



### Introduction

When a University group volunteers abroad, students not only gain the opportunity to participate in rewarding hands on volunteer work, but in a number of cases are also able to acquire academic credit or add a valuable experience to their resumé. This, paired with a student's ability to understand the values of teamwork, cultural difference and commitment can often be a rewarding means of personal growth and development.

With more than a decade of experience, Volunteer for the Visayans takes pride in providing a safe, rewarding and educational volunteer abroad program for University groups that aims to empower local communities and provide assistance to some of the Philippines most underserved communities.

Please refer to the rest of this document for more information on University Program proposals, if you have any further questions or concerns, please do not hesitate to contact me!

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### Available Programs

#### **1. Rural Health Clinic Project**

A sad reality in the Philippines is that many families do not have the financial means of acquiring the best level of healthcare. In many communities it is still common for families to turn to inexpensive faith healing rather than pursuing medical treatment.



For this reason, Rural Health Unit clinics have been established in rural towns throughout the Philippines in order to provide free healthcare to some of the country's poorest citizens.

Unfortunately many of these clinics are poorly staffed and only have one doctor and a number of nurses and technicians to help support a community of thousands of people. By volunteering on the Rural Health Clinic project, volunteers can provide vital assistance to rural health clinics whilst at the same time getting hands-on medical experience in a developing country. Volunteer duties include, but are not limited to recording medical histories, administering vaccinations, assisting with doctor consultations, assisting with prenatal classes and venturing out into the local community in order to perform community health visits. This project is ideal for University groups studying medicine and clinical healthcare.

#### **2. Nutrition and Public Health Project**

Issues such as infant malnutrition, vitamin deficiency, chronic heart disease and diabetes are rampant in Filipino society. In many cases the combination of poverty with poor education on the topic of nutrition can often have devastating affects for Filipino infants.

As a result Volunteer for the Visayans established a number of community nutrition projects which aim to simultaneously provide supplementary feeding and nutrition education for malnourished children and their families.



This project offers University groups studying nutrition and public health the opportunity to get hands on experience in running supplementary feeding projects and providing awareness lectures and campaigns in order to assist some of the Philippines' most disadvantaged communities.



### 3. Teaching in Rural Elementary Schools Project

The ability to be able to speak, read and write English in the Philippines is incredibly important. Without it, individuals will never be able to obtain the opportunity to get professional jobs.

Unfortunately it's a sad reality that many children in the Philippines can be left behind through the traditional Philippine state school system. Issues such as overcrowded classrooms and poor resources mean that many children do not often get the specialist attention that they may require to advance.



By volunteering to teach English, Mathematics, Science, Music or Arts in a Rural Elementary School, students do not only gain the opportunity to learn English from native speakers, but at the same time widen their knowledge in the aforesaid subjects, an experience which can be incredibly rewarding for volunteers. At the same time, volunteers can also introduce new and fun teaching techniques to help the students learn and give them a breath of fresh air.

Our Teaching Project is ideal for any University Group who are studying teaching courses and who want to gain the experience of teaching with limited resources in a culture and environment completely different from their own.

### 4. Working with Disadvantaged Children and Women in Social Welfare Centers

Among the most disadvantaged sector of our society are children, young boys and girls, and women. Volunteer for the Visayans has collaborated with several social welfare centers to provide vital support to compliment the already existing programs of these institutions. We look for volunteers who can help us organize activities that will not only empower but also educate the children, young boys and girls, and women. Part of the objectives of these institutions is to enable them regain their confidence and self-worth, and for them to accept that to become productive members of the society, they also have an important role to play. This program will provide students and volunteers alike with opportunities to work with children at risk, disadvantaged young girls and women, boys who have been in conflict with law, and street children.



### 5. Working with Children – Spring/Summer Break Trip

Providing sustainable support for underprivileged children has long been a major corner stone at Volunteer for the Visayans. Today, we assist more than 200 children from various disadvantaged backgrounds, providing them with the resources needed to pursue mainstream education as well as other benefits such as access to healthcare, social welfare support and talent enhancing activities. Volunteers assigned at this project will work with small groups of children at both Elementary and High School levels. Volunteers will have the opportunity to tutor children, organized talent related activities and provide children with close mentoring whilst simultaneously acting as a strong positive role model. This project is essential as even today there are a number of flaws in the Philippine government education system meaning that a number of children still require special attention in order to fulfill their true potential.





### Highlights

**Cultural Immersion:** We take great pride in providing a program that effortlessly immerses volunteers in the unique culture of the Philippines. Through close community living and working, volunteers can learn a lot about the values of Philippine society in a manner which is both natural and enlightening. Volunteer for the Visayans maintains strong ties with the local communities it works with in order to provide safe and friendly settings to volunteer in.

**Support:** Volunteer for the Visayans staff are always happy to assist any of our volunteers twenty four hours a day, seven days a week. The Volunteer for the Visayans community centre and office is strategically located at the heart of the community in which volunteers are housed offering easy accessibility to staff and facilities.

**Be Part of Something Real:** Volunteer for the Visayans is *not* a travel agency - it's an official and duly registered Philippine non-profit, non -government organization that is dedicated to providing sustainable support to underprivileged communities. We have no shareholders, meaning that every excess peso from our program fee goes back into supporting a variety of initiatives that help educate, heal, house and empower families suffering from socioeconomic distress. By volunteering with us, we're not just providing you with resources and projects, but inviting you to be part of something that touches so many different people's lives.

### Accommodation Options

We run two (2) accommodation options for Univeristy groups:-

**Homestay:** By far the most popular accommodation option for our volunteers is to stay with our experienced, friendly and professional local host families in a small, safe and close-knit Filipino community. This option provides a great insight into the way in which Filipino families live and offers volunteers a sincere form of cultural immersion. Local host families will provide volunteers with a private or shared room (with another volunteer), two meals a day (breakfast and dinner), access to safe clean drinking water, an electric fan and a safe storage facility (with lock). Whilst living conditions may be slightly more basic than what volunteers are expected to, the vast majority of departing volunteers comment that staying in a homestay was a highlight of their trip. All of our host families are located within one minute walk from each other and within one minute walk from our community center and office - this close knit environment allows group leaders to easily supervise volunteers in their group.

**Hotel:** For those who don't wish to stay in homestays, Volunteer for the Visayans can provide accommodation at a nearby hotel which is an approximate 15-minute commute from the Volunteer for the Visayans community centre and office. Rooms at the hotel are shared air-conditioned rooms or dormitories. The hotel will provide two meals (breakfast and dinner) as well as offering other amenities such as a swimming pool and easy access to local restaurants, coffee shops and bars.



### Excursions

We provide two (2) day long excursions for programs two or more weeks long.

**Project Site Visit:** Our project site visit is split into two parts. The first part of the day involves volunteers being led to a variety of Volunteer for the Visayans projects. Here volunteers are orientated on the variety of work being done by the organization in a number of different communities. Volunteers are shown first hand the environment that Volunteer for the Visayans is working in and presented the opportunity to ask questions about how a portion of their program fee contributes towards such sustainable initiatives.

The second part of the excursion involves visiting a number of the local tourist sights here in Leyte, including but not limited to the San Juanico Bridge and the MacArthur Landings Memorial.

**Excursion:** At an outlying scenic area, where our volunteers would be able to experience the natural beauty of our tropical island.

### What Else is Included?

**Airport Reception and Departure:** Volunteer for the Visayans provides complementary private transport to and from Tacloban City airport and the beginning and end of your program. Airport reception in Manila can also be arranged at an additional cost.

**Orientation:** We believe a comprehensive orientation is paramount to the success of any volunteer program. On the first day, our staff will conduct an orientation seminar covering topics such as cultural adjustment, an introduction to the organization and the staff, a brief history of the organization, a health and safety brief, details regarding rules and regulations as well as ample time for questions and answers.

**City Tour:** All volunteers are given a comprehensive city tour during their first day, this will help orientate the group on the location of key building such as post offices, ATM machine, souvenir stores etc. Upon completion of the City Tour, volunteers will receive an all expenses paid introduction to Filipino cuisine at a suitable and appropriate local restaurant.

**Language Crash Course:** All volunteers are given a course in the local dialect “Waray Waray” - more classes can be arranged upon request.

**24 hour Staff Support:** All of our English speaking staff are on-call twenty four hours a day, seven days a week to answer any concerns.

### Sample 14 Day Itinerary

<b>Day 1</b>	06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:30am	Volunteers meet at the VFV community centre for their orientation seminar.
	10:30am	Volunteers begin City Tour.
	12:00pm	Volunteers receive their introduction to Filipino cuisine.
	2:00pm	Volunteers begin their project orientation and discuss what is expected of them as volunteers.
	4:00pm	Volunteers are briefly introduced to some of the children enrolled on the VFV Child Sponsorship Program.
	6:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 2</b>	06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:00am	Volunteers begin their assigned volunteer projects.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).
	2:00pm	Volunteers begin Waray Waray Crash Course
	5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
	6:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 3</b>	06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:00am	Volunteers begin their assigned volunteer projects.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).
	5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
	6:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 4</b>	06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:00am	Volunteers begin their assigned volunteer projects.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).
	5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
	7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 5</b>	06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:00am	Volunteers begin their assigned volunteer projects.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).



	5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
	7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 6</b>	07:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	09:00am	Volunteers depart for the Project Site Excursion
	5:00pm	Volunteers return from Project Site Excursion.
	7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 7</b>	07:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	9:00am	Volunteers may choose to participate in Boys or Girls Club Activities at the VFV Community Centre.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).
	1:00pm	Fiesta Ng Nayon - a festival of Filipino games is held at the plaza in front of the VFV Community Centre.
	7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 8</b>	06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:00am	Volunteers begin their assigned volunteer projects.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).
	5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
	7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 9</b>	06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:00am	Volunteers begin their assigned volunteer projects.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).
	5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
	7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 10</b>	06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:00am	Volunteers begin their assigned volunteer projects.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).
	5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
	7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 11</b>	07:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
	08:00am	Volunteers begin their assigned volunteer projects.
	12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).



		5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
		7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 12</b>		06:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
		08:00am	Volunteers begin their assigned volunteer projects.
		12:00pm	Volunteers take lunch as a group at the VFV Community Centre (optional).
		5:00pm	Volunteers begin after-school tutorials (during term time) and/or games and workshops (during school holidays)
		7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 13</b>		07:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
		09:00am	Volunteers depart for the Recreational Excursion
		5:00pm	Volunteers return from Recreational Excursion.
		7:00pm onwards	Volunteers take dinner with homestay. (Downtime follows)
<b>Day 14</b>		07:00am	Volunteers wake up, prepare themselves and take breakfast with their host family.
		9:00am	Volunteers may choose to participate in Boys or Girls Club Activities at the VFV Community Centre.
		12:00pm	Volunteers take lunch as a group at the VFV Community Centre.
		1:00pm onwards	Free time.