



Erasmus+ volunteering with Avets Community in Catalonia (Spain) – 2021/22

FADEAM- Els Avets de Moià Foundation is a non-profit organization whose main mission is the attention and support of adult persons with intellectual disabilities. The attention is put on the relationship established with persons with disabilities to achieve an inclusive and home-like dimension. Our goal is to offer persons with intellectual disabilities a place to live, develop all their skills and autonomy, and support them in their participation and inclusion into society. The organization is part of the International Federation of L'Arche Communities (www.larche.org) for people with intellectual disability; we are at present more than 150 communities around the world. The aim is to establish mutual relationships, where inclusion, participation and responsibility are shared goals with people with disabilities both in the organization and in society. Therefore, inclusion in society is essential to be open to the world that surrounds us and be part of the life of our town.

The project starts **January 2022** and lasts 12 months. It is part of the Erasmus+ program "European Voluntary Service (EVS)". More info about the EVS program you find [here](#).

Activities

Our Communities around the world only started thanks to the voluntary service. People who have intellectual disabilities need support in their everyday lives. In L'Arche, persons who choose to share their life, 'assist' them in a wide variety of tasks: cooking, housekeeping, medical or personal care and hygiene, gardening, social events....

We have a wide team of professionals to aid the persons with especial needs and volunteers. Volunteering is a very important part of our project; people with disabilities do not feel recognized and valued. The daily life and living together promote the growth of strong bonds, which are an emotional support for core members. The cultural exchange and "virtual traveling around the world" is also a benefit offered by the volunteers; the effort of the people with disabilities to teach our culture to the volunteers (food, feasts, football teams, language, daily life...) is also important. This exchange is always very rich in new, lovely, happy, fun and interesting experiences.

We have a team of 6-7 long-term volunteers coming from different countries plus many local volunteers.

Experience for the volunteer

The volunteer has the chance of having new experiences:

Cultural: new country with different landscape, climate, feast, traditions, food, daily life, language, Catalonia offers a rich and interesting culture; Catalan people are wishing to establish stronger bonds with Europe and the rest of the world.

Educational: the volunteer, as part of the educational and support team, receives permanent training directly from the responsible persons and the psychologist. The volunteer has a unique chance of non-formal intercultural education, which will boost social integration and active participation, will improve employment opportunities and vocations, and gives the chance to increase solidarity with other people and promote a real change in the world.

Personal: the volunteer will discover the people with intellectual disabilities through sharing life with them. These persons have the great ability of making us discover who we are, let us know our limits... then, coexistence is becoming a school of life.

Language learning

In our area, we speak both Spanish and Catalan. Frequency of lessons will depend on level and needs of each volunteer.

Training and support:

- The mentor will support the volunteer and will follow up the progress of the volunteer in the organization. The volunteer will be listened to, supported, guided and helped with any matter needed. Meetings will be as often as needed, usually every 15 days. At the beginning, the mentoring is done daily and is focused in giving information for a good integration. The volunteers receive special help to integrate in the local community.
- Regular meetings with other groups of volunteers in order to share co-existence experiences.
- The volunteers in our organization are part of the educational team. They receive continuous training. They participate in all team meetings.
- If needed, the volunteer may get the support of the psychologist of the centre, but also from the monitors.

Our organization has a special training program for volunteers, as part of the yearly Volunteers Plan. This training will be offered during the first 2 months after arrival.

- Hygiene and precautions against contagion
- Reducing overexertion, postural hygiene norms.
- First aid
- Containment-interventions in case of crisis
- Cooking: Food handling. Preparation and hygiene
- Balanced meals.
- Guidelines on care of handicapped persons: occupational therapy, daily life activities.

Schedule - Free days and vacations:

An average dedication of 30 to 35 h/week, based on a weekly schedule, from Monday to Sunday. The schedule is discontinuous, depending on the need for support in the different services. Each week the volunteer receives his/her schedule for the following week. Every week the volunteer will get two free days. Besides these 2 weekly free days, every month the volunteer can take a plus of two more free days and compact them all together for a longer vacation.

Lodging

The volunteer will lodge in the same house as disabled people. This means that he/she will have a single bedroom and a key of the house so he/she can enter or leave the house at every moment. There is also the possibility to lodge in an antique apartment for volunteers, but this only has capacity for 4 volunteers. Usually new volunteers are hosted in the same houses as core members to help know each other and have the experience of life in common in one of our homes. After a few months, the volunteer may request to move to the shared apartment with other volunteers.

VOLUNTEERS PROFILE

- Willing to know people with intellectual disabilities
- Willing to have a life sharing experience and community life
- Motivation to carry out a voluntary task, collaborating and giving as much as possible.
- Flexibility to adapt and work within a team.
- Open minded to be helpful when needed
- Positive and respectful attitude
- Willing to get involved in the organisation and its project

- Responsible attitude
- Basic good knowledge of Spanish language and interest in learning Catalan (the language spoken in our area, together with Spanish). Knowing the basics of the language helps to communicate with people with disabilities and facilitates the integration and self-confidence of the volunteer.
- It is preferable to have driving license and driving experience

BASIC CONDITIONS OFFERED TO LONG TERM VOLUNTEERS

- Accommodation (single room, either in one of the homes or in the apartments for volunteers, subject to availability) and all meals.
- Basic Accidents and Liability Insurance.
- Erasmus+ Program provides health insurance and travel expenses, plus training seminars at arrival and mid-term.
- Weekly Spanish lessons and Catalan lessons once a week (optional)
- Non-formal training program about intellectual disabilities, first aid, house holding, ...
- Pocket money
- 2 free days per week
- 2 more free days per month (these days can be compacted to get a longer vacations period).
- Continuous mentoring and support since arrival and throughout all the stay.
- Final certification about the work done and competences acquired.
- The practical and logistic matters will be handled by Avets Community. SCI Switzerland will organize all administrative matters like insurance and visa.

Please write to evs@scich.org if you are interested in becoming an Erasmus+ volunteer. Please note that you can only apply if you are between 18-30 years old and if you have not volunteered through the Erasmus+ before.

Send your application via email to evs@scich.org with the subject **Application Avets Community**, and include all the following documents in English:

- 1) CV, Curriculum Vitae
- 2) Specific motivation letter for the project
- 3) Complete questionnaire (below)

Deadline for the application: **as fast as possible**

More details about the Avets Community and our activities can be found at <http://comunitatsavets.blogspot.com/>

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QUESTIONNAIRE

This questionnaire is intended for those persons interested to participate as volunteers in the Community Els Avets, in Moià, Catalonia (Spain).

It is maybe a bit formal and it will take some of your time, but we appreciate this information and we consider it is very important for our possible future relationship.

The information that you are giving to us is confidential and voluntary; answer in the way and intensity you feel it would be appropriate for you (Spanish or English)

DATE:

1. Name and surname
2. Date of birth
3. Marital status and gender
4. Nationality. Passport number
5. Complete postal address and phone number, e-mail...
6. Describe briefly your experience of life: school, experience with persons with disability, professional experiences...
7. Emotional and familiar aspect: tell us something about you and your family or the people you are living together.
8. How did you know our project?
9. Why do you wish to come to our Community?, What do you think you will achieve with this experience? What do you think you can contribute to the Community?
10. Do you know L'ARCHE? Did you have any contact with other people or communities of L'ARCHE? If you lived already for a period of time in a Community of L'ARCHE, describe briefly this experience (how long, what did you do, what did you like, what difficulties did you find...)
11. Could you tell us something about your weaknesses and strengths? How is your usual reaction to a stressful situation?
12. How long do you plan to stay with us? When will you be ready to start?
13. How is your health?. Do you have any special need or physical limitation that you think we should know?
14. Please describe briefly a national and/or international issue that has affected or impressed you especially.
15. What sort of abilities or skills do you have: Music, arts, cooking, garden, handworks...?
16. Do you follow any religion?

17. Level of Spanish. Other languages?.
18. Do you have a driving permit? Do you have experience driving?
19. (only for ESC-Erasmus+ program) Your sending organisation; name, reference, contact person.

Please, send an updated photo of you



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Utilitat Pública - Núm. Reg. Fundacions 2796 - CIF G66088006

INFO SHEET for a Long-Term Volunteering in ELS AVETS COMMUNITY, Moià (Catalonia- Spain)

Attention: All our activities have had to be adapted to the health requirements and restrictions decreed by the authorities as a result of the emergency situation created by COVID19.

FADEAM- Els Avets de Moià Foundation is a non-profit organization whose main mission is the attention and care of adult persons with intellectual disabilities. It is partially financed by the government of Catalonia. The attention is based on the relationship established with persons with disabilities to achieve an inclusive and home-like dimension. Our goal is to offer adult persons with intellectual disabilities a place to live and develop all their skills and autonomy and support them in their participation and inclusion into society. The organization is part of the International Federation of L'Arche Communities (www.larche.org) for people with intellectual disability; we are more than 150 communities around the world.

The aim is to establish mutual relationships, where inclusion, participation and responsibility are goals for people with disabilities both in the organization and in society. Therefore, inclusion in society is essential to be open to the world that surrounds us and be part of the life of our village.

Els Avets Community general aims

- Offer personal attention based on a family lifestyle by living in small homes to promote close and warm relationships in a friendly and safe environment.
- Promote and value the rights of people with disabilities: right to work, to a home, to education, to a life rich in relations within a family, community and society and many others...
- Encourage the development of personal skills and links with the local community.
- Ensure that persons with intellectual disabilities are recognised, respected and accepted through trusty and warm relationships.
- Promote equal opportunities relating work, inclusion and social participation.
- Promote reliable relations among the persons attended, their assistants and the volunteers, both at home and at the workshop.
- Promote international volunteering, in order to encourage solidarity, tolerance, respect to any kind of differences and trusty human relations.
- Promote training and professional retraining for all our staff in order to improve the quality of the services to ensure the best attention to the core members.



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voluntariat@avets.cat - <http://comunitatelsavets.blogspot.com.es/search/label/arca> - www.larche.org



Regular activities

In our Community, we offer residential services and occupational therapy.

Residential Homes

This is a hosting service for adults with intellectual disabilities, in small homes in a familiar environment, giving value to daily life, sharing house duties, feasts and celebrations. The homes are a place where to live, growing and sharing.

At present, we have two homes in town, Els Avets, with 9 users, and L'Olivera, with 8 users.

General aims:

- Create a positive environment for core members to feel at home and feel the community dimension together with their peers.
- Organize housing according to a model of coexistence and participation taking into account the possibilities of each user and thus enhance their relationship and skills: work as a team, learn to share, participate in a variety of activities.

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- Help core members on their personal growth through dialogue, respect, tenderness and reflection.
- Promote the personal autonomy of core members according to their skills or needs, especially in matters of personal hygiene, care of their belongings, daily activities as house-keeping....
- Ensure the integration of users in society, participate in the activities of the town, shopping for the home, building a network of friends in the territory.
- Maintain relationships

with their relatives to keep family ties; Look for a healthy and positive relationship for each person.

- Offer to core members the possibility of developing their spiritual life by participating in different celebrations and religious activities.

Occupational Centre (Workshop)

It is a therapeutic occupational service. We develop activities to offer a comprehensive service to core members in order to enable their integration and inclusion in pre-laboral, social and personal areas.

Currently 22 persons with intellectual disabilities are attending the Centre; 17 live in our homes and 5 live in the same town or region with their relatives.

General aims:

- Offer daily support to people with intellectual disabilities in order to achieve inclusion

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- Maintain the ties working environment
- Maintain and establish personal autonomy skills
- Improve social autonomy skills and develop socially valued roles
- Promote warm and human relationships and improve communication skills of users
- Acquire and/or maintain pre-working habits
- Acquire, maintain and/or improve handcraft skills

Both homes and the workshop are in the centre of the village, helping to inclusion and autonomy of the handicapped persons.



Visit our blog for news about our Community:
<http://comunitatelsavets.blogspot.com.e>





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Regional community

Moianès Region is located in central Catalonia, about 50 km North of Barcelona. It has a rich historic, natural and cultural heritage. Numerous archaeological rests which prove human activity for thousands of years, caves with Palaeolithic and Neolithic rests, dolmens, castles, Romanic chapels, pre-industrial architecture remains (water mills, ice wells, lime ovens,...) prove its solid past. The population of Moià, the capital of this Region, is around 6000 inhabitants. Main economic activities: commerce, tourism and industry. Part of the population bases its economy in agriculture and stock breeding. In Moianès there are 150 associations, so the social participation is very active. We share services with different local organisations to improve the integration and the stay of volunteers and promote networking. Moià is a dynamic town with old traditional dances, traditional feasts: "Sant Antoni", Carnival, winter and summer Great Feasts, "Gegants", "Bastoners", "Colla de Grallers", La Cabra d'Or.

There is public transport to Barcelona and other cities around (Manresa – Vic) by bus.



ACTIVITIES OF LONG-TERM VOLUNTEER

Introduction

Our Communities around the world could only start thanks to the voluntary service. Currently some of them still work only with volunteer assistants. People who have intellectual disabilities need support in their everyday lives. In L'Arche, persons who choose to share their life, 'assist' them in a wide variety of tasks: cooking, housekeeping, medical or personal care and hygiene, gardening, social events, This is to say to develop their own capabilities.. We have a wide team of professionals to aid the persons with especial needs and also volunteers. Volunteering is a very important part of our project; people with disabilities often do not feel recognised and valued. The daily life and living together promote the growth of strong bonds which are an emotional support for the core members. The cultural exchange and "virtual travelling around the world" are also benefits offered by the volunteers; the effort of the people with disabilities to teach our culture to the volunteers (food, feasts, football teams, language, daily life, ...) is also important. This exchange is very rich in new, lovely, happy, fun and interesting experiences and relationships.

We have a regular team of 6 to 7 living-in volunteers.

Experience for the volunteer

The volunteer has a great chance of having new experiences:

Cultural: new country with different landscape, climate, feast, traditions, food, daily life, language,... Catalonia offers a rich and interesting culture, where people are wishing to establish stronger bonds with Europe and the rest of the world.

Educational: the volunteer, as part of the educational team, receives permanent training directly from the responsible persons and through the meetings with a psychologist. The volunteer has a unique chance of non-formal intercultural education which will boost social integration and active participation and will improve employment opportunities and vocations and gives the chance to increase solidarity with other people.

Personal: the volunteer will discover the people with intellectual disabilities through sharing life with them as a community experience. These persons have the great ability of making us discover who we are, let us know our limits,... then, coexistence is becoming a school of life.

Language learning

In our area with speak Spanish and Catalan. Frequency of lessons will depend on level and needs of each volunteer. Usually 1,5h/week

Training and support:

- The mentor will support the volunteer and will follow up the progress of the volunteer in the organization. He/she will be listened, supported, guided and helped with any matter needed. Meetings will be as often as needed, usually every 15 days. At the beginning, the mentoring is done daily and is focused in





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giving information to the new volunteer to facilitate a good integration both in our organization and in the local community.

- Regular meetings with other groups of volunteers in order to share experiences.



- The volunteers in our organization are part of the educational team. They receive continuous training and participate in all team and coordination meetings, debates, etc.

- The volunteer will get support from the psychologist of the centre, but also from the educators' team.

Our organization has a **special training program for volunteers**, as

part of the Volunteers Project. This training will be offered during the first 2 months of their stay:

- Hygiene, disinfection and infection prevention.
- Reducing overexertion. Postural hygiene of the caregiver and the person cared for.
- First aid
- Cooking: Food handling. preparation and hygiene. Housekeeping.
- Balanced diets
- Guidelines on care of handicapped persons: occupational therapy, daily life activities.

Action protocols

- Emotional care and personal growth
- Teamwork and complementarity. Peaceful conflict resolution

Please see annex 1 for more detail.

Free days and vacations

Every week the volunteer will get two free days.

Besides these 2 weekly free days, every month the volunteer can take a plus of two more free days. These may compact all together for a longer vacation.

Lodging:

The volunteer will lodge in the same house as disabled persons. This means that he/she will get a single bedroom (it may happen that we ask the volunteer to share the room for special times; but it is quite rare) and a key of the house so he/she can enter or leave the house at every moment. Because there is no enough room in the houses, we have two old apartments where to lodge some volunteers.



GENERAL ROLE OF ANY PERSON ACCOMPANYING PEOPLE WITH DISABILITIES IN OUR HOME-RESIDENCES



1. Attention to the persons (as support to educators and professionals):

- Support to professional staff in charge of accompanying users in their daily activities (personal hygiene, services, activities,...) and in special moments (happy moments, deceases, losses and mourning times, illnesses,...)
- Support the monitoring of the PIR (individual programme) of each person in the different areas: personal hygiene, food habits, health, social life and relations,... through observation and listening to each person. The volunteer will be invited to make proposals to

update and improve the PIRs.

- Knowledge of the general project of the home and its application to daily life.
- Collaborate with the professional team with the pedagogical methods for each person (stated in the meeting with the psychologist)

2. Home dynamics (as support to professional team):

- Helping with the quality of the co-existence and relations in the home: entertaining, stimulation, acceptance of differences, conflict solving, and dialogue.
- Participate actively in the weekly coordination home meeting, sharing and enabling communication and participation
- Collaborate in planning activities in and outside the home
- Promote feast and celebration periods: birthdays, folk feasts,...
- Collaborate with the organisation of the home so that everybody feels good. For ex. promoting alternatives for elders who cannot follow general activities.

3. Team work (as support to professional team):

- Participate with all the home team (assistants, responsible, educators)
- Participate actively in all meetings proposed (home, with psychologist...)
- Provide ideas, accept limits, ask for help, give support, use complementary skills,...
- Collaborate in welcoming new team members and try to accept changes needed for it (tasks distribution,...)

4. Material matters (as support to professional team):

- Within the global educational project of the centre, collaborate with the care of the house, equipment, garden,...
- Take care of the economy of the house, helping buying the needed things according to the budget.
- Collaborate in cooking according to the security and hygiene rules and following individual diets when needed.
- Take care of the vehicles with an adequate driving and helping with the regular cleaning.



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These activities are not just a routine; this is a comprehensive daily life project where all activities are related to a relational and integral model of life.

5. Community matters (as support to professional team):

- Collaborate in maintaining an attitude of respect and openness to know the characteristics of L'Arche communities
- Participate in community activities such as feasts, fairs, celebrations, community meetings,...

Any contribution of volunteers is welcomed and considered.

Timetable and activities schedules may be changed when needed by the organization, the volunteer or for a better adaptation to his/her profile.

VOLUNTEERS PROFILE

- Willing to know persons with intellectual disabilities
- Willing to have a living together experience and community life
- Motivation to carry out a voluntary task, collaborating and giving as much as possible.
- Flexibility to adapt and work within a team.
- Open minded to be helpful when needed
- Positive and respectful attitude
- Willing to get involved in the organisation and its project
- Responsible attitude
- Basic good knowledge of Spanish language and interested in learning Catalan (the language spoken in our area, together with Spanish). Knowing the basics of the language helps to communicate with people with disabilities and facilitates the integration of the new volunteer.
- Preferably to have a driving license and driving experience

BASIC CONDITIONS OFFERED TO LONG TERM VOLUNTEERS

- Accommodation -usually in a single room, either in one of the homes or in the apartment of volunteers, subject to availability- and meals.
- Basic Accidents and Liability Insurance. But not Health Insurance (you can ask in your country for the European Health Insurance Card, usually it is free).
- Weekly Spanish lessons.
- Catalan lessons once a week (if desired)
- Non-formal training program about intellectual disabilities, first aid, house holding.
- Monthly allowance: 150€ (as pocket money)
- An average of service dedication of 30 to 35h /week, based on a weekly schedule. Although the presence of volunteers is always welcome.
- 2 free days per week + 2 days of vacation per month (these days can be compacted to get a longer vacations period).
- Continuous mentoring and support since arrival and throughout all the stay.
- Final certification about the work done and competences acquired.
- Volunteers through the ESC/EVSPprogram, will have their travel tickets, medical insurance and arrival and midterm seminars paid by the EU.



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ANNEX

LONG TERM VOLUNTEERS Non formal TRAINING PLAN
-Taking care of intellectual disabled persons-

Subject	Contents and duration
<i>Prevention of risks arising from direct care</i>	<ul style="list-style-type: none"> • hygiene and prevention of infections (1 h) • Reduction of over-exertion (2h) • First aid (4 h)
<i>Nutrition</i>	<ul style="list-style-type: none"> • Food preparation and basic cooking. • Balanced menu • Food handling (hygiene) (1.5 h theory and 2 h practice)
<i>Home</i>	<ul style="list-style-type: none"> • Home model – Educator functions – House Leader functions • Cleaning and housekeeping • Specificities of home care • Guidelines for intellectually handicapped person's daily life activities support • Protocols • Shopping and others (2 h)
<i>Occupational Therapy Service</i>	<ul style="list-style-type: none"> ▪ STO Program – Educator functions – Workshop Leader functions ▪ Organization and objectives of the activities at the Workshop. ▪ Specificities of OTS towards the handicapped persons. ▪ Action Protocols ▪ Others (2 h)
<i>Model of care to persons with support need</i>	<ul style="list-style-type: none"> • Intellectual disability, mental disorder. Behavioural disorders. • Relationship in community daily life. • Individual Programs • PCP (Person Centred Planning) • Social integration and Participation. Self-determination. • Roles valued socially (Continuous training, every two weeks)
<i>Role of Long Term Volunteers</i>	<ul style="list-style-type: none"> • Living together in the Community • Relation Frame • Sharing experiences. Living with the differences. Adding capabilities. (continuous tutorial and monitoring)
<i>L'Arche Communities, Jean Vanier, Identity and Mission, where we are going to?</i>	<ul style="list-style-type: none"> ▪ History ▪ Model of care in L'Arche Communities around the world and in the Community Els Avets. (1 h)
<i>Organizational frame and management of the entity</i>	(1 h)
<i>Personal and emotional development</i>	continuous tutorial and monitoring



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Languages	Spanish (between 3 and 1,5 h/week – depending on the level) Catalan (classes in external service) if desired
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In addition, volunteers hold initial meetings with Management, Heads of Services, and Psychologist to obtain both global and specific information of each area.
The living-in volunteer attends, along with the whole team of professionals of the different services, weekly coordination meetings and the follow up meetings of Individual Program for each disabled person.