



|                                  |   |
|----------------------------------|---|
| <b>TITLE</b>                     | <b>Living in Diversity</b>                |
| <b>NUMBER OF VOLUNTEERS</b>      | <b>2</b>                                  |
| <b>EVS DURATION</b>              | <b>9 months</b>                           |
| <b>PLACE</b>                     | <b>Aranjuez, Manzanares, Navahondilla</b> |
| <b>COORDINATING ORGANISATION</b> | <b>AFAIJ</b>                              |
| <b>HOSTING ORGANISATION</b>      | <b>BASIDA</b>                             |
| <b>STARTING FROM</b>             | <b>(flexible dates)</b>                   |
| <b>DEADLINE</b>                  | <b>No</b>                                 |

## BASIDA - Project Environment

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

Originally, BASIDA worked with final-phase AIDS sufferers. Now this work has since expanded to cater to any kind of illness, but what all users have in common is that they need assistance in day-to-day life. BASIDA has these houses **isolated** with close community life style:

### 1. Aranjuez (Madrid)

|                                    |   |
|------------------------------------|---|
| Location                           | Aranjuez  |
| Distance from Aranjuez town centre | <b>9 km</b>   |
| Aranjuez characteristics           | Urban tourism<br>University city<br>Natural environment       |
| Communication with Madrid          | 47 km<br>By train: 45 min travel time / 20 min travel service |
| Aranjuez inhabitants               | 58 000  |



### 2. Manzanares (Ciudad Real)



|   |   |
|---|---|
| Location  | Manzanares  |
| Distance from Manzanares centre   | 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<br>Good communication by bus/train with other cities |
| Manzanares inhabitants  | 19 000  |



## 1. Navahodilla (Ávila)

|                              |  |  |
|------------------------------|--|--|
| Location                     | Navahondilla   |  |
| Distance to Madrid           | <b>70 km</b>   |  |
| Communication with Madrid    | By bus: 1 hour travel time                                     |  |
| Navahondilla characteristics | Rural village<br>Rural tourist<br>Mountain Natural environment |  |
| Navahondilla inhabitants     | <b>300</b>   |  |

### 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 need at the time.

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 to empathise with those being treated.

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

- **Personal attendance to users: hygiene (bath, clothes...), basic tasks (waking up, eating...), etc.**
- *Help with physical rehabilitation activities and occupational therapy activities for their cognitive rehabilitation: **walks and gym.***
- *Participation in workshops (carpentry, gardening, painting...).*
- *Collaboration with the organisation of workshops and occupational activities: magazines, theatre, computer science, yoga and relaxation, sport activities, workshop...*

**It is important to understand that you live in co-habitation. This means that you spend your day with the workers and other volunteers and also with the users.**

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

Evenings are free. Volunteers can participate in the activities held at Basida (theatre, workshops, etc....) if they want to. Be aware that living at the residence can cause a feeling of being overworked, as you may always be helping people. The volunteer has to be able to keep some leisure time and to care of his/her wellbeing.



# AFAIJ

Asociación para la Formación y  
Actividades Interculturales para la Juventud



# Erasmus+

### **Example of a daily schedule at BASIDA (in all Homes):**

8:00 Helping the user get dressed and with personal hygiene  
9:00 Breakfast with the users  
9:30-11:00 Providing assistance to the users while they tidy their personal space.  
11:00-11:30 Therapy/workshop  
11:30 Snack/Break  
12:00-13:30 Gym/Rehabilitation  
13:30 Providing support to the users while they eat  
14:30 Lunch  
16:00-18:00 Workshops/walks



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

### ***Requirements and pre-warning:***

- **None of the houses have WiFi.**
- **There are some rules for the entrance and exit from the residence, e.g. this is 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:

- A 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.



**AFAIJ: Asociación para la Formación y Actividades Interculturales para la Juventud**

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