

INTERNATIONAL VOLUNTEER PROGRAM

10 months



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Being a volunteer in DAPP Malawi was a wonderful and fulfilling experience to better understand the complexity of our world and its injustices. To join this program was one of the best decision of my life!

Claudia D'Abbondanza.

NHQ Chilangoma – Malawi



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 **three stages**:



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

* Dates and destinations are subject to change.



East Campus (Faxe)

First stage 3 months

Training at DRH Lindersvold,
Denmark

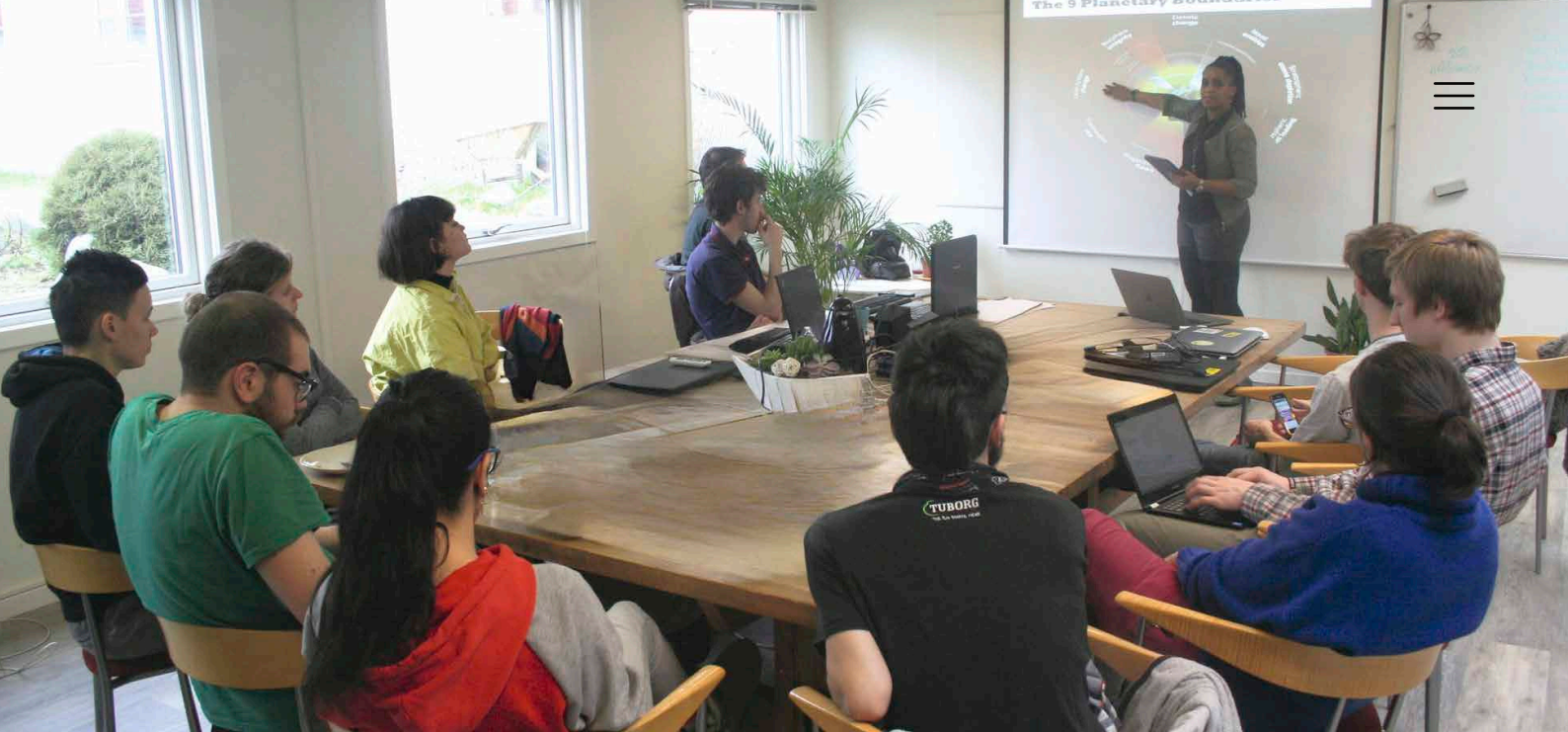
DRH Lindersvold is the educational institution where you will receive training during the first three months.



Centuries of colonization continue to shape our mindsets. We need to free our ideas from paternalism, pity, and ethnocentrism. This is how the three months of training prepared me to understand the best way to create a shared vision of the future and a common understanding of values such as education, respect, and cooperation with the people of Malawi. Building togetherness requires active listening, patience, and humility. **Silvia Orri.**



DNS Project Chilangoma – Malawi



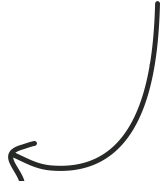
An experienced team leader will guide you through the whole program.



Throughout the program

You will use various methods, 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 international volunteers.



All of this will allow you to gain new insights and deepen your understanding of the world.

In this stage, Humana defines project availability after which the team make a process of deciding upon which of the available projects they will go to.

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 current situation and their expectations. Together, you will discuss and determine some of the tasks and responsibilities of your posting, depending on the project's needs.

Starting dates:

The program starts four times a year: January, April, July and October.*

* Dates and destinations are subject to change.

Second stage 6 months

Volunteering in development projects

During the six-month project stage, your team will join a development project run by Humana People to People organizations in Malawi, Mozambique, Zambia or India. You will join hands with the staff at the project and alongside the people from the communities to address pressing social and environmental issues.



Being a volunteer at Children’s Town required patience, respect, creativity, teamwork, and strong pedagogical skills. This experience inspired me to develop these qualities and to learn just as much as I taught every day. The six months I spent in Zambia were one of the happiest periods of my life, as I grew alongside the people I collaborated with. After the program, I finally understood what development aid from people to people actually means. **Guilherme Oliveira.**



DAPP Children’s Town – 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.

It was incredible to meet people from all over the world and share ideas on how to contribute to creating a better world, turning ideas into concrete actions. In Malawi, by collaborating every day with the local people, I learned how even very different people, moving together towards a common goal, can create wonderful things. Everything I saw and felt will simply remain unforgettable. **Lorenzo Rindaldi.**



The available areas of action are:

- 
Education
- 
Health
- 
Community Development
- 
Sustainable Agriculture



NHQ Chilangoma – Malawi

Third stage 1 month

Conclusion and knowledge sharing stage back in Denmark

Following your six-month posting as an international volunteer, you will return to **DRH Lindersvold** to digest your experiences.

You will have the opportunity to travel to **DRH Lindersvold's West Campus**, which is located in western Denmark in a town called **Ulfborg**. Here, you will meet with your team.



This final stage of the program is very important because:

- 1 It offers you the opportunity to evaluate and share your experience and the learning received during the previous months.
- 2 It is crucial for generating an impact and enriching your learning.
- 3 You can inspire others to get involved in the fight against inequalities.

What certificates will I receive upon completing the program?

- Training Completion Certificate from **DRH Lindersvold**.
- Project Completion Certificate from **Humana People to People**.



This last month of the program is also a time for reflection and preparation for the next steps in your life.

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 messages as “people-to-people ambassadors”. These may be 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, organizations, and universities, 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 preparation 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, supporting income-generating activities, and more.

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.





TEACHER TRAINING

The role of volunteers in this project may include running evening programs, organizing debates on global issues, tutoring, mobilizing to improve the college facilities, and leading local investigations.

The Teacher Training project by Humana People to People creates a new generation of teachers for rural communities, combining academic studies, practical work, and community involvement.



TCE – AIDS PREVENTION

Volunteers support this project by collaborating alongside project staff in carrying out activities such as conducting baseline surveys, organizing workshops for caregivers, providing nutrition lessons and cooking

demonstrations, leading hygiene and sanitation campaigns, and more.

The Total Control of the Epidemic Project is a comprehensive HIV/AIDS prevention and care model that includes counseling, education, and community mobilization through door-to-door campaigns, promoting lifestyle changes, and preventive behavior.



KADAM SCHOOLS Volunteers' role in Kadam schools is to support the teacher in general, for example, to teach basic computer literacy, art, reproductive health, and other additional skills and subjects to support children's learning.

The Kadam projects in India promote holistic development and foundational learning skills for out-of-school children, combining formal education with real-life experiences for their successful integration into primary schools.



Transforming Textiles into Opportunities.

Clothing, accessories, footwear, and household textiles collected through an extensive network of containers in Europe undergo a sorting process to enhance their reuse, both locally and in the Global South.

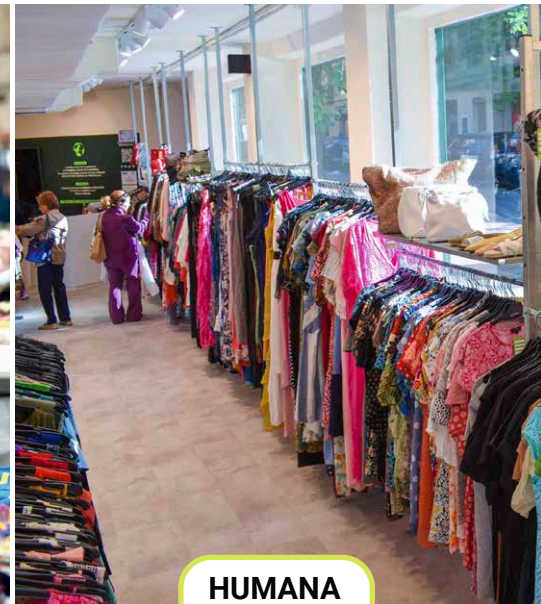
The resources generated from this process are fully allocated to social programs, primarily international cooperation for development in Africa, Latin America, and Asia.



Textile Collection and Transportation

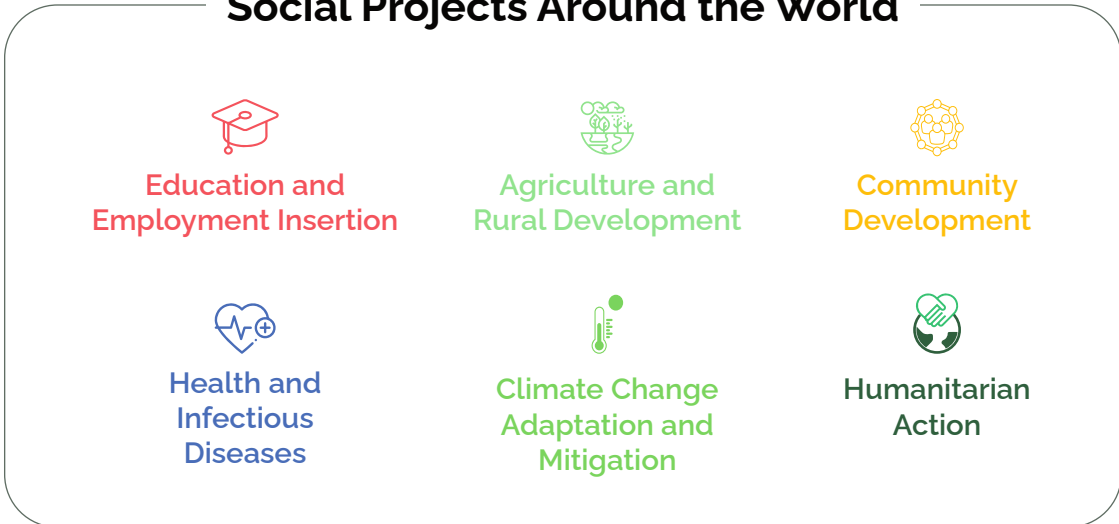


Sorting Center



HUMANA Shop

Social Projects Around the World





The **Humana People to People Federation** has a simple and clear agenda:

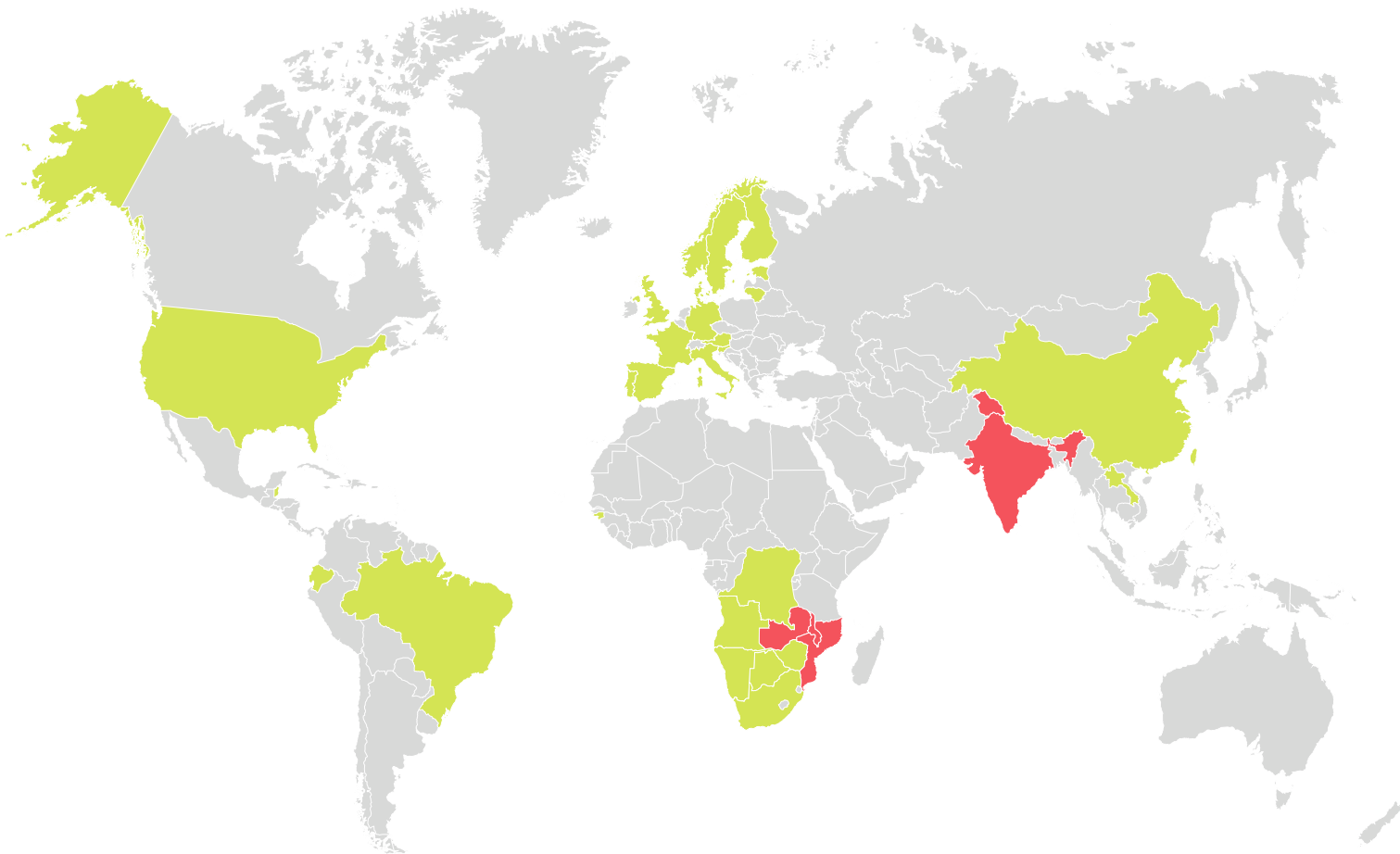
Protecting the planet, building communities, and supporting people by connecting them with others, unleashing their potential for positive change and action.

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

29
organizations

46
countries

17,9M
people reached



ADPP Mozambique
Since 1982
adpp-mozambique.org



DAPP Malawi
Since 1995
dapp-malawi.org



DAPP Zambia
Since 1990
dappzambia.org



Humana People to People India
Since 1998
humana-india.org

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**

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 and Scholarship Plan

The three-month training and the final one-month reflection stage at DRH Lindersvold are financed by you, the participants in the program.







The cost of these four months is €3,650, which covers:

- All meals;
- Training expenses;
- Accommodation in a shared room.

Humana People to People entities in Europe offer a Scholarship Plan to cover up to 80% of the cost (up to €3,000).

You can request more information at your first meeting with our Volunteer Advisors.

The six-month project stage is funded by Humana People to People and includes everything related to the project destination:

 monthly allowance to cover food, local transportation and some pocket money	 round-trip travel from Denmark to the project country	 vaccines and malaria prophylaxis
 health insurance	 accommodation	 visa

You will cover all personal expenses such as travel back and forth to Denmark, medication, toiletries, sim card, clothing, laptop, and any other personal items for the total duration of the program.

Health insurance for the four months spent at **DRH Lindersvold** in Denmark will be financed through your European Health Insurance Card if you are an EU citizen. If you are not an EU citizen, you will carry this expense yourself.

Enrollment Process

- 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 or in person.
- 3 You will talk with a volunteer advisor to get a thorough introduction to the program and answer your questions.

You will choose the start date that suits you best and your volunteer advisor will inform you of the available scholarship options and finances. If you apply for one of our scholarships, we will ask you to complete a scholarship application.
- 4

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.
- 5

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.
- 6

Once you have completed your enrollment, a representative from DRH Lindersvold will contact you to help you prepare for your trip.
- 7

The timing of the enrollment process is tailored according to your needs, and you are welcome to visit **DRH Lindersvold** in Denmark at any stage of the process.





FAQs

What is the relationship between Humana People to People and DRH Lindersvold?

The relationship between DRH Lindersvold 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. DRH Lindersvold 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 DRH Lindersvold. The Humana People to People host organization covers the expenses associated with the international volunteering stage which include return travel, health insurance, visas, vaccinations, 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, this 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 DRH Lindersvold, 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?

Our volunteers have the opportunity to work on projects focusing on education, public health, agriculture, community development, or climate change. 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 stage 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.

**Do you have any further questions?
Contact us!**

info@humanavolunteers.org

FROM 'I WOULD LOVE TO' TO 'I DID IT'.



Volunteering as a teacher for future primary school teachers in Guinea-Bissau gave me something truly precious: hope. I saw a deep desire to learn, grow, and transform the country. Saying yes changed everything. I was a knowledge facilitator who, along the way, also learned a lot.



Joana Pechirra

DNS Project – Guinea-Bissau



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humanavolunteers.org

