

WELCOME TO

Volunteers Without Borders



Dear Potential Volunteer,

Thank you for taking the time to locate our organization and we would like to personally send you a warm welcome. We are pleased to hear you will be volunteering with Volunteers Without Borders. Although there are numerous avenues for volunteering, we can assure that we offer **life changing volunteering opportunities** at the **LOWEST possible cost** to you, the volunteer. Now that you've filled out the online application and that you're on board, our goal is to take care of you every step of the way. We will ensure that you are fully prepared before you leave to the country of your choice and begin working on your first volunteer program with us. This information package was designed to serve two purposes. The first purpose is to give you more detailed information about the country you have chosen to volunteer in as well as providing some additional insight into the various types of programs we offer. The second purpose is to provide you with specific items that you will be expected to bring along with you, what types of vaccinations you will be needing before you leave, and what we recommend for your emergency/medical travel insurance. Not only do our volunteering programs benefit the organization and community you will be working with, but they also provide volunteers with an appreciation and gratitude for others, sense of fulfillment, as well as new perspectives. Our goal is to inspire volunteers to raise awareness, share their stories and continue to support or contribute to our programs in any way possible in the future. Although our programs can be quite demanding at times, we ensure that you will be given adequate time and days off to tour around the area you are working in and get the opportunity to participate in any outdoor activities or adventures you would be interested in.

It is your job to explore this information package and then reply back to us at: info@vwbinternational.org to let us know that you are ready for the next step of the enrollment process. If you have specific questions please see our frequently asked questions page as this covers most questions that the volunteers may have. To locate this page, visit our website and click the 'About VWB' tab.

Like most developing countries in the world; political instability could arise at any given time, so we encourage you to check with your local government travel advisory just to be sure that nothing is expected to occur in the location while your over there. With that being said, we can ensure you that every country that we offer has been checked out by our team to ensure the security and safety for our volunteers.

While volunteering on any of our available programs, you will have the opportunity to participate in a variety of health, educational, community development, or wildlife and marine conservation programs. This will give you a chance to make an important contribution to the local community and while doing so, gain an in depth understanding of the country and its culture. We assure you that this experience will leave a lasting impression and stay with you for the rest of your life.

Information to help you prepare for your trip

If it's your first time volunteering or going abroad, there are several things you will need to make sure you bring on your trip before you leave. Here is a list of the following items that we have deemed necessary to bring to make sure you can enjoy your time on the program. The list below is a general suggestion; each volunteer may prefer more specific items that we have not included in this list. Please make sure that you remember to bring any special items that you are used to having back home, that may only be purchased in your own country.

What to Bring:

- | | |
|--|--|
| <input type="checkbox"/> Comfortable shoes and sandals | <input type="checkbox"/> Camera and/or iPod |
| <input type="checkbox"/> Shorts and pants | <input type="checkbox"/> Cell phone - You can buy simcard) |
| <input type="checkbox"/> Rain Coat/Jacket | <input type="checkbox"/> Rechargeable batteries w/charger |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Laptop |
| <input type="checkbox"/> Sunglasses and Sunscreen | <input type="checkbox"/> Flashlight/head torch |
| <input type="checkbox"/> Travel Guide | <input type="checkbox"/> Lock |
| <input type="checkbox"/> Mosquito net & insect repellent | <input type="checkbox"/> String |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Eyeglasses/Contacts |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Medication (Anti Malarial Tablets) |
| <input type="checkbox"/> Duct Tape and/or superglue | <input type="checkbox"/> Picture Book / Journal |
| <input type="checkbox"/> Binder or notepad | <input type="checkbox"/> Country Map |
| <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Ear Plugs |
| <input type="checkbox"/> Small water heater or kettle | <input type="checkbox"/> Clothes or Electronics for donation |

Vaccinations:

The World Health Organization recommends that all travelers be covered for diphtheria, tetanus, measles, mumps, rubella, polio and hepatitis B, regardless of their destination. The consequences of these diseases can be severe and outbreaks do occur. [Click here](#) to learn more.

“As the President and Founder of Volunteers Without Borders Association, I’d like to offer you a warm welcome! I have done a lot of volunteering myself and believe it is the most fulfilling and gratifying way to give back to countries around the world that need all the help they can get. Whether you’re an adventurous traveler or looking to help make a difference, we are happy to have you join us. By volunteering, you will make a difference to the local people that you come in contact with overseas. Our volunteering opportunities expose you to the often-harsh everyday realities of life for many people around the world in underdeveloped areas. We thank you for your time and consideration.”

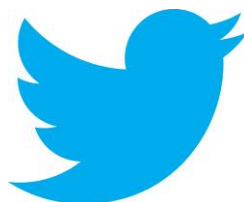
~ Kevin Francis

President & Founder of VWB



Website:
Email:

www.vwbinternational.org
info@vwbinternational.org





ECUADOR



Located at the center of our planet, Ecuador is the perfect country to volunteer in. This country is relatively small in size, which means there many opportunities to explore different regions of the country, different climates and the best part of all get to meet some of the most welcoming people this country has to offer. Ecuador has beautiful, tranquil Pacific beaches, which give way to spectacular sunsets and skies. Also in this country there are incredible hikes to go on which lead you to peaceful lakes resting near the peaks of active volcanoes. These volcanoes separate the ocean from the Amazon, the notorious life filled jungle with a high variety of plant and animal species. Another pristine gem that this country has to offer are the Galapagos Islands. These islands are what inspired early explores like Darwin to study and discover different species of animals and wildlife. Most people would agree that the Galapagos Islands are the crown jewels when it comes to animal and marine conservation. Even though Ecuador is relatively small, it is rich in culture. The indigenous people of this country are very proud and have conserved many of their ancient traditions including their unique dresses. Agriculture is still very important and farming is quite common. If you have an adventurous palate, you will be pleased to realize that the local food is delicious, especially dishes served with *Platano*, which is a green banana. Even with all this rich culture, many people in Ecuador still need basic services. So just as the country logo says 'Ama la Vida', come to Ecuador, love life, create memories and make a difference.

If you are an individual, couple, family or group; you will be provided with the opportunity to live and work side by side with the community and local people on locally designed and driven projects. The aim of this program is to encourage and promote excellence in humanitarian and conservation volunteering. Our programs offer you the opportunity to become integrated into the Ecuadorian community and enrich your spirit. Our programs are designed to facilitate hands-on service and cultural exchange in the aim of fostering cultural understanding. They are also designed to meet the challenges of contributing much needed skills to the struggle for self-sufficiency in the development of our country.

Currency Advice

The local currency accepted in Ecuador is **United States Dollars (USD)**. Credit cards are accepted in most areas. Aside from Euros, Peruvian soles and Colombian nuevos soles, it's very difficult to change foreign currencies in Ecuador. The best currency to bring is USD in a mixture of large and small denominations, a few travelers' checks for emergency and a Visa or MasterCard card for withdrawing money from ATMs.

Travel Document Information

Most travelers entering Ecuador as tourists, including citizens of Australia, New Zealand, Japan, the EU, Canada and the USA, do not require visas. Upon entry, they will be issued a T-3 embarkation card valid for 90 days. Residents from a handful of African and Asian countries (including China) require visas.

Medical Insurance and Facilities

Medical care is easily accessible in the major cities, but it may be more difficult to locate in rural areas. Most doctors and hospitals will expect payment in cash, regardless of whether you have travel health insurance. Pharmacies in Ecuador are known as *farmacias*. It can be challenging to find imported pharmaceutical items; so we encourage you to bring essential health and hygiene supplies if at all possible.

Dangers and Annoyances

Ecuador is in general a safe, hassle-free country and can be a relief if you've recently been somewhere like Columbia or Guatemala. With that being said, you do still need to take the usual precautions. Avoid isolated areas; especially stretches of beach, and in cities and tourist areas take a taxi at night. When using public transport, don't accept drinks or food from someone you don't know and ensure your bag or belongs is secure. Be skeptical of anyone who comes up to you on the street asking whether you remember them from the airport, your hotel or wherever. In the majority of cases, they are just trying to get money from you.

In Capital cities or other busy locations, do your best to minimize the impression that you're a newly arrived tourist. Duck into a shop if you need to get your bearings or look at a map and don't walk around any more than necessary with your luggage. While looking for a room, leave your bag with a friend or reliable hotel rather than walking around town with it. Buy your bus tickets a day in advance (without your luggage) and, when arriving in a new city, take a taxi from the bus station to your hotel. Be very wary of anyone who approaches you on the street, at the bus station or in your hotel offering tour deals, and never pay any money for a tour in advance until you've thoroughly checked out the company.

A Few Tips

- Avoid external money pouches, dangling backpacks, camera bags, and leave jewellery, fancy watches, and fancy headphones at home. Carry your passport, money and other documents in a pouch against your skin, hidden under loose-fitting clothing. Or, better, store valuables in a hotel safe, if there's a reliable one, ideally inside a pouch with a lockable zip to prevent tampering. It never hurts to make a photocopy of your identification and cards and store it separately in

another bag.

- Have your luggage as consolidated as possible, with your valuables well hidden under your clothes. Try to spot the taxi area before disembarking and make a beeline for it. It's well worth a few extra dollars for the fare, rather than attempting to walk to your hotel with your luggage.
- When bargaining or discussing prices, don't do so with your money or wallet in your hand.

Water

It is highly advised not to drink the tap water in Ecuador, even in the cities. Ask for bottled drinking water (agua pura or agua purificada) at your hotel, and whenever you can, pick up a bottle of spring or purified water (available in most markets) to have handy. Also avoid drinking from streams, rivers and lakes unless you've purified the water first.

Cultural Awareness

Ecuador is a very interesting, exciting, beautiful and scenic country, but the majority of the population speaks Spanish and NOT English. We encourage volunteers, planning to stay for 2 to 3 months or more, to consider learning essential words and phrases in the local language in order to communicate better with the surrounding community. Female volunteers should be aware that in the towns and villages, it is normally respectful to have your knees and your midriff covered (and in some cases, your shoulders). Some practices in Ecuador are very different to what volunteers may be used to at home. Visitors to Ecuador do not have to agree with all the customs around them, but should respect them and endeavor to understand the complex cultural history that shaped them.

PLEASE NOTE: There is a **ZERO TOLERANCE** policy in place for alcohol consumption, during volunteer work hours, while on the project. The consumption of alcohol is looked negatively upon and even forbidden in certain countries and it is essential that you abide by this rule. We need to ensure that you are giving the project the right impression of Volunteers Without Borders during your stay. **If volunteers choose not to follow this policy, they will be removed from the project immediately, and no refund will be issued.**

VARIOUS COMMUNITY DEVELOPMENT PROGRAMS



Location: Various locations throughout the country depending on the program.

Our volunteer programs in Ecuador provide great opportunities to make real and valuable contribution to the deprived and needy people and its communities. We're proud to offer unique and enriching volunteer experiences that are driven first and foremost by the needs of the local communities. To live and work with the poor and disadvantaged people of another country provides the type of classroom that no other study abroad experience can replicate. Volunteers will get to experience a unique way of appreciating the world while helping developing communities to help themselves. Volunteers help to empower the host communities in creating renewable and sustainable programs. Our programs provide volunteers with great and meaningful opportunities to help others and by doing so, it provides the volunteer with a whole new perspective of the world, to support a cause, share their knowledge, meet new people, and develop new skills. If you are an individual, couple, family or group; you will be provided with the opportunity to live and work side by side with the community and local people on locally designed and driven projects. The aim of this program is to encourage and promote excellence in humanitarian and conservation volunteering. Our programs offer you the opportunity to become integrated into the Ecuadorian community and enrich your spirit. Our programs are designed to facilitate hands-on service and cultural exchange in the aim of fostering cultural understanding. They are also designed to meet the challenges of contributing much needed skills to the struggle for self-sufficiency in the development of our country. We offer various different programs you can get involved on as a volunteer so the details are provided below:

COMMUNITY SERVICE DEVELOPMENT PROGRAMS



Location: Quito, Ambato, Latacunga, Otavalo, Ibarra, Puerto Lopez, Cuenca and Galapagos.

The main objective of this Ecuadorian community service development project is to improve the living conditions for the citizens of these communities. As a volunteer on this project, you will get a unique opportunity to be part of a team that is committed to making a difference in local communities at a grass roots level. While volunteering, you will be able to fully immerse yourself within the community, and by the end you will feel like one of the locals. You will be working with several well-established governmental and non-governmental organizations that are devoted to giving small rural or urban communities the tools they need to pull themselves from poverty. Your involvement will enrich the lives of Ecuadorian needy people and make a real difference. Volunteers will be on the forefront of positive changes to communities that due to various reasons do not have the resources readily available to make living in them comfortable. These types of projects have the potential to create bonds, impressions and friendships that can last a lifetime. One of our main goals is to promote community awareness and aid Ecuador in its move forward toward development. In order to help Ecuador we work with individuals and teams of volunteers on community projects. Volunteers will assist local organizations and communities members, in both rural and urban projects that focus on community development.

Qualifications:

No special skills/qualifications are required to participate in our community volunteer project, only a willingness to share your time and work with humanitarian organizations and community members. Nevertheless, we would like to recommend traveling with an open mindedness, flexibility, a basic knowledge of Spanish and dynamism.

ORPHANAGE CARE & EDUCATION PROGRAM



Location: Quito, Ambato, Latacunga, Otavalo, Ibarra, Puerto Lopez, Cuenca and Galapagos.

Our Orphanage Care volunteer program offers you the opportunity to make a valuable contribution to the lives of some of Ecuadorian's most underprivileged and vulnerable children, giving them the attention and time that they deserve. There are many children in Ecuador who don't have anybody to call their own. Children that have been abandoned by their parents or those who come from the homes of domestic violence are given protection and care at the orphanage. Working in an orphanage is probably one of the toughest and most rewarding things that you can do as a volunteer. This program has several orphanages across different regions of Ecuador that you can volunteer at. Each orphanage houses orphanage home has approximately 25 or more abandoned children living there. The age of the Children range from less than 1 year old up to 14 years old. As a care volunteer working with children in orphanages in Ecuador, you will be involved in the day-to-day running of an orphanage and would be helping the kids to learn life skills that they were not able to learn from their parents or caregivers. It is believed that with your help they will be given a sense of pride, self-confidence and dignity; qualities that are sometimes lacking due to the problems associated with their past.

HUMAN RIGHTS PROGRAMS

Location: Quito (capital city of Ecuador)

Our host Human Rights organizations seek to promote and protect individual rights. The activities of the organization include: human rights education to youth and children and teachers in schools, womens' rights (emphasis on reproductive and domestic rights), education in rural areas, psychological attention in crisis, legal pursuit of human rights cases, foreign governments abuse of local interests, and many more.

STREET CHILDREN CARE & EDUCATION PROGRAM



Location: Quito, Ambato, Latacunga, Otavalo, Ibarra, Puerto Lopez, Cuenca and Galapagos.

One of the major social problems Ecuador has is irresponsible parenting. Many children are born to families that lack the minimum conditions to provide for their well-being. For this reason, many children have to go to the streets to sell, beg, and somehow make extra money for the family income. In other cases, children are mistreated and they run away from their homes or are abandoned by their parents and in order to survive, children have to work in the streets. The purpose of this project is to help these children that are forced to live in the dangerous streets every day and that have no conscious of their rights as children. The children of Ecuador and their families need the support of volunteers as many are living in extreme poverty. By working with the children and their families the aim of the project is to alleviate this poverty and help them to make a better future for themselves.

Responsibilities & Qualifications:

Depending on your own skills and interests, you are free to help the children with daily care, feeding, playing, education and helping with their homework, read stories, teach songs, clothing, change diapers, help them with their wash, and take them for outings, assisting the local staff with repairs and upkeep the facilities, spend quality time with the children, etc. The goal of our orphanages and street children centers is to provide these children with affection, support, and a decent life in the hopes of helping them to become responsible citizens. No specific qualifications are required to join our children welfare. However, interested individuals should have a passion and eagerness to help underprivileged children. Volunteers should have a basic understanding of the Spanish language in order to effectively work within these children centers.

HIV & AIDS EDUCATION AWARENESS PROGRAM



Location: Quito, Ambato, Otavalo, Ibarra, Puerto Lopez and Cuenca

Our HIV/AIDS program is designed to collaborate and participate in health clinics, non-profit organizations or government agencies working against this devastating HIV/AIDS disease. As an international volunteer participating in this voluntary work project, you can assist in developing sexual health education, promote prevention programs and training seminars for groups like lay health professionals and sex trade workers. In addition, you can assist in the medical treatment and psychological attention and antiretroviral therapy programs. There are also opportunities to provide comfort and support directly to patients, their families and the community in general. You can make visits to hospices and medical facilities, which really provides you with a sense of the personal side of this disease.

Responsibilities & Qualifications:

The goal of our HIV/AIDS program is to reduce the risk of transmitting HIV by promoting awareness and prevention of the disease in Ecuador, to reduce the impact of the virus with antiretroviral therapy programs and provide support and medical to infected patients. Depending on your own skills and interests, you will be responsible for collaborating with local staff in the daily duties of the center. No specific qualifications are required to join our HIV/AIDS program. However, interested volunteers should have a passion and eagerness to help people living with HIV/AIDS, have an open mind and a flexible attitude for working in a new and different environment.

Volunteers should have a basic (preferable intermediate) understanding of the Spanish language in order to effectively work within these HIV/AIDS centers. Volunteers are required to be of 18 years of age at the beginning of the program.

GENERAL CONSERVATION PROGRAMS



Location: Mindo, Ibarra, Puerto Lopez, Amazon Region and Galapagos.

Ecuador is one of the region's most ecologically diverse countries with rain, cloud and dry forest, mangroves, etc. but many natural habitats are being destroyed by deforestation and desertification. This exciting program offers the opportunity for volunteers to work in the midst of the most spectacular Ecuadorian bio diversities. Our unique conservation program helps to support and develop some of the most precious natural habitats on the planet. Volunteers in this project play an integral role by becoming involved in the local conservation efforts. As part of the project you will have the chance to live and breathe a new lifestyle as an active member of the community devoted to conservation. The principal aim of this project is designed to broaden awareness of environmental issues; this is the conservation of eco-systems and cultural diversity, environmental education and sustainable development projects. You as volunteers will be contributing significantly to the success of protecting this ecological and biological reserves and sustainable use of natural resources. Your help is needed in the preservation, investigation, environmental education and management of the Ecuadorian flora, fauna and landscapes. The projects you can get involved in are listed below:

TREE NURSERY PROJECT

This project is focused to the development and maintenance of the tree nursery on the national parks or reserves that produces to reforest it. The main task in this project is:

- Collecting tree seeds within and around the reserve
- Planting seeds and caring for seedlings (irrigation, liberation, etc.)
- Installing fences and creating nursery beds

REFORESTATION PROJECT

The biological reserves or national parks count with several acres for reforestation. The work to be done in this area is:

- Clearing to be reforest
- Preparing areas for planting
- Planting trees install
- Maintaining reforested by weeding, etc.

CONSERVATION & EDUCATION PROJECT

The main goal of this project is to teach to the communities that live inside of the park the importance of native flora and fauna, specifically how native plants can be used to increase their productivity in a sustainable way, allowing them to value their surrounding and the richness of nature. For several years, staff of the park and volunteers have been implementing environmental education classes mostly directed to local children because they are the ones will be working the land in the future. A series of activities such as the following are available:

- Continuing classes on the importance of natural resources
- Vacation classes on recycling and crafts with local seeds.
- Theatre activities during the celebrations of Arbor Day and Earth Day (annually).

ORGANIC AGRICULTURE PROJECT

This project enables volunteers to gain a greater understanding of organic agriculture and other methods of non-contaminating sustainable agriculture. There are no chemicals used at all for anything - all fertilizers are organic, and the pesticides are made of chili peppers and jalapeno peppers. Volunteers at this project can participate in general activities related to agriculture such as sowing seeds, pricking, planting, weeding, pruning, compost making, harvesting, pest control and recycling organic waste among many others.

Responsibilities & Qualifications:

No prior experience or specific qualifications in conservation are required from volunteers wishing to join this project in Ecuador, only a willingness to share their time and work with nature. However, beginner to intermediate knowledge of Spanish is recommendable as well as individuals who are enthusiastic and interested in issues related to the environmental conservation in undeveloped countries. You should be prepared to become involved in physically demanding work.

ANIMAL CARE PROGRAM



Location: Ibarra, Cuenca, Amazon Forest.

Wild animals are illegally captured from their natural habitat in different parts of Ecuador and sold to collectors. Most of these animals have been neglected and in any case they often get seriously injured since they are tremendously abused by people or are kept as pets. The aim of this program is to collaborate in the animal welfare with some animal rescue centres, animal sanctuaries and zoos throughout Ecuador which hosts a huge variety of animals, some of them victims of unhealthy and illegal situations, some others with birth defects or simply animals that have been born within the centres. The purpose of the centres is to take care of the animals. The center provides the animals with shelter and wherever possible, the animals are reintroduced into the wild. However, many of the animals come to the centres with permanent disabilities and as a result there are many animals at the centres that cannot be returned to the wild. This program focuses on all aspects of animal welfare and it is ideal for anyone interested in animal volunteer work abroad. There are many opportunities to volunteer and feel part of a group dedicated to creating a more humane world for animals. Volunteers will work to improve the lives of animals at the centres with the intention, where possible, of successfully re-introducing them to the wild.

Responsibilities & Qualifications:

Volunteer jobs with animal welfare centers or zoos can vary depending on the place and placement. However, while you are at the centers, you will mainly be involved in the day-to-day care of the huge diversity of animals at the center. You will help and be involved in tasks such as: feed and care for the animals, as well as cleaning and repairing living areas and helping to improve facilities to create a more natural environment for the animals. This involves teaching the animals how to eat, fend for themselves and other natural behaviors whilst monitoring their progress along the path to being re-introduced to the wild. This project is an ideal opportunity for animal-loving volunteers. Everyone can help

and make a real difference in the lives of animals. There are no specific qualifications required. However, basic knowledge of Spanish and good physical shape/health are highly recommend.

Please Note: *There is a \$100.00 CAD Conservation fee that is required to be paid by the volunteer for this program only.*

ENGLISH TEACHING & EDUCATION PROGRAM



Location: Quito, Ambato, Latacunga, Otavalo, Ibarra, Cuenca, Salinas, Montañita, Guayaquil, Puerto Lopez and Galapagos.

Due to a lack in financial and human resources provided by the governmental authorities and local schools, the education in certain parts of Ecuador is very poor and therefore many socio-economic disadvantaged students face learning difficulties. The aim of this program is to provide education to children's ages range from 4 to 12 years old and compensate for the lack of teachers in rural and urban public primary schools. Volunteers are more than welcome to participate in our schools in wide range of educational and professional backgrounds including English, math, music, manual arts, gymnastics and sports among other academic areas. Our schools welcome any volunteer who has a desire to share educational knowledge with students who are eager to learn. Our efforts are geared toward under-privileged populations who do not receive proper educational support and will most likely endure a life of poverty. Volunteers will collaborate as teachers' assistants working side by side with Ecuadorian teachers, although in certain times they will be working as the principal teachers. Volunteers are necessary in order to enhance these children's' level of education so that they can have the chance to improve their standard of education and their standard of living as well. Teaching English can be rewarding and personally fulfilling. We value volunteers who are interested in working with children and teaching English classes in rural or urban, primary or secondary schools.

The majority of the schools lack teachers and qualified staff; therefore, English-speaking teachers are highly appreciated to teach in Ecuador. You will find a warm welcome awaits you from our students and teachers.

Responsibilities & Qualifications:

As a volunteer teacher, you may either teach a class on your own or you may act as a teacher's assistant within the classroom. Depending on your experience with teaching and your level of comfort in the classroom, you will be assigned a specific role. As a volunteer teaching English, you will assist the English language teachers with lesson planning, pronunciation exercises, conversation, etc. Our teaching volunteer project will provide you with invaluable classroom and language experience, especially if you are a future or current English teacher. Although no formal teaching experience or qualifications are required, volunteers should have an enthusiastic interest in teaching while simultaneously being a notable role model for these children. Volunteers are expected to be eager to teach and care for these children, enjoy working with children and be able to think on your feet and come up with creative ways of educating the children. Since you will be teaching students, you will be expected to dress appropriately. No shorts or sleeveless shirts are to be worn and volunteers must maintain a presentable appearance. Working with children requires patience and flexibility. Volunteers should have a basic understanding of the Spanish language in order to effectively work within these school-based projects.

HEALTHCARE & NURSING PROGRAMS



Location: Quito, Ambato, Latacunga, Otavalo, Ibarra, Puerto Lopez, Cuenca and Galapagos.

The aim of our medical and healthcare program is to provide general medicine, community healthcare, and to promote health education. Our healthcare and medicine program is prestigious in Ecuador and is a great way to make a difference in the lives of disadvantaged and at-risk people of Ecuador. If you are a medical student or a healthcare

professional, you can contribute directly to your area of interest such as: gynecology, pediatrician, general medicine, nurses, emergency, pharmacy, occupational therapy, dentistry, etc. In our healthcare and medical placements, volunteers can work in rotation at different areas, enabling them to have a broad and varied experience of different medicine and healthcare departments. For those who aspire to a career in health-related fields, our medical and healthcare placements offer an exceptional learning opportunity, in addition to a gratifying volunteer experience. If you are a pre-med student, medical student, these placements offer an international learning ground where you can not only view healthcare in practice, but healthcare as practiced by professionals in a different country. Volunteers without experience but who have an interest or desire to work in the health sector can also fully participate in this program. These medical programs are amongst the best in the world in terms of offering insight, knowledge and practical first-hand experience of healthcare and medicine in relation to developing countries.

Responsibilities & Qualifications:

Medical students and qualified health professionals are very welcome as volunteers on our health program, but, if you do not have any experience or qualifications in this area you may still apply as there is a need for auxiliary workers too. Medical and healthcare volunteers will have the opportunity to be involved in the daily procedures of large or small public medical centers (depending on their education, skills, experience, and qualifications) observing and providing various sorts of assistance to existing doctors and nurses in different medical fields. Moreover, volunteers may also provide much-needed assistance in various health "camps," distribute medication, administration of vaccines, provide tips to patients regarding proper health, nutrition, personal hygiene, sanitation, collaborate with the medical social workers, collaborate in prevention campaigns, planning family as well as providing general counsel to in-need Ecuadorians. In our healthcare-medical/nursing project volunteers can work in rotation at different areas such as emergency service, general medicine, maternal health, pediatrician, dentistry, surgery, therapy, etc. enabling them to have a broad and varied experience of different medicine and healthcare departments. Volunteers will shadow the doctors and other medical staff in order to gain an understanding of the daily practice of medicine in Ecuador.

VETERINARY MEDICINE PROGRAM

Location: Quito (capital city of Ecuador)

Our veterinary medicine volunteer program in Ecuador is designed to provide a fun learning experience for anyone who has an interest in animals and has a career goal in the veterinary profession. This program provides a unique opportunity for international veterinary medicine volunteer work abroad, a chance to learn about animals and veterinary medicine in general and specifically about the practice in Ecuador. Your experience within one of our centers working with wild or domestic animals and with

large or small animals or within a small veterinary clinic working with small animals in Ecuador will be a unique eye-opening, hands-on, mind-enriching experience of a lifetime in veterinary medicine where you will work side by side with highly qualified host country Veterinarians. Placements are suitable for anyone interested in volunteering abroad. Our veterinary medicine program is available for college, under graduate and recent graduate students taking a gap year or career break or for those professional anxious in sharing their professional knowledge, experience and expertise. If you have a passion for working with animals, either in the field of veterinary medicine or in a more general animal care-oriented role, then our voluntary project is a perfect way for you to gain some knowledge and put your skills into practice in a developing world.

Responsibilities & Qualifications:

Volunteers will be involved in the daily duties of the veterinarian centers, NGOs or zoos and will be working side by side with the regular staff in animal healthcare issues. Due to the nature of shelter medicine, the exact activities will vary by season. Volunteers will help and be involved in the following duties:

- **Assistance:** volunteers will be assisting with patients in filling and keeping animal records, preparation for and recovery from surgery, handling medicines, diagnostics and administering treatments for diseases of pets, etc.
- **Veterinary Surgery:** Surgeries at our local spay/neuter clinics of dogs and cats and veterinary department of zoos. Inexperienced vet volunteers will participate in surgical pack sterilization while experienced vets will perform surgery, under the supervision and assistance of licensed host country veterinarians.
- Immunizations for parasite management and nutrition supplements.
- **Vaccinations:** Vaccinations of livestock.
- **Laboratory Work:** Assisting with animal exams, post-mortems, and meat inspections.

This program is an ideal opportunity for animal and veterinary loving volunteers. Everyone can help and make a real difference in the health of animals. There are no specific qualifications required. Our program is open for students and professional of veterinary or anyone who has passion for welfare of animals. Basic knowledge of Spanish as minimum and good physical shape/health is recommend.



CONSTRUCTION & DEVELOPMENT PROGRAM

Location: Puerto Lopez

Many Ecuadorian families live in substandard, overcrowded, poorly constructed homes, which are barely maintaining its structural integrity, resulting in very unsafe and unsanitary living conditions. With your help, more deserving families can have decent places to call home. Our objectives are to help Ecuadorian families benefit from the availability of existent housing programs. This volunteer program in Ecuador is ideal for volunteers interested in construction and building, modernizing homes, or simply helping people and their families to live in safer and comfortable conditions. If you are looking for a rewarding experience to provide decent housing for a family in need, people from all over the world are welcome to join us to build simple, decent and affordable houses, working in partnership with the community, local authorities, etc. As a volunteer in the construction program you will work as part of a volunteer team. Often you'll also work alongside villagers, learning about traditional methods of building and working. Our infrastructure and construction volunteering also offer you the opportunity of being involved in the construction of houses, school buildings, parks, libraries, community buildings, bridges and so on. Help to build, rebuild or renovate homes, school or bridges in rural and poorest areas of Ecuador. This is an immensely rewarding volunteer program.

Responsibilities & Qualifications:

Volunteers in this project will help digging, mixing sand and cement, carrying rocks, sand and bricks, repairing fences, roofs or cabins, assist and support in the construction of water pipes, toilet building, houses, painting, renovating, gardening, removing dirt, cleaning carrying bricks, blocks or bamboo, mixing cement, plastering, etc.

Volunteers interested in joining in our building work or construction work volunteer program in Ecuador should have a basic knowledge of Spanish language and good physical shape/health in order to effectively work in our project. An open mindedness, flexibility and a basic knowledge of Spanish are required.

ELDERLY CARE PROGRAM

Location: Quito, Ambato, Latacunga, Otavalo, Ibarra and Cuenca.

This elderly program is aimed to assist elderly care centers which provide home and shelter to elderly people who have been abandoned living and begging on the streets, selling cigarettes and snacks and are homeless and also for others who have families with special needs including mental problems or come from low income or underserved populations. The main goal of the home is to provide the elderly with a place where they are able to receive the care and attention they need and to enjoy their daily lives. These centers provide a loving home to more than 65 old people each one. They are able to live together and enjoy a sense of community. Caring volunteers are needed to help at these residences for the elderly. These centers severely need more helping hands to keep a

constant eye on these needy people. Volunteers will help by reading, cooking, serving, creating fun games and playing with them, doing exercises, taking a walk with them, massaging, helping to feed, teaching bakery, handcrafts etc. If volunteers possess the necessary skills, they can administer physiotherapy to the needy elderly men and women. Volunteers are also expected to assist in various administrative tasks. These elderly centers offer a fun opportunity to socialize with international friends. Senior citizens are grateful for this companionship and attention provided by volunteers because it made them feel important and special. If you have a love and compassion, for the old people and want to make a meaningful contribution by making their life worth living, then this project needs the helping hands of volunteers like you.

Responsibilities & Qualifications:

As a volunteer you will be able to make a real difference and impact in the lives of elderly people. Volunteers are welcome to collaborate in daily tasks such as:

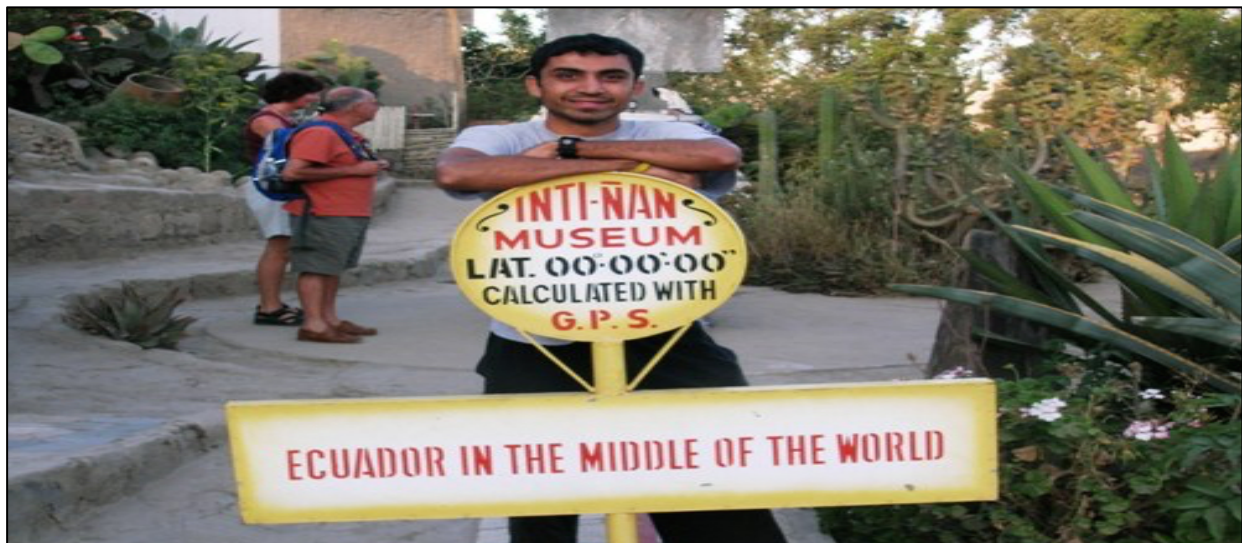
- Caring for the elderly people and offering them companionship.
- Help in preparing the menus for the elderly people.
- If any of the volunteers are psychologists or physical therapist their main activity would be to help out in that area.
- Organizing cultural activities and sports that will help their physical development.
- Develop arts and craft projects with the elderly people.

No specific qualifications are required to join our elderly care project. However, interested individuals should have a passion and eagerness to help underprivileged elderly people. Volunteers should have a basic understanding of the Spanish language in order to effectively work within these elderly care centers. Participants should also be flexible, adaptable, and open to experiencing a new culture.

LAW & LEGAL AID WORK PROGRAMS

Location: Quito, Ambato, Latacunga, Otavalo, Ibarra, Puerto Lopez and Cuenca

If you are a law student or a young professional and are looking for a volunteer attorney opportunity where to gain international practical experience, then you are welcome to participate in our Law / Legal Aid Volunteer Work Program. Law students and volunteer attorneys are welcome to collaborate in a wide range of legal aid service focused to help and defend low income Ecuadorian society. Our volunteer program offers you a great opportunity to participate and be involved in legal projects (child abuse, intra-familial violence, domestic violence, police abuse, paternity cases, mediation cases, divorces, etc.) established by public institutions or NGOs focused to provide legal assistance and Legal Aid Attorneys. Volunteers are an important part in the work these institutions do in legal aid issues in order to make a real contribution and difference in the lives of the Ecuadorian society.



MICRO CREDIT FINANCE PROGRAMS

Location: Quito, Ambato, Latacunga, Otavalo, Ibarra and Cuenca.

The economic crisis of the late 1990s affected almost everyone in Ecuador. With the lack of fixed income sources, Ecuadorian communities have started to work to find alternative sources of income for community members. Today approximately 40% of Ecuadorians still live below the poverty line. This opportunity provides you the scope and chance to work closely through microcredit groups and organizations, on livelihood issues resulting from acute poverty and vulnerable among community members. Micro-credit or micro lending is a technique that organizations use to assist the poor and underprivileged community members to start or expand a business. Microfinance organizations or community microfinance institutions in Ecuador offer savings and loan services to individuals and groups whom may not have access to traditional banking, the opportunity to access to capitals which can be used to invest in income generating activities. The main purpose of the microcredit scheme is to provide small value loans to members of Ecuadorian communities, who would otherwise be unable to qualify for a loan, in order for them to start businesses and work their way out of poverty. The recipients of the loan use the money for such things as tools and materials with which they can make a living. Once income starts to be generated, the loan is paid back at a very low rate of interest. As a volunteer, you will be working in one of these microfinance banks, cooperatives, or communities microfinance institutions assisting with accounting, administration and daily activities. You will ensure the smooth running of the bank's activities and if you have any financial, accounting or management expertise, this will be highly beneficial although not essential.

Responsibilities & Qualifications:

You can contribute with your abilities on a series of sustainability measures like:

- Assist a program that provides credit assistance for self-help savings, bank policies for the

- poor, and revolving funds for people in need.
- Help to coordinate meetings and trainings for self-help groups, which help poor communities, build savings, credit and form linkages with banks.
- Empower communities by helping to create village self-help groups in which they independently develop financial institutions that manage profit-making programs.
- Create workshops and introduce the idea of micro-credits and micro-finance.
- Together with local beneficiaries elaborate business plans and facilitate access to micro-credit.
- Providing administrative support.

Previous experience in the field of micro credit, microfinance, or community-based work is desirable and helpful but not mandatory. However, participants in this project must speak Spanish at an intermediate level or higher and be prepared to live and work in a Spanish-speaking environment. Participants should also be flexible, adaptable, and open to experiencing a new culture.

Please Note: Most of these projects are ongoing year round and start every Monday so volunteers should plan accordingly so that they arrive 1 or 2 days before the start date of their program.

GROUP PROJECTS

We offer meaningful and exciting group volunteer programs for high schools, colleges and university students, families, friends, youth groups, members of a club and employees from a particular company, or any other type of group who would like to spend time together at a volunteer activity in Ecuador. If the purpose of your trip is experiential education, service learning, community service, cultural exposure, language advancement or just a unique group experience, then this is the perfect destination for you. Our group volunteer programs combine meaningful community service with exciting adventure and/or cultural activities. We work with community groups, community and environmental NGOs, educational centers, corporations and others to design a trip tailored to your group's specific vision. We take care of the logistics so you can focus on the experience. This is a rewarding experience as our group volunteer programs are custom tailored to meet both the group's interests (humanitarian and educational fulfillment) and the needs of the projects. In this way we ensure that all parties involved will gain a positive overall experience. Our group volunteer programs offer complete flexibility and you can choose when to go and how long to go for. They are designed to be safe, affordable and offer a great experience to the volunteers.



GAP YEAR SPECIAL PROJECTS

A Gap Year is a period of time when students take a break from formal education to do something that provides learning and personal growth opportunities through travel, volunteer, internship, language study or work. A gap year is typically a twelve month break from study taken by some students between high school graduation and starting college, during college, or between college and starting graduate school or career in order to gain a meaningful experience and valuable life skills. We organize unique gap year volunteer programs combined with fantastic adventure excursions, cultural activities and homestay for high school, college and university students across Ecuador in South America. Besides, our gap year program gives you the opportunity to study and learn the Spanish language or improve your Spanish skills. We work with individuals and groups of all ages to tailor a combination of programs that match interests, needs and goals. Our gap year program can last for several weeks, a semester, or up to 1 year. You are welcome to volunteer in Ecuador and get involved during your gap year in an inspiring range of community service and environmental programs. This special project provides a great opportunity to put your time into a meaningful and rewarding volunteer program. As a volunteer, you could be working in a childcare center, healthcare center, animal care center, national park, elementary or secondary school, veterinary center, etc. This is a perfect way for you to spend your energy, enthusiasm and good will and put it in a program that is designed to help improve the lives of those less fortunate.

HERE ARE THE STEPS TO COMPLETE OUR ENROLLMENT PROCESS

Step 1) - Review this information package and decide which country you want to volunteer in and what program you are most interested to volunteer on. Once you have

done that, please fill out the online application form available on our website and click submit. Please make sure to include the necessary required information.

Step 2) Once we receive the application form, we will send you a temporary confirmation for your desired program. If you need to make any changes, please feel free to email us and let us know. If we do not receive any further correspondence from you, we will send you the program fee payment request via Paypal within 3 business days.

Please note: *A \$225 CAD one-time registration/enrollment fee will also be added to your program fee.*

Step 3) - When we receive confirmation that your program fee has been paid, you will receive a confirmation email from us. In this email, there will be a waiver/release form that will be required to fill out and send back to us at your earliest convenience. You are also encouraged to book your flights at this time. Once you have done so, please send us a copy of your flight itinerary so that airport pickup/transfer (if available) can be arranged for you upon arrival.

Step 4) - After we receive your waiver/release form, we will confirm your placement on the program and detailed program specific information will be provided to you at this point.

IMPORTANT INFORMATION

Our enrolment and registration process begins by applying online. Once you have filled out and submitted the online application form, you will receive a confirmation email. To continue on in our enrolment process, all volunteers will be required to pay a Registration Fee of \$225 CAD, which will be added to the Program Fee. This fee helps to cover the administration and processing costs. Once we receive your payment, we will send you a confirmation email with the program details and encourage you to book your flight at that time. Our team will be readily available to correspond with you and answer any questions you might have from the time you apply until you reach the project. If you have any further questions or concerns please don't hesitate to contact us at:

info@vwbinternational.org

OUR PROGRAM FEES INCLUDE THE FOLLOWING:

- **Registration Fee** - (refundable if you choose not to go), ongoing support from VWB staff, program marketing costs, information pack, administration costs, travel costs to develop and ongoing costs to sustain programs and communication costs with volunteers.

- **Program Fee** – orientation, program supervision, accommodation and meals during volunteer program period, in-country 24/7 volunteer support and in-country administration costs., in country 24/7 volunteer support and in country administration costs.

WHAT ADDITIONAL COSTS WILL I HAVE?

- Visa, flights, travel insurance (mandatory), immunizations / vaccinations, in country trips or tours, transfer to other areas of the country, and spending money. Private rooms are cheaper per person if two friends or a couple share the room.



During this entire process, we will always be available to correspond with you to answer any other questions you might have from now until you reach the program. Thank you for choosing Volunteers Without Borders.

We can assure you that you've come to the right place!