Guide for your solidary trip
VOLUNTEERING

Every day that passes, you see on social networks and the media the needs of many people and at the same time you also see organizations and associations that take actions to improve the needs of others, without expecting anything in return, just contributing with their knowledge, time and in some cases their resources. It leads us to say that volunteering is an expression and action, solidarity and responsibility that we have with others.

Volunteering makes it possible for communities to have a participation in society and contributes to the improvement of the quality of life of many people. It focuses on social purposes such as:

- Caring of the environment
- Development cooperation
- Promotion of culture
- Education
- Labor insertion
- Sports

REASONS TO BE VOLUNTEER

We all at some point have something to contribute or give to others, such as your time, your knowledge, your skills and experience, which are important and fundamental for those people who need it.

In addition, the experience of volunteering allows you to see things from another perspective.

A volunteer transmits values in the process of volunteering, such as: solidarity, generosity, sensitivity, perseverance, empathy and participation.

In this guide, we will show you the steps to follow, if you decide to become a volunteer.
Many volunteers when they made their first solidarity trip asked themselves: **Where do I start? What I can do? Do I comply with all the requirements that are needed?**. It is normal that we have all those questions and concerns. That is why, Adventure Volunteer with his team gives you an accompaniment before and during the process and development of your volunteering, and to answer these questions we leave you this Guide with the following information.
WHAT YOU MUST TAKE INTO ACCOUNT BEFORE STARTING YOUR ADVENTURE

Before starting a volunteer or solidary trip, we recommend you to take into account the following:

Step 1:

- **Analyze** and **reflect** on what **motivates** you to make a volunteering

- Define the **time** you can spend: Hours, days and with what continuity.

- Organizations require volunteers with a minimum of weeks. It is important that you let them know from the beginning if it is a **temporary** or **occasional** collaboration.

Step 2:

- **Learn** and choose the **field of action** in which you would like to collaborate. We provide this information on the following pages.

- **Know the organizations** that offer the type of volunteering in which you want to participate and choose the one that best suits your interests and motivations.

Step 3:

- Once you have contacted the organization, coordinate on the **activities to develop**, the **place** and **country** where you want to make the volunteering.

It is very important to define the time you want your volunteering to last. We recommend **2 weeks minimum**, so you can get to know and get involved in the communities where you work.
On expenses, the volunteer must take care of all expenses that entails the trip as accommodation, food, transportation, flights, insurance, visas, others. In our organization, the payment that we charge the volunteer covers the lodging, the three daily meals, **pick up at the airport, support in organizing your trip before and during your volunteering, 24/7 follow-up by the Program coordinator.**

**WHAT PROFILE SHOULD I HAVE?**

Every volunteer must meet certain **characteristics, motivations, values** and basic **attitudes** that allow you to develop more effectively the activities you carry out during your volunteering.

The profile of the volunteer that we request brings together in a summarized way the requirements that the volunteer must have. We are aware that surely no volunteer meets all the requirements we request, but at least you should have the most important, as they are fundamental for the development of the activities programmed in different programs in which we work.

**Minimum requirements:**

- You must request the place in the following link: [https://www.adventurevolunteer.org/reserva-tu-plaza/](https://www.adventurevolunteer.org/reserva-tu-plaza/) or send us an email to info@adventurevolunteer.org

- **Be of legal age**, therefore you must be 18 years old. You could also **volunteer at the age of 17**, but you need the authorization from your parents or legal guardian.

- Availability to **participate at least 2 weeks** in the volunteer programs.

- Carry out the **interview** that we request. It can be done by telephone or written, will depend on the chosen program.
- Acceptance of **privacy policies** and **regulations** of operation of the organization.

- The volunteer signs a contract with the organization in which describes the activities and responsibilities of both parties.

- Obtain the induction to the program.

**Formation and experience:**

- For school reinforcement and education programs, empowerment of women, conservation of sea turtles and care of the shelter of animals is not required to have a university degree or previous experience in those areas. For programs of support for children with special needs, it is required to have general knowledge or experience, working or carrying out some social work in this area.

- For sea turtle and environment conservation programs, care and shelter of wild animals is not required to have full proficiency of the language of the country where you travel. For the programs of education and school reinforcement, you are required to speak the local language, except for the language-teaching program in English.

**Generic Competencies:**

- Capacity for **coexistence**, **adaptation to teamwork** and **workplace**.

- Criteria of **flexibility**, be **kind**, **participatory** and have a **discretion** in **confidentiality**. Discretion is requested because many times we work and live with children and families in situations of risk and problems in their family environment.

- **Predisposition** and **creativity** in the activities to be carried out.

- **Motivation** and **enthusiasm**.
- **Appropriate physical conditions.** It is mainly required for marine turtle conservation, shelter and refuge programs of wild animals and construction.

**Specific Competencies:**

- Responsibility and commitment
- Planning and organization capacity
- Capacity for coexistence and tolerance
PROJECTS YOU CAN PARTICIPATE IN

You already read the information about what you should keep in mind when making a solidarity trip; about the requirements, we showed you the programs in which you can participate.

There are many programs that you can choose and participate. Each program is focused on meeting specific needs and requires certain knowledge, skills and aptitudes to be a volunteer. You can exercise your profession or apply the knowledge acquired by your experience labor.

In our organization, you can participate in the following programs:

Volunteering in teaching and school reinforcement

Volunteer teaching and school reinforcement includes a variety of programs that work with children, young people and women from most disadvantaged communities in the countries in which we collaborate.
Through educational **activities, games, story readings, dances,** explanations about the subjects students are seeing in class, we give personalized and group support to help the children and young people develop their **knowledge and skills.**

The education and reinforcement programs are located in the following countries:

- Nicaragua
- Costa Rica
- Guatemala
- Panama

If you make a decision on one of the programs focused on teaching, it is important that you know the type of tasks Volunteers are required to perform and the attitude they should have.

**In general, the volunteer in the teaching programs carries out the following activities:**

- Support the teacher of a certain grade level in topics that the volunteer has mastered, as in **math, English, music, sports and art.**

- Support the reinforcement of subjects that are difficult for the student (if the volunteer handles the language).

- Perform activities and review exercises in class.

- Offer talks focused on social conscience.

- Support with cleanliness and order inside and outside the classroom.

- Support in the preparation of teaching materials.
If the chosen program is the teaching of the English language activities are the following:

- Provide **English classes**, where you must create activities to be dynamic and educational, which facilitate the learning of children and young boys.
- Perform activities that reinforce language learning.
- Language instruction both grammatically and at the level of conversation.
- Assist the English teacher in the classes.
- **Lead conversation groups or groups of local people** who want to improve fluency when speaking English.

Your level of English is required to be good at the writing level and conversation for the English language-teaching program.

The activities mentioned in previous lines are minimal and tend to vary.

**Volunteering in empowerment programs of the Woman**
Many women are still victims of violence and discrimination. The volunteer programs for women’s empowerment, seek to promote opportunities for labor insertion and awareness of social equality. Therefore, activities such as:

- Impart **English classes**.
- Teach office automation.
- Cultural Exchange workshops.
- Carry out **workshops on self-esteem**, self-confidence and emotional skills.
- Participate in the entertainment workshops (**games, songs, kitchen**).
- Support in the design and elaboration of textile products that can be useful for marketing.
- Participate in **craft workshops**.
- Get involved and participate in sports activities (yoga, gymnastics).
- Realization of health fields, medical examination and awareness in healthy practices.
- Works in **ecological garden**.

The volunteer is required to be an **empathetic, understanding** and a good listener.

The empowerment programs are developed in the following countries:

- India
- Nicaragua
Programs with children with special needs work to help them get personal autonomy of these children and young people so empowering them to have a normal and independent life. In addition to enhancing skills and abilities of all people with or without functional diversity, through inclusive activities of training, leisure and free time in natural environments and labor insertion.

The work of the volunteer in these programs consists of:

- Monitoring and accompaniment in daily routines.
- Monitoring of students.
- Support in the classroom.
- Collaboration in early stimulation, visual, sensory and / or auditory.
- Assistance in feeding some students.
- Creation of activities and material for the classes.
- Taking care of recesses and games.
● Attend the occupation workshops.
● Collaborate in the social skills workshop with young people.
● Participate in Petanca training.
● Cooking Workshops.
● Participate in the leisure and free time workshop.
● Support in the administrative part according to the need of the center.

These programs are developed in:

● Costa Rica
● Nicaragua
● Panama
● Spain

The activities vary according to the country.

**Volunteering in conservation of animals and the environment**
If you enjoy nature, animals and the environment, you can get involved in marine turtle conservation programs, you can take care of the shelter of wild animals, and construction and maintenance from orchard.

These programs give you the opportunity to learn and understand the needs that currently exists in order to lessen the negative impact that is created by the lack of awareness in the care of marine and terrestrial species that are in danger of extinction.

For marine turtle and orchard conservation programs, Volunteers perform these minimum activities:

- **Protection of turtles** nesting.

- Beach surveillance.

- Help with the **registration of female nesting turtles**.

- **Location of nests** to nurseries.

- Release of offspring and data collection.

- Carrying out beach cleaning activities.

- Presentations on environmental education and disclosure when the support is required.

- Help in the ecological garden with the plantation of Banana and different vegetables for own consumption, in addition to the conservation of the humid forest of the Matina Forest Reserve Pacuare.
In the programs of care and shelter of animals, the minimum tasks to perform are:

- Daily feeding of animals (twice a day); 500 animals that feed between different species are found Tapils or Danzas (Anteater), Jaguars, Turtles, Deer, birds, Parrots (for feeding the most dangerous animals, the volunteers will be accompanied by the staff of the center).

- Cleaning of green areas.

- Environment enrichment projects.

- Planting trees.

- Cleaning of enclosures.

- Crop production and composting.

- Construction of natural structures for animals.

- Assist the animals with the veterinarian. Requires a prior training without cost.
- Sanctuary maintenance.
- You will also collaborate as guides in the Ecotourism program.
- Requires a previous training without cost.

**These programs are developed in:**

- Panama
- Costa Rica

**Volunteering in construction programs**

This program will allow you to know the culture, the way of life of the communities where the project is developed in a different and unique way.

The construction program seeks to improve the quality of life of families of the most vulnerable communities in the neighborhoods of Granada Nicaragua.

These homes are made of adobe (earth, talpuja, sand and grass), material made by women and men from these communities, with the
support of volunteers, with the purpose that these families have a roof worthy to live.

The minimum activities to develop in the program are:

- Construction of houses made of adobe and cement.
- Construction of eco-friendly stoves, in which you will support the construction of the base and table of the oven, which is made with brick, blocks or stones. You will also help in the construction of boilers, the box of fire that is where the firewood is placed.
- Collection and use of skids in the construction of houses, rural health services, perimeter fences and more.
- Improvements of the gutters of the streets of the neighborhoods of Granada.

The work of the volunteer is a very important contribution both for the organization as for the families of these communities.
Become a Volunteer!

ADVENTURE VOLUNTEER

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Find us at: