



## International Volunteering - Colombo, Sri Lanka

### Date del programma

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

- 15 luglio
- 29 luglio
- 12 agosto
- 26 agosto

### 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: € 1.975
- 4 settimane: € 2.335

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 il lunedì precedente l'inizio dell'attività di volontariato
- attività di volontariato per 20 o 30 ore alla settimana
- alloggio presso dorm
- tre 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 Residence o appartamenti in condivisione con altri volontari

### The destination

Participants volunteering in Sri Lanka live in Colombo. Being the largest city there is no shortage of activities for volunteers; from cultural to educational to entertainment activities it is easy to keep busy in Colombo. This may include visiting historical colonial buildings, Gangaramaya Temple, sampling local cuisine, or exploring the country from coast to coast. Volunteers in Sri Lanka are able to experience a mixture of modern life and history in this vibrant city.

### 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 teachers in the classroom

- › Writing lesson plans
- › Teaching lessons and classes
- › Leading after-school activities
- › Assisting Staff with cleaning, meal preparation, and laundry

### **Community Development and or Women's Development**

Community Development programs connect volunteers with the most pressing needs of their host communities.

Many volunteers provide job skills training for the unemployed or teach subjects like computer skills and English, while others assist with community assistance programs like soup kitchens and shelters.

Some volunteers also work on improving community infrastructure. Often, volunteers connect with local organizations that work to support marginalized groups and promote social justice.

Many volunteer programs are dedicated to women's development. 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