

PROGRESSIO



# CHALLENGE YOURSELF TO CHANGE YOUR WORLD

International Citizen Service (ICS) offers 18-25 year olds the opportunity to volunteer in a developing country.

Progressio is one of eight organisations running ICS, which is funded by the UK Department for International Development. So you don't need to pay to take part – just fundraise towards the costs.

Volunteering with Progressio ICS is a great way to gain skills and knowledge, be completely immersed in another culture and to make a difference to other people's lives.

You will work for 10 weeks in a group of about six UK volunteers and a similar number of local volunteers, with a UK group leader and a local group leader. You will work on community projects, where help from ICS has been specifically requested.

Once back in the UK you will raise awareness about the needs, hopes and achievements of the people you meet and work with, this is called 'Action at Home'.



## Where could you go?

If you volunteer with Progressio ICS, you could volunteer in:

- El Salvador
- Honduras
- Malawi
- Nicaragua
- Zimbabwe

## What will you do?

Our projects are designed to meet specific local needs in three broad areas of work:

- promoting a sustainable environment and improving living standards
- supporting people to respond to HIV and AIDS
- enabling people to have a say in the decisions and policies that affect their lives.

Andrew West went to Honduras where he helped to organise a women's football tournament to promote gender equality. Before these women's teams developed it was not normal for women to play sports without men's involvement. This photo won the 'civic participation' category of a photo competition run by ICS.

Charlee Bennett was in Zimbabwe for six months as a Group Leader. She worked on two different HIV projects. One was focused on forming a network of support groups to help people living with HIV through training, workshops and livelihood initiatives. The other was educating people in schools and drawing community members together to discuss issues relating to HIV and AIDS.

We don't impose solutions, we respond to the local communities' needs, so projects change as circumstances change. This means we can't say exactly what future volunteers will do. Erick, Andrew and Charlee's experiences give you an idea of what it's all about - and you can get more ideas about what Progressio ICS volunteers do by reading our volunteer blog at [progressio.org.uk/blog/empowered](http://progressio.org.uk/blog/empowered)



**Group leaders** need to be aged 23 or over and have some relevant experience leading or working with young people. Group leaders are able to have longer placements where they lead more than one cycle of volunteers (so from 10 weeks up to nine months).



Erick Garcia was an in-country volunteer in Nicaragua. He worked on environmental projects, including running a recycling workshop. Working with in-country volunteers allows you to share your culture with each other – something that Erick said he really valued and enjoyed.

### How it works

You will receive pre-departure training and a week's in-country orientation, before working on a range of local projects for 10 weeks.

During your placement your team will hold regular reviews to plan and carry out activities and you can contribute your own ideas.

After you return to the UK, you'll attend a Return Volunteer event and receive guidance and support on ways of sharing your experience and continuing to make a difference through 'Action at Home'.

**Chelsea Thompson** volunteered in El Salvador. For her 'Action at Home' she got involved with a Progressio campaign to get politicians to invest in small-scale agriculture. She and another returned volunteer presented a photo petition from 4,521 Progressio supporters to the Parliamentary Under-Secretary of State for International Development, Lynne Featherstone.

### What does it all cost?

All costs are met by ICS: flights, visas, insurance, medical costs, food and accommodation, a small weekly allowance while you are overseas and full support throughout the whole programme.

All ICS volunteers are asked to fundraise a minimum of £800 as a contribution to the costs. This is a key part of your preparation for going overseas and ICS will provide lots of support, guidance and ideas to help you with your fundraising efforts.

This fundraising is a requirement of ICS; however, no volunteers will be excluded because of cost. Most ICS volunteers find it easier to fundraise than they think it might be!



## Why do ICS with Progressio?

As an organisation with Catholic roots we understand the important role that faith plays in development. In the countries you volunteer in, faith is a big part of people's lives, and we encourage our volunteers to reflect on this. We welcome applications from people of all faiths and none.

As well as helping to organise and deliver your team's placement activities, you will be able to take on specific roles within your volunteer team, such as blogging, collecting visual media, monitoring and evaluation, or community relations.

Progressio is a long-standing development charity. As a Progressio ICS volunteer, you will be making a key contribution to our wider development work.

On return to the UK you can get involved in Progressio's youth activism programme Empower, and be part of our campaigns and wider work.

## How to apply

- Read all the relevant information on our website [www.progressio.org.uk/ics](http://www.progressio.org.uk/ics) so you feel confident in your understanding of the programme (and if you still have questions, feel free to email us at [ICS@progressio.org.uk](mailto:ICS@progressio.org.uk)).
- Then click **apply now** which will take you to the online application form on the central ICS website (you will be able to express a preference to volunteer with Progressio if you wish to).
- After you've filled in an application form you'll be asked to attend a **selection day** – you'll get information on how you'll be assessed so you know what to expect.

## Approximate travel dates:

31 March – 9 June 2014

2 July – 13 September 2014

2 October – 13 December 2014

7 January – 18 March 2015

31 March – 9 June 2015

## Who can apply?

You must be living in the UK and have either a UK passport, indefinite leave to remain in the UK or be an EU/EEA citizen who has been living in the UK for the last 12 months.

You must be aged 18-25. You don't need any particular qualifications or skills to apply for ICS, but we're looking for people who are good at working with others, flexible and adaptable, and demonstrate a positive, realistic commitment to the programme.

You will also need to have a full Criminal Records Bureau (CRB) check and declare any relevant criminal records – but don't be put off: we consider everyone individually.

