



Volunteering Portfolio

2024



Discover local and global volunteering opportunities!

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UNSA Maastricht

UNSA Maastricht is a non-profit and interfaculty student association whose objective is to promote the United Nations' spirit to the students of Maastricht University. UNSA has a lot to offer to internationally-minded students, including lectures, debates, local and global volunteering, social events, workshops, the *Maastricht Diplomat* student journal, and the Model United Nations *EuroMUN* conference. All UNSA activities are organized by seven different committees: Delegations, Development, Events, EuroMUN, Journal, External Relations, and Marketing.



The Development Committee

The Development Committee, as one of the seven committees of UNSA, has the main responsibility of upholding and safeguarding the humanitarian aspect of the association. The committee's objective is to create opportunities for its members to deepen their knowledge of development work and to get active in this field. We enter into partnerships with non-profit organizations (NGOs) and collaborate on various projects, such as preparing volunteers to go abroad or even volunteering as a committee ourselves. Through Development, UNSA has managed to establish a global network of partners with whom we pursue developmental objectives.

As for volunteering, the Development Committee ensures that all volunteers are well-prepared for an intercultural and service-oriented summer. So far, UNSA has had the pleasure to send more than 150 volunteers to our local and global partners. The Development Committee aims to further increase this number by continuously increasing the number of sustainable volunteering opportunities every year.

As Development, we want our network to represent a diversity of development work by establishing and maintaining relationships with NGOs located in different countries and operating in different fields, including but not limited to: education, health, and sustainable development. At the same time, we want to expand collaborations with local associations in Maastricht to provide students with the opportunity to engage in local volunteering.



Volunteering with UNSA

As of the academic year 2022/2023, the Development Committee has adopted a set of ethical guidelines to which our partner NGOs must actively comply. These principles have been adapted from the World Association of Non-Governmental Organizations (WANGO)'s Code of Ethics and Conduct for NGOs.



Volunteering is a great way to get insights into the work of NGOs, and we are proud to be working with organizations located all over the world and operating in a variety of fields. We offer positions which include working on projects concerned with active citizenship and political education, local democracy, health and nutrition, women's empowerment, and the elderly. The variety of projects shows that there are many ways to get involved in development work and to contribute in a field of your personal interest.

It is important to note that, given our commitment to *sustainable* volunteering, we do *not* support "voluntourism": This means that we go great lengths to ensure that the organizations we work with do not make any profit out of volunteers and/or promote opportunities damaging to the community they target. Instead, we strive for cooperations that are beneficial for the NGO, the volunteer *and* the local communities for whom developmental projects are designed. Volunteers, therefore, need to have the right mindset and, above all, the right expectations. For this reason, our team members will guide you through the process of preparing for your stay abroad and provide you with information about the work, languages, visa requirements and difficulties you might encounter.

Application Procedure

How to apply?

- ✓ Choose a volunteering opportunity.
- ✓ Send a motivation letter (min. 1 page) and your CV to development@myunsa.org and put the email of the NGO contact person(s) in CC.
- ✓ Depending on your application we might invite you for an interview!



NGO Overview



Maastricht



MAASTRICHT

Envida

About Envida

Envida is a local foundation which connects centers providing day- and permanent care for the elderly, as well as care for those recovering from surgeries, strokes and other medical ailments. Volunteer activities may include socializing with elderly community members by grabbing coffee, chatting, dining or by participating on excursions. In order to volunteer, a degree of volunteering experience, as well as fluency in Dutch, is required.

Envida



Eva Franco



francoeva36@gmail.com



[@envida.nl](https://www.instagram.com/envida.nl)

MAASTRICHT

LEFTeam

About LEFTeam

LEFTeam is a local NGO based in Maastricht that works with young people (14-27) who have dropped out of school or feel lost. The NGO tries to support them in redirecting their lives by focusing on uncovering their interests. The NGO mainly organizes activities like project management, baking, catering, technology, ICT, marketing etc. Volunteering opportunities vary: You can make a difference by helping out at the office, support in skills training or serve as educational support.



Eva Franco



francoeva36@gmail.com



[@lefteam](https://www.instagram.com/lefteam)

MAASTRICHT

TapijnTuin

About TapijnTuin

TapijnTuin is located on the site of the former Tapijn Barracks where volunteers work on an organic city garden. TapijnTuin focuses on food, healthy living, sustainable food production and social cohesion. Concretely, TapijnTuin offers professional guidance on how to garden and how to handle sustainable food production and management. You get to help in informing visitors about the garden and will be training to give tour groups. Furthermore, TapijnTuin will offer you the opportunity to enjoy courses and workshops.



Eva Franco



francoeva36@gmail.com



[@tapijntuin_maastricht](https://www.instagram.com/tapijntuin_maastricht)



About Serve the City Maastricht

Serve the City Maastricht is a branch of the Serve the City organization and has been operating in Maastricht since 2015. Serve the City's mission is to connect people and to create opportunities for volunteers to get involved with their own city and create supportive networks throughout Maastricht. Serve the City works with civil society organizations such as care homes, living groups, refugee centers and other local groups. The NGO aims to extend its core values of humility, compassion, respect, courage, love and hope to create a warmer and more connected city.

Activities

To reach its goals, Serve the City organizes, among other events, the *Big Volunteer Day* once every month. This day offers you the opportunity to subscribe to one of many opportunities offered on the website.

Examples of possible volunteer opportunities include:

- ✓ Helping at the Beauty Salon
- ✓ Playing Sports and Games with Refugees
- ✓ Talking walks with the Elderly
- ✓ Volunteering at Local Farms
- ✓ Cooking Meals for Community Members
- ✓ Gardening and Painting

Requirements



Serve the City is looking for passionate volunteers who, with just a few hours during the day, can dedicate themselves to one of the many opportunities this NGO offers.



✓ Volunteers can join any volunteering opportunity promoted on the website or on social media pages.



Volunteering is free of charge. Lunch is often included.



The accessibility of Serve the City's volunteering opportunities grant you the freedom to choose which field fits your interests best! Fluency in Dutch is not required to participate.

Contact



Mathé de Leeuw



mathedeleeuw@gmail.com



@servethecitymaastricht



Refugee Project Maastricht



About Refugee Project Maastricht

When thinking about Refugee Project Maastricht (RPM), the word “community” comes to mind first. RPM has the goal of creating a safe space that allows everyone to be themselves: To feel welcome and respected, to exchange and to grow. RPM offers everyone, no matter whether student, refugee, faculty member or local, to have a home away from home. RPM’s vision for volunteering is guided by stepping away from top-down approaches, where volunteers “help” refugees, perpetuating white saviorism and social hierarchies. In its activities, RPM emphasizes the importance of inclusion and equity, with the opportunity for every community member to share skills and passions. This helps foster an environment where people with a refugee background are equally encouraged to assume leadership positions.

Activities

Home Program Guitar lessons, Movie nights, jam sessions, Mindful Art Sessions, Chess Club

Growth Program English, Dutch, Spanish and Arabic Language Cafés and classes (for different levels)

Kids Program Teenage Girls Club, Skateboarding, Kids Capoeira & Dance, Kids Football

Better Together Culture Café, Community events, Monthly hikes, Kids Birthdays

Sports Program Women’s Biking, Men’s Football, Women’s Dance, Bouldering

Voice Program Communications PR, Social Media & Advocacy




RPM in de Buurt Creating local networks of support in Maastricht neighborhoods

RPM Academy An educational & advocacy initiative

Requirements

-  Generally, everyone is welcomed to join the RPM community. However, volunteers need to be interested in refugees, migration issues and have to be sensitive to- and acceptant of different cultural backgrounds.
-  ✓ Volunteers need to be available for a minimum of half a year.
✓ Volunteers need to volunteer for an average of 4 hours a week.
-  Volunteering is free of charge.
-  * Volunteers are required to join other RPM events and follow volunteer trainings.

Contact

-  Hannah Hertzberg
-  hannah.hertzberg@gmx.de
-  @rpmaastricht



NGO Overview



Europe

A Drop in the Ocean



About A Drop in the Ocean

A Drop in the Ocean is an NGO aiming to improve the daily lives of displaced persons. They provide immediate support inside and outside refugee camps and advocate to increase the attention on the situation for people forced to flee their homes. ADITO distributes items such as food, clothes and hygiene products. Additionally, they provide non-formal education and activities to support psychosocial wellbeing and build a sense of community. Currently, ADITO works on the mainland and islands of Greece. More specifically, ADITO operates in the city of Athens, *Nea Kavala* refugee camp and *Alexandria* refugee camp in Northern Greece. Moreover, they are established inside and outside of the refugee camp *Kara Tepe* on the island of Lesbos.


Activities

ADITO ensures that the needs of displaced persons are met in a dignified manner through the following main programs:

- ✓ Non-Formal Education
- ✓ Integration Programs
- ✓ Community Empowerment Mobilization
- ✓ Humanitarian Aid

These programs contribute to a meaningful everyday life and future. They support displaced persons' educational development and encourage integration and professional development through language training and IT-courses. Through activities such as sports, arts and crafts, and different social spaces, ADITO promotes psychosocial wellbeing and contributes to a sense of community. Their aid program aims to meet camp residents' essential needs through dignified distributions of food, clothes, diapers and other items.

Requirements

-  ADITO requires volunteers who are professional, enthusiastic, respectful and are capable of effective communication with people speaking different languages.
- 
 - ✓ For internships, 8 weeks are required.
 - ✓ Nea Kavala Camp and Athens: 6 weeks minimum stay required.
 - ✓ Lesbos project: At least 4 weeks of stay required.
-  Costs depend on the program of allocation. ADITO can offer some (limited) financial assistance. Accommodation is not included.
-  The minimum age for volunteering is 23 and for internships 21. Exceptions can be made. Volunteering experience is required.

Contact

 Carolin Wagner

 caroleoniwagner@gmail.com

 @drapenihavet

Wave Thessaloniki



About Wave Thessaloniki

Wave Thessaloniki is a non-governmental organization located in Thessaloniki, Greece. Their main objective is to provide services to people on the move, regardless of their religion, origin, ethnicity or possession of documents. These services are mostly provided through the making and distribution of food.

Currently, Wave is expanding their help by, in addition to the aforementioned services, also providing showers, hygiene items, blankets, clothing, and even information as well as referrals to medical or legal organizations. According to Wave, some 19.558 hot meals and 12.209 pieces of cloth were served and distributed last year.

Activities

Volunteers interested in working with Wave will support the team in a variety of different tasks. These tasks can include the following:

- ✓ Assisting with cooking
- ✓ Cleaning outside
- ✓ Going to the Market
- ✓ Laundry services
- ✓ Buying fruit and vegetables from local markets
- ✓ Anti-food waste cooperation

It is important to point out that, as can be seen, activities usually do not incorporate work involving direct work with people. That is because this work should and can only be carried out by professionals.


Volunteers will spend most time in the Community Center where, after days of work, debriefs are held.

Requirements

-  Volunteers must be 18 years old, mature, highly motivated, have realistic expectations and be capable of physical work.
-  ✓ Volunteers are required to volunteer for at least one month.
-  Accommodations are not provided, but Wave does support volunteers with rental offers via WhatsApp groups.
-  Minimum age for volunteers is 18. A driver's licence is welcome too. Additionally, being capable of communicating proficiently in English is a minimum requirement. Speaking French, Farsi or Arabic is appreciated.

Contact

 Elias Weber am Bach

 e.weberambach@student.maastrichtuniversity.nl

 @wave.thessaloniki

Petits Frères des Pauvres



About Petits Frères des Pauvres

Les Petits Frères des Pauvres (PFDP), based in Paris, is an association combatting isolation and loneliness, especially for those most in need. Through their actions, they aim at creating links allowing the elderly to regain a taste for life and be part of the world around them. PFDP has been working around three main goals: Firstly, they raise awareness on how to create a kinder, more fraternal society. Secondly, PFDP mobilizes as many people as possible to act collectively by reaching out to *you* as a volunteer and give you the tools to do so. Lastly, Petits Frères des Pauvres works on accompanying the elderly by organizing visits, activities and, most importantly, showing them affection and kindness.






Activities

Les Petits Frères des Pauvres offers two distinct projects for volunteers :

- ✓ **Vacation trip with the Elderly** : In this project, you will be accompanying the elderly on a vacation trip lasting between 8 to 15 days and with a team of 5 to 15 volunteers. All costs, beside transportation, are covered by PFDP.
- ✓ **Home Visits** : In this project, for a duration of one or two months time, you will be assisting in home visits to the elderly whereby you provide care. Visits take place in Paris, Marseille or Toulouse between Mondays and Fridays. Accommodation and lunch is included, the rest is at your own expenses.

There is also a possibility of a volunteering opportunity in Guarana Caj, Mexico, with *Amigos de los Mayores*. For further information, please contact the contact persons to the right.

Requirements

-  Volunteers must be 18 years old, mature, highly motivated and have strong social (communication) abilities.
-  ✓ For the vacation trip, volunteers are required to participate for at least two weeks.
-  ✓ For the home visits and Mexico opportunity, one month of volunteering is required.
-  Accommodations are provided by PFDP. Other expenses are covered depending on the program.
-  * Volunteers need to speak French at a minimum of B2 level in order to participate.

Contact



Alexiane François Boone
Saskia Foulon



alexianefrancoisb@gmail.com
saskiafoulon22@gmail.com



@pfpauvres



NGO Overview



Asia

Another Perspective



About Another Perspective

Another Perspective (AP) is a newly founded NGO established by young individuals, passionate about spreading and sharing life experiences and lessons whilst hoping to shine another perspective to others. Another Perspective seeks young, inspiring people from Europe who seek to share their experiences and perspectives with the Lebanese youth.

By volunteering for Another Perspective, students can foster empowerment, shine light on new possibilities and alternatives and assist in unlocking the potential of the Lebanese youth. This is especially important in light of the current crisis ongoing in the country.

Activities

Currently, Another Perspective offers a three-month long program, with an opportunity to extend, for students who wish to gain new experiences and expand their network, but also for those who would like to inspire others and share their experiences. Another Perspective looks for volunteers in many sectors, such as:

- ✓ Communication Department
- ✓ Business Development Department
- ✓ Educational Department
- ✓ Finance Department

All volunteering opportunities are pursued on a *remote* basis. You are free to choose and apply for a position that suits your needs the most. Additionally, there are possibilities of an *Ambassador Program* through which you can be paired with a student in Lebanon and become their mentor.

Requirements

-  Another Perspective is looking for volunteers who are ambitious, professional and eager to share their experiences and perspectives with other like-minded people.
-  ✓ Volunteers need to be available for at least three months. Extensions are possible.
-  Volunteering is free of charge.
-  Volunteers are required to speak English proficiently. Previous volunteering experience is not required, but can be both helpful and insightful. All volunteering opportunities are offered on a remote basis.

Contact



Anna Neumann
Zuzanna Rohnka



am.neumann@student.maastrichtuniversity.nl
rohnkasusanna1031@gmail.com



@anotheperspective.fdn

Rotary Club Tripoli Cosmopolis



About Rotary Club Tripoli Cosmopolis

Rotary Club of Tripoli Cosmopolis (RCTC), chartered in December 2023 as a part of Rotary International, serves as a global non-governmental organization with a mission to foster international relations, enhance lives, and thereby contribute to a better world. Operating through its clubs worldwide, Rotary International is dedicated to six areas of focus to build a basis for peace efforts and campaigns to end polio disease forever.

RCTC is situated in Tripoli, Lebanon.

Activities

In its campaigns, RCTC is dedicated to various objectives such as:

- ✓ Promoting Peace
- ✓ Fighting Disease
- ✓ Providing clean Water
- ✓ Providing appropriate Sanitation
- ✓ Ensuring adequate Hygiene
- ✓ Empowering Mothers and Children
- ✓ Supporting Education
- ✓ Fostering local Economic Growth

RCTC works closely together with a number of international organizations to reach these goals.

Requirements



Regrettably, due to the current socio-political situation in Lebanon, RCTC will not be facilitating any volunteering opportunities this year. However, the Development Committee of UNSA will ensure that, once circumstances allow, updates regarding volunteering opportunities shall be communicated through the committee's social media channels.

Moreover, if you wish to support RCTC and its missions, join us at our Charity Gala on Saturday 23 March. The funds of this event will go to RCTC.

Contact



Selin Yilmaz



selinnilesylmz@gmail.com



[@rctripolicosmopolis](https://www.instagram.com/rctripolicosmopolis)

NGO Overview



Central America



About Buena Onda

Oftentimes, volunteers are highly motivated to volunteer while unfortunately lacking the skills required for certain projects or activities. This can hinder long-term, sustainable change. Buena Onda, an international NGO based in Antigua, Guatemala, recognizes this problem and offers a sustainable solution: Through an individual skills assessment, prospective volunteers are being carefully assigned to a wide array of different projects and volunteering experiences based on their capabilities, motivation and prior experience. In this way, Buena Onda assures that each individual is contributing to the local communities' needs in a meaningful, sustainable way.

Activities




"Buena Onda is driven by learning experiences, building relationships of shared ideas, knowledge and goals. We believe that volunteering is one of the most important, transformational learning opportunities available. This begins with communication. We take the time to get to know about you and your goals. Then, we take all that valuable information and match you with one of our diverse community partners. We take the mystery out of finding the perfect volunteer placement by aligning your unique skills with real community needs. At Buena Onda, we listen and we connect, promoting collaborations that build a more equitable future for all Guatemalans."

- Scott Garrison, Founder and Director

Requirements

-  Buena Onda is looking for highly motivated, passionate individuals open to new experiences and ready to dive into a different culture and community.
-  ✓ Volunteers need to be available for at least one month.
-  Estimated expenses consist of a 100 euros volunteer coordination fee, 10-15 euros per day for food and 10-20 euros per night for the accommodation. Different types of accommodation (e.g. host family/hotel) can be arranged.
-  A good knowledge of Spanish is strongly recommended. Some projects require fluent Spanish speaking abilities.

Contact

-  Isabel Gomez
Pia-Katharina Pallasch
-  isabel.gdor@gmail.com
pia.katharina.pallasch@gmail.com
-  @buenaondavolunteers

Konojel



About Konojel

Konojel is a small, women-run and community-based NGO in San Marcos La Laguna, by the shores of the beautiful Lake Atitlan in Guatemala. Originally established in 2011 to provide solutions to the malnourishment problem in the local community, the organisation has now expanded to a variety of activities such that Konojel now sits as a centrepiece of the San Marco community.

Konojel is guided by the mission of providing sustainable social development. To do so, it runs a variety of programs focused on health, education and entrepreneurship. For example, the Healthy Baby Program supports young mothers and aims to alleviate the issue of chronic malnutrition through workshops, classes and support groups. And, Young Leaders Program was set up to provide scholarships for students to continue high school education.

Activities

Volunteering at Konojel means becoming part of the day-to-day team to run and support the operations of the NGO. Whilst activities might change depending on the needs, volunteers can expect to assist in the following:

- ✓ Fundraising Campaigns
- ✓ Designing new Training Programs
- ✓ Educational Workshops
- ✓ Data Collection
- ✓ Performing Interviews
- ✓ Document Translation

These tasks are allocated during your stay in accordance with the daily and changing needs of Konojel. For more information on these tasks and their allocation, please contact the contact person to the right.

Requirements

-  Konojel is looking for motivated students who are enthusiastic, committed, professional and have realistic expectations about volunteering. Volunteers can expect to assist in a variety of activities and tasks depending on the needs of Konojel.
-  ✓ Volunteers need to be available for at least 1 month.
-  Volunteers can expect to stay with host families for an average cost of 550-600 euros per month.
-  Volunteers need a minimum level of B1 in Spanish. All volunteers are invited to participate in training programs.

Contact

 Marta de Grandi

 m.degrandi@student.maastrichtuniversity.nl

 @konojel

