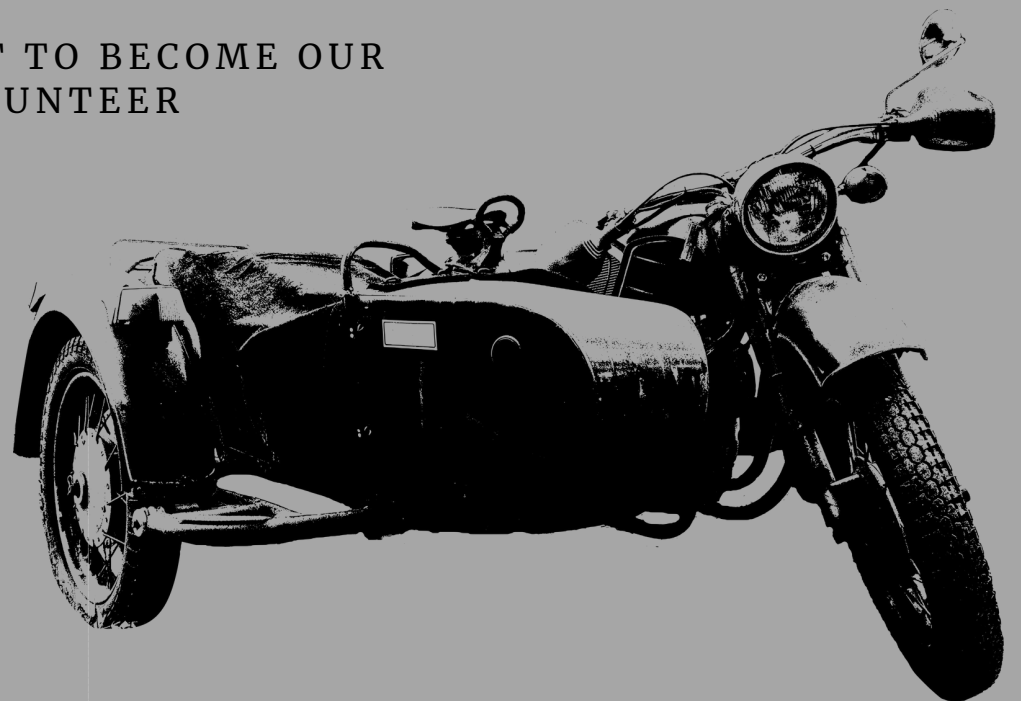


*your*  *opia*

# SIDECAR INFOPACK

*All you need  
to know!*

IF YOU WANT TO BECOME OUR  
VOLUNTEER



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# *Youropía*

Youropía Cultural Association is looking for a volunteer for “Sidecar”, a project funded by the European Solidarity Corps Program of the European Commission. It is a 6-month volunteering project with people with fewer opportunities that will be carried out in Oviedo (Asturias, SPAIN) between November 2022 and May 2023. The voluntary activity will be organised in the framework of the cooperation between Youropía and Hierbabuena.



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# Youropía

**Youropía** was created with the aim of bringing Europe closer to local youth, promoting values of equality and tolerance. Likewise, we propose to encourage the participation of youth in society by promoting a model of participatory and committed citizenship, developing European projects and programs that support the exchange of experiences between people of different origins and cultures. The inclusion and equality of all people, regardless of gender, sexual orientation, age, geographical origin, religion, social condition or physical or intellectual capacities are core principles of all actions of the entity.

**Hierbabuena** is an association made up of people with mental diversity and experiences of psychosocial suffering that works to promote and support all kinds of actions aimed at improving the health of the population, as well as the autonomy, rights and empowerment of people with mental diversity. We want to be recognized as agents of change and visibilize the problems related to mental suffering in order to: eradicate "sanism" (a word we use for attitudes and behaviors that stereotype, prejudice and discriminate against people diagnosed or labeled as 'crazy', from a perspective of 'sane' superiority), promoting psychosocial integration and favoring the autonomy, empowerment and living conditions of people who have lived unusual experiences and emotional, intellectual and social suffering.

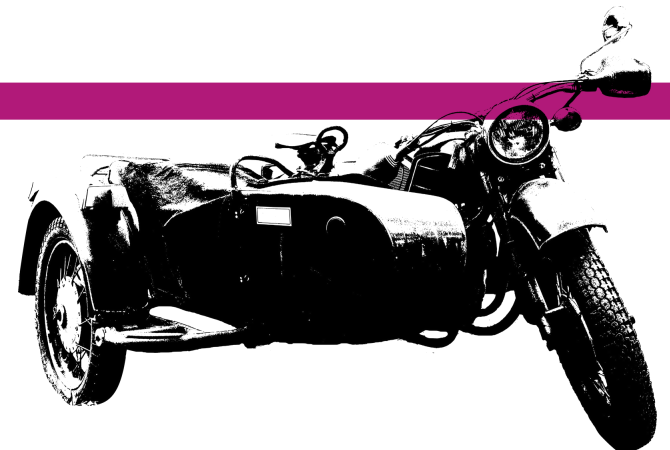
# Youropía

## **Sidecar project**

In a sidecar, a person drives and the other helps with map and directions. We like the metaphor of an accompaniment and orientation from a respectful perspective.

The project will be developed through two different activities, one with people with mental diversity and experiences of psychosocial suffering (Hierbabuena); and one with people (especially young people) with social obstacles (Youropía).

Through our work we intend to break the exclusion processes, offering information, the supply of resources, the generation of spaces of trust, the promotion of participation and decision-making. For this, our activities focus on: promoting information, guidance and support; promote personal and collective empowerment by creating collaborative networks; support the development of cultural, training, recreational and leisure activities that benefit the individual and the community



# *your* *opia*

**Objectives of the project are divided into two levels:**

**For the volunteer:**

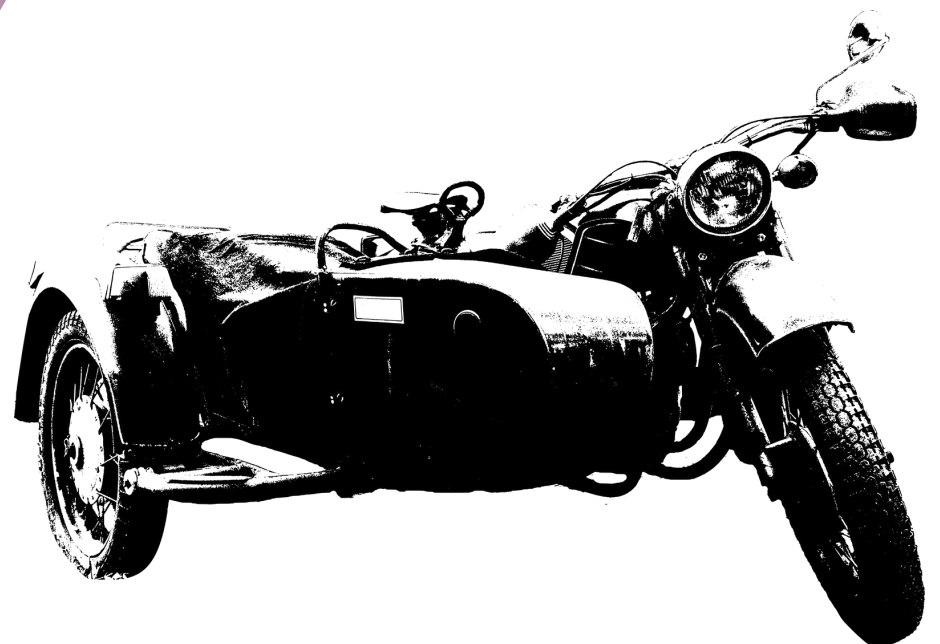
- **Have a learning space to develop personally;**
- **Feel as an active part of a local community and facilitate social transformation;**
- **Channel their interests in order to create a personal project within the framework of the service.**

**For the local community:**

- **Accompany the service and work of the entities;**
- **Increase opportunities and encourage the participation of groups at risk;**
- **Give visibility to relevant resources and tools for people with fewer opportunities;**
- **Generate a space of trust in where people can interact and create networks.**



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# youropía

## Activities:

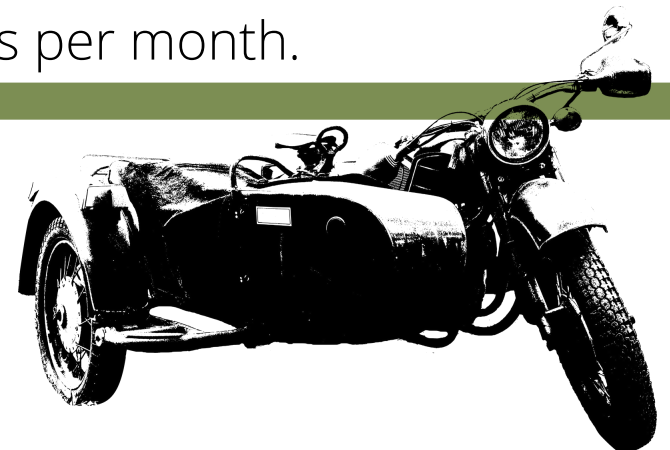
The weekly distribution of hours will be approximately as follows: 8 hours with Hierbabuena, 20 with Youropía, 2 of personalized mentoring, 2 of language training.

Specifically: support to Hierbabuena in: activities such as "Chat and Walk", creative workshops and excursions; support for specific projects of the entity (MadPride, for example) and talks, creation of posters and monitoring of social networks.

Support for Youropía in: talks in educational centers, Mobility Info Office for young people, follow-up of users, support to groups of young people for mobility and participation projects, "Connecting Dots" project on youth and museums, activities with children during holidays, creation of posters and monitoring of social networks.

Volunteering will take place from Monday to Friday, having two consecutive days of rest. Exceptionally, when there are activities on Saturdays, volunteer will rest on Sunday and Monday.

Additionally there are 2 vacation days per month.





## Project support:

Thanks to European Solidarity Corps, the volunteer will get:

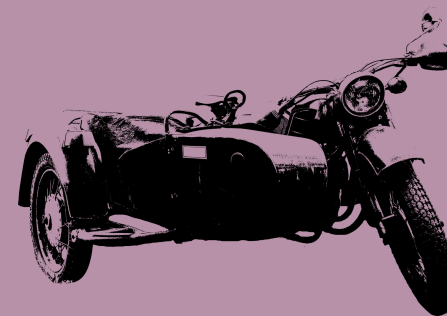
- Round trip covered according to the kilometre bands established by the Program.
- Accommodation in a room in a shared flat (electricity, water and gas bills covered by the projects);
- 5€ / day as “pocket money”;
- 175€ / month of living expenses;
- Health coverage with the CIGNA Insurance for non-residents of Spain;
- Spanish course through Online Linguistic Support for non-Spanish speakers;
- Personal support through a mentor during the project, as well as a supervisor in each entity.



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## Volunteer's profile:

For people from 18 - 30 years old, residents in Program Countries. Previous knowledge or experience is not needed, but it is necessary to have interest and sensitivity in the areas relevant to the project: mental health, inclusion and youth info. Due to the activities with people with fewer opportunities, a medium/high level of Spanish is needed. We are looking for open and sociable people, who like to interact with groups, since a large part of their activity as volunteers will be related to participation processes with different groups. We are looking for an empathetic and understanding person, willing to listen, learn, challenge prejudices and share experiences.



# *youropía*

## WHAT DO YOU NEED TO APPLY?

Send us a motivation letter and your CV to  
info@youropia.eu until the 9th October.  
You will need a sending organization from your  
country.

## ANY QUESTIONS?

Contact us via email (info@youropia.eu) or  
social media.

FB: Asociación Youropía

Instagram: youropia\_asociacion



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