



Development Committee

Volunteering Portfolio 2020-2021





United Nations Student Association Maastricht

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 volunteering opportunities, social events, workshops, our student journal The Maastricht Diplomat, and our Model United Nations conference, EuroMUN. The organization of all of our activities is done by the different committees that make up the UNSA: Delegations, EuroMUN, Development, External Affairs, Events, Journal, and Marketing & Communication.

The Development Committee

Our committee's objective is to create opportunities for its members to deepen their knowledge on development work and allow them to get active in this field by creating partnerships with NGOs, preparing volunteers to go abroad or becoming a volunteer in one of our partner NGOs themselves. UNSA has created collaborations with NGOs located all around the globe, all addressing a variety of developmental topics. The Development Committee ensures that all volunteers are well-prepared for an intercultural, service-oriented summer. So far, UNSA has had the pleasure to send more than 150 volunteers to our partner NGOs.

The Development Committee aims at further increasing the number of partnerships with NGOs to allow more students to volunteer abroad. We want our network to represent the 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. This year, due to the pandemic, international travel might be difficult for many volunteers, thus we will focus on providing more local opportunities for volunteering. In addition, members may expect an ever increasing online presence of the committee, in efforts of raising awareness and funds for partner NGOs.

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 on projects concerned with active citizenship and political education, animal care and agricultural products, 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 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 bene-

ficial 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 provide you with information about your work, language and visa requirements, cultural specificities, etc.

Local Volunteering/Projects

We have partnered with several local volunteering organizations. We will send out a form where you can sign up to be reminded of local volunteering opportunities. Please follow our Instagram @unsa.development to keep yourself updated!

Covid-19 Announcement

Due to the ongoing Covid-19 pandemic we cannot guarantee that the volunteering projects will take place. We also cannot guarantee that flights/transport methods will be available. We cannot guarantee that international travel will not be disrupted by restrictions and regulations. Some of our Partner NGOs offer an online alternative. We will have local volunteering opportunities throughout the year as well as an alternative.

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 email 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 an NGO that you would like to volunteer at, you are ready to apply:

Steps to apply:

1. If you are not already, become a UNSA member. 15 euro fee for 1 semester : <https://unsamaastricht.org/experience/become-a-member/>
2. Send a letter of motivation and your CV to development@myunsa.org. The deadline for applying is *February 28th, 2021*
3. Pay the deposit of 30€ by transferring the amount to the following bank account:

IBAN: NL46 INGB 0662 5190 86

BIC: INGBNL2A

***Please do not forget to state your full name as a reference.**

Your deposit will be refunded and transferred back to you if:

- The volunteering/internship activity is cancelled due to the Covid-19 pandemic. More information on this to come.
- You do not get accepted for the volunteering/internship position by the NGO you have applied to.
- You got accepted for the volunteer/internship position at the respective NGO you have applied to and have booked the flight and prepared sufficiently for your departure and stay at

the NGO such as your Visa, accommodation, flight tickets, vaccinations etc.

You will not be refunded if:

- You have applied and got accepted by the NGO you have applied to, but do not take the position.
- You do not prepare for your stay and cancel your place shortly before your departure.

4. You will receive an invitation for a short introduction interview after the deadline

We are looking forward to your application!

Our Partner NGOs

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Local

Contact Céleste Cockmartin - networking@myunsa.org

Match Maastricht

About Match Maastricht

Match Maastricht helps students to contribute to the community of Maastricht by facilitating volunteering, Match enables students to develop their skills and use their talents in real-life practice. They believe in the power of social engagement and offer various projects, including being student coaches, housing projects and sustainability projects. Volunteering during your studies allows you to develop both social and professional skills and build a network in the Maastricht.

Key facts

- Helps to find a project that fits you best
- For some projects you get a compensation
- Different options

Website: <https://matchmaastricht.nl/about/>

Serve the City Maastricht

About Serve the City Maastricht

Serve the City aims to connect people in the city by helping each other. They organise a cohort of activities and volunteering projects one day every month in your own city. Examples include: washing your neighbours windows, constructing a community garden, hand lettering heartwarming cards for the elderly, playing football with refugees.

Key facts

- It's free!
- Connect with people from Maastricht
- Only 1 day

Website: <https://www.stcmaastricht.nl/>

Envida, Maastricht

About Envida

Envida offers services in the field of welfare and care to the elderly and chronically ill in Maastricht. We organise events in which you can interact, help the elderly and have a positive impact on your community.

Key facts

- Engage with and help the elderly population of Maastricht
- Can be for only 1 day

Website: <https://www.envida.nl/envida/over-envida>

Maastricht Goes to Calais

About Maastricht Goes to Calais

A student-led organisation helping displaced people living in Calais by supporting Refugee Community Kitchen and Help Refugees! They organise fundraising events, donation drives & volunteer trips to Calais all whilst hoping to raise awareness!

Key facts

- Help displaced people living only two and a half hours from Maastricht
- Regular events which they advertise on Facebook
- Student-led Organisation

Website: <https://www.facebook.com/maastrichtgoestocalais/>

Lefteam

About Lefteam

Lefteam helps young people get back on track, they focus on what they can do and not what they cannot. They help and accompany young people on a discovery of their talents in either event & project management, bakery, catering & food, technology, care & wellbeing, ICT & computers, marketing & communication, sales & retail, plant & green living environment and sports. Lefteam provides them with intensive guidance, including coaching, training and educational support.

Key facts

- Help struggling young people from around Maastricht
- Acquire baking skills

Website: <https://lefteam.nl>

Asia

PREDA Foundation, Philippines

About Preda Foundation

Preda is a Philippine human rights social development organization working for 40 years through fair trade practices to help the poorest and most vulnerable people in society and overcome injustice and poverty. There are 63 professional Filipino staff implementing the 12 projects of Preda. It is a team of Filipinos that are giving freedom and a new lease of life to rescued children. Girls rescued from the streets, brothels, human traffickers and sex offenders and pedophiles, and boys rescued from government detention cells where they are bullied and physically and sexually abused and suffer sub-human conditions on little food and deprived of their children's rights. Preda cares for them in two separate therapeutic homes where they receive support, acceptance and affirmation from a trained staff. At the Preda Home, the children stay on their own free will because the trained staff treat them with affirmation, respect and dignity. They recover from the neglect and abuse they suffered and become happy children. Through therapeutic homes for children Preda is showing the government and society that therapy and rehabilitation works better than children's imprisonment and criminalization. As Preda believes that criminalizing children is against their best interest and will make them criminals, it is campaigning against proposed measures of the reinstatement of the death penalty in the Philippines and the lowering of the minimum age of criminal liability from the current 15 years down to nine or 12 years old.

Key facts

- **P**eople's **R**ecovery, **E**mpowerment and **D**evelopment **A**ssistance (PREDA) Foundation
- PREDA's mission is to promote sustainable development through fair trade and poverty alleviation
- Winning freedom and new life for children in jails, in brothels, in hunger, on the street, abandoned youth, and those mired in poverty. Helping battered women, indigenous people and protecting the environment and alleviating poverty by micro-credit and fair trade.
- The Preda Foundation offers a practicum Internship for international students. It can be from one month to six months, or what the student or University chooses.
- **TASKS:** teaching children, working in the homes for survivors of human trafficking, trips to mountain villages with locals, visiting a jail

Contact Information

Website: <https://www.preda.org/>

Contact: Julia Szwec, szwecjulia@gmail.com

Saceda Youth Lead, Philippines

About Saceda Youth Lead

"We don't only teach but also guide and navigate your kids."

Saceda Youth Lead School has been empowering elementary, high school and college students to become most effective citizens by providing opportunities in community service and exchange as well as building leadership in education and action.

The most important thing in education is to teach people to think for themselves and Saceda Youth Lead believes that the only way to create change in a national system is through integration of genuine leadership skills and education.

Key facts

- Costs: €100 (accommodation) + €100 (food costs)
- Language: English
- Accommodation: host family (Dave Saceda's family house)
- Volunteering/internship:
 - Saceda Youth Lead School: Teaching 13-16 years old in all subjects in Junior High School
 - Saceda Technical Vocational School: Assisting young professionals in their skills development
 - Saceda Youth Lead Training: Organizing, conducting and supervising leadership training to the youth, teachers and elected public officials
 - Saceda Youth Lead Center: Maintaining, organizing, managing and promoting SYL Center for rental venues

Contact Information

Website: <https://sacedayouthlead.wixsite.com/home>

Contact: Sen Cicalò Ikeda, cicalo.sen@gmail.com

Centre for Sustainable Development Studies (CSDS), Vietnam

About CSDS

CSDS is a Vietnamese non-profit organization addressing development issues in Vietnam with particular focus on: climate change for environment protection, women empowerment through sustainable livelihood support, children support through social inclusion as well as youth development through international exchange and non-formal education. Geographically, CSDS is now active in different regions in Vietnam: Ha Noi and surrounding provinces in the north of Vietnam as well as Ho Chi Minh City in the south of Vietnam. CSDS is developed to offer opportunities for people around the world who would like to volunteer in Vietnam for the cause of development and the support of local communities. The aim is to provide everyone, especially young people, a chance to learn, to share and help communities that are more in need.

Key facts

- Volunteering and internship opportunities (teaching, caring for disabled children or working in local NGOs in the sectors of education, public health, community development and natural conservation)
- Costs: \$400 for the first 2 weeks, \$100 for each additional week (includes: food, accommodation, local transportation, airport pick up, orientation, city tour, logistics support)
- Language: English (French additional)
- Accommodation: Volunteer house (dorm)

Contact Information

Website: <http://csds.vn/>

Contact: Louise Bossière, louise182000@gmail.com

Kavya School, Nepal

About Kavya School

The Kavya school is an NGO located in Kathmandu, Nepal. It is a day and boarding school for children from grade 1 to 12. This school emerges children from different socio-political, economical and cultural backgrounds, in a learning environment which emphasises the global future that the students will be a part of. The number of students per class is rather small to give teachers the possibility to build a strong relationship with the students, to get to know the parents and to work as a

team with the parents.

Overall the main goal of Kavya school is to help students develop their potential, skills and talents. In addition, the school is trying to enhance e-learning. In fact, they have introduced a smart board incorporating IT as part of classroom teaching learning tools which is a perfect way to give students the possibility to collaborate on projects that enhance learning and make a difference in the world!

Online volunteering

Teach the students via google classroom. Very flexible, you can choose either the morning or afternoon shift and how many days per week as you want. The curriculum and teaching material is up to you! Previous examples include Health, Greek Mythology, and Critical Thinking about technology.

Contact Information

Website: <http://kavya.edu.np/>

Facebook: <https://www.facebook.com/KavyaSchoolNepal/>

Contact: Emma Senes, emmas2603@gmail.com or emmas2603@icloud.com

Africa

Maventy Health International, Madagascar

About Maventy Health

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. They work with on-site doctors to treat malnutrition immediately by prescribing the affected children doses of peanut butter and multivitamins. They also create individualized long-term treatment plans by working with the children's parents and primary caregivers to modify their children's existing feeding patterns and habits. They identify and include locally-grown nutritious food in their children's everyday diets, which ultimately fosters growth-promoting feeding patterns. Their philosophy is based on volunteerism from the heart. They operate only on the monetary and skill-based compassion of donors and volunteers. Since its inception, their program and its attributes – including medical supplies, multivitamins, website, and medical expertise – have been donated by over 100 volunteers with varying backgrounds, who donated their time and individual talents toward our campaign to overcome malnutrition. They don't have employees and neither the management nor the volunteers receive any salary or stipend.

Key facts

- Volunteers assist in child malnutrition assessment, child immunizations at the clinic, data collection, and data entries for a malnutrition database.
- 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.
- General Requirements
 - Age range: 18 +
 - Nationality: Any
 - Language skills: None but some French and Malagasy knowledge will be an advantage. Translators will be provided by the project.
 - For clinical work, some medical knowledge is required – FHML students only.
- Minimum Stay: 6 weeks in Madagascar and 4 weeks at the Project.
- Accommodation: Lodging is usually under €5-15 per day. Volunteers are expected to cover their own costs. Confirming your arrival dates with our local project manager is usually recommended. He can book the rooms for the volunteers. Site volunteers can stay near the Center in a few small motels within a walking distance from the health center. You can stay at the Maeva for around 10,000 Ar per night (price can change, ~4€), and you pay on your own schedule. Note that the Maeva has running water – sort of – but the pressure is extremely low, so you are advised to invest in a bucket (if you don't inherit one) and leave the water running in it to fill and then you will use that to shower. Electricity goes off around midnight and comes on again at 7am. Plugs are European. You will need your own mosquito net, and shower shoes and your own towel are also highly advised. Security appears to be adequate, but of course you should use common sense.
- Information about mobile phones, Internet: Three different providers are available, volunteers will be able to buy very cheap sim cards: around €2. SMS to Europe around 10cts. Call to Europe around 1€20/min.

Contact information

Website: <http://maventy.org/>

Contact: Alexandra Lopez, a.lopezsimpson@student.maastrichtuniversity.nl

South America

Konojel, Guatemala

About Konojel

“Konojel means “All Together” in Kaqchikel, the Mayan dialect spoken in San Marcos La Laguna, Guatemala. That’s exactly our goal– bring people together to do incredible things.”

Konojel is a non-profit organization that is dedicated to reducing malnutrition and endemic poverty in San Marcos La Laguna, Guatemala. The organization aims to strengthen the most-at-risk individuals through programs targeting nutrition, education and empowerment. Konojel provides a wide range of initiatives including nutrition workshops, a children’s enrichment program, a women’s entrepreneurship program, a computer lab & tech center, clean drinking water eco-filters, their restaurant Comedor & Mayan cooperation and many others. Konojel truly aims to be a stepping stone out of endemic poverty by creating valuable opportunities for their community.

Key facts

- Volunteering opportunities include:
 - Coordinate educational/cultural activities for a group of children (aged 7 to 9)
 - Help with quality control and data collection at the restaurant
 - Write an informative brochure for new volunteers
 - Take pictures of programs, activities and personnel / a video to promote the NGO (photography skills and good camera required)
 - Be in charge of social media posts
- Internship opportunities include: Restaurant manager (preferably for a full year, shorter periods are also possible)
- Costs: approximately \$400 monthly for food, \$400-\$500 monthly for accommodation
- Languages: Spanish required (at least 50% level)
- Accommodation: accommodations for rent in San Marcos

Contact Information

Website: <https://www.konojel.org>

Contact: Anna Mohr, anna_mohr43@web.de

Buena Onda, Guatemala

About Konojel

Buena Onda connects grassroots organizations in Guatemala to a global network of dedicated volunteers, fosters collaborations that help drive innovation, nurtures best practices, and builds an equitable, sustainable future for the communities they serve. Their volunteers contribute their skills and hard work to the cause of responsible development — and, in turn, come away enriched by their experience. Their organizational partners benefit from a network of knowledgeable volunteers and professional resources. They empower individuals, organizations, and communities to meet their objectives through collaboration and shared learning. Their partners range from the UNESCO World Heritage town of Antigua to rural communities in the highlands and jungle areas.

Key facts

- Volunteering opportunities include: construction (houses and schools), teaching (English or

other specialisations); agriculture/permaculture, assisting children with disabilities, animal welfare and women's economic empowerment

- Internship opportunities include: NGO management, social media and communications strategy, teaching/education, data management and analysis, grant research and writing, nutrition and health
- Costs: \$100 coordination fee, \$15-20/day for food, \$10-25/night for accommodation
- Language requirements: English, Spanish required for some cases

Contact Information

Website: <https://buenaondavolunteers.org>

Contact: Anna Mohr, anna_mohr43@web.de

Hogar CIMA, Peru

About CIMA

CIMA, Centro de Integración para menores en abandono, is a non-profit organization in Lima which welcomes Peruvian children and teenagers who decide to get help with struggles they experience in daily life, ranging from dysfunctional family situations, to homelessness and drug abuse. CIMA's mission is to offer these children new opportunities in life, they receive education, psychological support, and are able to participate in therapeutic and formative workshops such as music, cooking, farming. Eventually, the aim is to reintegrate the children in society. An important factor herein can be the family, therefore, CIMA helps rebuild family relations where possible.

Key facts

- Volunteering (3+ weeks)
- Language: Basic Spanish is required
- Accommodation and Food (3x a day) is provided (25 Soles per day)

Contact Information

Website: <https://www.hogarcima.org/en/>

Contact: Laura Birkhölzer Vaquero, laura@cava-aachen.de

Operação Brasil, Brazil

About Operação Brasil

Operação Brasil is a non-profit organization inspired by the french initiative Opération Brésil created in 1999. The goal is to improve the daily life of children living in the favelas of Belo Horizonte through several projects aiming to establish a safe and caring environment.

The initiative was supposed to be a one year project, but after noticing the positive impact and success it had, as well as the richness of cooperation with the local community, the group decided to continue the project.

Since 2001, Operação Brasil organises annual projects which include activities such as deploying playgrounds, renovating roofs, building offices, classrooms and cafeterias. Therefore giving those children the opportunity of a safe place, to which they can go, have a meal, play and receive proper education.

What was initially a french organization turned into an NGO of international cooperation.

Key facts

- French required
- Group of 15 volunteers living together for about a month
- Possibility to experience local community life and discover the city and country
- Accommodation: Around 250 euros for 3-4 weeks
- Food: Week lunch and breakfast included. Lunch and dinner on weekends: 3 euros

Contact information

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

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

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

Contact: Ilayda Lara Canvas, laracavas@googlemail.com

Europe

Petits Frères des Pauvres, France

About Petits Frères des Pauvres

Since 1946, Petits Frères des Pauvres has been an association combatting the elderly's isolation and loneliness, especially those most in need. They value each and every one, dignity regardless of one's background, fundamental freedoms, fraternity, and fidelity. Through their actions, they accomplish three goals. Firstly, they take care of the elderly with affection and create connections with them. They welcome them, visit them, organise activities together, and help them morally and materially. Secondly, they act collectively to mobilise public engagement in favour of the elderly. They reach out to volunteers, welcome them, train them, and help them make an impact in someone's life. Thirdly, they alert people about the situation of (too!) many elderly to raise awareness and create a kinder, more fraternal society.

Key facts

Two projects are considered. The first one may not happen if the sanitary situation does not allow it. The second one will happen for sure.

Project 1: home visits and activities for the elderly who cannot go on vacation trips, to allow them to enjoy summer days in a different way! You will be part of a French team either in Paris or Toulouse during July and/or August. The association offers free accommodation at a university residence or youth hostel, meal tickets for lunch, and part of the travel expenses to reach France. You can use your free time in the evenings and weekends to travel around. You must be able to hold a face-to-face conversation in French, commit to the different tasks asked to the volunteers for the duration of the program, and organise your own travel.

Project 2: pen pal project: call (phone, WhatsApp) or write (email, letter) in French to one or two elderly, discover virtually the elderly's town and learn about France, offer the virtual visit of your own town and share hobbies. The project will last from June to August and is done from home. You must be able to hold a conversation in French, commit to regularly communicating with one or two elderly, and commit to adapt to the rhythm of an elderly

For both projects, the most important is to be attentive to others, listen to them, be patient and be curious to get to know people different from you! Project 1 has always been very appreciated, and project 2 was a success last year as well.

Contact information

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

Facebook: <https://www.facebook.com/lesPetitsFreresdesPauvres/>

Contact: Sarah Cloes, cloes.sarah@gmail.com

Unseen, United Kingdom

About Unseen

Unseen is a UK-based non-profit anti-slavery organisation, founded in 2008 to work towards a world without slavery and human trafficking. The organisation supports exploited people and aims to tackle the systemic issues of slavery. Unseen also works closely with businesses to address labour

abuse and exploitation in supply chains and their own operations, and manage future risks. Unseen focuses on three main areas as they work towards a world without slavery. Firstly, they support survivors and potential victims of slavery by providing access to a range of specialist services, enabling them to safely recover and develop resilient independent lives. Secondly, they equip stakeholders by providing training, advice and resources to facilitate the identification and support of potential victims of slavery. Finally, Unseen influences systemic changes by using experience and research to impact and inspire transformation across legislation, policy and society. Unseen runs a safehouse for women, men and children survivors of modern slavery and human trafficking. Through supporting survivors, their provision gives the survivors a safe place to recover from trauma and rebuild their lives.

Key facts

- Online volunteering
- Delivering presentations to community groups online about modern slavery

Contact information

Website: <https://www.unseenuk.org>

Contact: Edla Aittokallio, edla.aittokallio@gmail.com

PEN PAPER PEACE, Germany

About PEN PAPER PEACE

PEN PAPER PEACE is dedicated to education. Through pen and paper, they work to improve the living conditions of children who live in poverty. They believe education creates opportunities, fosters empowerment, and is required to take control of building a future for oneself.

By building and maintaining schools in one of the poorest regions of the world, they provide children, who otherwise would not have access to education, with regular schooling and a place they can always come to and count on. PEN PAPER PEACE also aims to raise awareness of social responsibility and promotes the active involvement of young people in Germany. The project SCHOOLS FOR HAITI aims further to engage children and teenagers in Germany in the lives of Haiti's children. By taking part in a school partnership and by organizing fundraisers, young German people learn methods to help students in one of the poorest countries in the world. Doing such encourages young people to reflect on their own privileged position in the globalized world, and to develop skills that can be used to foster democratic participation in local and global communities. The NGO was founded in 2008 and is based in Berlin.

Key facts

- Volunteer or Internship (6-13 weeks)
- Language: English, German and/or Italian a plus
- Accommodation must be organized privately

Contact information

Website: <https://www.pen-paper-peace.org/english.html>

Contact: Hannah Holste, holstehannah@gmail.com



United Nations Student Association (UNSA) Maastricht,
2020

Development committee
Head: Isabella Krause
development@myunsa.org