

Program Guide 2022-23

uVolunteer

Teaching / Sports / Community Development

Construction / Conservation / Healthcare

Alternative Breaks

Summer Holidays

Winter Vacations

Career Breaks

Gap Years

Youth Travel

*Make friends, make a difference...
make a start*

VOLUNTEER ABROAD IN COSTA RICA, GHANA & THAILAND

UVOLUNTEER

Free - USA/CAN 1.877.549.8638

[uvolunteer.net](https://www.uvolunteer.net)



Introduction

Do good, feel good - with uVolunteer

What you get

Volunteer travel tailored to you

WELCOME

Making a positive difference within the developing world protects our growing global community, and at uVolunteer, the process starts with you.

For almost a decade, uVolunteer has matched thousands of people like you with tailor-made volunteering projects in **Ghana, Thailand** and **Costa Rica**, giving volunteers varied opportunities to educate, inform and provide hands-on help in the developing communities that are most in need.

We believe that doing good shouldn't cost the Earth, which is why our volunteer abroad trips are so competitively priced. What's more, your safety and happiness are of utmost importance at all times – you can trust uVolunteer to be by your side every step of the way.

With uVolunteer, you can make a valuable difference to the community you visit while experiencing exciting new cultures and environments; we guarantee you a once-in-a-lifetime experience you'll never forget.

*Make friends, make a difference...
make a start*



Nathaniel Amponsah is an avid traveler who enjoys real, authentic and down-to-Earth experiences all over the world. He is the founder and CEO of uVolunteer.

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At uVolunteer, we're committed to our cause and dedicated to helping you make a difference. Spending time working overseas has a host of benefits, and our volunteer abroad breaks are the ideal way to fulfill your life goal.

A CHOICE OF THREE DESTINATIONS – Unlike other volunteer abroad companies, we limit our destinations to **Costa Rica, Ghana** and **Thailand**, where we're well established and have strong links. **WHY? Ghana, Thailand** and **Costa Rica** are our top three volunteering destinations, chosen for their high levels of safety and stability, impressive infrastructure and surroundings, welcoming approach to visitors and genuine need of volunteer help.

A WIDE VARIETY OF PROJECTS – We work with communities in need of all sorts of skills, from construction and IT training to sports coaching. **WHY?** At uVolunteer, we recognize that every individual has their own skill set, be it teaching, medical care, or the arts. Volunteer with us and use your skills to empower others to find theirs.

IN-COUNTRY SUPPORT – Built on the personal experiences of our own volunteer team, we know that adjusting to a new culture and surroundings requires support. **WHY?** If you have questions about any aspect of your program, our local staff will be on hand to help.

We provide daily in-country support for every step of your journey and can be by your side within 15 minutes to give you complete peace of mind.

TAILOR-MADE PROGRAMS – Our flexible programs can be designed to meet your requirements or reflect personal goals. **WHY?** At uVolunteer, we welcome **all nationalities, individuals, groups, families** and **businesses**. Programs can be tailor-made to reflect your different needs.

A RICH CULTURAL EXPERIENCE – You'll work with local people as part of your volunteering program, enjoying an authentic cultural experience. **WHY?** Experiencing a new culture and living alongside others in a new country is both exciting and educative; learn, laugh and live a completely different life, meet people from other cultures and build friendships that last with uVolunteer.

FLEXIBLE DATES AND DURATIONS – Our volunteering breaks run every month with program durations between 3 to 12 weeks. **WHY?** We provide a wide choice of start dates and durations to cater for all our volunteers. Whether you're looking for a short break with a difference, taking some time out from work or embarking on a gap year of travel, we have options to suit all needs.



Our Values

Affordable, ethical adventures

Our Destinations

Make a difference where it matters

UNIQUE AND UNRIVALED

At uVolunteer, the individuals and groups who come to us ready to make a difference are our first priority. We're proud of our unique, unrivaled volunteer programs, which have developed from our core values:

PERSONAL AND PROFESSIONAL

Our service is managed by a small, friendly team of former volunteers who have the knowledge and experience to cater for all your needs. We can tailor-make your trip to suit your skills, personality and individual requirements for the richest experience.

SAFETY AND SECURITY

Traveling to a new country brings with it a level of risk, which is why we only organize volunteer breaks in destinations we're happy are politically stable and free from undue risk to volunteers.

Your safety and security is our priority, so our local staff are experts in the areas and cultures you'll experience during your break.

RESPECT FOR ALL

We're grateful for the time and effort you invest in our worthwhile programs and we respect your commitment and dedication. As well, we respect the cultures, traditions and people within the communities we help – this is a two-way exchange you'll remember for a lifetime.

ECONOMICAL AND EFFICIENT

The high prices charged by other volunteer abroad companies are a barrier to change; at uVolunteer, we keep costs as low as possible, charging the minimum to cover the costs of your placement, accommodation, meals and staff support. We are transparent about our fees structure; this information is available online and in our guides.

The destinations selected by uVolunteer are chosen with care; we only send volunteers to Ghana, Costa Rica and Thailand, where we're well established and have great connections with local projects in need of support.

Because of our strong ties with communities in these countries, we have the intimate knowledge necessary to operate safe, successful projects that provide our volunteers with an authentic experience that can't be matched.

Costa Rica, Ghana and Thailand are diverse nations that share the following vital characteristics:

RICH CULTURE

Escape the well-trodden tourist traps and get under the skin of your destination by experiencing life in authentic cultural communities, handpicked by uVolunteer as areas in genuine need of volunteer support.

UNFORGETTABLE SCENERY

Our destinations are characterized by tropical rainforests, wild savannah and glorious beaches.

POLITICAL STABILITY

Ghana, Thailand and Costa Rica are politically stable locations that welcome tourists for a safe volunteering trip.

GREAT INFRASTRUCTURE

Each of our destinations has the basic communications services and facilities necessary for a problem-free volunteer break.

GENUINELY IN NEED

At uVolunteer, we believe in making a difference where it really counts – our destinations value the contributions made by our volunteers.

Costa Rica

Volunteer with us and you'll gain authentic, first-hand insights and experience of life in this developing nation.

Wildlife conservation and environmental preservation are key to protecting this beautiful land for centuries to come, and these are just a few options for volunteers embarking on our Costa Rican program.

Home to three universities, San Ramon is a lively town with a thriving night scene and good, regular public transport links, which make visiting the beaches along the Pacific coast a breeze.



Alternatively, you can join a program to teach English, work in construction, help with community development or assist in daycare centers or orphanages.

SAN RAMON

Our volunteer placements in Costa Rica are mainly located in San Ramon. Surrounded by mountains and set within Costa Rica's Central Valley, San Ramon is a large coffee town known for its picturesque landscapes, native wildlife and vibrant nightlife. San Ramon is referred to as the town of presidents and poets – several Costa Rican presidents and noted poets hailed from the area, which is just 45 minutes away from the airport and capital city San Jose.

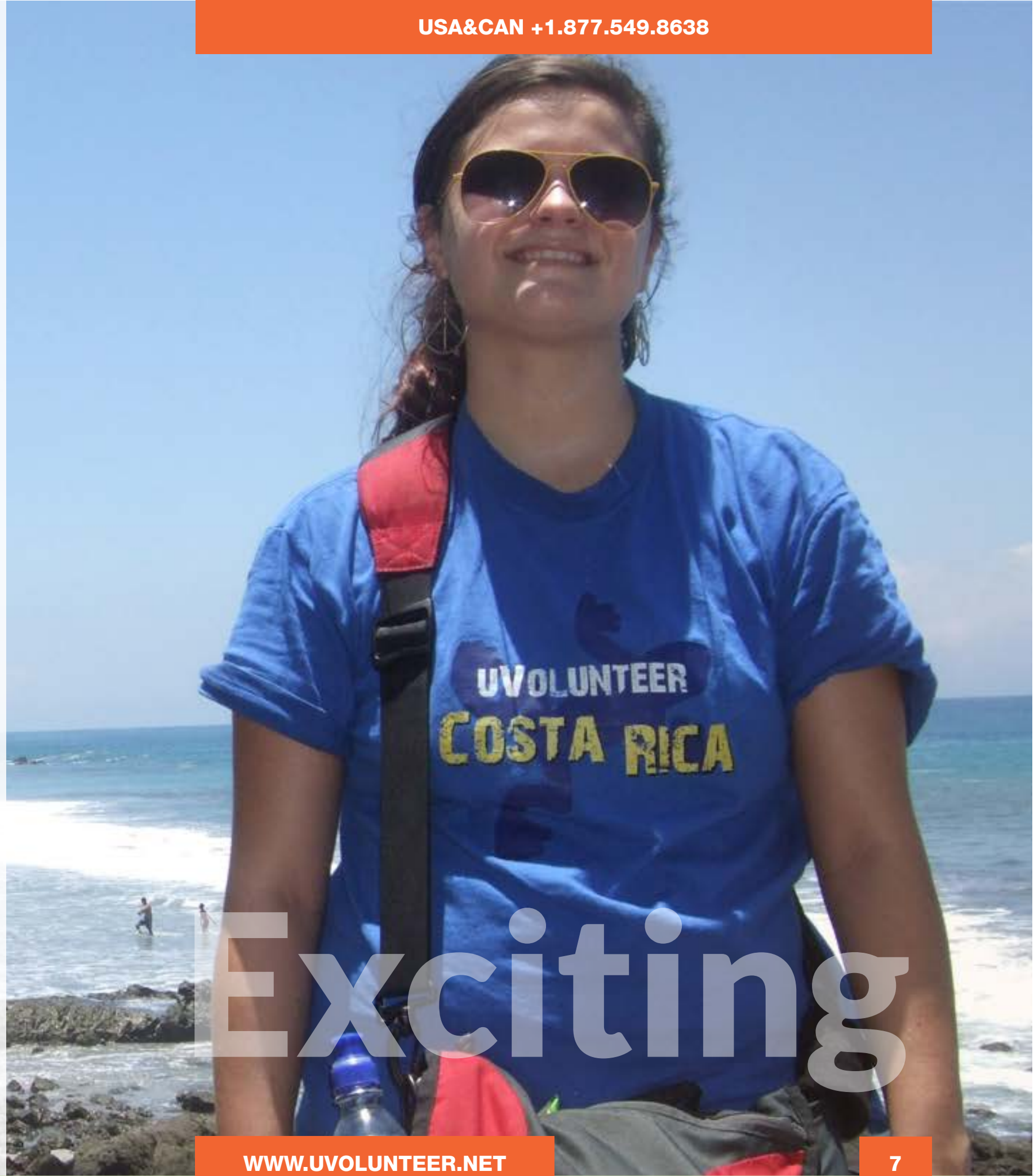
If you're joining a uVolunteer Animal Conservation Project, you'll be based in the area where the conservation work is taking place; the turtle camps are located on beaches near the towns of Buena Vista and Matapalo, while the Animal Conservation Project is based in rural San Carlos.

[Download Costa Rica's Destination Guide](#)



DESTINATION HIGHLIGHT

WHITE WATER RAFTING IN COSTA RICA
Don't miss: White-water rafting on the Pacuare River



Exciting

Ghana

Known historically as the Gold Coast, Ghana is renowned for the precious metal, cocoa, and more recently, oil. The lively culture, national passion for football, and friendly hospitable people are among Ghana's claims to fame.

Home to tropical rainforests and beautiful beaches, Ghana is a friendly nation that welcomes volunteers, especially within the fields of teaching, healthcare, IT, sports, conservation and orphanage work.

On a volunteering trip to Ghana with uVolunteer you can make a difference within communities or national parks, and have plenty of time for taking in the sights of this vibrant nation on your days off.

KOFORIDUA

The capital of Ghana's eastern region, Koforidua – also known as Kofftown – is where uVolunteer's projects are based, with the exception of our National Parks and Reserves programs.

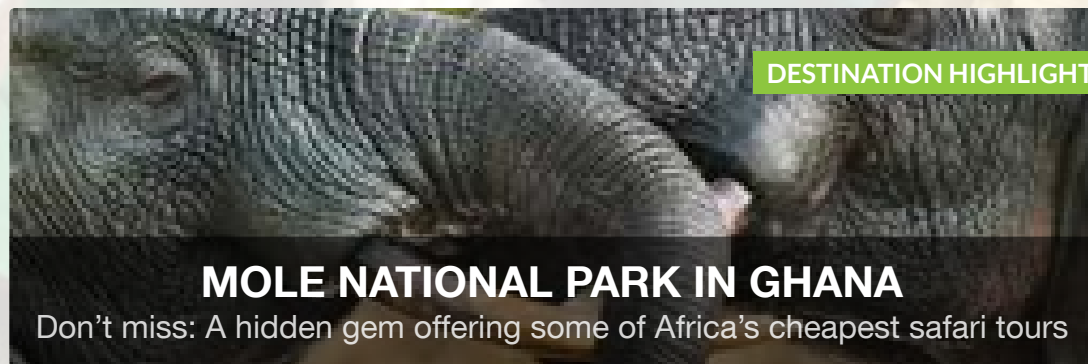
Set in a scenic valley in the protective shadow of sacred mountain Obuo Tabri, lively Koforidua has favorable weather.

Located just a 45-minute drive from the airport, the city is also close to the capital Accra. From Koforidua, it's easy to travel to the Ashanti and Volta regions, discover the beaches of Busia or head to the fishing port of Cape Coast to explore the historic castle – a famous World Heritage Site.

Experience Ghana's colorful culture, explore the diverse environments and learn more about the history of the slave trade.

If you're joining one of our National Parks and Reserves projects, your placement location will be within a local park or reserve. Our volunteers are usually based in one of the following: Kakum National Park in Cape Coast, Mole National Park in the northern region or Shai Hills Resource Reserve in the Eastern region.

[Download Ghana's Destination Guide](#)



DESTINATION HIGHLIGHT

MOLE NATIONAL PARK IN GHANA

Don't miss: A hidden gem offering some of Africa's cheapest safari tours



Ethnic

Thailand

Known for its rich history and culture, Thailand is a colorful country with lively towns and cities, unspoiled landscapes and ancient landmarks around every corner. Known for its peaceful people, ornate architecture and flavor fusions, Thailand attracts around 27 million visitors every year.

In order to keep up with its thriving tourism trade, Thailand needs to develop in a number of industries, and skills like IT and English are increasingly in demand.



Volunteers have a choice of projects that build on these key areas of growth at the uVolunteer base of Trat, along with opportunities to teach sports or work with youngsters in daycare centers.

TRAT

Experience true Thai culture in the relaxed town of Trat, located in south-east Thailand. All our local projects are based in this rural town, which is renowned for its gemstone mines, rich, bountiful soils and year-round comfortable climate. Trat retains its rural charm, being largely untouched by Western culture, making it an ideal place to experience genuine Thai life.

Take in the picturesque surroundings, which include vast beaches and awe-inspiring waterfalls, meet and interact with local people and like-minded volunteers, explore the beach resort of Koh Chang or search for bargains at the bustling local markets.

Further afield, you can head out to the bright lights of Thailand's capital city Bangkok, relax on Pattaya's beaches or admire the ancient temples of Chang Mai.

[Download Thailand's Destination Guide](#)



DESTINATION HIGHLIGHT

KOH CHANG IN THAILAND

Don't miss: Snorkel, swim and dive around Thailand's largest island



Exotic



Our Programs

Designed to do good



Our Projects

Leave a life-changing legacy

Volunteer abroad breaks from uVolunteer are tailored to your requirements - we offer a comprehensive choice of individual and group trips combining work and leisure activities for a fully-rounded experience of your chosen destination.

With options to arrive at any time of the year and to stay for between 4 and 12 weeks, your break abroad can be flexible to fit your schedule.

- ▶ We welcome all nationalities on our volunteering trips to Costa Rica, Ghana and Thailand.
- ▶ Travel with friends, family or colleagues as part of a group volunteer vacation.
- ▶ Ideal for alternative vacations, Spring Breaks, sabbaticals and gap years.
- ▶ Experience group living and build lifelong friendships in our dedicated volunteer dorms.

MINIMUM REQUIREMENTS

If you're 18 or over, you're eligible to join the program. If you're 17, you'll need parental consent and can only join certain projects.

YOUTH VOLUNTEERING

If you are aged 16 to 18 you can join our Youth Volunteer and Travel program. This new program will be launched in 2017, so check online for details.

KIDS COME TOO

Children aged between 10 and 16 can join the program accompanied by an authorized guardian aged 21 or over.

If you're ready to make a difference, uVolunteer guarantees you an unforgettable experience to treasure. How will you leave a legacy in the developing world?

At uVolunteer, our overseas volunteering projects cover a broad spectrum, from teaching and childcare to animal conservation. Wherever your skills lie, you'll find that you can make a difference in the developing world with the fun, fulfilling and flexible programs offered by uVolunteer.

Choose from the following projects, or get in touch with us if your interest area isn't listed:

- » Childcare and orphanages
- » Sports coaching and physical education
- » Teaching English and IT training
- » Animal conservation
- » Building and construction
- » National parks
- » Health and medical care
- » Environmental conservation
- » Community development

CUSTOM PLACEMENTS

If your skills are outside our general list, or you want to combine two or more interest areas, we're happy to custom-build a program for you and can accommodate most interests.

What's more, uVolunteer can build a program that reflects your needs; if you're working on your dissertation, looking for an internship or leading a corporate exercise or college group, we'll make sure your program is tailored to reflect your goals.

COMBINE PROJECTS OR DESTINATIONS FOR A RICHER EXPERIENCE

At uVolunteer, we want you to have the best volunteer experience, and sometimes that means breaking away from a set package to design your own adventure. We can tailor-make a program just for you that allows you to combine work on different projects in the same location, or even visit another of our exciting destinations as part of your journey.

Your Schedule

Balanced for the best experience

When you choose to make a difference with uVolunteer, we guarantee you a balanced break, with just the right combination of work and recreation time. You'll have plenty of opportunity to explore and enjoy your destination country, achieving optimum value from your volunteering trip.

YOUR WORKING WEEK

From Monday to Thursday, you'll get stuck in to the projects you've volunteered for, leaving Friday to Sunday free to fill as you please. What's more, on the days you volunteer, you'll only work for a maximum of six hours, leaving your evenings open for social activities or leisure pursuits.

If you want to work longer than six hours a day on your chosen project, or continue to work on one of your days off, simply let your volunteer coordinators know and we will be happy to make arrangements for you - our staff are always on hand to help.

SOCIAL ACTIVITIES

Our volunteer abroad vacations include social activities, organized by your local coordinators. Depending on your destination, you'll be able to take part in the following activities:

- Cookery lessons
- English language club
- Nights out
- Latin dance classes
- Soccer games
- English/Spanish quiz night
- Group hikes
- BBQs

FREE TIME FOR FUN

You're free to use your leisure time however you choose. Perhaps you've already got some ideas of what you'd like to see and do during your volunteer abroad break; if not, our locally-based staff will be happy to provide advice and information so you can get the most from your free time.

- Cultural experiences
- Festivals and beaches
- Wildlife and fauna
- National parks
- Adventure Sports
- International cuisine

Arrival & Orientation

A warm welcome

Visiting a new country is an exciting experience; uVolunteer ensures the arrival process is as seamless as possible so you can begin enjoying your volunteering trip as soon as you touch down.

All our volunteers receive a pre-arrival information pack, outlining pick-up procedures and the arrangements you should make for a safe and hassle free arrival to your project location. It's important to read this and keep it to hand somewhere safe, so you can refer to it when necessary.

WHEN YOU ARRIVE

You'll be met by country-based uVolunteer staff at one of our designated meeting points - usually the nearest airport, where you'll see our local representative holding up a sign bearing your name. You can also choose to arrive by yourself if you are an experienced traveler. Our friendly coordinator will transfer you to your project location and the

uVolunteer dorms, where you'll have your first orientation session. Get to know your new living quarters and meet the other volunteers you'll be sharing your accommodation with.

YOUR ACCOMMODATION

In each uVolunteer destination, we have dedicated houses called 'dorms' where volunteers live together and are looked after by our local staff, who either live in the dorms or very close by.

The dorms are well-equipped for general living and located in family-orientated areas where there is a sense of community.

Our dorms are also centrally located, just a few minutes from the town center for easy access to local amenities. They provide accommodation for between nine and 16 volunteers in three to five single-sex bedrooms with bunks.



In-country Briefing

Learn about local life

Social & Communication

Connect and keep in touch

Other amenities include Western washrooms, shower facilities, modern kitchens, communal and chill-out spaces. Volunteers receive two meals daily. You can prepare your own lunch or use the opportunity to sample the local cuisine.

Your orientation begins as soon as you arrive at the uVolunteer dorms, usually on a Friday. The following Saturday morning, you'll receive an in-country briefing, which will cover the different elements of your trip.

The presentation includes a general overview of your host country, your placement and your chosen project, and will cover the finer details of what you need to know about local culture and customs.

At lunchtime you'll have the opportunity to sample local cuisine and try traditional native foods and snacks. Afterwards, there will be a safety briefing, basic local language lessons and a useful list of 'Dos and Don'ts'.

SETTLING IN

The final part of the orientation and briefing process is a hands-on lesson in local life. You'll head outside with your local volunteer coordinator and learn how to use public transport, taking a tour of the town to see where important amenities are located, such as supermarkets, banks, ATMs, transport terminals and food markets.

We want you to feel right at home in your destination country, so our local staff will always be on hand to provide support and cultural exchange during your trip - your happiness and wellbeing is our priority, so feel free to contact your coordinators day or night.



“ Everyone was extremely friendly from the moment we arrived, and our program coordinators were always there to listen and answer any questions or concerns we had - they made us feel right at home. ”
Elmira Nosratollahi,
Ghana uVolunteer

MAKING FRIENDS

Your volunteer trip is designed to include a social element, and you'll get to know your fellow volunteers during the orientation process. On Saturday evening, after you've toured the town, you'll join the other volunteers for dinner and refreshments at a local restaurant for the perfect opportunity to mingle and make friends.

On Sunday morning, uVolunteer will organize a social activity, which usually involves visiting a local tourist attraction site. This is a great opportunity to familiarize yourself with your new environment and, at the same time, start building meaningful experiences with your fellow volunteers and our staff.

On the return journey to the dorm, you'll have further chance to explore your placement location with your companions. Sunday evening is free time to unwind and prepare for the first day at your project the following day.

KEEPING IN TOUCH

You can let family and friends back home know what a great time you're having via cell phone, Internet or through the landlines in your dorm - our phone lines accept international calls, so your loved ones can contact you in this way if they choose to.

If you want to use your cell phone to keep everyone updated on your progress, you can use your provider's roaming capabilities, or purchase a cheap cell phone in your destination country. These are usually prepaid and come with a SIM card and data bundle for between \$30 and \$40, making it the cheapest way to stay connected during your trip. Alternatively, if your cell phone isn't locked, you can purchase a local SIM card when you arrive.

Your dorm will have Wi-Fi access that you can use to get online with your smartphone, tablet PC or laptop. On your weekend travels, all major towns and cities have high-speed Internet cafes.



Staff & Support

We're with you every step of the way

VOLUNTEER COORDINATION

At uVolunteer, we pride ourselves on the unrivaled level of staff support all our volunteers receive. The uVolunteer staff offices are located on the same compound as the dorm or close by, so you always have a main point of contact nearby, should you need advice, support, or simply have a question.

Your volunteer coordinator will be available round the clock to deal with any questions or concerns you may have, day or night, becoming your extended family for the duration of your trip. If you need person-to-person support at any time during your stay with us, we have dedicated teams of staff who can be by your side within 15 minutes.

To ensure your life at the dorm, as well as your work placement, is progressing as smoothly as possible, our local staff will invite you to participate in weekly volunteer meetings. This is a chance for you to update us about your work placement.



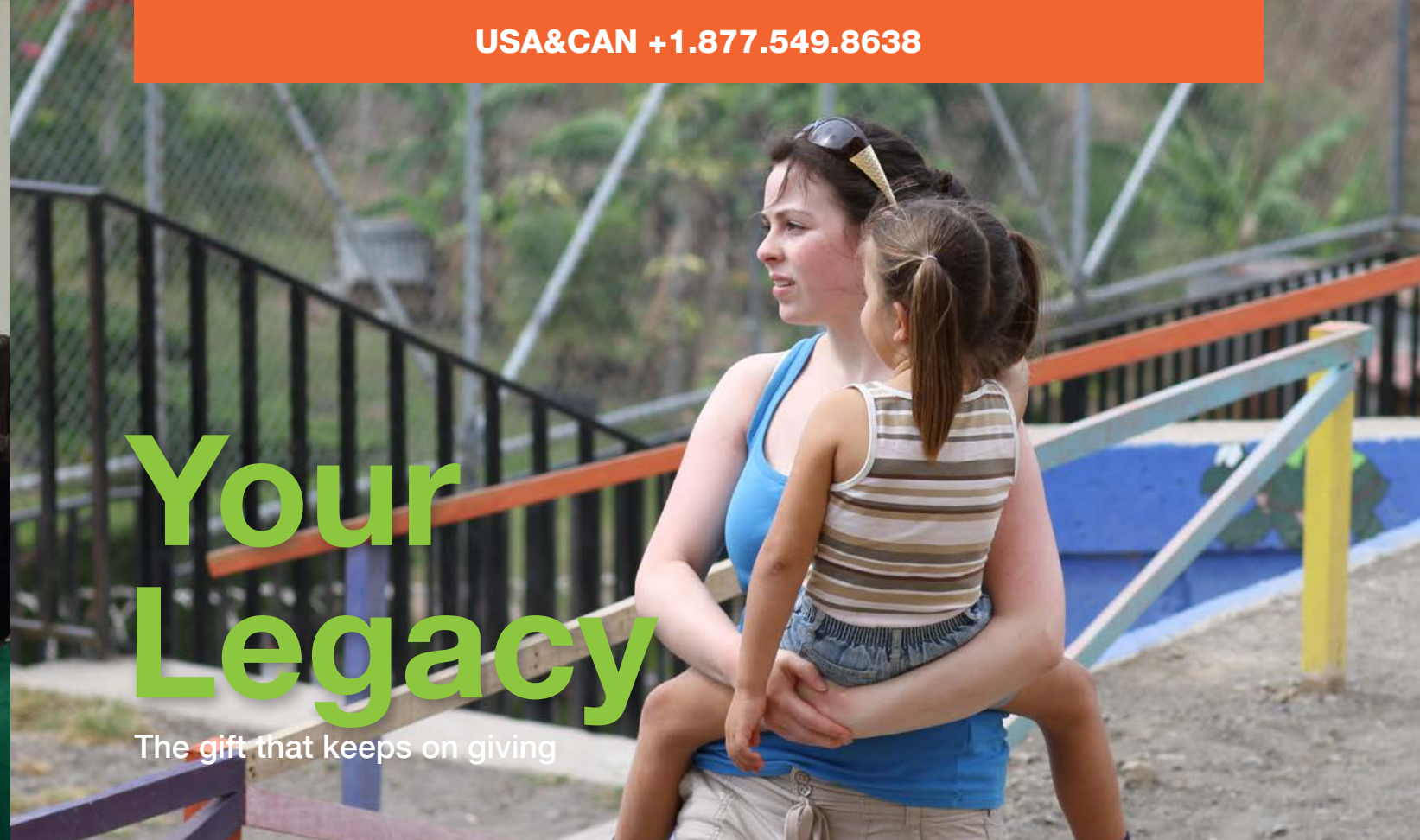
These casual get-togethers between our staff and volunteers provide a support network for you to share your impressions, observations and experiences of life in your chosen program destination.

At the same time, our staff will be in contact with your work placement staff on a regular basis to ensure you are getting the best experience onsite. They will also inspect your placement periodically and address any issues as they arise.

It is the goal of our local team to ensure you have the best possible volunteer vacation; our coordinators are there to provide support at every step of the way along your journey, enriching your experience. We look forward to welcoming you!

Your Legacy

The gift that keeps on giving



Volunteering abroad is among the most ethical ways to make a difference in the developing world. The uVolunteer projects you'll work on in Ghana, Costa Rica and Thailand help communities develop skills and services they need to protect their futures.

This is your chance to leave a legacy that lasts; making a difference can be something as small as sharing your smile with a child who has lost everything, or providing a secure environment for a sea turtle to lay her eggs.

Through these small acts you can create knock-on effects that last through the ages; that smile you shared can encourage a child to follow their dreams, take up a skill or simply show them that there's always hope. By protecting the sea turtles' habitat, you can help safeguard endangered species from threat so that generations to come can witness the beauty of wildlife in the same way that we have.

With uVolunteer, you can:

MAKE FRIENDS

Local people and like-minded volunteers become friends for life during uVolunteer breaks – many of our volunteers establish such strong ties during their breaks that they plan a return journey.

MAKE A DIFFERENCE

Within the communities and projects you visit, you have the chance to do something truly special – both for others and for yourself. Experience the indescribable feeling of making a real difference and achieving true personal growth.

MAKE A START

If volunteering abroad has been lifelong dream, start putting your plans into action with uVolunteer.

Start Dates

Know before you go

Duration & Fees

Unbeatable value, guaranteed

When you book a break with uVolunteer, there are finer points to consider, such as start dates, durations and prices.

Depending on your chosen destination and the program you select, there may be extra information you need to know – most of this data can be found in our individual country brochures.

ARRIVAL DATES

We arrange volunteer trips every month of the year; our program arrival days are every other Friday and this applies to all our destinations. Volunteers have to arrive in-country between 6am and 8pm local time.

ARRIVAL DATES - 2022

January 7, 21	February 4 & 18
March 4 & 18	April 1, 15 & 29
May 13 & 27	June 10 & 24
July 8 & 22	August 5 & 19
September 2, 16 & 30	October 14 & 28
November 11 & 25	December 9

ARRIVAL DATES - 2023

January 6, 20	February 3 & 17
March 3, 17 & 31	April 14 & 28
May 12 & 26	June 9 & 23
July 7 & 21	August 4 & 18
September 1, 15 & 29	October 13 & 27
November 10 & 24	December 8

NOTES

▶ Volunteers arriving outside the set schedule are required to arrive a day earlier and will need to make individual arrangements for airport pickup and transportation to a nearby hotel. Your program coordinator will collect you from the hotel or ask that you return to the airport for pickup on the set arrival date. Saturday and Sunday arrival is only permitted for groups of more than six people.

▶ For Thailand projects, depending on your flights arrival time, it may be necessary to arrive in Bangkok a day earlier to facilitate the transfer to Trat on the arrival date.

PROGRAM FEES

It's entirely up to you how long you decide to spend on your volunteer break; uVolunteer arranges placements abroad between 2 and 12 weeks. We recommend a 4-12 week placement to get the most from your volunteer vacation. All program fees are listed and payable in US dollars.

COSTA RICA - PROGRAM FEES

2 weeks	US\$ 625	7 weeks	US\$ 1680
3 weeks	US\$ 895	8 weeks	US\$ 1865
4 weeks	US\$ 1125	9 weeks	US\$ 2050
5 weeks	US\$ 1310	10 weeks	US\$ 2235
6 weeks	US\$ 1495	12 weeks	US\$ 2605

GHANA - PROGRAM FEES

2 weeks	US\$ 440	7 weeks	US\$ 965
3 weeks	US\$ 540	8 weeks	US\$ 1090
4 weeks	US\$ 640	9 weeks	US\$ 1215
5 weeks	US\$ 740	10 weeks	US\$ 1340
6 weeks	US\$ 840	12 weeks	US\$ 1600

THAILAND - PROGRAM FEES

2 weeks	US\$ 430	7 weeks	US\$ 905
3 weeks	US\$ 510	8 weeks	US\$ 1000
4 weeks	US\$ 620	9 weeks	US\$ 1110
5 weeks	US\$ 720	10 weeks	US\$ 1220
6 weeks	US\$ 810	12 weeks	US\$ 1430

REGISTRATION FEE

All programs attract a registration fee of \$US 199 on top of the prices listed above. This fee is payable only once and not on subsequent trips. The fee confirms your placement and it is fully refundable if we cannot place you on your chosen program.

Additional Program Surcharges

1. Healthcare in Ghana has an extra fee of US\$100 per placement for supervision, materials and logistics.
2. Orphanage in Ghana has a mandatory donation of US\$50 per placement.
3. National Parks in Ghana has an extra fee of US\$250 per placement for supervision and logistics.
4. Turtle Conservation in Costa Rica has an extra fee of US\$250 per placement.

Groups & Discounts

Get more for your money

How to apply

Make friends, make a difference - make a start

At uVolunteer, we strive to keep costs down so our volunteer breaks are available to the broadest audience. Where possible, we offer discounts that can lower the cost of your trip while ensuring you benefit from the richest experience.

COMBINE PROJECTS

Our combination programs are a great way to get maximum value for money while enjoying a comprehensive experience; combine projects in a single location, either one after the other or concurrently, and pay just one program fee.

It's also possible to combine projects across different locations, for which uVolunteer provides a discount of \$150 per additional location.

GROUPS, FRIENDS & FAMILY

A group volunteering vacation allows you to share once-in-a-lifetime experiences with friends, family, classmates and co-workers on team-building vacations. We offer a variety of packages suitable for groups, or can custom-make a program just for you.

If you're traveling in a group of between six people, you can take advantage of our friends and family or group discounts.

Group discounts are 10% of combined fees.

The discount can be divided between each member of the group or applied to only the team leader. To qualify for the aforementioned discount, you must meet the following requirements:

1. One person to be the team leader
2. Team leader enrolls and manages pre-arrival
3. Group arrives on the same day at the same time
4. There is one pick-up for the group
5. All group members complete the same project
6. The group program starts and ends together

FAMILY REQUIREMENTS

The minimum age requirement for the program is 18. However, children aged 10 years or older who attend the program with their parents are allowed. Families groups suited to working on conservation and building projects because most of the institutions we work with do not allow minors as volunteers.

If you're ready to embark on the journey of a lifetime, uVolunteer is ready to put your plan into action. Check out our timeline below for an at-a-glance guide to the application process:

3 MONTHS BEFORE TRAVEL

At least three months before traveling you'll need to submit your application online, along with your registration fee of \$199. The balance will need to be paid in full 60 days before your arrival date.

You'll receive details of acceptance on to the program by email within three to ten days of applying. A full refund will be given if you are not accepted.

2 MONTHS BEFORE TRAVEL

Ideally, you should book your flights as soon as possible after reserving your volunteer trip. About eight weeks before traveling is the latest time to purchase an affordable flight, so don't leave it to too late.

At this time, you should look into any visa considerations you might have and send off an application if necessary.

1 MONTH BEFORE TRAVEL

Around a month before traveling you will need to have made arrangements with your doctor for any vaccinations you might require, depending on your volunteer destination. You should also discuss any medication you may need to pick up before you travel.

NOTES

uVolunteer will be in contact with you throughout the application and pre-arrival period before you arrive at your project destination. We will be there to answer all questions and will keep you up-to-date with any the progress of the pre-arrival process.

Please make sure you read through your volunteer information pack and get in touch with your program coordinator with any queries you have. Print out the arrival and contact sheet, keep it somewhere safe and you are ready to travel!

If you need make changes to your application after you've been accepted by uVolunteer, we will endeavor to accommodate you but will need to pass on any fees we incur as a result.

Finer Details

Extra info you need to know

Our Travel Scholarship

Win your volunteer vacation with uVolunteer

CLOSED DATES

You can check for specific dates by downloading the relevant country brochure but are still welcome to travel to the uVolunteer destinations at these times. On the one-off closed dates, uVolunteer organizes social activities or involvement in any cultural events taking place, so there's plenty to keep you occupied.

CONSERVATION VOLUNTEERS

Volunteers from the National Parks, Animal Conservation or Turtle Conservation projects will be collected from the airport on arrival and either transferred to dorms or accommodated in a hotel for the first night, depending on which is closest to your project location.

You'll leave on either Saturday or Sunday for your project and we will accompany you to the location or facilitate your travel and cover any costs up until you reach your destination.

PROJECT DONATIONS

Our volunteers kindly donate their time and effort to uVolunteer's projects but many also want to give something extra - If you want to make a donation, we advise you to wait until the end of the program before deciding on what would be most appropriate.

VISAS

The majority of our volunteers do not need a visa to travel to Costa Rica or Thailand but will need a visa to visit Ghana. If you do require a visa, it shouldn't cost more than approximately \$75 and we will provide you with all the relevant documentation required.

TRAVEL INSURANCE

It is your responsibility to purchase a comprehensive travel insurance policy for your trip. Insurance coverage for your trip is a mandatory requirement of the program.

We believe every college student should have the chance to travel and make a difference while they do so. If the costs of your volunteer abroad experience have prevented you from jetting off, uVolunteer is here to lend a helping hand and enable you to make your dream reality; enter our contest and win the trip of a lifetime with a uVolunteer Travel Scholarship!

The uVolunteer Scholarship runs several times throughout the year and the winner is awarded a free four-week volunteer placement, including a flight voucher, to one of our three fantastic program destinations.

The total annual scholarship award amounts to USD \$9000 divided between three periods: winter, summer and spring breaks. The winners receive a free volunteer placement covering a four-week volunteer placement in Costa Rica, Ghana or Thailand (including housing fees and meals).



If you're ready to facilitate the change you want to see in the world, join our network of global volunteers and apply for the uVolunteer Scholarship now. If the scholarship is currently not running then sign up to be notified when the contest re-opens.

To enter the competition, please provide the following: a video telling us what inspires you volunteer abroad and why you want to make a difference or facilitate change in a global setting. Shortlisted applicants will also be asked to provide a short essay. Please check online for application open dates, rules and eligibility:

<http://www.uvolunteer.net/scholarship>

uVolunteer

Connect Socially



uVolunteer LLC
501 Silverside Road, Suite 105
Wilmington, Delaware, 19809, USA

We hope this program brochure has given you a better understanding of uVolunteer. For more specific destination and project information, download our country brochures using the links below.

[Costa Rica Brochure](#)
[Ghana Brochure](#)
[Thailand Brochure](#)

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Inquiries to: info@uvolunteer.net
Online at: www.uvolunteer.net



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