



Volunteering Portfolio

2018/19

United Nations Student Association Maastricht

United Nations Student Association Maastricht (UNSA)

UNSA is a non-profit and interfaculty organization whose objective is to promote the UN spirit to the students of Maastricht University. We have a lot to offer for internationally minded students, including lectures, debates, local and global volunteer opportunities, social events, workshops, our student journal *The Maastricht Diplomat*, and our Model United Nations conference, EuroMUN.

The organization of all our activities is done by the different committees of the UNSA: Delegations, EuroMUN, Development, External Affairs, Events, Journal, and Marketing & Communication.

The Development Committee

The Development Committee is specifically focused on creating volunteering opportunities for students both in Maastricht and abroad, as well as organizing fundraising events to support our partner NGOs financially. The Committee is divided into two sub-committees: The *Fundraising & Local Volunteering Team*, and the *Volunteering Network Team*. The latter is responsible for maintaining and expanding our network of partner NGOs, to offer the students in Maastricht a variety of volunteer opportunities. Our current partnerships are presented in this portfolio.

Volunteering with UNSA

- One of UNSA's objectives is to raise awareness about and contribute to the implementation of the United Nations *Sustainable Development Goals* (you can find more information about the SDGs here: <https://sustainabledevelopment.un.org>). Through volunteering at one of our partner NGOs, you will be able to work in projects that are linked to one or more of the SDGs, including reducing poverty, hunger and inequality as well as promoting good health, well-being, and education.
- 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 in the fields of animal care and agricultural products, health and nutrition, and woman empowerment, and working with 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 interest.
- Volunteering abroad will not only give you the chance to get to know another culture or to improve your language skills: It will allow for personal growth by challenging your beliefs through the interaction with another community and increase your awareness of development issues.
- UNSA does not support voluntourism – that means, we make sure that the organizations we work with do not make any profit out of the volunteers. Instead, we strive for co-operations that are beneficial for the NGO, the volunteer, and of course the local communities they work with.

- Our team members will guide you through the process of preparing your stay abroad and will give you detailed information about your work, language and visa requirements, cultural specificities, etc.

Application process

This portfolio offers you an overview of all the NGOs that we currently cooperate with. For more information, you can visit their websites. Also, at the end of each description you can find the e-mail address of the contact person from the UNSA Development Committee for the specific NGO. You can contact him or her in case you have any more questions regarding the NGOs work or requirements to volunteer.

Once you have found a NGO that you would like to volunteer at, you are ready to apply:

1. In order to volunteer with us, you have to become a member of the UNSA. You can register following the instructions you find here:
<https://unsamaastricht.org/experience/become-a-member/>
(We now offer discounted rates for those joining halfway through the year which are not reflected on the website:
12€ if you are starting your first year of being a UNSA member,
11€ if you have already been a UNSA member for the last year,
10€ if you have already been a UNSA member for two years)
2. Send a motivation letter (max. 1 page) and CV to development@myunsa.org (the deadline for applying is January 31)

We are looking forward to your applications 😊

List of NGOs

ABC's and RICE (Asia, Cambodia)

Agua Pura (Africa, Burkina Faso)

ALDA: European Association for Local Democracy (Europe, multiple locations)

Belize Zoo (South America, Belize)

Citizens of Europe (Europe, Germany)

Colombianitos (South America, Colombia)

Centre for Sustainable Development Studies (Asia, Vietnam)

Educational, Research and Development Assistance Foundation (Asia, Philippines)

Intiwawa (South America, Peru)

Kavya School (Asia, Nepal)

Maventy Health International (Africa, Madagascar)

Operação Brasil (South America, Brazil)

Petits Frères des Pauvres (Europe, France)

PREDA Foundation (Asia, Philippines)

Project Aid the Gambia (Africa, Gambia)

Saceda Youth Lead (Asia, India)

Taiwan Life Aesthetics Development Association (Asia, Taiwan)

ABC's and Rice, Cambodia

ABCs and Rice was started 10 years ago by Tammy Durand from Ontario, Canada. The organization is providing education to approximately 180 underprivileged children of Siem Reap Cambodia in the Sala and Kroligne Village areas. Native workers and volunteers provide education in both English and Khmer, nourishment and medical care, in hopes of breaking the cycle of poverty.

As a volunteer, you will be working at the campus of the ABC's and Rice, and teach children from the age of 4-16 in English. No specific skills in relation to children are required; however, volunteers are expected to be motivated, responsible and willing to teach.

<https://www.abcrice.org>

Contact: Julie Borre jhb_sdu@hotmail.com

Agua Pura, Burkina Faso

Agua Pura is a small Spanish NGO that has several projects in Africa and South America. They are looking for a volunteer for an agricultural project in a rural community in Burkina Faso. In this project there are two main activities: a cooperative of farmers that try to improve their family's living conditions by gaining some additional cash with vegetables that they can sell at the market. The NGO build a well and installed a solar-powered irrigation system, but the cooperative still needs help with improving their organization, marketing and accounting.

The second cooperative is of a group of women who united to produce neem oil which is a natural pesticide that can be applied in organic farming. After initial training financed by the NGO, they now also need help to improve their organization, find ways to sell the product at better prices and even try to export it to Europe.

To be able to participate in this project you should have an intermediate level in French, be very open-minded, flexible and pro-active. You will get the chance to get to know a very different culture, very simple living conditions and to have a second home in this little known, but beautiful country.

<https://www.facebook.com/asociacionaguapura/>

<https://www.aguapuraong.org/en/>

Contact person: Lena Strößner – lena.stroessner@gmx.de

ALDA: European Association for Local Democracy

ALDA is a non-governmental organization dedicated to the promotion of good governance and citizen participation at the local level. ALDA focuses on activities that facilitate cooperation between local authorities and civil society. ALDA has multiple offices across Europe from which you can choose, namely in Brussels, Skopje, Strasbourg, Subotica and Vicenza.

For a couple of years now UNSA and ALDA have been cooperating to offer internships in summer. This means to be part of a multilateral decentralized cooperation in which an emphasis is set on strong partnerships between local Authorities and non-governmental organizations.

Volunteers will work in various themes, such as European integration, decentralization, civic initiatives and volunteering, human rights and sustainable economic development. Along these themes, a set of forms of action, such as coordinating and supporting stakeholders' initiatives, and conducting ALDA's projects is the structure to promoting good governance and citizen participation.

<http://www.alda@europe.eu/newSite/>

Contact: Katharina Haupenthal – k.haupenthal@student.maastrichtuniversity.nl

Belize Zoo, Belize

Volunteers at the Belize Zoo will have the opportunity to participate in animal care along with employed zoo keepers on a daily basis. As such, they will create privileged relationships with the animals. Volunteers will also have the opportunity to assist in educational programs to local primary and secondary schools. Volunteers are expected to be open to a range of tasks. They will be assigned to activities ranging from animal care to educational activities to office administration. No language requirement.

<http://www.belizezoo.org/>

Contact person: Saskia Titulaer – saskiatitulaer@gmail.com

Centre for Sustainable Development Studies (CSDS), Vietnam

The Centre for Sustainable Development Studies (CSDS) is an umbrella NGO which collaborates with several NGO's and projects in and around Hanoi. These NGO's and projects focus on human development issues in Vietnam, such as women/youth empowerment, environmental consciousness and education.

As a volunteer, you will be working for CSDS, either for the NGO itself or for one of the many partner projects around Hanoi. Therefore, you have the freedom and flexibility to choose a

project which suits you best. During working hours and leisure time, you have the opportunity to interact with locals from all over Hanoi and experience the true, unfiltered culture while making a difference in people's lives.

<http://csds.vn/>

Contact: Matthijs Binnema – mm.binnema@student.maastrichtuniversity.nl

Citizens of Europe, Germany

Citizens is a politically independent, non-governmental and non-profit network of people. With a wide range of projects and cooperation *Citizens* contributes to an active civil society in Europe. The organization has a twofold purpose: on the one hand it functions as a sending organization for volunteers. On the other hand, it promotes active citizenship and political education through a variety of projects in Berlin and abroad.

Therefore, volunteers will have the chance to do lots of different tasks – besides doing some administrative work at the office, volunteers will write articles, participate in political and social events with the European Movement Germany or in the Federal Foreign Office or even develop their own project. Some knowledge on the EU and interest in politics and society would be appreciated. As you probably recognized by now, it is a mix between classic volunteer work and an internship.

<http://www.citizens-of-europe.eu/>

Contact: Caroline Müller-Hofstede – c.muller-hofstede@student.maastrichtuniversity.nl

Colombianitos, Colombia

Colombianitos integrates education with structured, community-driven programs focused on sports, cultural arts and recreational activities. This unique yet simple combination has inspired thousands of Colombian children (colombianitos) to leave behind their dangerous environments, attend school, meet academic requirements... and Play. All this while learning what are their rights as Colombian citizens, as well as life-long values such as respect, honesty, friendship, tolerance and fair play.

As a volunteer, you will have the choice to either work within a community, in a classroom or at Colombianitos' office, in Bogota (to do all three is also possible). Children with whom you will work are aged between 6 to 18 years old. Colombianitos has projects at more than fifteen different locations, from which you can choose your favorite one(s). Before your volunteering work has started, you will receive your schedule, which will enable you to plan some excursions around the country. Indeed, free days are possible if demanded in advance. Spanish Level Intermediate (B1) is required. (As a beginner, if you start Spanish lessons from

the 2d semester onwards and take some classes in Colombia before starting to work, it will be fine).

<https://colombianitos.org/>

Contact: Lena Strößner – lena.stroessner@gmx.de

Educational, Research and Development Assistance Foundation (ERDA), Philippines

With more than 40 years of experience, ERDA has been working towards a world in which marginalized Filipino children and youth have access to quality education. More than 800,000 have been helped and its operation reaches nationwide through tie-up with other organizations. Education, family and community support are three main area of focus. ERDA is located at Quezon City but volunteers usually work in Tondo, Manila.

As a volunteer, you will be working on the educational part of ERDA. In other words, you will be working with children who generally do not have access to education, mainly teaching them English. Furthermore, you will be taking care of them in their daily life – play with them, keep them busy, etc. It is required to be hard working and patient. Working in teams, friendliness will also be valued. Experience with children is a plus, but not required!

<https://erdafoundation.wordpress.com/about/>

Contact: Jade Pichard – jadepichard@gmail.com

Intiwawa, Peru

Intiwawa is a dynamic young organization that fights poverty in the slums of Arequipa, the second largest city in Peru. Their main focus is in a small settlement on the outskirts of Arequipa called San Isidro. There are social, educational, health, and nutrition projects. As a volunteer, you can choose in which field you want to work. It is for example possible to teach English, help at the local kindergarten or organize intercultural projects.

Spanish Level Intermediate (B1-B2) is required (as a beginner, if you start taking Spanish lessons from the 2nd semester onwards and take some lessons in Peru before starting work, it will be fine).

<http://www.intiwawa.org/>

Contact: Federica Lombardi – f.lombardi@student.maastrichtuniversity.nl

Kavya School, Nepal

Kavya School is a NGO located in Kathmandu, Nepal. It is a day and boarding school for children up to the 10th grade. It offers children from different socio-, political-, and economic backgrounds the possibility to develop academic as well as personnel skills. A main objective is to support children becoming responsible, self-respecting and global thinkers. Parents and teachers are supposed to create the curriculum and to be actively involved by teaching the children.

As a volunteer you will be working and living at the campus of Kavya School. You will teach children depending on your expertise and/or field of studies. For your volunteer work no specific skills are required. Nevertheless, you should be open-minded, responsible and motivated as well as confident and willing to teach. Please visit the school's website for further information <http://kavya.edu.np/>

Contact: Isabel Dere – Isabel.dere@hotmail.de

Maventy Health International, Madagascar

Maventy is a mobile medical program based on existing clinics geared toward measuring, identifying, and treating malnutrition in young children, while also offering basic primary care, screenings, and immunizations. Volunteers most frequently assist in child malnutrition assessment, child immunizations at the clinic, data collection, and data entries for a malnutrition database. Also, they assist women's health checks, prenatal visits, deliveries, general clinic work, patient assessment and treatments, infrastructure improvements, IT, building renovations, and work in general youth and/or adult education. For clinical work, some medical knowledge is required – FHML students only.

<http://maventy.org/>

Contact: Federica Lombardi – f.lombardi@student.maastrichtuniversity.nl

Operação Brasil, Brazil

Operação Brasil has been improving the daily life of disadvantaged children from the favelas of Belo Horizonte for the last 19 years. It is a Franco-Brazilian organization, based in Belo Horizonte, working in collaboration with local companies and the city hall of the same city. Operação Brasil works on several projects related to building and construction leading to an improvement and enlargement of the possibilities of education for children in the favelas. For this reason, the projects chosen are usually playgrounds, kindergartens, schools or centers of social assistance.

Since last year OPE started a collaboration of many years with the Centro de Assistencia Social Tecendo a Vida. The project is focused in the construction and enlargement of the actual Center who develops a service of coexistence and strengthening of links with children and adolescents. More practically, this center will allow many children to have a safe place to go, have a proper meal, play and study with competent educators every day.

Every summer, Operação Brazil creates a group of around 15 people that will work and live together for about a month. They will build the center, spend time with the children and at the same time have the possibility to discover the city and the country. Thanks to little trips and opportunities proposed, as for example lessons of percussions, Samba and Capoeira as well as events organized with local people, the experience provides a social and cultural immersion in the daily life of the community, which fosters great personal, spiritual and professional development.

French required.

Facebook page OP: <https://www.facebook.com/opbresil/>

Blog/website OP: <http://siteope.wixsite.com/operacaobrasil>

Facebook page of the Centro: <https://www.facebook.com/projetotecendoavida/>

Contact: Chiara Manfredini – c.manfredini@student.maastrichtuniversity.nl

Petits Frères des Pauvres, France

This NGO supports the poor and the elderly. Many projects are offered all over France. Volunteers can choose between a city stay in either Paris or Toulouse which includes home visits and outings, or a holidays trip (within France) with a group of 30.

Volunteering with PFDP will help you improve your French, discover more of France, and share amazing moments with lovely people who have been left forgotten.

Tasks include: Spending quality time with the elders, planning and organizing activities, participating in workshops and group meetings, daily housekeeping

<https://www.petitsfreresdespauvres.fr/>

Contact: Saskia Titulaer – saskiatitulaer@gmail.com

PREDA Foundation, Philippines

The aim of PREDA Foundation is to save children from sexual abuse, prison and exploitation. It gives them a new life of dignity and self-esteem. Furthermore, a fair-trade initiative has

been launched to help the native population and reduce poverty. PREDA also advocates human rights and has been nominated three times for the Nobel Peace Prize.

As a volunteer, you will join the PREDA- Team of social workers in the home for boys and the home for girls (no males will be assigned to the girls' home). You will be able to accompany the staff members to jail and to help them to rescue children from jail and abandoned children. In the PREDA homes, social workers take care of the children. If you prefer working in the children's' home, you are welcome to organize activities such as sports, games, learning activities, arts, music and excursions to close places. Further, you will be able to go camping in the village of the Aeta indigenous community and help them with the harvest. Doing so you will get to know the culture of the indigenous people. Volunteers are allowed and welcomed to do research, to study some cases, to do legal work and participate in other projects. You should feel also confident to teach some basics in reading, writing. To gain some more information and details about the organization please visit the website <http://www.preda.org/de/>

Contact: Isabel Dere – Isabel.dere@hotmail.de

Project Aid the Gambia (Jahaly Health Center), Gambia

Project Aid the Gambia started off with a health centre in Jahaly and gradually expanded by founding social and gardening projects in the area. The NGO's mission is to help people help themselves by concentrating on the essentials: health, education and nutrition.

Volunteers can either work at the Kindergarten, at the Health Centre or the main office near Gambia's capital. In the kindergarten, the volunteers assist teachers in preparing children for primary school. The Health Centre offers various areas, for example consultancy or laboratory. The office provides the volunteers with rather organizational tasks and office work. The volunteers are accommodated in a guest house and can eat together with the staff (free).

Medical knowledge is required for the Health Centre (not the kindergarten!) – FHML students only.

<http://buschlinik.de/en/>

Contact: Caroline Müller-Hofstede – c.muller-hofstede@student.maastrichtuniversity.nl

Saceda Youth Lead, India

Saceda Youth Lead is a recognized NGO on youth empowerment and development. Their main objective is to strengthen communities by building leadership through education and social action. So far, in partnership and with the recognition of the National Youth Commission, Department of Education, and Commission on Higher Education, SYL has empowered more

than 200, 000 youths and teachers in all its programs and activities in the Philippines, Singapore, and the ASEAN region.

SYL has its own leadership center for its various trainings and programs. It has opened its own leadership high school in Dumaguete, Philippines. It runs 60 annual programs in training and development, ventures and international exchange.

As a volunteer, you can teach at the high school and empower kids and youths from all over the Philippines and the ASEAN through the training department. No specific skills are required, you will teach what you are good at (and so depending on what you study).

<http://sacedayouthlead.blogspot.nl/>

Contact: Jade Pichard – jadepichard@gmail.com

Taiwan Life Aesthetics Development Association (TLADA), Taiwan

At Taiwan Life Aesthetics Development Association (TLADA) we believe that agriculture is essential for the survival of the modern world and that it plays a critical role in the entire life of any given economy. We are passionate about improving the lives of farmers in Taiwan, in addition to the well-being of all Taiwanese people. Our mission is to support and promote organic agricultural awareness, by using service-based learning and sustainable development projects.

Neuroscientists' studies show that giving is an act of selfishness. Scientifically speaking: the more we help other people, the more Dopamine our brains produce. This not only helps us feel good as we serve others, it also helps improve our immune system!

You can start by stepping into the countryside and embracing our land. Like our ancestors, you too can befriend the soil, understand the ecosystem, and learn to appreciate the origin of your food. You can learn how to maintain organic and sustainable crops; and see first-hand how farming can help you achieve a balanced mind and body.

As part of the Agro-living Wellness Projects, you can offer your time and effort to our local farmers, community, the environment, and to yourself. Not only are you providing a gift to others by helping, you are also participating in a happy, healthy process where everyone can benefit.

<https://www.agro-livingwellness.com/>

Contact: Lena Strößner – lana.stroessner@gmx.de