



International Volunteering - Quetzaltenango (Xela), Guatemala

Date del programma

Periodi di 3 o 4 settimane con partenze nelle seguenti date:

- 15 luglio
- 22 luglio
- 29 luglio
- 5 agosto
- 19 agosto
- 2 settembre

Chiusura iscrizioni

Prima chiusura iscrizioni: 12 febbraio 2019

Seconda chiusura iscrizioni: 2 maggio 2019

Ciascuno studente potrà decidere entro quale scadenza completare la propria candidatura, tenendo presente che, optando per la prima scadenza, si riceverà prima la conferma relativa al progetto di volontariato e sarà quindi possibile acquistare il biglietto aereo con maggiore anticipo

Costo

- 3 settimane: € 1.955
- 4 settimane: € 2.275

Il costo del programma comprende:

- orientamento e supporto in fase di iscrizione al progetto di volontariato
- assistenza nella fase prima della partenza
- numero di emergenza attivo 24/7 durante la permanenza all'estero
- assistenza referente locale
- servizio di pick-up all'arrivo all'aeroporto la domenica precedente l'inizio dell'attività di volontariato
- attività di volontariato per 20 o 30 ore alla settimana
- alloggio in famiglia
- vitto completo, 3 pasti al giorno
- assicurazione sanitaria per la durata del programma
- attestazione di partecipazione e descrizione dell'attività svolta

Sono invece esclusi dal costo:

- viaggio A/R
- eventuali spese relative all'ottenimento del visto
- eventuali spese relative a vaccini
- tutto quanto non espressamente specificato al paragrafo precedente

Accommodation

Alloggio presso famiglie locali

The destination

In the evenings and on weekends, volunteers can explore the city of Quetzaltenango or take an affordable bus ride to visit other parts of Guatemala. Quetzaltenango makes a great base for getting to know Guatemala: it is big enough to offer plenty of activities, restaurants, and services for visitors, but it is less touristy than many other cities, offering volunteers an authentic Guatemalan experience. Quetzaltenango is also known for having retained a strong Mayan influence, and volunteers have the opportunity to learn about Mayan culture and traditions firsthand. Volunteers with an adventurous spirit will enjoy hiking and exploring several nearby volcanoes and hiking trails.

Projects

Teaching & Childcare

Teaching & Childcare volunteers have a direct impact on their host communities by interacting daily with local students and educators. Whether they work with primary students, secondary students, or adults, teaching volunteers contribute their enthusiasm and skills to address some of the most pressing needs of their host communities. Those who volunteer with childcare and orphanage assistance serve as role models for underprivileged children in communities around the world. The children that volunteers work with may be orphans, children whose parents are unable to care for them, or participants in day tutoring and care

programs for low-income children

Volunteers can be involved in:

- › Assisting with teachers in the classroom
- › Writing lessons plans
- › Teaching lessons and classes
- › Leading after-school activities
- › Assisting staff with cleaning, meal preparation, and laundry

Health Education & Healthcare

Volunteer projects in health education & Healthcare promote public health initiatives around the world and aim to support health clinics and hospitals in communities that lack access to adequate healthcare. Health education volunteers partner with local nonprofits, government agencies, or healthcare providers to help community members become active agents in pursuit of their own health and the health of their families. Volunteers provide support and services, including record-keeping, helping patients to and from procedures, making beds, sanitation, and helping to keep long-term pediatric patients occupied and active. Whether raising awareness about preventing diseases like malaria and AIDS, providing education outreach about drug use, volunteers who choose a health education project through World Endeavors make a direct and lasting impact on the lives of the populations they serve.

Sports Coaching

Sports have the powerful ability to draw people together, even from across international borders. For many young people in underprivileged areas around the world, however, opportunities to participate in creative play and sporting events are rare. Sports coaching volunteers provide invaluable opportunities for young people to participate in sports and acquire the numerous benefits associated with playing them. Some of the various benefits include finding inexpensive outlets for physical energy and friendly competition, getting exercise, gaining confidence, forming friendships and a sense of community, seeing the positive consequences of perseverance, and learning the value of hard work and discipline. Volunteers run drills, teach strategy, and provide encouragement for young players while promoting healthy habits and serving as positive role models for young individuals.

Sustainable Agriculture

Sustainable Agriculture volunteer projects pair volunteers with farmers, cooperatives, and communities who practice environmentally-friendly farming methods. Volunteers are involved in several tasks ranging from assisting on farms with the care and harvesting of crops to helping at local cooperatives with the preparation of the final product to be taken to market. Volunteers not only help support the local economy, but, most importantly, the livelihoods of the people who depend upon it. Sustainable agriculture is vital to countless communities around the world, and volunteers can make a difference by helping nurture agriculturally-dependent economies and offering assistance to small farmers working to

get their products on the market.

Women's Development

Participants in women's development programs dedicate their time to helping women and leave a lasting impact on the community they serve. Volunteers work with women's groups, local organizations that primarily serve the local female population, and social work agencies who assist women and families to empower women and support their efforts in recovery, education, and/or economic independence.

Volunteering in the field of women's development is a unique way to form close connections with community members, while providing help and friendship to women in difficult situations. In addition to their valuable contributions at project sites, volunteers learn about the challenges that women face around the world and bring this knowledge home with them, shedding light on an important issue and learning how to create needed change.

Volunteers can be involved in:

- › Helping women recover from exploitation and abuse
- › Teaching job skills at a women's development cooperative
- › Helping women who are suffering the effects of alcoholism, poverty, depression
- › Assisting with meal preparation at shelters