

INFOPACK



BASIDA
Social Inclusion &
Community Support



Navahondilla, Ávila, Spain

A meaningful volunteering experience supporting people, building connections and learning from everyday life.



About BASIDA

BASIDA is a non-profit organisation founded in 1989 by a group of young people from a local parish, with the aim of supporting people experiencing social, health and economic vulnerability.

The organisation was originally created in response to the social exclusion experienced by people living with HIV/AIDS, particularly those who had limited access to healthcare, family support and suitable accommodation. Over the years, BASIDA has developed its work to provide a safe, supportive and home-like environment for people living with HIV/AIDS, disabilities, mental health difficulties, addiction-related issues and other complex social situations.

Today, BASIDA works from a holistic perspective, combining social support, healthcare, rehabilitation, education, leisure and personal development.

The organisation believes that everyone deserves to be treated with dignity, respect and compassion, regardless of their past or personal circumstances.



The BASIDA Hosting Home

The BASIDA home in Navahondilla is much more than a residential centre – it is a community where residents, staff and volunteers share everyday life.

The project provides a stable and welcoming environment for people who may have experienced difficult circumstances, social exclusion or long-term health and personal challenges.

As a volunteer, you will become part of this community. You will not simply come to complete tasks: you will share experiences, support activities and learn from the people around you.

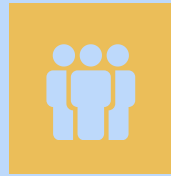
Volunteering here is an opportunity to:

- Meet and connect with people from different backgrounds.
- Develop your communication and interpersonal skills.
- Learn about social inclusion, HIV/AIDS, addiction and rehabilitation.
- Take part in creative, educational and recreational activities.
- Discover new skills and interests.
- Experience Spanish culture and everyday life in a unique setting.
- Make a genuine contribution to the community.



What will you be doing?

Volunteers support the professional team but never replace professional staff. Your activities will depend on your interests, abilities and the current needs of the project. You might get involved in the following:



Supporting residents

- Accompanying and supporting residents during everyday activities.
- Helping people who need assistance with certain daily tasks.
- Spending time with residents and encouraging social interaction.
- Supporting recreational and leisure activities.



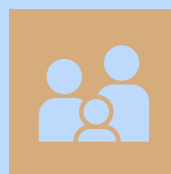
Rehabilitation & wellbeing

- Supporting physical rehabilitation activities.
- Taking part in occupational and cognitive stimulation activities.
- Helping with sports, yoga, relaxation and other wellbeing activities.
- Supporting workshops designed to develop different skills.



Creative & practical workshops

Depending on your interests, you could participate in Theatre, Painting and creative activities, Gardening, Carpentry, Computer activities, Magazine and communication projects, Yoga and relaxation, Sports and recreational activities.



Educational activities

Volunteers can also support the educational department through activities such as:

- Adult literacy.
- Educational support.
- Language and communication activities.
- Creative learning activities.



Leisure & cultural activities

You may also help organise trips, cultural visits, group activities, games and recreational activities and community events.

Your ideas are very welcome! If you have a hobby, skill or activity that you think could be interesting for the residents, you are encouraged to share it with the team and develop your own initiatives.

Working Schedule

Volunteers will participate for a maximum of 35 hours per week, Monday to Friday. The schedule is generally concentrated in the morning and afternoon, depending on the needs and activities of the hosting home.

 Time	 Activity
 09:00	 Breakfast with residents
 09:30–11:00	 Supporting residents with their personal spaces and daily routines
 11:00–11:30	 Workshop / therapy
 11:30	 Snack / break
 12:00–13:30	 Gym / physical activities
 13:30	 Supporting residents during lunch
 14:30	 Lunch
 15:30–16:30	 Workshops / rehabilitation activities

Please note: This is only an example. The timetable is flexible and may change depending on the activities and needs of the project.



Support & Mentoring

You will never be alone during your volunteering experience.

Each volunteer will have a mentor and tutor who will help them settle into the project, understand their responsibilities and deal with any questions or difficulties.

The tutor will meet with volunteers once a week or when needed to check how everything is going, provide support and discuss any issues or ideas.

You will also work alongside the BASIDA team and other volunteers, giving you plenty of opportunities to learn from others and become part of the community.

Accommodation

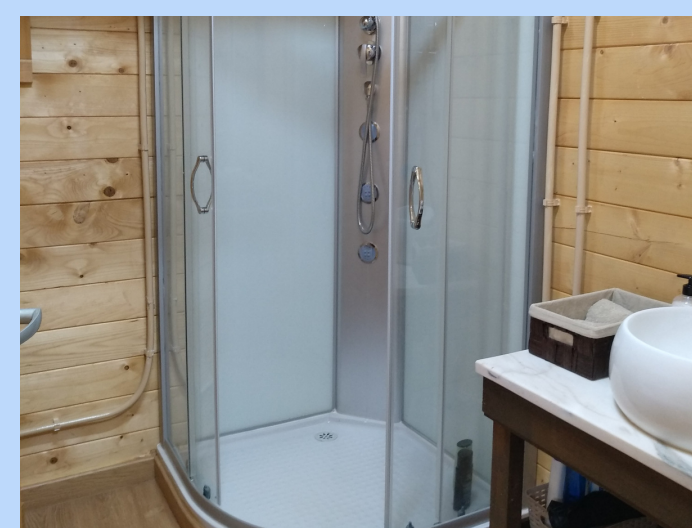
Volunteers will live at the BASIDA hosting home, in a separate accommodation area reserved for volunteers.

The accommodation is located within the same hosting home, in a separate area from the residents' rooms, providing volunteers with their own dedicated space.

Meals are provided at the project and volunteers eat together with residents and other volunteers.

Because of the rural location, the accommodation is several kilometres Ávila. Volunteers may need to use a bicycle or arrange a lift when travelling to and from the village.

This is an important part of the experience: you will be living within the project and sharing everyday life with the community.



Discover Navahondilla

Navahondilla is a small and peaceful village in the province of Ávila, Castilla y León, located at the foothills of the Sierra de Gredos. Surrounded by mountains, forests and countryside, it is the perfect place for those who enjoy nature, hiking and a quieter lifestyle.

The famous Toros de Guisando are just 8 km away, while Ávila is around 50 km and Madrid around 70 km away.

Living in Navahondilla offers volunteers the chance to experience authentic rural Spain, connect with nature and discover a different side of Spanish culture, away from the busy city life.



Who are we looking for?

You do not need a specific university degree or professional qualification to participate.

What matters most is your attitude, motivation and willingness to learn.

This project is particularly suitable for volunteers who are:

- ✓ Empathetic and compassionate.
- ✓ Good listeners who genuinely enjoy interacting with people.
- ✓ Mature and emotionally prepared to work in a challenging social environment.
- ✓ Comfortable working as part of a multicultural team.
- ✓ Curious about different life experiences and social realities.
- ✓ Interested in learning Spanish.
- ✓ Creative and willing to bring their own ideas.
- ✓ Flexible and open-minded.
- ✓ Responsible and committed to their activities.



Curiosity, respect and a willingness to learn are much more important than previous experience.

Important Things to Know

Before applying, please make sure you understand the nature of this project.

You will be working with people who may have experienced illness, addiction, social exclusion, disability, mental health difficulties and other challenging life circumstances.

This can be an incredibly rewarding experience, but it can also be emotionally demanding.

Volunteers are expected to:

- ⇒ Treat all residents with dignity and respect.
- ⇒ Respect confidentiality and personal boundaries.
- ⇒ Follow the rules of the hosting home.
- ⇒ Be reliable and responsible.
- ⇒ Work cooperatively with staff and other volunteers.
- ⇒ Respect the community's routines and way of living.
- ⇒ Be open to learning from experiences that may be very different from their own.



Drugs, alcohol & tobacco

As the project is a residential community, the consumption of drugs, alcohol and tobacco is not permitted in the hosting home or within the project environment.

Volunteers must respect the rules of cohabitation at all times.

Why join BASIDA?

Volunteering at BASIDA is not a typical volunteering experience.

You will live within the project, share everyday moments with the community and become involved in real-life activities.

It is a chance to step outside your comfort zone, develop your interpersonal skills, discover new perspectives and make a positive contribution to people's lives.

If you are looking for an experience where people, empathy and human connection come first, BASIDA could be the right project for you.

Come with an open mind. Leave with a different perspective.



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