



AFAIJ

Asociación para la Formación y
Actividades Interculturales para la Juventud



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TITLE	
NUMBER OF VOLUNTEERS	1
EVS DURATION	9 months
PLACE	Aranjuez, Manzanares, Navahondilla
COORDINATING ORGANISATION	AFAIJ
HOSTING ORGANISATION	BASIDA
STARTING FROM	October 2017
DEADLINE	15 August 2017

BASIDA - Project Environment

BASIDA, a charitable, non-profit making association that has been declared as a Public Utility since 1996, has the general aim of providing attention to needy people from biopsychosocial point of view, with a scope of performance at a local, regional and national level. BASIDA is a member of FVOECAM (Federation of Voluntary Enlistment Entities of CAM); PPVS (Platform for the Promotion of Voluntary Enlistment in Spain); FEDERATION OF AIDS ENTITIES OF CAM PLUS MADRID; SCAIDS (State Coordinating Committee of AIDS).

BASIDA was founded in 1989 with the desire of joining forces to alleviate the problems which are posed by the illness:

- The progressive increase in the number of affected people.
- The nonexistence of a vaccine or of any effective treatment.
- The characteristics of its special risk of transmission.
- The exclusion.
- The population of prisoners: a great percentage of prisoner population has been or is A.D.V.P.; and has possibilities of being HIV-positive or of getting the virus while they are shut away, (blood transmission or sexual transmission).

Moreover, BASIDA is an answer for those people who have few possibilities or no chance of getting out of prison. The lack of social centers, the denial of the families and the fear of the same families of a possible transmission of the disease, often means that these people are in prisons during the "terminal stage" of the illness, with a lack of suitable conditions to be cared for. The very nature of the disease, the lack of scientific information, the few obtained achievements in this field of health, and its particular characteristic as a "transmissible disease", provokes in general a rejection attitude, a hiding and an administrative silence in the population towards the sick people, considering the disease as "a taboo".

Saying that, since 1997 the health situation of these sick people has radically changed owing to the appearance of the new treatments, which improve in a remarkable way their quality of life as well as their life expectations, putting the possibility of reintegration and social and labour action within easy reach of them. In many cases it is necessary to have a therapeutic and residential resource such as BASIDA because of the side effects of these treatments, the difficulty of a good therapeutic adherence and the resistance which they provoke, as well as the large number of AIDS people who suffer from neurologic damage due to dementia linked with AIDS or psychiatric disorders that mean that these people need specialized and multiprofessional attention and a residential resource for life. Little by little, there has been an advance in the social aspect. Nowadays there is still a pathology in spite of the offered information about the disease, its transmission, the prevention mechanisms and the awareness raising campaigns carried out. It is called social AIDS. It is the social alienation and



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rejection of people who have this disease, which limits their integration and makes it difficult for them to access the working environment and have a normal life.

The Hosting Homes of BASIDA are still an answer to the social and health problems which originate from this illness, in current society as well as in our public institutions and services, who still cannot give an efficient and convincing answer to make this situation better and cannot create structures generating employment and social equality that would make their integration easier.

BASIDA houses are:

1. Aranjuez (Madrid)

The first arose in 1990 in Aranjuez due to the lack of a social and institutional answer to the HIV carriers because of the lack and the insufficiency of Official Services, of the non-existence of a policy of specific plans to face this problem. It is situated 47 Km from Madrid. The hosting house is 9 Km away from the train station, in a country house inside the local limits of Aranjuez.



Aranjuez is a royal village at the south of Madrid, located 47 Km away from Madrid, by Tajo river, and 45 Km away from Toledo; there are many tourist spots in Aranjuez. From Madrid, it is quite easy to get to Aranjuez, either by road or train. RENFE offers a train service every 30 minutes from Madrid-Atocha to Aranjuez and 45 minutes travel time.

The history, architecture and nature of Aranjuez cannot be approached in one day. Everyday, more visitors come to this place to spend their holidays, aimed at leisure, relaxation, besides weekend tourists. Aranjuez offers many hostels, hostels, and a first rate camp-site, by Tajo river. Volunteers' accommodation will be in the hosting house, in an annex module for volunteers only. Regarding maintenance, volunteers will take meals at the project with the rest of volunteers and users.

2. Manzanares (Ciudad Real)

In 1996, BASIDA opened a new house in Manzanares (Ciudad Real), with the expectation of alleviating to a certain extent the social problem in which AIDS people are immersed. It is a property which is located 10 km from Manzanares, in its rural outskirts.

The hosting structure works as a self-managed Community, where they have the hosting home for people with AIDS as well as, the place where they develop the care activities for the users and the volunteers' accommodation.

Manzanares is a town in the Autonomous Community of Castilla-La-Mancha, located 60 km. away from Ciudad Real and 175 km. from the city of Madrid. It has a population of about 18,890 inhabitants. Manzanares, the crossroads of La Mancha, is a meeting point in La Mancha, if you travel from North to South or from East to West. It is therefore, very well communicated with other towns in Castilla-La Mancha and Madrid, both by bus and by train. It is located on the route of Don Quixote, a tourist attraction. Manzanares is a town with high economic activity, especially with regards to the manufacture of primary products and the production of wine and cheese. Due to the



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distance of the home from the city, all the people in the organisation offer transport facilities to the volunteers if it is needed or if they need it.

3. Navahondilla (Avila)

The hospital residence BASIDA-Navahondilla opened in 1997, and was conceived as far as its function and covering of services are concerned, as a hospital providing care for a minimum of medium and long stays. It is the first of its kind in Spain and can hold twenty-eight people.

This house is in the city centre of Navahondilla. Navahondilla is a town located about 70km from Madrid, very close to the Sierra de Gredos, with a population of about 300 inhabitants.



Navahondilla is found in the Ávila province (Castilla and León). It is set within a very natural environment, with various points of interest, like the bulls of Guisando, Ávila, San Martín de Valdeiglesias, and El Tiemblo. Navahondilla is connected by bus to San Martín de Valdeiglesias (from this town the buses leave every 30 minutes -1 hour to Madrid), and is also directly connected with Madrid (although the buses are less frequent). Volunteers' accommodation will be in the hosting house. Regarding maintenance, volunteers will take meals at the project with the rest of volunteers and users.

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 may participate in all activities in the professional departments previously mentioned (psychological, therapeutic etc), 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.

Volunteers will collaborate a maximum of 35 hours per week from Monday to Friday. The schedule time will be principally during the morning although it will depend on the current necessities.

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

- *Attendance to sick people and to those who are in bed.*
- *Help in the activities of physical rehabilitation and of occupational therapy for their cognitive rehabilitation.*
- *Participation in workshops (carpentry, gardening, painting...)*
- *Participation in the educative department: workshop of adult literacy, out-of-school support to children who live in the hosting home.*
- *Collaboration with the organization of workshops and occupational activities: magazine, theatre, computer science, yoga and relaxation, sport activities, workshop...*
- *Collaboration with the organization of workshops and leisure activities (excursions, cultural activities,...)*

The EVS volunteers will participate with the rest of the volunteers in the daily home activities.



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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
- 13.30 h Provide support to the users while they eat.
- 14.30 h Lunch
- 15.30-16.30 h Workshops/Rehabilitation



The volunteers will be supported by a mentor who will have a meeting with them once a week to talk with them and see if they need support with other matters.

Sample time-tables. These are flexible and should be taken only as a sample.

In this project initiatives from the volunteers are welcome and very positively valued.

Requirements:

It would be convenient if the Volunteers are/have:

- A certain level of maturity, sensitivity and interest in knowing the problems generated by HIV-AIDS and drug dependency.
- 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
- An interest in the Spanish language and the desire to learn about the Spanish culture.
- Willing to complement the dynamics of the group and abide by the rules of co-habitation. They will not be able to consume any drugs, including tobacco and alcohol. There are some rules for the entrance and exit from the residence, not allowed at night.

No specific or professional training is required.