



## **VOLUNTEERS FOR PEACE VIETNAM**

Volunteers For Peace Vietnam (VPV) is a non-profit, voluntary organization founded in 2005 with the aim to promote voluntary service as a mean of cultural and educational exchange among people, for peace and friendship, and as an approach to address social problems.

VPV hosts international volunteers from different countries and places them in suitable projects depending on the interest of the volunteers and the needs of local communities. VPV also brings the opportunities for Vietnamese to join voluntary projects around the world. By joining our programs, volunteers will experience inter-cultural living and working environment and have a chance to help those in needs.

Over the past 10 years VPV has welcomed thousands international volunteers from over 30 different countries. VPV is working in various locations in Vietnam, including Hanoi and Ho Chi Minh City. VPV offers programs for individual volunteers and group volunteers, for duration from 1 week to 1 year. Our projects cover areas of education, child care, animal rescue and care, environment and community development, public health and medical internship, cultural heritage preservation and youth action.

## PROGRAMME TEAM



## **PROGRAM FOR INDIVIDUAL VOLUNTEERS (IVP)**

This program offers volunteers an opportunity to give back to the local communities as an individual while learning and improving necessary skills for life in a multicultural environment. It is up to the volunteers to decide the length of their stay, ranging from 01 week to 01 year. Joining this program, volunteers may not see the impact right away, but together with all other individual volunteers, they are making long-term and sustainable impacts on local projects.

### **MAIN ELEMENTS OF THE PROGRAM (what the program included)**

- Pick up from Tan Son Nhat (Ho Chi Minh city) international airport
- Accommodation at Volunteer House (Peace House)
- Food (3 meals per day) & drinking water
- A city tour
- 1 to 3-days Orientation training
  - Presentation of aims and structure of VPV & its projects
  - Short introduction to Vietnam and tourist destinations recommendation
  - Practical information and arrangements
  - Basic Vietnamese & local travel guide
  - Visit to Host Placement(s)
- 1- day Mid-term Evaluation (for those who stay for 6 months and over)
- 1- day Final Evaluation
- On going support and supervision during the program (24/7 support)
- Local transportation to the project on working days

### **PROGRAMME FEE**

- First month: 320 EUR or 350USD
- From the second month: 280 EUR or 300USD per month.
- For medical & nursing internship program: There will be an extra of 40 EUR or 50USD per month.
- Pick-up service: 30EUR or 35USD

This fee applies for a dorm room (2-7 persons per room). For single/private room, there is an extra of 50 EUR or 55USD per week.

### **What is not include in the fee**

- Air fare, visa and travel/medical insurance
- Personage expenses during program
- Meals/Accommodation out arranged by personage plan

## THE ARRIVAL AIRPORT, START DATES, ARRIVAL DAY AND HOLIDAY

### **The arrival airport**

The arrival airport is Tan Son Nhat international airport in Ho Chi Minh city, Vietnam (or Ho Chi Minh city international airport- There is another name is Saigon international airport). There are direct connection/flights from this airport to most international airports in the world (North of America, Europe, Asia, Australia, etc).

### ***The start dates***

**Our projects start officially on every Tuesday, except holiday (please check with the us in advance before booking flight)**

### ***Arrival day and pick-up***

The arrival date is Monday or Tuesday every week, except holidays

The pick-up time from 7AM to 10PM on Monday or Tuesday.

If volunteer arrives in another week-days (Wed- Fri), they still be picked up if we have available staff. Please check with us in advance for this case.

On the week-end (Sat & Sun), there is no pick-up.

Volunteer can arrives by them-selves if they are traveling and not sure about exact arrival time. In this case, the arrival time should be in between 8AM-6PM on Monday or Tuesday and need to be confirmed 1 week in advance.

For the time before or after the program, we can recommend some hotels with affordable cost for volunteers if they request. The cost is about 15-50 USD per night.

## **HOLIDAYS**

### **NATIONAL HOLIDAYS**

On national holidays, people don't have to come to work, and there may be celebration in some places.

1. New Year Day, January 1<sup>st</sup>.
2. TET HOLIDAY (Vietnamese Traditional New Year) according to Lunar Calendar, usually from late January to early February .

This is the biggest festival in the year for Vietnamese people. This is time for families to gather and remember their ancestry. People also visit pagodas to pray for health and luck for the coming year.

Officially, people get about 1 week holiday during this occasion. But Tet atmosphere may come 1 week before and stay with them for quite a while. Thus, the work rythmn before and after Tet holiday is rather slow.

Volunteers who stay in the country during this occasion are encouraged to spend the holiday on travelling or with a host family to learn more about this tradition.

3. Hung King’s Day, March 10<sup>th</sup> according to Lunar Calendar, it will fall on April 06<sup>th</sup>.-8<sup>th</sup>.

This is the day to remember Hung King, the first king of the country. In this day, people often go to Hung King Temple in Phu Tho province, about 80km to the Northwest of Hanoi to pray.

4. Liberation Day, April 30<sup>th</sup>

5. International Labour Day, May 1<sup>st</sup>

6. National Day/ Independence Day, Sep 2<sup>nd</sup>

## **PROGRAM MINIMUM TIME**

### ***Project minimum time***

Depend on the nature of project, there will be different minimum time required per each project.

<b>Project type</b>	<b>Minimum time</b>
Teaching English, French, German, Japanese, Korean, Chinese/ Sports or Art education	2 weeks
Taking care for children at kindergarten	2 weeks
Child care (including caring for abandoned/street children; caring for disabled children)	2 weeks
Social restaurant for poor people	1 weeks
Animal rescue and care	1 week
Local NGOs support/ Social enterprise / Business internship	8 weeks
Medical & nursing internship	2 weeks
Physio-therapy	2 weeks



Environment/ Conservation	24 week
Organic farming/gardening	1 week

**SCI volunteers can stay in the projects from 4 to 12 weeks!**

## PROJECT TYPES

### 1. EDUCATION PROJECT

#### 1.1 Teaching English/French/German/Japanese/Korean/ Chinese/ Sports or Arts

Volunteers will teach one of language list above or one subject such as Art/Culture/Dancing/Sport/etc; but English will be the major subject, that the reason this project also called Teaching English. At a local



Vietnamese educational institution, from primary level until tertiary level. Many Vietnamese schools lack teachers with sufficient English competencies to extend the students' English beyond basic writing and speaking skills. Volunteers help to improve the children's vocabulary and pronunciation, assist local teachers in managing their classes, organize games and other activities in the classroom, and help to improve the children's

listening and speaking skills. Working hours will vary depending on the school where the volunteer is placed and will average around three to six hours per day). Please note, volunteers do not need to be a qualified or experienced teacher to participate in this kind of project; however, in some certain placements, teaching experience is necessary.

Besides the normal work at local schools, volunteers are welcome to join communication English/French classes for local children and students that we organize once or twice a year (usually in summer time). In this project, volunteers can learn and develop their teaching

experiences through working independently, making lesson plan and creating their own activities in the class.



*A good experience with local teachers and students*



*How students enjoy the presence of volunteers*

## 1.2. Sports education



The Sports Education project is designed



for volunteers who wish to work with children in schools/orphanages or house for homeless children, but not necessarily spend all their time teaching in a classroom. Volunteers have the opportunity to assist in schools/orphanages to broaden children’s knowledge of sport, through teaching “foreign” sports and games to the children and educating them on general fitness, health and wellbeing in addition to taking general lessons at the school. It is up to the volunteer to plan lessons and design the teaching of their sports program. Children are extremely enthusiastic and willing to learn, however past volunteers have found it important to be prepared if they are to teach the children foreign concepts and ideas (such as a new sport). While football/soccer is extremely popular in Vietnam, many volunteers have found it rewarding to teach the children other sports from the volunteer’s home country, such as baseball, lacrosse, basketball, cricket and rugby. If a volunteer wishes to do this, they must plan ahead and often bring the required materials and equipment themselves as it is highly likely this will not be available in local stores and

shopping centers. Volunteers do not need any previous teaching experience for this program, but it is important to note that volunteers may be required to teach other classes during the day, such as English, Math, English, Science or Social Studies (Geography and History). Therefore, this program is really connected to teaching program.

## **2. CHILD CARE (Caring for children)**

There are three types of caring for children projects.

### **2.1. Caring for disabled children.**

Although Vietnam has now been at peace for many years, effects from war continue to haunt not only the adult population of this beautiful country but also its children. Volunteers have the opportunity to work in institutions caring for orphan/street children or disabled children and young people affected by Agent Orange or in schools, hospitals and community clinics looking after mentally disabled children. Work is somewhat varied dependent on the institution where the volunteer is placed, however typical examples of jobs and tasks can include; assisting local staff in providing rehabilitation exercises and therapist treatments for children, playing with children and entertaining/educating them with games, music, arts and other exercises, helping to develop fundraising initiatives to ensure ongoing funding for these institutions and teaching English to local staff.

### **2.1. Caring & teaching for children from poor background**

For this project children are orphan or abandoned/street children and they are not disabled. The main work will be spent time with children, playing with them, care to them and help them to feel warm on their normal difficult life. A part from caring work, there will be a possibility to do some basic teaching.



*Learning about colours and decoration*



*Playing together*



### 2.3 Caring for children at a kindergarten

Volunteers will help to taking care for children at kindergarten age. They are babies and between 2-6 years old. There are several kindergartens in urban area of Ho Chi Minh city. There are two type of kindergarten: the kindergarten for normal kids and for kids from poor back-ground.



### 3. SOCIAL RESTAURANT FOR POOR PEOPLE

Social Restaurant was inaugurated in Oct 2012 by HCMC Charity Foundation in order to offer special meal with privileged price for poor students, immigrant & local workers in the area of HCMC. The foundation does fundraising to have enough budget, in order to be able to sell a quality meal with the cost of 2000 VND (about less than 10 USD cent).



Volunteers will involve in project activities in order to make a good meals for poor people. If volunteer has experience on cooking, there is a possibility to join for the cooking job if you can communicate to local cook. In the most cases, volunteers will help for preparing food, washing vegetables, set up the table and other works.



-Volunteers' tasks are mainly helping project by preparing food, washing vegetables or set up table.

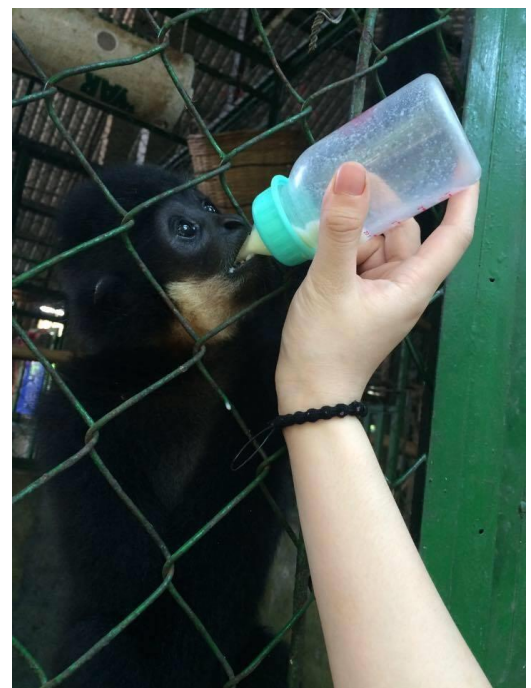
-When begin opening for buyers, volunteers' tasks will be likely to bring dishes to eating table and serve.

-After finishing, volunteers would be cleaning the tables, washing dishes...

Working time: 8-13h, from Monday to Friday

#### **4.ANIMAL RESCUE AND CARE**

Animal rescue and care volunteering in Vietnam provides you an opportunity to contribute to the welfare of animal in Vietnam. Volunteers will work at an animal rescue centre which located 40 miles West-North outskirts of Ho Chi Minh city. The centre rescues wildlife animal that are confiscated from illegal animal trade. After the animal recovered and have been rehabilitated, they are returned back to the wild. There are normally over 300 rescued animals including rescued primates, bears, exotic birds reptiles and other small mammals. Volunteers will have an unique opportunity to work alongside some incredible wildlife and gain the satisfaction of helping to make a difference to their lives. The exact nature of the work will be varied all the time and there is no such thing as a 'typical' day. However there are certain everyday jobs







that will be volunteer responsibility such as:

Feeding the animals, providing water for the animals, assisting with cleaning the enclosures.

Other possible tasks include: Construction of new cages and enclosures, working on enclosure enrichments, assisting with tours for visitors, keeping the centre's grounds clean.

There will be also two more projects which is in the same field: working to rescue & care dogs & cats & working at a vet center

## 5.ORGANIC FARMING/GARDENING



provide an opportunity for volunteers to experience at a organic farming in Vietnam.

The aim of this project is

The farm was in outskirts district of HCMC. This farm is running on professional way with the aim to promote organic & eco life style to community, as well as provide real organic product (vegetable/fruits) to community. This farm is about 5000m<sup>2</sup> and they use technology based on software to ensure about the quality and capacity of the products.







There are 6 **NO** on this farm: **NO** pesticides & herbicides; **NO** planting on soil and water contaminated with agricultural chemicals; **NO** growth regulators; **NO** chemical fertilizers; **NO** of genetically modified seeds (GM seeds); **NO** preservatives.

The routine tasks on the farm:

1. Check plants regularly to find ecosystem pattern of the land
2. Field sanitation and plants healthy
3. Planning the seasonal crops
4. Use many species for intercropping, crop rotation as needed
5. Create environment for development of beneficial insects (predators)
6. Crops trap, pheromones trap
7. Measures for expelling insects (done synchronously and before the pests lay eggs)
8. Shielding vegetables in rows, or a greenhouse, membrane
9. Use resistant varieties
10. Apply insecticides of biological origin

A part from farming work, the organic farming is also used for education. Children can come to visit and learn about organic farming, eco-life and environment issues.

## **6. WORKING WITH LOCAL NGO or BUSINESS INTERNSHIP**

Working with a local NGO/social enterprise or company (called one name NGO) can be a rewarding and valuable experience for anyone who would like to appreciate how volunteering projects are organized, managed, and supervised. There are many small, locally-run NGOs (non-governmental organizations) in Vietnam. They contribute to the cause of development and peace in both urban and rural areas. These local NGOs, being typically new, are often in shortage of funds, human resources and



experience. There is thus a need to build up their capacity through different approaches. A motivated and resourceful international volunteer in the office would help improve their communication skills, working competencies, and assist in creating a bridge between local NGOs and new partners worldwide. There are currently placements in local NGOs in the following sectors: public health, community development, sustainable development and natural conservation. Typical work can include: writing proposals and reports, improving staffs' English language proficiency and communication skills, assisting with fundraising initiatives and networking with international partners. It is worth noting that volunteers' role might vary depending on the type of organization they will be working with.



In order to do this program volunteers must be staying for a minimum of 8 weeks and must be at least 22 years or older and already have some experience in the field they wish to work. This can either be university studies (a degree is not necessary) or relevant working experience. Volunteers on this program also need to speak English fluently. Additionally, volunteers will need to bring a laptop for work

## 7. MEDICAL& NURSING INTERNSHIP

### 7.1 Medicine & nursing

The medical program in Vietnam provides skilled medical professionals and students the chance to experience a new culture and working environment while still learning and developing their specialized medical knowledge at the same time. Volunteers get the chance to gain a greater understanding of differences between medical systems in

Different countries. Volunteers will be placed with a local Doctor and/or Nurse who will guide them in different tasks and activities at the placement. It is important to note that as a volunteer, you will not be allowed to partake in serious procedures and will be



job 'shadowing'. However, depending on the volunteer's level of experience, they may observe operations, provide assistance in basic procedures and visit patients, before and after surgery as well as any other tasks offered or required by the local staff. While volunteers are always encouraged by local staff to see and learn as much as possible, the local staff are also very

interested in gaining a better understanding of medical work in your country and learn about the similarities and differences.

There are opportunities for volunteers to work in pediatrics, physiotherapy, occupational therapy and speech therapy with children and adults who suffer from cerebral palsy, Down's syndrome, congenital motor system deformity and other disabilities. There are also opportunities to work in other specialties within a very large hospital with highly skilled staff that speak English.

This programme will be offered for three type of applicants

-Students from nursing or medicine school/college/university who will become the nurse or doctor in the future

-Students who has no back-ground on medicine/nursing, but intend/plan to study medicine or nursing

-Nurses or doctors who has working experience and wants to share/exchange experience and help other people

There are 5 big hospitals in HCMC is welcoming participants from this programme.

## 7.2. Physio-therapy

The aim of this project is to provide skilled physiotherapy professionals and students the chance to experience a new culture and working environment while still learning and developing their specialized medical knowledge at the same time. Volunteers get the chance to gain a greater understanding of differences between medical systems in different countries They will work in hospitaspecializing on rehabilitation or center for rehabilitation.





## 8 ENVIRONMENT/CONSERVATION

UNESCO's international biosphere reserve in Ho Chi Minh City, one of the most important of wetland conservation site of the country. It covers 75,740 hectares and is dominated by mangroves, including both salt water and brackish water species. And it has a high biodiversity with more than 200 species of fauna and 52 species of flora. The site is an



important wildlife sanctuary in Vietnam as it is characterized by a wetland biosystem dominated by mangrove and many rare species. Today, it has become one of the most extensive sites of rehabilitated mangroves in the world. One of the main advantages of the biosphere reserve is that it provides the opportunity to work on environmental protection on a continuum of habitats, ranging from the sea to the boundary of Ho Chi Minh City, the biggest industrial city in Vietnam. The mangrove forest is regarded as the “green lungs” of the city. The aim of this project is to reforest unproductive land within Can Gio Biosphere Reserve that has little remaining original vegetation on it. Existing trees will remain but new native trees will be planted. The aim is to regenerate local area, bring back a forest, and restore biodiversity to the area.



*Working at the tree nursery*