ESC Program. Furthermore A.M. Euexia guarantees that the volunteer will have linguistic support provided by a teacher in the Language School of Plasencia, in order to help him/her in integration in the local community and in the project.

## **LOCAL TRANSPORT**

Any transport in connection with the project will be covered by the Coordinating Organization A.M. Euexia.

## **TRAVEL REIMBURSEMENT**

Round Trip’s costs to/from Plasencia will be covered by the ESC + Programme, according to the distance in terms of kilometres: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

# WHAT ARE YOU WAITING FOR?

**Join Us!**



## HOW TO APPLY?

- Fill in this form:

<https://forms.gle/AAHCMYZwPwDVQr2E6>

- Send your Cv and motivation letter to [ces.ameuexia@gmail.com](mailto:ces.ameuexia@gmail.com)



*Get the adventure of your life, learn new things, develop your passions, language skills, make new friends, explore Europe and help the others! You will not regret it!*

