

PEOPLE TO PEOPLE VOLUNTEER

10 MONTHS

Training in the Caribbean, then volunteer in an international development project in Malawi or Zambia.



The program starts in
April and **October**

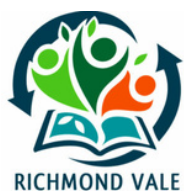


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Before I arrived in Mozambique, I always had the idea that I was poor, but in Africa, I learned that wealth is not in material things. I have seen families eating from one plate and still inviting their neighbours to join them for a meal. I have learned not to be a prisoner of the capitalist world that we are living in. The time that I stayed in Africa was very memorable and it taught me to be a humanitarian.



Tomika Caesar, St. Vincent, Volunteer in Mozambique

**Our International Volunteer Program is based on two concepts:
Sustainable Development and International Solidarity.**

Program Overview

**The 10-Month program is a fast-paced and action-based program
divided into 3 phases:**

Phase 1

3 months in St. Vincent
and the Grenadines.
Extensive training before
your phase as a
volunteer.

Phase 2

6 months at a project
Volunteering with long
term sustainable projects
implemented by Humana
People to People in Malawi
or Zambia.

Phase 3

1 month in St. Vincent
and the Grenadines
Reflecting, evaluating
and sharing your
experiences.



The program provides an opportunity for people from all walks of life to learn from, and work with, community-driven development programs run by Humana People to People organizations in Malawi or Zambia.

FIRST PHASE – 3 MONTHS

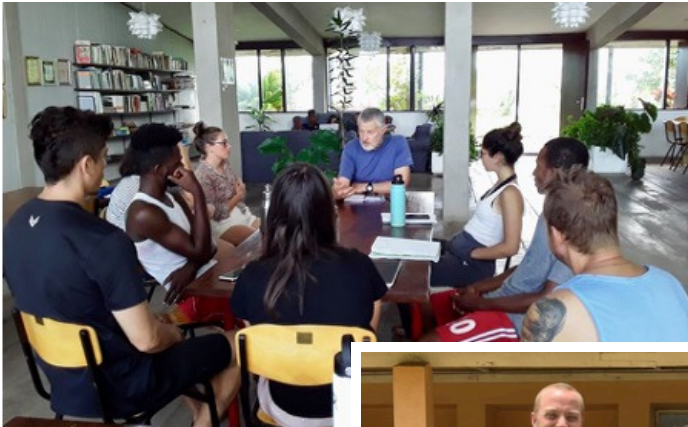
Training at Richmond Vale Academy

Richmond Vale Academy is the educational institution where you will receive technical and organizational training during the first three months.

An experienced team leader will guide you throughout the program, which included a variety of teaching methodologies including lectures, group discussions, individual studies, investigative research, expressive arts, workshops, and practical actions.

You will be part of a team of like-minded people who will work together to acquire the knowledge, mindset, and skills needed to be respectful and resourceful development instructors.





During this phase, Humana will announce available project assignments for your team to prepare for, in either Zambia or Malawi. After the project selection, you will be put in contact with your project leader to understand the aims and methods of the project and get familiar with the project situation and expectations for your team. Together, you will discuss and determine some of the tasks and responsibilities of your posting, depending on the project's needs.



SECOND PHASE – 6 MONTHS

During the six-month project stage, your team will travel and integrate into the designated development project in Malawi or Zambia.

You will join hands with the staff at the project and alongside the people from the communities to address pressing social and environmental issues, with a clear scope of work, while learning about the community that you live in.

One thing I have been taught from the beginning is to observe and be mindful of the whole situation. I have gained a great respect for my project members and their hard work. Having a close exchange with them and hear the different stories is incredibly important, their unique challenges touch my heart deeply.

Enya Solmaz, Germany, Volunteer in Zambia





During this time, you will immerse yourself into a different culture from your own, building relationships with people and adding a unique perspective to your world. You will develop new skills and gain practical experiences while contributing to a better world.

My journey in Zambia cultivated gratitude and perspective. Forming deep bonds with the community I was part of. One project our Trio took on in the Children's town was to Create an outdoor gym, which now provides a space for students to practise sports and improve their physical wellbeing.

Francesco Nunez, Colombia, Volunteer in Zambia



THIRD PHASE – 1 MONTH

The last month of the program is a time of reflection and knowledge sharing. It's a time for you as the volunteer to take what you've seen, experienced, and learned throughout this program, and share it with the public.

It can be through traditional presentations or creative approaches such as plays or performances, the knowledge sharing period presents the opportunity to not only reflect upon the work you've put into this program but also to make a lasting impact on a greater number of people.

Much like a drop of water making a ripple, you too can inspire and promote greater change through your work as a People To People Volunteer.

What certificates will I receive upon completing the program?

- Training Completion Certificate from Richmond Vale Academy.
- Project Completion Certificate from Humana People to People.





Together with your team you will reflect on what changes and impacts you made as individuals, as a team, and as part of a long-term development project. You will create information products containing your message as “people to people” ambassadors maybe videos, posters, photo exhibitions or presentations where you will share your experiences and insights, as well as messages from the communities you have lived and collaborated with.

You will visit schools and organizations and share your experiences and stories with as many people as possible. This last month of the program is also a time of reflection and preparations for the next steps in your life.

THE DEVELOPMENT PROJECTS

PRE-SCHOOLS OF THE FUTURE

In this project, volunteers join hands with the community, for example, providing monthly training sessions for the preschool teachers, developing learning materials, strengthening community engagement to secure one meal per day for the children, establishing vegetable gardens, or improving school buildings.

The project aims to provide quality preschool education for children aged 3 to 6 while supporting the enhancement of primary schools for comprehensive educational development.



FARMERS' CLUB

The volunteers take part in activities such as tree planting and environmental protection campaigns, cleaning actions, sports clubs with youths and supporting income generating activities.

Farmers' Club aims to support small-scale farmers with sustainable agriculture practices, including conservation farming, to promote long-term environmental and economic sustainability in rural communities.

CHILDREN'S TOWN

In Children's Town, the volunteers' role is to support teachers by providing mentorship, teaching English, organizing evening and weekend programs, and collaborating with the climate center activities and projects.

Children's Town in Zambia aims to uplift street children, providing them with the skills needed for a healthy and independent life. It also offers basic education, serving hundreds of children from the local community, spanning from preschool to 8th grade.



I've learned many things. I've endured many hardships. And I have had the opportunity to feel what living in a different country is like. I'm grateful to have met so many beautiful people around the world that I can now call my friends, and some I can call my family.

Tamarrow Mitchell, USA, Volunteer in Zambia



THE HUMANA PEOPLE TO PEOPLE FEDERATION HAS A SIMPLE AND CLEAR AGENDA:

Protecting the planet, building communities,
and supporting people by connecting them with
others, unleashing their potential for positive
change and action.

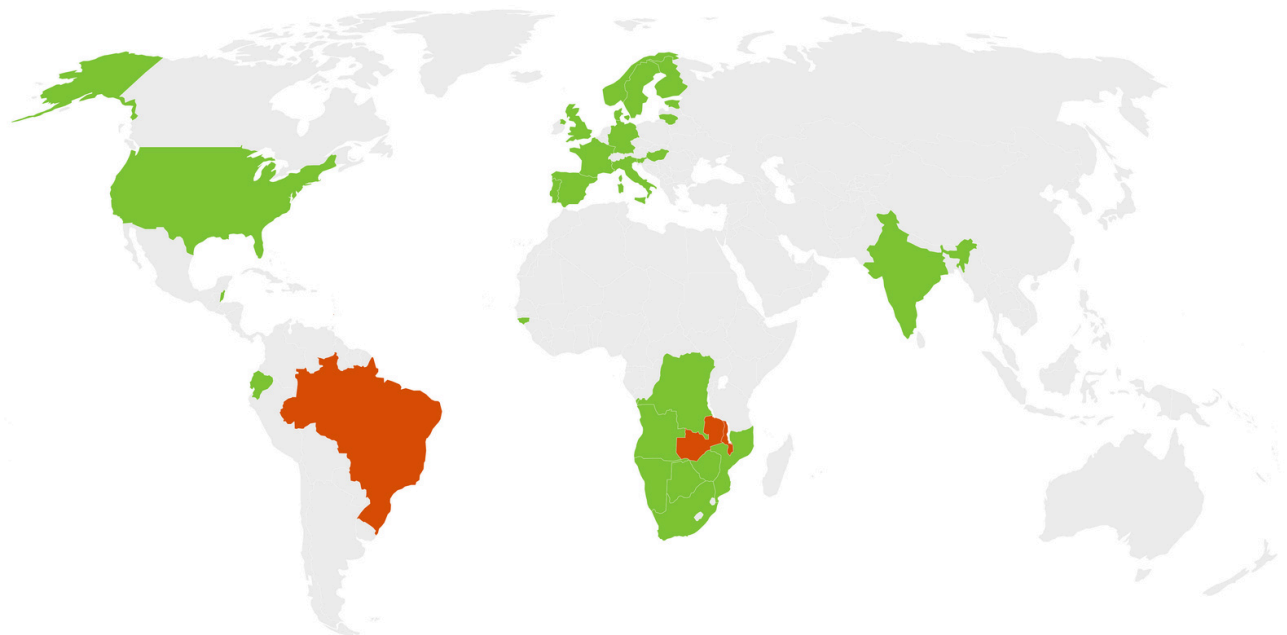
All in alignment with the United Nations 2030
Agenda and the UN Sustainable Development
Goals.



29 organizations

46 countries

17,9M people reached



Humana Volunteer

Volunteering with Humana will allow you to deepen your understanding of the
world and develop a wide range of professional and practical life skills, such as:

- Project management
- Leadership
- Communication
- Adaptability to change
- Conflict resolution
- Teamwork

ST. VINCENT AND THE GRENADINES

The country of St. Vincent and the Grenadines (SVG) is located to the south of the Caribbean Sea and has a population of 110,000 people. SVG is a small island nation with breathtaking landscapes.

The country consists of a main island called St. Vincent and 31 smaller islands and cays of which 8 are inhabited.



Climate Change is hitting poorer countries the hardest. St. Vincent and the Grenadines is one of the poorest island nations in the Caribbean.

The most recent disaster – Hurricane Beryl, a Category 4, struck St. Vincent and the Grenadines on 1st of July 2024. The Grenadines, particularly Union Island, Mayreau, and Canouan, were ravaged; 90% of the buildings on Union Island were severely damaged or destroyed and are still in the process of recovery.



WHAT DO YOU NEED TO JOIN THE PROGRAM?

- ✔ You are at least 18 years old.
- ✔ You can speak, write, and communicate in English.
- ✔ You are ready to leave your home and immerse yourself in an intense learning experience for ten months, 24/7.
- ✔ You are eager to experience a multidisciplinary and collective training program that includes theoretical and practical activities.
- ✔ You are committed to learning about people, culture, values, and traditions and to sharing your knowledge and stories with the public after your travels.
- ✔ You look forward to engaging with the Humana People to People projects in a spirit of cooperation, mutual learning, and respect.
- ✔ You understand that taking drugs or drinking alcohol for the entirety of the program is not accepted.
- ✔ You are ready to volunteer where you are most needed, and where your skills and solidarity will make a valuable contribution.



FINANCES

The program fee is 4,500 USD. This covers your basic expenses for the 4 months at Richmond Vale Academy which includes a shared room, 3 meals a day, and program expenses.

Travel costs are partly paid from donors committed to Richmond Vale Academy, and partly from your program fee which covers:

- Round trip travel from Saint Vincent to the project country
- Visa
- Malaria prophylaxis
- Health insurance during the project phase only

The Humana People to People host organization pays for accommodation while you are at the project and an allowance to cover food, local transportation and some pocket money.

What is **not** covered:

- Vaccinations required for the project work
- Health insurance during the 4 months in St Vincent
- Personal items such as medication, toiletries, phones, and other private expenses
- Transportation from the airport to and from Richmond Vale Academy

Limited scholarships are available to help cover tuition for those who qualify!



HOW TO APPLY

- 1** Fill out a short contact form on our website so we can get in touch with you.

- 2** You will receive more information about the program by email, and an invitation to book a meeting online.

- 3** You will talk with an enrollment advisor to get a thorough introduction to the program and answer your questions.

- 4** You will choose the start date that suits you best and your enrollment advisor will inform you of the finances and you will discuss and find solutions as well.

- 5** After confirming that there are no remaining questions and that you are ready to enroll, you will book a final meeting online or in person to review the enrollment agreement. If you have applied for one of our scholarships, you will receive confirmation of the assignment before scheduling this final meeting.

- 6** After going through the enrollment agreement, you will sign it and pay the first part of the school fee to reserve your spot on the team.

- 7** Once you have completed your enrollment, a representative from Richmond Vale Academy will contact you to help you prepare for your trip.



FAQ



What is the relationship between Humana People to People and Richmond Vale Academy?

The relationship between Richmond Vale Academy and Humana People to People is one of collaboration and mutual support. Although we are independent entities, we have been partners for over 20 years. Richmond Vale Academy focuses on training volunteers, while Humana People to People provides a space for them to participate in its projects. This demonstrates a strategic partnership where both organizations complement each other to achieve common goals in the field of international cooperation and development.

Why does the program cost money?

It is mandatory that the volunteers coming to the Humana People to People projects are trained and ready to volunteer with ethics and a spirit of cooperation, mutual learning, and respect. The costs of the program cover your training at Richmond Vale Academy and some of the costs travelling to the project country, the rest will be paid by partners of RVA. The Humana People to People host organization covers the expenses associated with the international volunteering stage which include malaria prophylaxis, and a monthly allowance to cover food, local transport, and some pocket money.

Will I be safe overseas?

Yes, we care deeply about the safety of our participants. The countries where we work have safe working environments and the projects you will have the opportunity to collaborate on are well-established. Before the project stage, you will also get to review the safety regulations of the project country you will go to which includes emergency contacts, the nearest medical centers, etc.

Are couples, friends and family members able to do the programs together?

Yes, couples, friends, and family members can do the program together as long as each person complies with the requirements to be eligible.

Can I work or go to school while doing the program?

No, our program is a 24/7 commitment and will require your full attention. It's also important for the success of your team that each student is 100% all-in, and that the team works together at all stages of the program.

Why do we ask our participants to agree to our no drugs and no alcohol policy?

At Richmond Vale Academy you will be a part of a community striving to be an example of international cooperation and development. In such a context, alcohol and drugs get in the way as they divide the community, distract us from our objectives, and put our safety at risk.

Can I choose which project I volunteer with?

No. Project availability/placement is defined by Humana based on the needs of the projects and the local communities. Our experience is that regardless of the project area, participants enjoy the volunteer phase and learn a lot no matter which project they focus on supporting.

How will I be able to contact my friends and family during the project stage?

You will be able to contact your friends and family through texting, calling, emailing, or using social media. Keep in mind that you may be in areas with limited internet connection. We recommend that you get a local SIM card, which is very accessible, so you can be easily reached.

What are the required vaccinations I need?

You need Typhoid, Hepatitis A and Yellow Fever vaccinations.

Will I be traveling alone to the project country?

No, you will be teamed into duos or trios and will be travelling and working alongside your designated group.

Can I take holidays during the program?

No, but each program includes 5 vacation days, either spent at RVA or exploring St. Vincent and the Grenadines. Timing varies to best fit the program—sometimes 5 days in a row, other times split into two breaks. Team starting in October has vacation around Christmas, while April teams take theirs at a different time. All expenses related to the vacation are personal, including food and transportation. If you choose to stay at RVA, meals are covered.



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RICHMOND VALE
ACADEMY

Link to program page
<https://richmondvale.org/community-volunteer-abroad/>