

JOIN US FOR AN 8 MONTHS VOLUNTEERING ESC IN SANTANDER (SPAIN)



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for further information, don't
hesitate to contact us:
movilidad@ser-joven.org

Applicate sending your **CV and
motivation letter** to
movilidad@ser-joven.org
indicating in the **SUBJECT** of the
email "AMPROS APPLICATION"





WE ARE LOOKING FOR

- **2 volunteers** for AMPROS (Cantabrian Association for People with Intellectual and Developmental Disabilities), **from April to late November 2023**, 8 month in total.

WHAT IS AMPROS?

- is an association whose mission is to contribute to **improving the quality of life** of each person with **intellectual and developmental disabilities** and their families, as well as to disseminate, defend, claim and promote rights and support, **creating opportunities** that allow them to achieve their life projects and their full citizenship, based on principles of efficiency in management, innovation and ethical commitment.

VOLUNTEERS' DAILY ACTIVITIES

- The main task of the volunteer is to accompany the users during different **free time daily activities** scheduled by the center, for example zumba, Internet, games, regional dances, cooking workshops, karaoke, sports activities, gymnastics, hand crafts, theater etc.
- Volunteer's daily activities takes place **from Tuesday to Saturday from 4 pm to 9 pm**.
- Moreover, the volunteer gets the chance to **organize special events** like Winter Festival, San Valentine's Day, Holiday Programme, Summer Camps, weekend activities in a hostel, sports events, festivals to celebrate Cantabria Day and seminars about volunteering.
- In addition, she/he **collaborates with other organizations or training centers like Asociación Ser Joven** in order to manage workshops, summer and work camps, educational activities (like "La Noche es Joven" in Santander), **meetings and seminars** to promote ESC and European projects. All these aspects involve the volunteer in a personal and professional way with the aim to develop his/her **skills**, especially the creative ones.



VOLUNTEERS' PROFILE

- Any person who is ready to devote his/her free time in the **benefit of the people with intellectual and developmental disabilities** in an altruistic way and whose physical and mental condition is compatible with project duties; i.e.
- a person with **no mobility problems** and **motivated enough** (sometimes, the project activities can seem routine),
- flexible, with sense of **initiative**
- Moreover, the volunteer should be ready to live in a **shared room** with other European volunteers.

LEARNING OPPORTUNITIES AND TRAINING:

At the beginning of the project, the volunteer follows a special training course run by professionals working with AMPROS, in which she/he is going to **learn**:

- the history, aims and functioning of **AMPROS** as an institution and the different offered services;
- the meaning and importance of the **voluntary work**;
- **techniques of accompaniment** to people with intellectual and developmental disabilities; ;
- **types of disabilities**
- **Training about Asociación Ser Joven**, aims, programmes.

PRACTICAL ARRANGEMENTS:

- **Accommodation** (shared room in a shared flat with other ESC volunteers) with internet WIFI
- **local transportation** (travel card)
- **monthly pocket money** (150 euro), **food money** (150 euro)
- **mentor**
- **online Spanish Language Course** for foreigners;
- opportunity to carry out a **personal project**.