

Argentina  
Bolivia  
Brazil  
Cambodia  
Costa Rica  
Ethiopia  
Ghana  
India  
Jamaica  
Mexico  
Moldova  
Mongolia  
Morocco  
Nepal  
Pakistan  
Peru  
Romania  
Senegal  
South Africa  
Sri Lanka  
Thailand  
Togo

ProjectsAbroad

*help...  
learn...  
explore!*



**CARE**

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

Tel: +44 (0)1903 708300

## ➔ Introduction

Voluntary care work is one of the most worthwhile activities you can get involved in, whether it is in a developed or a developing country. Throughout the world, there are vast numbers of children who are orphaned or neglected, and in need of love, care and affection.

Care placements are a chance for volunteers on a gap year or career break to really make a difference to children who would otherwise have little or no mental stimulation in their lives.

People are often unaware of the impact they can have on another person's life, with even the smallest gesture. Spending as little as one month working in an orphanage or care centre, a volunteer can have a hugely significant and positive impact on the lives of underprivileged children.

Care volunteers don't need to be qualified or have had previous experience. The only qualities that the volunteer needs to possess are compassion for fellow human beings and a desire to improve the lives of those with domestic or physical circumstances less fortunate than their own.

Care work is available in the following destinations:

Destination	Orphanage Work	Care Centers	Kindergartens	Special Needs	HIV / AIDS
Argentina					
Bolivia					
Brazil					
Cambodia					
Costa Rica					
Ethiopia					
Ghana					
India					
Jamaica					
Mexico					
Moldova					
Mongolia					
Morocco					
Nepal					
Peru					
Romania					
Senegal					
South Africa					
Sri Lanka					
Thailand					
Togo					

Key: Africa (Pink), Asia (Teal), Eastern Europe (Yellow), Latin America and the Caribbean (Light Green)

**2 Week Care Specials for 16 - 19 year olds** - although our normal projects have no set start dates and duration, we also run 2 week projects over set dates in the summer. Please contact us on 01903 708 300 for the start dates

## ➔ What is included?

### YOUR PLACEMENT

Care Projects are available in 22 of our destinations. You will be given a supervisor at your place of work, and they, our staff and you will meet regularly to discuss how your placement is going and any issues which may arise.

### YOUR OWN START-DATE AND PROJECT-LENGTH

You choose where you want to go, when, and how many months you wish to work. We try to encourage volunteers to sign up for at least a couple of months, but we can sometimes accept people for as little as a month if that is all that you can spare.

### YOUR ACCOMMODATION

You will usually live with a local host family, who have been carefully selected because they are friendly, welcoming and can provide you with safe and secure accommodation for the duration of your stay.

### ALL YOUR MEALS

We will ensure that you are provided with three meals a day, including either a packed lunch or lunch at your placement when you are working.

### INSURANCE:

Our package includes comprehensive insurance, which includes travel, medical and liability insurance, for the duration of your time away with us.

### COMPREHENSIVE LOCAL SUPPORT

We directly employ sizeable staff teams in all of our destination countries, and they are responsible for ensuring that all aspects of your project run as smoothly as possible. From the moment they meet you at the airport they will be available to show you around the local area, introduce you to your host family and placement supervisor, and be on-call 24/7 if you have any problems.

### SOCIAL LIFE

It's nice to have other people to share your experiences with, and – thanks to the large number of volunteers we work with in each destination - you can be sure that there will be always be someone for you to meet up with, go out with and possibly even travel with when your project finishes.



## ORPHANAGE WORK

As a care volunteer working in an orphanage, you will have the opportunity to make a really positive impact on children's lives. You will be helping the kids to learn life-skills that parents would normally teach, as well as helping out the local staff with daily tasks. Your work in the orphanage will include getting involved in the day-to-day running of the orphanage by making sure children are fed, washed and dressed, as well as spending time giving the children the personal attention and guidance that they are lacking.

There are many opportunities to be creative and plan activities according to your personal talents or interests. Past volunteers have engaged the children with arts and crafts, music, sports and games, and these types of initiatives are always very popular with the children. Many volunteers also help to educate the children in personal hygiene and social skills.

Your day will usually begin quite early to help prepare the children for school and serve breakfast, however you will have a few hours off in the afternoon for planning activities or taking some personal time. Many of the orphanages we work with house children of many ages, so depending on your work schedule and the school hours in your host country, you may have the opportunity to work with both younger and older children throughout the week.

Opportunities exist in some orphanages for our volunteers to be more involved in the teaching or medical side of care work. You may spend your afternoon helping the older children with their homework when they return from school, or if you have the relevant skills you can administer first aid to any children in need. The work volunteers do can be challenging at times but the strength and resilience of the children will inspire you to persevere.



## CARE CENTRES

The majority of our placements in care centres involve working with very young children in day care facilities, though this can also include organisations which provide services, but not housing, to a variety of ages of children. The care centres where we send volunteers are often under-staffed, so our volunteers make a real difference by offering their time and hard work. In day care centres, volunteers help out by washing and feeding babies and very young children, as well as playing with them and helping them develop their motor and sensory skills. The personal attention and affection the children receive from our volunteers make a huge difference to their development at this critical phase.



## KINDERGARTENS



Volunteers on a care placement in a kindergarten class work as teachers' aides and help facilitate activities for young children. Volunteers may find themselves working alongside local staff in the main classes, or taking smaller groups of children aside to focus on specific activities. Your duties may include teaching basic numbers, building vocabulary in English and organizing arts and sports activities to improve coordination and motor skills. Another common responsibility is leading the children in singing games, which is a very popular method of helping small children to memorise information. Volunteers who want to do Care work and are looking for a more structured placement will enjoy working in kindergartens, where hours and activities are planned according to the school's schedule.

## SPECIAL NEEDS

There are many opportunities for volunteers to work within a number of care homes or schools for people with physical or mental disabilities. Conditions at these placements are often basic and staff are generally overworked. Volunteers at a special needs placement may find themselves working with a variety of ages, from young children to adults. If you have any experience working in this field, it would be extremely useful to join one of these programmes and share your experience and skills with local staff.



Volunteers are needed to provide another pair of hands, helping some of society's most vulnerable people to lead a full and rewarding life. Volunteers assist in improving competence and awareness in social areas, such as understanding and following the rules of society, adjusting their behaviour to the situation, problem solving and understanding others. Helping in these areas is vital in order to give these children and young adults the best chance of living independently in the future.

Some of these placements also include a medical component, as we have volunteers working in centres for physical rehabilitation as well as hospices for those with AIDS or cancer. There are opportunities at some placements to get involved with physiotherapy or help in other medical fields.

## HIV / AIDS



You can do really worthwhile volunteer work abroad by helping out on one of our HIV/AIDS projects in Ghana or Nepal. Depending on where you go, you can spend your time overseas working to raise awareness about HIV/AIDS or assisting in a care home with children affected by the epidemic.

## → Why choose Projects Abroad?

**Safety & Security:** We take your security abroad very seriously. Before we send volunteers anywhere, the countries must be politically stable and safe. We are in contact with the Foreign and Commonwealth Office, regarding safety and stability and, of course, we have the added security of our own overseas staff who know the local area in detail.

**Structure:** Our care programmes are structured so that you get the most out of your time overseas. Each volunteer will have a project supervisor to provide assistance and guidance throughout the placement.

**Variety:** We want to match your skills and enthusiasm to the right project. By creating a wide variety of projects for volunteers, we allow you to select the project best suited to you. There are 22 destinations to choose from, allowing volunteers with all interests to find a placement that is just right for them.

**Flexibility:** Our projects have no set start dates which mean you can choose when your placement begins.

**CV and Self-Development:** Voluntary work with Projects Abroad is excellent for your CV and university applications. It gives you greater life experience, develops personal skills, and shows your initiative to try something new - traits which appeal to employers and universities.

**Prices:** Care placements start from **£845**.

## → 3 easy ways to apply



Telephone  
Tel: +44 (0) 1903 708300



Internet  
[www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)  
(Under section "Apply Now")



Application Form  
(Request a brochure)



"I had an absolutely amazing experience I will never forget. I made so many friends and enjoyed becoming a friend to the girls at the orphanage. I really hope to go back there in the not too distant future. My host family couldn't have been more welcoming, I have never felt so at home away from home. They began to feel like an extension of my own family."

**Lydia Finnegan** (in Bolivia)

"I loved my placement, really felt it was worthwhile and made so many small but significant breakthroughs with the children, I felt like I was making a difference."

**Ruth Bowling** (in Ghana)

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