

# North Connaught Youth & Community Services



# Volunteering Abroad

## SLIGO YOUTH INFORMATION CENTRE

Rockwood Parade, Sligo

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*Opening Hours : 9.00 a.m. – 5.00 p.m. (Mon – Thurs)*

*9.00 a.m. – 4.30 p.m. (Friday)*

# Do's and Don'ts of Travelling Abroad

## Dos

**Leave a copy of your planned itinerary with family in Ireland in case they need to contact you in an emergency.**

### ***Be prepared***

- Ensure that you have the correct documentation: machinereadable passport, birth certificate, appropriate visa if required, i.e. work/student/residence visa.
- Do as much preparation as possible before you go, as it is vital to be as prepared as you can.
- Buy a return ticket so you can come home if things don't work out. Remember, if you are visiting the other countries you may not be admitted without a return ticket.
- Check out Irish Centres in your chosen destination - they will have information for newly arrived immigrants, which includes lists of employment agencies and companies.
- If possible check the Internet for possible vacancies and obtain copies of newspapers in countries you are travelling to.

### ***Bring relevant qualifications***

- Bring evidence of your qualifications - degrees/trade qualifications/ driver's licence.

### ***Bring sufficient funds***

- Make sure you can use your Irish bankcards in the where ever you are travelling to. If they have "Maestro" and/or "Cirrus" logo's they are required to work. Ask your nearest bank branch before you go.
- Ensure that you are financially stable and have enough money for rent/deposits, living expenses and for unplanned developments.
- Bring sufficient funds to support yourself until you find a job.
- Have enough money for a return ticket just in case it doesn't work out.

### ***Invest in travel and medical insurance***

- It is advisable to have travel and medical insurance. As the saying goes, “better safe than sorry!”.

### ***Have contacts***

- Ensure you bring the contact details for family and friends
- Ensure you have the contact details of your nearest Irish Immigration Center in order to link in with them if necessary.
- Bring any contacts you have on accommodation and prospective employers.

## **Don'ts**

### ***Don't carry a lot of cash***

- Try to avoid carrying large amounts of cash
- Try to use credit cards, ATM cards and travellers' cheques, which are much safer.

### ***Don't travel without:***

- The appropriate documents-severe penalties may apply. These penalties may include a possible jail sentence and deportation.
- A visa - do not work without a valid visa as deportation could result.

### ***Don't forget:***

- To give yourself time - it takes time to adjust. Be patient with yourself
- To try to learn the language and system and study the culture of destination country.
- Don't forget that things are different in other countries than in Ireland. and adapting to a new system is an essential part of living in a new environment.
- Be confident in your own skills and education

# Volunteering

## Placement options

Your placement will be influenced by your skills, education, experiences and preferences as well as accounting to the needs of the project at the time. Each project will have a mix of participants from many countries who will arrive as a group. The group work and organise activities for their leisure time together.

**Choosing a Project** – There are different categories of type of work/focus of projects. Volunteers need to look at the **type of work** as well as **where** the project takes place. Also consider **study theme** of project and **language** of country. Most projects are through English.

**Age** – Volunteers must be over 18 years. There is no upper age limit.

**Before You Go** – Preparation Workshops are held before departure to help prepare volunteers for the experience on the project. This includes practical advice and information on travel, money, insurance, what to bring etc. It also covers guidelines for participation, and benefits of volunteering in the role.

## How much will it cost?

**8 Weeks for €900 , 12 weeks for €1300, 16 weeks for €1500 Approx**

**Food & Accomodation** – Food & Accomodation are provided free of charge during the project. The group will share the tasks of cooking and cleaning on a rota basis. Accomodation and washing facilities are is usually basic.

**Passport** - Valid up to date passport. Bring photocopy/scan of it with you in case you lose it.

**Visa** – Check if visa needed for country you are travelling to and allow for a few weeks to process your visa application etc. Volunteers are responsible for obtaining their own visa. Host organizations will send a letter of invitation etc to support your visa application if necessary.

**What to Bring** – lots of enthusiasm and energy sleeping bag, work clothes, gloves, work boots, playing cards, chess sets, musical instruments etc

**Insurance** – must have full travel, accident and medical cover for all eventualities EU citizens should take a European Health Insurance Card (EHIC).

**Getting there** – Volunteers must organise and pay for their own travel arrangements to and from the project after they have been accepted on a project.

## **Volunteers with children, young people and vulnerable adults** –

Usually need to provide two references an self-signed declaration Form confirming the absence of a criminal record. Some projects require police checks.

**Language requirements** – Certain projects have a language requirement which will be specified in the camp descriptions otherwise they use English.



[www.volunteer.ie](http://www.volunteer.ie) - **IRISH** Volunteer centres & Organisations locally and nationally in **Ireland**

[www.suas.ie](http://www.suas.ie) - **IRISH** Suas Educational Development, 14 St Stephen's Green, Dublin 2, **Ireland**

[www.volunteeringireland.ie](http://www.volunteeringireland.ie) – **IRISH** National Volunteering Development Agency

[www.usit.ie](http://www.usit.ie) (Volunteer Travel abroad for 18+years– Tel: 01 6021600)

[www.bunac.org](http://www.bunac.org)

[www.volunteeringoptions.org](http://www.volunteeringoptions.org) - **Comhlámh's Volunteering Options** programme aimed at Irish people

<http://www.volunteerabroad.ie>

[www.i-to-i.com](http://www.i-to-i.com) (volunteer abroad opportunities, Gap Year Travel, TEFL Courses, internships)

[idealists.org](http://www.idealists.org) – **Database to find** volunteer opportunities, organizations, projects, programs etc

[www.gvi.co.uk](http://www.gvi.co.uk)

[www.blueventure.org](http://www.blueventure.org) researchers and volunteers who study all aspects of the marine ecosystem

[www.ecoteer.com](http://www.ecoteer.com)

[www.worktravelsa.org](http://www.worktravelsa.org)

[www.earthwatch.org](http://www.earthwatch.org)

[www.thepodsite.co.uk](http://www.thepodsite.co.uk) (1-4 week orphanage, teaching, animal care, conservation projects)

[www.ifrevolunteers.org](http://www.ifrevolunteers.org) (Help poor orphans in Asia, Africa and Latin America)

[www.VillageVolunteers.org](http://www.VillageVolunteers.org) (working in Kenya)

[www.uvolunteer.org](http://www.uvolunteer.org)

[www.teaching-abroad.co.uk](http://www.teaching-abroad.co.uk)

[www.rempart.com](http://www.rempart.com) (volunteer for resoration work with REMPART in France)

[www.workcamps-in-greece.over-blog.com](http://www.workcamps-in-greece.over-blog.com) (AGFAC – Greece works with handicapped young persons who face physical difficulties, accomodation and meals included)

[www.backdoorjobs.com](http://www.backdoorjobs.com) (short-term job adventures and volunteer and Intern jobs all over the world)

## **SUMMER LANGUAGE COURSES ABROAD**

[www.eilireland.org](http://www.eilireland.org) (learn a language, host family stays or volunteer work travel and learn for 16+years Contact: EIL Intercultural Learning in Cork Tel:021 4551535)

[www.tefl-jobs-abroad.com](http://www.tefl-jobs-abroad.com) -

[www.usit.ie](http://www.usit.ie)

[www.cantoria.it](http://www.cantoria.it) (Italian language school and restoration and conservation)

[www.apprendreetvivre.com](http://www.apprendreetvivre.com) (language school, France Tel:090 6438482)

*This listing is meant to highlight only a few programs and is by no means complete.*

### **AMERICAN-SCANDINAVIAN FOUNDATION - FINLAND**

Paid short-term and long-term training positions are available in Finland . Fields change from time to time, but often include teaching English as well as paid internships in areas related to international law and human rights; biology, biotechnology, ecology, and environmental science. Length of positions vary. From homepage, click on: Training programs > Americans to Scandinavia .

### **AU PAIR IN EUROPE**

Au Pair Europe offers *au pair* placements to both U.S. and Canadian citizens in countries such as Australia, Austria, Belgium, Bermuda, Denmark, Finland, France, Germany, Greece, Italy, the Netherlands, Norway, Spain, Sweden, Switzerland and the United Kingdom. Language proficiency may be required for some countries. Positions range in length of service and extended stays may be an option. For information, e-mail: [aupaireu@netaccess.on.ca](mailto:aupaireu@netaccess.on.ca)

### **BUNAC**

The British Universities North America Club (BUNAC) allows participants to experience short-term paid work in Australia, Britain, Canada, Ireland, or New Zealand. Participants find their own jobs and may work in any field, although most find work in the service industry (retail, restaurants, pubs, etc.). BUNAC's job resources. The program is open to U.S. citizens or legal residents ages 18-35 who are full-time students or graduating seniors, provided they begin the program within 6 months after graduation. Costs include a work permit fee, and students should be prepared to pay for costs incurred before receiving a first paycheck. Volunteer opportunities in Peru and South Africa are also available.

### **CDS INTERNATIONAL**

CDS offers training opportunities in Germany, Singapore, Switzerland, Argentina and Turkey ranging from 3-24 months in business/finance, marketing/PR, information technology, engineering, and other related fields. Every program consists of an internship component; some have academic or language training elements as well. CDS arranges placements and acquires appropriate work permits in addition to other logistical support. Depending upon program, knowledge of foreign language required and financial aid is available.

### **FRENCH MINISTRY OF EDUCATION**

The French Ministry of Education offers paid teaching assistantship positions to teach English in primary and secondary schools in France. Applicants must be American citizens, 20-30 years of age, graduates or undergraduates, majoring or minoring in French, or having a good working knowledge of French. Teaching appointments begin in October and last 6-7 months. Applications are available on-line in September and the priority deadline is mid-December (for the following October).

## **IAESTE: INTERNATIONAL ASSOCIATION FOR THE EXCHANGE OF STUDENTS FOR TECHNICAL EXPERIENCE**

IAESTE offers paid internships in over 30 countries in technical fields such as engineering, computer science, mathematics, natural/physical sciences, architecture, and agricultural science. Most placements last for 8-12 weeks over the summer, though fall and long-term programs are also available. Application deadline is January 1st.

## **INTEREXCHANGE**

InterExchange offers a variety of programs for both US and non-US citizens (summer and year-long) including: au pair/childcare, hotel and restaurant training, teaching, and international internships. Countries offered vary by program, but include choices such as Australia, Costa Rica, England, France, and Spain.

## **INTERNATIONAL COOPERATIVE EDUCATION (ICE)**

Join the hundreds of American college and university students who travel to Europe, Australia, Asia, and South America each summer to live and work in paid positions abroad. As an ICE program participant, you'll gain invaluable international work, culture, and language experience which you'll carry with you the rest of your life. Each working experience is unique and tailored to the student's interests, language ability and goals.

## **JET - JAPAN EXCHANGE AND TEACHING PROGRAM**

JET is a program is sponsored by the Japanese government. Positions are available as an Assistant Language Teacher (ALT), Coordinator for International Relations (CIR), or -- for non-U.S. citizens only -- Sports Exchange Advisor (SEA). The salary is sufficient to cover personal expenses for living in Japan, and round-trip air transportation is provided. Japanese language not required. Contracts are for one year with extensions available. [JETAA](#) is a web site set up for JET Alumni. JET-L is an e-mail listserv set up for the purpose of discussion between returned and prospective JET participants.

## **[Idealist.org](#) - List of countries with volunteering opportunities links, programmes**

### **Australia**

#### **[Volunteering Australia](#)**

GoVolunteer is Australia's first national volunteer recruitment website. The site allows Australian nonprofits to publicize their volunteer opportunities for free and also contains a sizeable database of volunteer positions currently available in Australia.

### **Canada**



## **Charity Village**

This is Canada's "super-site" for the nonprofit sector. You can search through the volunteer listings by type of position, organizational focus, and location. You can also access local volunteer centers in Canada.

## **CUSO**

A Canada-based international development and volunteer-sending organization, CUSO works with partner groups and individuals seeking to foster equality and freedom, safeguard cultures and communities, and protect the environment.

## **Volunteer Bureau of Montreal**

This is a good website for finding volunteer opportunities in Montreal. The site includes a lesson on volunteers' rights and responsibilities and information on volunteer fairs organized by the bureau.

## **Volunteer Canada**

Since 1977, Volunteer Canada has been the national voice for volunteerism in Canada, and is committed to supporting volunteerism and civic participation through ongoing programs and special projects. In English and French.

## **Czech Republic**

### **Hestia National Volunteer Center**

Hestia NVC strives to promote volunteerism in the Czech Republic and helps people find volunteer opportunities within the country and in Europe in general.

## **Denmark**

### **The Volunteer Centre in Denmark**

This quasi-governmental organization supports volunteerism in Denmark. The site is especially useful for those interested in culture, health, and environmentally-oriented volunteer opportunities.

## **Ecuador Fundación Creamos**

Fundación Creamos helps international volunteers find places in voluntary projects in Ecuador. It also arranges Spanish classes for a nominal fee.

## **France Centre d'Information sur le Volontariat International (CIVI)**

CIVI promotes international volunteerism to young people, helps candidates get in contact with organizations offering volunteer positions, and develops partnerships with schools and universities in order to improve international travel for youth 18 to 28 years of age. This website is entirely in French.

## **Espace Bénévolat**

The fruit of the collaboration of three associations using different tools of communication—the Paris Volunteer Center, Coeurs a lire, and Solidarinet—Espace Bénévolat seeks to help people get easy access to volunteer information and find the right volunteer opportunities.

## **Ireland**

### **Volunteering Ireland**

This site brings together 46 volunteer-driven organizations in the Republic of Ireland. It contains a wealth of practical advice on issues relating to volunteerism, as well as a frequently updated list of Irish organizations currently seeking volunteer participation.

## **Comhlamh Volunteering Options**

Primarily aimed at Irish volunteers, this site is part of an initiative to encourage responsible, responsive overseas volunteering.

### **Volunteer Development Agency of Ireland**

In addition to providing information about volunteering both in Northern Ireland and the Irish Republic, this portal has some pretty good tips on promoting volunteerism, fundraising, and working with governmental agencies. It is especially useful for managers.

## **Japan**

### **Tokyo Voluntary Action Center**

TVAC works with volunteer centers and nonprofits throughout the Tokyo metropolitan area to both organize and promote volunteering campaigns. For those seeking to volunteer in and around Tokyo, TVAC is a good place to begin searching.

## **Lebanon**

### **The Association for Volunteer Services**

AVS promotes and facilitates volunteerism and community service throughout Lebanon, and is one of the largest organizations of its kind in that country. This site contains information about current volunteer efforts as well as a directory of Lebanese charities, social service institutions and businesses which organize and support volunteer campaigns.

## **Nepal**

### **INFO Nepal – Volunteer Organization with Global Prospect**

INFO provides volunteers with customized programs that will enable them to make an important contribution to the people of Nepal, while gaining an in-depth encounter with Nepal's language and culture

## **New Zealand**

### **Volunteering New Zealand**

Volunteering New Zealand (VNZ) is an association of volunteer centers and national organizations with a strong commitment to volunteering. Established in 2001, their mission is to create an environment that supports, promotes, values, and encourages effective volunteering.

## **Senegal**

### **Sénévolu**

Sénévolu is dedicated to promoting community tourism in Senegal. With a cultural and a volunteer home stay program, volunteers and travelers contribute and become part of the community. Singapore

### **The National Volunteer & Philanthropy Centre (NVPC)**

The NVPC is the governmental agency promoting volunteerism and philanthropy in Singapore. This site is useful both for those seeking to organize a volunteer effort in Singapore and for those interested in joining existing campaigns, and is thus good for managers and individual volunteers

## **United Kingdom**

### **Do-it UK**

For young people looking to volunteer in the United Kingdom, this website is a good place to start. Do-it UK contains a database of volunteer opportunities with thousands of entries, and

positions can be sought out by region, area of interest, and length of time commitment.

### **Edinburgh Volunteer Center**

This volunteer center has hundreds of volunteering opportunities throughout Edinburgh, Scotland. You can use this website to search for voluntary work, or to find information on some of the issues around volunteering.

### **Institute for Volunteering Research**

The Institute for Volunteering Research aims to develop knowledge and understanding of volunteering in a way that is relevant to practitioners and policy makers. This site provides an overview of the work of the Institute as well as detailed summaries of research that it has undertaken.

### **Volunteering England**

Volunteering England works to promote volunteering as a powerful force for change, both for those who volunteer and for the wider community.

### **VolunteerScotland**

VolunteerScotland is the website of the volunteer centre network in Scotland designed for people who want to volunteer and people who want find out if volunteering is for them.

## **United States**

### **BoardnetUSA**

BoardnetUSA is an interactive website that connects nonprofit boards and individuals interested in serving on them.

### **Network for Good**

This U.S. portal lets you find volunteer opportunities that match your location and interests. Through the site, you can apply directly to work with the organizations that interest you.

### **SERVEnet.org**

SERVEnet is a program of Youth Service America (YSA), a resource center that partners with thousands of organizations committed to increasing the quality and quantity of volunteer opportunities for young people in the United States, ages 5 to 25, to serve locally, nationally, and globally. SERVENet has over 6,000 registered non-profit organizations, 35,000 service projects, and over 52,000,000 volunteer opportunities available.

### **USA Freedom Corps**

While the USA Freedom Corps is only a few years old, this federally-administered program is already one of the best places to find volunteer opportunities both in the United States and abroad.

### **The Volunteer Center**

The Volunteer Center has developed several resources that you can download free of charge to help with planning and implementing a successful volunteer program. Please note, these files are in Adobe PDF format and are viewable in your browser via the Adobe Acrobat Reader plug-in.

### **Volunteer Match**

VolunteerMatch is another great nonprofit, online service that helps interested volunteers get involved with community service organizations throughout the United States.

## **Africa**

### **VIA Africa Volunteer Network!**

This portal was the first of its kind in Africa. It is dedicated to linking potential volunteers with ongoing campaigns throughout South Africa and the rest of the African continent.

### **Volunteer Africa**

Volunteer Africa recruits and supports volunteers through internet-based resources. Other services on this site include information on volunteering in general and a directory of other volunteer organizations.

### **Europe**

#### **The European Volunteer Centre (CEV)**

The European Volunteer Centre (CEV) is a European umbrella association of 34 national and regional volunteer centers across Europe, that work together to support and promote voluntary activity. The members of CEV represent thousands of volunteer organizations, associations, and other voluntary and community groups at local, regional, and national levels.

## **ACCOMODATION**

*[www.youthinformation.com](http://www.youthinformation.com)*

*[www.studentaccommodation.org/student](http://www.studentaccommodation.org/student)*

[www.studentholidays.com](http://www.studentholidays.com)

Student hostels, budget hotels, cheap bed and breakfast accommodation for students. Europe

[www.studentflights.co.uk/hotel\\_accommodation](http://www.studentflights.co.uk/hotel_accommodation).

[www.HostelBeds.com/Europe](http://www.HostelBeds.com/Europe) Cheap Europe Hostels

[www.hostelseurope.com](http://www.hostelseurope.com)

[www.hostels.com/en/europe.html](http://www.hostels.com/en/europe.html)

[www.lonelyplanet.com](http://www.lonelyplanet.com)

[www.hostelbookers.com/hostels/western\\_europe](http://www.hostelbookers.com/hostels/western_europe)

[www.backpackingeurope.com](http://www.backpackingeurope.com)

[www.famoushostels.com](http://www.famoushostels.com)

[www.europeanhostels.com](http://www.europeanhostels.com)

**EmploymentRights.ie:** - Ireland's one stop shop for employment rights info.

# Sligo Youth Information Centre

## Rockwood Parade, Sligo

Offers a **FREE** and comprehensive range of services to young people and those who support them.

Information on such topics as:

- **Employment** – job opportunities at home and abroad, rights & entitlements, voluntary work, etc.
- **Education/Careers** – CV & cover letter assistance, interview techniques and skills, 3<sup>rd</sup> level courses in Ireland & Britain, adult education, distance learning, scholarship and grants, etc.
- **Travel** – summer jobs abroad, youth and student travel, work permits and visas, hostels,
- **Accommodation** – landlord/tenant rights, housing options, etc.
- Health – health services, diet, disease prevention, alcohol and other drugs, counselling services, etc.
- **Emigration** – to USA, Australia, Canada
- **Your Rights** – justice issues, legal rights, consumer rights, etc.
- **Your Activities** – local organisations, competitions/awards, etc.

We also offer an Outreach service to schools, youth & community groups, women's, groups, men's groups in the form of workshops, exhibitions, presentations, displays.

**Teen Between** – a listening, advice and support service for young people who are experiencing difficulties as a result of their parent's separation/divorce.

We also offer a secretarial service in the form of

- Typing – C.V.'s, business cards, birthday invitations, etc.
- Photocopying / Scanning – black & white and colour
- Laminating / Binding
- Acetates
- Faxing / Emailing
- Assistant with filling out application forms, compiling C.V.'s, mock interviews,
- INTERNET ACCESS

**Opening Hours Monday to Thursday 9.00am – 5.00pm**

***Monday to Friday***

***9.00am – 4.30pm***