



Arcadia Eurovoluntaria

EUROPEAN VOUNTARY SERVICE



**EUROPEAN
SOLIDARITY
CORPS**



fundación
Agustín Serrate

Are you ready to get involved?

The project "**Arcadia Eurovoluntaria**" takes place in Huesca (Aragon, Spain). Usually, the service will take place during 9 months.

The activities will take place in Mental Health area:

- **Sociocultural Dynamism:** activities aimed at social and community participation and collaboration with institutional and local networks. Offer our activities to the Community.
- **Therapeutic activities** (individual and group): cognitive development, social and occupational skills, physical care and self-management.
- **Garden workshop** (soaps and perfumes). Shared workshops taught by other entities. Therapeutic activity through the photography/ image, music, painting, swimming, hikingetc.
- **Therapies of personal development and creativity:** music, painting, theatre, photo, ICT's, Literary for free expression, realization of individual projects, enhancement of communication and interpersonal relationships. Workshops of Painting, Theatre, Music, Words, Photography, etc.
- **Inclusion in the Community:** participation and promotion of cultural and social programs at local and regional level: Choir of Arcadia, Group of Theatre "Teatrix", "EMPODERAOS" music band and photographic and painting exhibitions.



Objectives:

- Promote the recovery of people with mental health problems through the organization of new activities and workshops.
- Fight against stigma by promoting knowledge and establishing links with people with mental health problems.
- Promote the incorporation to the labor market of volunteers while learning from the different professionals of the Foundation.
- Promote youth participation in building a Europe for all.

In addition to the basic support for people (personal and social management, autonomy, activities of daily life), volunteers will have concrete tasks to support the development of two programs that are carried out permanently in the Foundation:

1) Labor Insertion Program through its company CEE ARCADIA SL, which demands a strong presence in the economic, environmental and agro-ecological framework of Huesca (Workshops of Gardening, Nurseries, Document Management, Industrial Laundry, confection, sewing, orchard, sawmill).

2) Artistic offer of the Foundation itself through participation in the city's programs: exhibitions, concerts by its musical groups (Coro Arcadia, Empoderaos folk-rock group, Artix theater group, short story competition). Huesca is an open and culturally rich city with its festivals of cinema, theatre, music and art, etc.

They are all opportunities for community participation. And it allows establishing networks shared with the entities and institutions that organize them.

Through their participation in the day-to-day work of the organization and collaboration with other local volunteers and workers, European volunteers will benefit from improved self-training and self-esteem, improved knowledge of the Spanish language, increased intercultural awareness and more active participation in society.

Volunteers will participate in the organization, execution and evaluation of the activities in addition to the local volunteers and professionals. Also, they will have the opportunity of develop their own personal project during the project progress.

Volunteers will have the opportunity of participate in trades, volunteering meetings (monthly), training actions, special events... These activities will be optional for volunteers. Volunteers will receive specific training on the areas where they will participate (in the mental health area: mental illness, disability, existing resources, etc. as well as language training. They were also facilitated access to other trainings that may be of interest to them. Throughout the entire project mechanisms will be established to assess the learning process.

Date and venue

- From **(as soon as possible) 2019** to **15th August 2020** (travel days included).
- Duration: You can choose 8 months or 4'5 months.
- Huesca, Spain.

Profile of Participants

- People aged between 18 and 30
- A legal resident of the country of the Sending Organization.
- We value positively that is
 - An active person,
 - With initiative and motivation to learn about the intervention areas addressed in the project: mental health, culture, art, employment...
 - Someone who wants to learn and collaborate on activities to contribute to the social integration of these target collectives.
 - Have basic knowledge of Spanish language.

Financial conditions

The travel, accommodation and subsistence costs will be funded by Erasmus + Programme.

Keep in mind that travel costs will be funded under the Erasmus+ distance calculator (http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm).

About Fundación Agustín Serrate

“Spanish NGO that is working for the social and labor inclusion and empowerment of people affected by severe mental illness”

Foundation Agustín Serrate (FAS) is a non-profit organization that was created in 2000 for the management of Psychosocial Rehabilitation Services and integration into the community of people affected by severe mental illness. These services are part of the Public Network of Mental Health Services, which is coordinated with FAS for the care actions. Their programs were initiated in the area of Mental Health Huesca in 1990, accumulating more than 20 professional years of experience in the community. This experience has allowed the progressive development oriented to personal autonomy and independence of users through programs such as: individual and collective support in social, occupational and residential area.

The vulnerability and the stigma of users have determined the implementation of awareness and social inclusion programs as a key for the integration, through actions in the community. The result is that the foundation and especially their users feel themselves as citizens despite their difficulties and have increased their sense of being part of the community.

The main objective is to empower people; the methodology is based on their basic needs and improve the quality of life of people at risk of exclusion and that of their families.

FAS is based on an approach that operates based on individual needs and interests. FAS thinks that it is from these needs that it makes sense the process of rehabilitation and empowerment. It uses programs and instruments tailored to different vital areas through a group methodology as a mean of socialization and inclusion; teamwork as a means of management with participatory, transparent and quality systems.

To achieve these objectives FAS has established contracts and agreements with public and private entities for the prevention, health care, rehabilitation, socio-professional integration and training. He has developed a volunteer program that increases the capacity of action of the FAS and its influence on society. Moreover, FAS is member of the network of Huesca of Associations of People with Disabilities (CADIS) and member of different networks at regional and national levels. FAS has an active contact with the most representative and innovative Mental Health Sector and disability professionals.

FAS has EVS accreditation valid until 31th December 2020:

https://europa.eu/youth/volunteering/organisation/924742420_en
<http://faserrate.es/>

About the city of Huesca

With more than 50,000 inhabitants, Huesca is a dynamic and modern city, enclosed in the centre of one of the richest cities from the point of view of nature and landscapes. Its privileged situation is only one hour away from the incomparable landscapes of the Pyrenean mountains in the north and thirty minutes away from the austere subdesert steppes of Monegros in the south.

There are strongly contrasting colours of landscape and variety of climates, from Alpine to Continental and Mediterranean , together with a variety of ecosystems, difficult to find in another place and such a small area.

With good connections to the rest of the national territory via motorways, well-conditioned roads and high-speed and commuter trains, the capital has a desirable quality of life with all the services and facilities needed for a pleasant and varied stay according to the leisure needs of the tourist. At the same time, Huesca is a city of legends and history. It amasses a rich millenary past and hospitable demeanour to reflect the kind character of its people. Its urban configuration and short distances allow visitors to walk around and enjoy its streets, parks, squares and its historic centre, with its outstanding monuments. Examples of such important monuments are the Gothic **Cathedral**, the Church and Romanesque Cloisters of the Romanesque church and the cloisters of **San Pedro el Viejo**, the old Palace of the Aragon Kings is now the **Provincial Museum**.

The **The Town Hall** is in the Aragonese Romanesque style; and in its interior it houses a spectacular painting, the Bell of Huesca, by José Casado del Alisal."

Apart from the above mentioned monuments and styles, architectural examples of all eras can be found in Huesca. The city possesses an important sample of the Baroque period in the churches of **Santo Domingo**, **San Lorenzo** and **San Vicente**; modernist buildings such as **the Casino**, **the Provincial Government**, **the Olympia Theatre** or **Palace of Congresses**; museums such as the **Provincial Archaeological Museum**, the **Diocesan Museum** and the **Museum of Art and Nature (CDAN)**, the latter being the work of the architect Rafael Moneo. This museum is home to modern and contemporary artistic pieces. The **Pedagogical Museum of Aragon**, recreates the history of education and schooling during the 19th century in an exhibition one can contemplate classrooms, school furniture, teaching material, books, maps etc. of the time.



Getting into the city centre, strolling through the **Miguel Servet park** to view at the sculptures by Felipe Coscolla and Ramón Acín, whose Pajaritas are the symbol of Huesca. There are gastronomy and monumental routes, enjoying its culture, villages, festivals, customs and doing all sorts of sports are some of the activities that can be done in Huesca.



More info: <http://www.huescaturismo.com/en/ciudad/>

How to apply?

The potential candidates have to send a Curriculum Vitae, a Covering Letter and a short description of their Sending Organisation in English or Spanish not later than **20th December 2019**.

Contact for the selection process europa@faserrate.es



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