



**EUROPEAN
SOLIDARITY
CORPS**

ESC Experience in Spain

The bridge of understanding,
the journey toward inclusion.

Where?



Extremadura

The activities of the project will take place in Plasencia (where the volunteers' apartments are) and in San Gil alternatively.

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 three volunteers and the activities will take place from either 11th of August, 22nd of July or 1st of December (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: Social Work, Inclusivity Initiatives, Sport, Community Building, Working with People with Mental Disabilities

Description:

Our ideal volunteer is an empathetic and dedicated individual between the ages of 18 and 30, from any European country. They have a strong interest in engaging with people with mental disabilities, participating in community-building events, and supporting inclusivity initiatives.

Additionally, this volunteer shows a deep passion for fostering connections and improving the quality of life for people with mental disabilities. They are kind-hearted, patient, and ready to contribute their skills to make a meaningful impact. Their commitment to inclusivity and social work reflects their desire to create a welcoming and supportive environment for all.

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 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: Placeat

Some of the Activities that you will do as a volunteer

Accompanying the users in their daily activities



Doing educating activities with the users such as reading, playing board games or workshops



Doing kinetotherapy with the users



Participating in recycling activities such as sorting and cleaning glass bottles for future use



Participating in handmade activities



Participating in leisure time activities with the users



Participating and creating stimulating activities for the users such as visual stimulating activities




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 Placeat” with your CV and fill in this Google form: [link](#) (when ask to choose the host organisation in the form, choose Placeat)



Remember, every act of compassion, no matter how seemingly small, has the power to ignite a ripple of positivity. Your dedication to volunteering with people with mental disabilities is a beacon of light, inspiring others to join in creating a more inclusive and supportive world.

Let's continue to spread kindness and understanding, one heartfelt gesture at a time, shaping a brighter future for everyone.

