

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 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.”

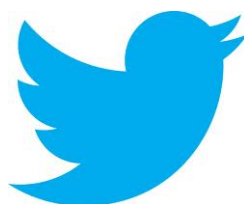
~ Kevin Francis

President & Founder of VWB



Website:
Email:

www.vwbinternational.org
info@vwbinternational.org





PERU



Peru is a very popular country to travel within South America and has been for decades now. Every year, millions of tourists flock to the ancient Incan capital of Cuzco and take the train or walk the trails to get their chance to view the lost city of Machu Picchu. Along with these incredible sights, this country also boasts majestic landscapes along the Andes mountain ranges and spectacular scenery; including Lake Titicaca, which is the world's highest navigable lake. The challenges facing this country involves harsh exploitation of mineral resources which cause high levels of pollution, uses up scarce water supplies and fails to uplift the local people struggling to survive in their daily life of poverty. Indigenous groups in the Amazon and Andean mountain regions argue that the mines, dams and oil fields are destroying their ancestral lands and they are demanding recognition and protection over these areas. Over the last decade and a half, Peru has become one the world's largest producer of coca leaf, and now rivals Colombia for cocaine production. According to reports in 2009, drug trafficking made a major contribution to the economy and accounted for nearly 17% of the country's GDP. Environmentalists are concerned about the impact coca growing and cocaine production is having on the rainforests, both because of deforestation and the dumping of the chemicals involved in the drug's manufacture.

We offer plenty of opportunities for you to become involved. As a volunteer, you can provide one of the greatest gifts to the people in this country, which is Education. It is believed that Education alone cannot eliminate poverty but is one of the greatest contributors to it. As a volunteer, you will be given an opportunity to make a difference to the lives of others and in doing so, the people you will work with will also make a difference in yours. The programs we offer are designed to provide an ethical volunteering experience whereby volunteers will not only share their skills but will also learn about the local communities getting to know the people and their culture. We are actively looking for enthusiastic and empathic volunteers who want to experience community life while getting involved to make a difference with local projects, which are designed to help the most vulnerable children in Peru. If you venture to this foreign land the rewards will pay off instantly and your experience in the country will leave you wanting more. We recommend spending an extra week or two, either before or after your placement, to take in the sights and also to walk along some of the famous hiking trails that span throughout the Andes mountain ranges.

Transport

The easiest way to reach this country is to fly into Lima, which is the Capital city of Peru. Transportation will be arranged at the airport for you upon arrival.

Currency Advice

The local currency accepted in Peru is **Peruvian Nuevo Sol (PEN)** but USD is also accepted in many places. Credit cards are not always accepted in some areas. 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. Euros are accepted.

Travel Document Information

To enter Peru, a valid passport and entry visa will be provided. Most nationalities can obtain a visa upon arrival at the airport. Please check with a travel expert from your country for any additional specific requirements. A 90-day visa upon arrival will be issued and there is no cost associated with this. At this point, this is no option to renew the Peruvian visa.

Communication

As like most of the world, mobile phones have taken over and having an international unlocked phone and a Peruvian SIM card is necessary if you wish to use your phone here. SIM cards can be purchased and registered easily in most areas. Internet access is also available in most densely populated areas.

Dangers and Annoyances

Peru is in general a safe, hassle-free country. 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 tourist areas like Cusco, touts and flycatchers can be seen, especially around bus stations and budget tourist hotels. 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. 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

Unless your intestines are well accustomed to South America, don't drink water from the tap that hasn't been boiled, filtered or chemically disinfected (such as with iodine tablets). Also avoid drinking from streams, rivers and lakes unless you've purified the water first.

Cultural Awareness

Peru is a very interesting, exciting, beautiful and scenic country, but the majority of the population does not speak the English language. 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 mid-riff covered (and in some cases, your shoulders). Some practices in Indonesia are very different to what volunteers may be used to at home. Visitors to Peru 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.**

WILDLIFE RESEARCH & NATURE CONSERVATION PROGRAMS

VARIOUS UNIQUE COMMUNITY ENGAGEMENT PROGRAMS IN THE AMAZON RAINFOREST



Location: various regions across the country depending on the type of program

These programs were designed to build a world where nature conservation and sustainability thinking are cornerstones of a society's development and well-being, resulting in a healthy and prosperous Planet Earth for everyone. The goal and aim of these programs are to identify and implement long lasting methods to conserve Peru's biological and cultural diversity while contributing to the improvement of people's lives. Our programs are focused on scientific research; environmental education; green business development; collaborative engagement with local communities, companies, government institutions and donors; as well as skills training and team-building among the young, advocacy and information sharing. Become a volunteer, intern, thesis researcher, ecotourist, photographer, filmmaker, educator or sponsor. Our teams are active throughout the year in lowland rainforest and upland cloud forest in the Amazon Basin, ranging far through forest and mixed-habitat landscapes, collecting and interpreting data on the status of wildlife and threats in order to understand how wild nature works, how nature responds to human activities, and how best to protect the most vulnerable habitats and species. As a volunteer or intern, you will get a unique opportunity to learn about the challenges that local people face and how they are pulling together to meet and overcome their environmental and economic problems. If you venture to these foreign lands, you will come away with a new set of skills and experiences, valuable knowledge, fabulous memories, friendships and contacts that may last a lifetime, and a strong feeling of accomplishment having contributed to conserving tropical nature and bettering lives. We encourage you to explore the various different programs we offer below:

BIRD RESEARCH & CONSERVATION PROGRAM

Assist our lowland Amazon rainforest bird research team as a volunteer or intern and experience life as an avifauna conservation biologist in the humid tropics. Learn field techniques for surveying forest understory bird diversity, population abundance, and community assemblage. These techniques include mist netting, bird banding and ringing,

unbounded point counts, mixed-species flock follows, and much more besides. Volunteers will learn the basic techniques from our international team of avifauna experts. Intern candidates will learn in much more detail all aspects of the field techniques used, including the important molt cycle analysis process for ageing birds, as well as special visual and auditory techniques for species identification, data processing and analysis, and mapping. Interns also have the chance to lead their own personal research project on birds, for dissertation, thesis or independent publication purposes.

CLOUD FOREST WILDLIFE PROGRAM

As a volunteer or intern, you will assist our team in the Quellomayo area of the Vilcanota River valley, located in the Cusco region within the Buffer Zone of the Machu Picchu Sanctuary, with a broad mix of research activities relating to birds, mammals, amphibians, reptiles, insects and plants. You will need to be fit and energetic to make the most of assisting this team, as the terrain is hilly and even mountainous in places, requiring the team to climb up and down steep slopes and through cold mountain streams as they sample wildlife using transects, plots, mist-nets, and so forth. Fieldwork takes place at altitudes ranging from 1,300 to 3,000 metres above sea level.

PHOTOGRAPHY TEAM PROGRAM

As an amateur or professional photographer; during your internship (1-3 months), you will visit some of the most remote, fascinating and largely unspoiled parts of the Peruvian Amazon rainforest. Photography has now become an important component in many of our projects, as a way for us to answer certain biological questions, to better communicate what our field teams are trying so hard to achieve, as well as to illustrate our research, education, community development, and ultimately our biodiversity conservation outcomes for the benefit of policy makers, our donors, and our followers. With field leadership from professional photographers we can provide the necessary skills training for those people who may be unfamiliar with the photography techniques that work in this awesome if challenging environment. In parallel to providing our field teams in the Amazon with the imagery that they require, photography interns are free to collect imagery for their own portfolios.

AMPHIBIAN & REPTILE RESEARCH PROGRAM

Assist our lowland rainforest Herpetofauna Research Team and live the life of an amphibian and reptile biologist in the humid tropics. Learn field techniques for studying rainforest amphibian and reptile diversity, population dynamics, and community assemblage, such as line transects in forest habitats, quadrat or plot counts, pit fall traps with drift fences, river and lake-side counts from boats, mark-release-recapture methods based on Passive Integrated Transponder (PIT) systems, and intensive searches of micro-habitats, including of course grimy swamps and log jammed streams. Volunteers will learn the basic survey techniques from our team of herpetology specialists. Successful

intern candidates will learn in much more detail all aspects of the field research we undertake, including intensive training in proper snake, caiman, and amphibian handling techniques (venomous snakes however are not handled by non-specialists), snake identification via scale counts and color patterns, amphibian identification via calls, using PIT systems to determine movement patterns of reptiles, and data processing, analysis and mapping. Interns also have the chance to lead their own mini research project on amphibians and reptiles, for dissertation, thesis or personal publication purposes.

BOTANY RESEARCH TEAM

Assist our Botany Research Team as a volunteer or intern with multiple tasks related to understanding the taxonomic diversity, abundance and community assemblage of 30 keystone tree species using plot and transect-based methods, including data analysis and interpretation techniques. All of the fauna monitoring teams require good quality botanical and forest structure information in order to help them understand the variables that affect fauna diversity and abundance within and between sites. In addition, we are very interested in monitoring the population status of large, canopy emergent trees at all our sites due to their local ecological importance in terms of fruit production, leaf fall, air temperature regulators, homes to many tree-dwelling animals and epiphytes, and also as immense stores of carbon. Our objectives are therefore to use standard plot-based census techniques to study the diversity, density, size class structure, phenology (flowering, fruiting, leaf fall, etc.) and distribution of trees within and between sites, including the recording of GPS location of large trees for future monitoring using satellite imagery. Some trees are also permanently marked using aluminum tags. In addition, the Botany Team is called upon to get intimately involved with any tree planting projects that our field partners undertake from time to time.

MAMMAL RESEARCH & CONSERVATION PROGRAM

Assist our Mammal Research Team as a volunteer or intern and learn to undertake camera trap, line transect, track based, and home range studies of terrestrial and arboreal mammals, including the techniques we use to identify the 50 species of medium to large sized mammals that we are interested in monitoring, and the skills required to process, analyse, map and interpret the field data collected. Interns also have the chance to lead their own mini-research project on mammals, for dissertation, thesis or personal publication purposes. Our mammal research team is tasked with establishing detailed baselines of information on the diversity and abundance of species at field sites using robust sampling methods; and then to periodically monitor these variables in conjunction with the environmental and human-related factors that can help explain the patterns in diversity and abundance observed over time within and between sites. These factors include habitat characteristics, climate, human activities (with an emphasis on threats), and the status of predators, prey, and parasites.

ANIMAL RESCUE PROGRAM

Volunteer on the Animal Rescue Team and help injured, abandoned, and initially depressed wild animals that have been found or confiscated, back on their feet and onto the path to recovery and reintroduction back into the forest where they belong. You will be taught to safely handle many species, help feed them, keep their enclosures clean and free of parasites, assist the resident vets with their rounds, and help plan and execute the safe reintroduction of animals back into their native habitat, and in some cases monitoring movement patterns of released individuals (having previously placed temporary locators on them). We have teamed up with two other non-profits in order to help deal with the growing problem of wild animals that have been found abandoned, injured, or confiscated by the local authorities because they were being abused or were being illegally trafficked out of the region to fuel the international trade in exotic pets. Together, our objectives are to improve the facilities and processes at animal rescue centers to allow safe and humane care to be given to wild animals brought to these centers; to rehabilitate the animals; to reintroduce those animals that are fit enough to be sent back into the wild (and to find permanent homes for those that cannot); and to educate local people regarding the plight of these wild animals, especially those species that are being trafficked or held as pets in unfavourable conditions in the hope that this will help stem the flow of animals towards these rescue centers.

COMMUNITY ENGAGEMENT TEAM

As an intern for a period of at least one month, you will assist our Community Engagement and Development team with community and green business development activities, including basic village infrastructure projects (schools, health post, clean water systems and waste management, signage, etc.), reviewing non-timber forest product extraction plans, agroforestry work, environmental education, market research, and so forth.

FOREST RANGER TEAM PROGRAM

As an intern (1-4 months), you will join our Forest Ranger Team and will play an important role in patrolling the boundaries of forest reserves, collecting data on potential and actual threats to the trees and wildlife within these reserves, liaising with local communities, other land owners, and government officials such as the ecological police. The rainforest of south-eastern Peru holds more biological diversity than almost any other region on our planet. We take our workshop participants from pristine lowland rainforest where biological diversity is at its most brilliant, along the controversial Interoceanic Highway to see some of the most devastating deforestation on Earth, and finally through the cloud forest to Machu Picchu to experience the highest and most spectacular altitudes of the Amazon and the breathtaking ancient ruins which lie within. The main focus of the tour will be the Amazon Basin where our participants can enjoy the unique opportunity of working alongside our partner's projects in Tambopata, which

offer the chance to get up close and personal with a number of colourful rainforest species. The trip will end with a spectacular trek (or equally 'breathtaking' train and bus ride) to the World famous Inca ruins of Machu Picchu.

MEDICINAL PLANT RESEARCH & EDUCATION PROGRAM

As a volunteer or intern on the Medicinal Plant Team, you will get an opportunity to visit several native communities in the Madre de Dios region of Peru and assist the team with collecting information, imagery and video concerning community-use of medicinal plants, as guided by a plan developed in conjunction with the communities we work with. Having liaised and discussed with a number of native communities to identify solutions to some of the issues they face, one important activity identified was to help them document existing use of medicinal plants, how and why plant use varied both within and between communities, and to use this information and associated imagery to develop educational materials for the younger generations of the communities (who have had less exposure to medicinal plant use) and for short-term visitors such as local university students and ecotourists - which are welcome at some locations. One of the main objectives is to develop a set of photo guides (one per community) to assist the identification of medicinal plants, with text describing usage in various languages (Yine, Amahuaca, Ese'ejá, Spanish, English), with originals and copies lodged with the respective participating communities.

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** – airport pickup/transfer (from Lima), orientation, training, program supervision, accommodation with meals, 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.



**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!