



**EUROPEAN
SOLIDARITY
CORPS**

ESC Experience in Spain

The embrace of support,
the courage to heal.

Where?



Extremadura

The activities of the project will take place in Plasencia , a city in Extremadura, close to Portugal.

Plasencia has a population of around 40,000 inhabitants. It is known for its well-preserved medieval architecture, including its historic walled city and iconic landmarks such as the Plaza Mayor and the Cathedral of Plasencia. The city serves as a cultural and economic hub in the region, attracting visitors with its rich history, charming streets, and vibrant atmosphere. It is surrounded with nature, with a natural park close by.

Plasencia and its Surroundings





When?

We are looking for two volunteers and the activities will take place from either 3rd of August or 4th of September (arrival date is flexible) and will last for 10 months, starting from the arrival date.

Who?



Age Range: 18-30

Nationality: European or Legal European Residents

Interests: Mental Health, Psychology, Community Support, Social Work, Helping Vulnerable Populations

Description:

Our ideal volunteer is a caring and dedicated individual between the ages of 18 and 30, from any European country. They have a strong interest in mental health and psychology, and they find fulfillment in offering support and companionship to those in need at a psychiatric center.

Additionally, this volunteer has a deep sense of empathy and a desire to make a positive difference in the lives of patients dealing with mental health challenges. They are patient, compassionate, and ready to assist with various therapeutic and recreational activities designed to improve the well-being of psychiatric patients. Their commitment to social work and community support demonstrates their dedication to fostering a nurturing and inclusive environment within the psychiatric center.

Conditions

FOOD AND ACCOMMODATION



The volunteer will live in an apartment to be shared with other 4 volunteers, in the center of the city. The apartment includes: 1 kitchen, 1 living room, 5 bedrooms (each volunteer will have his/her own bedroom), 3 bathrooms and 2 balconies. The food money (150€/month) will be covered by the Coordinating Organization Asociación Multideportiva Euexia.

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.

POCKET MONEY



The volunteer will receive 6 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.

LOCAL TRANSPORT



Any transport in connection with the project will be covered by the Organization A.M. Euexia. Furthermore, there are 3 bikes that the volunteers can use for work or for leisure time.

TRAVEL REIMBURSEMENT



Round Trip costs will be covered by the ESC + Programme, according to the distance in terms of kilometers.

Host Organisation: Centro Sociosanitario

Some of the activities that you will do
as a volunteer

Recreational Activities: Organizing or assisting with recreational activities such as arts and crafts, music sessions or book readings.



Support Groups: Assisting with support groups by providing logistical help, ensuring the environment is welcoming, or even participating in discussions to offer encouragement and empathy.



Special Events: Helping to organize and execute special events like holiday parties, talent shows, or community outings. These events can break the routine and provide a sense of normalcy and joy.



Patient Transport: Assisting with the transportation of patients within the facility, whether it's for group activities, therapy sessions, or meals.



Educational and Leisure time Activities: Leading or assisting with workshops on various topics or playing different games with the users.



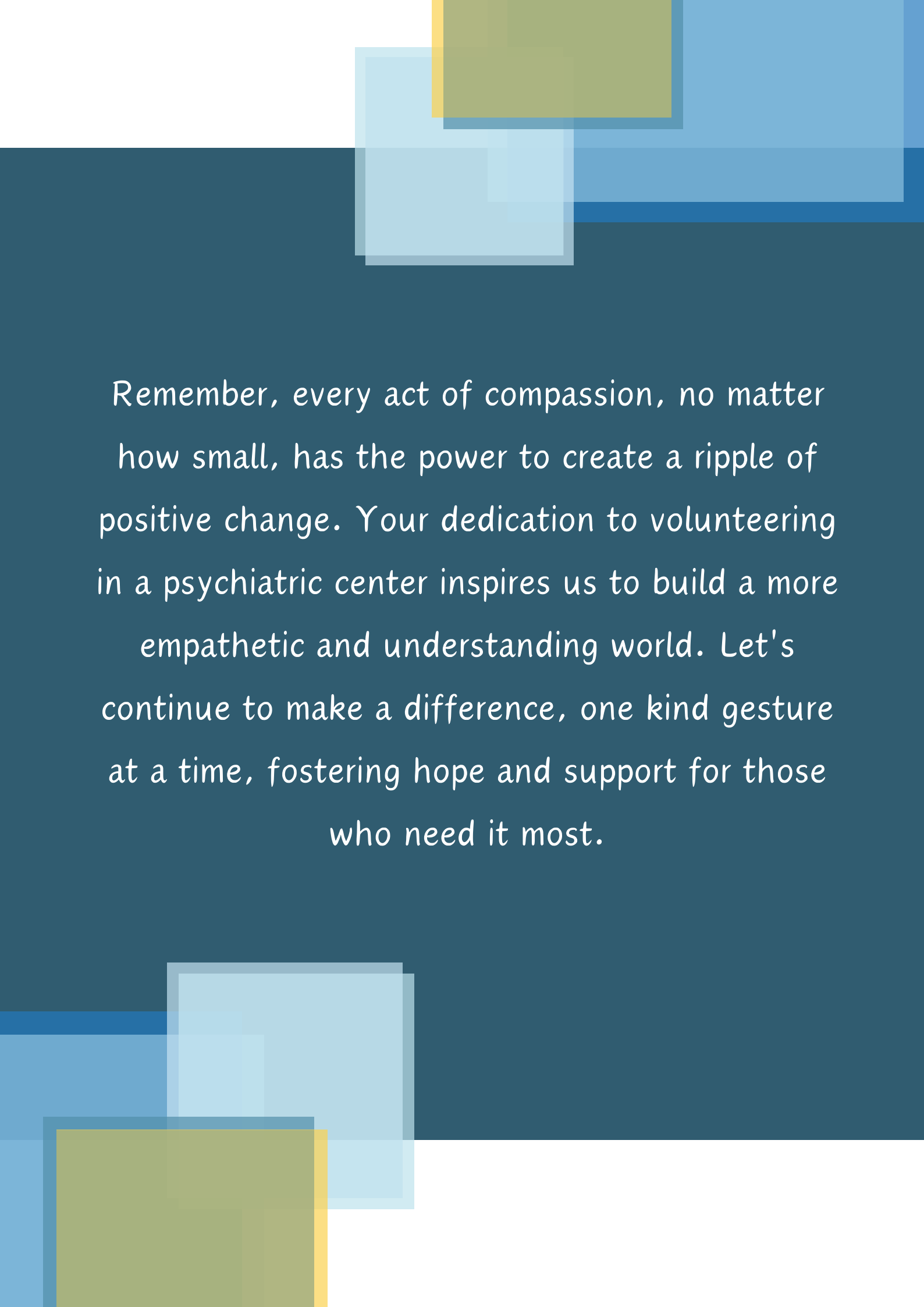
Companionship: Spending time with patients to provide companionship, whether it's through conversation, playing games, or simply being a supportive presence.

Other activities:

- “Días de Convivencia” (in which we gather together with people/volunteers and users from other projects and do activities together)
- commun project with the other volunteers(it is up to you what you want to do)
- personal project (you can organise a project by yourself related to your passions,hobbies and interest).

How do I apply?

Send an email to ces.ameuexia@gmail.com with the subject “ESC5 CSS” with your CV and fill in this Google form: [link](#) (when ask to choose the host organisation in the form, choose Centro Sociosanitario)



Remember, every act of compassion, no matter how small, has the power to create a ripple of positive change. Your dedication to volunteering in a psychiatric center inspires us to build a more empathetic and understanding world. Let's continue to make a difference, one kind gesture at a time, fostering hope and support for those who need it most.