

Volunteer Expedition Information

Canadian Humanitarian is a registered Canadian charity promoting projects in developing countries such as Ethiopia.

Our mission is to break the cycle of poverty by providing orphaned and vulnerable children, and their families, with access to healthcare, education, vocational training and the basic necessities of life such as nutrition and shelter. We recognize that development support does not see instantaneous results. Development work means a commitment to supporting long and short term solutions for families and children.

Humanitarian volunteers are sent overseas to provide service in Canadian Humanitarian funded centers, helping sponsored children and foster families. They are involved in activities that will assist center staff, students, families, and long term volunteers on foreign soil. This may mean volunteers could be asked to participate in education sessions, individual child interviews, foster home visits, building, cleaning, teaching skills, upgrading, or supporting current projects. All activities of volunteers that are sent overseas, help pursue the charitable purposes and objectives of Canadian Humanitarian.



Canadian Humanitarian operates several 14 day volunteer expeditions throughout the year (volunteers may have the opportunity to stay for longer periods of time, if the need arises).

Details of expedition mandates are given to volunteers after successful registration.

Am I right for a Canadian Humanitarian Expedition?

You are if...

- you're interested in giving something of yourself to assist others
- you can live without the comforts of home temporarily
- you're open to seeing life from another culture's perspective
- you're emotionally open to new experiences and adventures

If so, you may find this experience right for you.

All volunteer experiences ask you to share of yourself. Volunteers work cooperatively with Canadian Humanitarian and foreign project staff, as well as with project beneficiaries and other volunteers.

Volunteer humanitarian expeditions are NOT the same as tourist vacations.

You should be physically and mentally well. You should be prepared to face frustrating and disquieting circumstances that are common place in third world and developing nations.

You can expect that you may be walking, travelling, working and living in impoverished areas, and will have to accommodate to the discomfort that is associated with this.

Most participants find the best way to enjoy their volunteer experience is to expect the unexpected, be flexible, patient, and keep a sense of humor.

Most volunteers report their experience as a life changing event.

Our hope is that you will return having...
had a positive influence to those in our programs
developed an understanding of the realities of developing countries
had an opportunity to re-examine previous thoughts and beliefs, with new views about what is truly important to you.

It is our hope that a volunteer experience will help you to realize that all and any effort, regardless of what it is, has potential to positively contribute and make a difference in someone else's life.

If you have physical limitations you should submit an accompanying letter of participation from your physician. If you have any questions about this requirement, please contact the Canadian Humanitarian office.

How much does an expedition cost?

Your fundraising goal is \$4,000 CAD. We will provide you with brochures, information, and other fundraising tools to help meet your fundraising goal. Any contribution that you, your friends, family, or sponsors make to Canadian Humanitarian, over \$20, will be eligible for and receive a charitable tax receipt.

Funds collected for your expedition will be used to cover the costs of un-deviated return airfare from Canada to the destination country, accommodations, in-country travel and a generous donation to our projects in Ethiopia.

Costs that are not eligible for a charitable tax receipt and that are the responsibility of the volunteer are passport, entry visa, immunizations, food in country, communication costs, souvenirs etc.

What if I have to cancel?

An approved participant/volunteer may need to withdraw from their expedition group for some reason. The participant/volunteer may defer their travel to a future expedition group taking place within 1 year (365 days) of the original departure date minus ticket transfer and administrative fees. Donations made to Canadian Humanitarian for your expedition group will be utilized for that group, or a future one, as the need prescribes. Refunding a charitable donation is not possible.

Where do donations given to an expedition group go?

Donations received by Canadian Humanitarian for expedition groups, either from individuals, fundraisers, or grants are used to cover the appropriate expedition's expenses.



These expenses include the groups' airfare to the country, accommodations and transportation while in the country, Canadian Humanitarian team leader participation, any related activities that occur during the expedition, and aide activities to support Canadian Humanitarian projects partners.

Where can donors contribute funds for an expedition?

Donors can contribute to Canadian Humanitarian by..
cash/check/money order sent to the Medicine Hat Office
interact email money transfer
calling our office – please have your credit card ready
online at www.canadianhumanitarian.com.

Many volunteers have found setting up “giving pages” a simple way to communicate by email, Facebook or other social media to let people know of their interest in volunteering, and engage them in giving funds to Canadian Humanitarian's Expedition groups. If accepted we can help you set up your own giving page.

Please keep in mind that credit card transactions are subject to a 3%-4% transaction fee. We encourage you to add this on to any of your donations.

We would encourage all approved expedition participants/volunteers to find sponsors. Some have found employer donation matching grants helpful to the contributions made towards costs.

Accepted participants/volunteers may also organize fundraisers to raise money for expedition groups. The Canadian Humanitarian office can help with fundraising ideas if this is something that you feel you would like to do.

Donations given to Canadian Humanitarian may help purchase items when the expedition group is in the country that will assist children, their families, and the projects in a group sponsored activity. Some examples of this would be school supplies, blankets, cooking utensils, foods, or other support items that can be bought overseas for the benefit of those registered in Canadian Humanitarian projects.

What expenses can I expect?

You should expect that your personal expenses will be paid by yourself. These could include, but are not limited to: passport, entry visa, immunizations, travel/medical insurance, meals in country, bottled drinking water, phone calls, laundry services, room service gratuities for special services, entry to museums, historical sites etc., or any expenses for excess baggage or porter services.

You will be responsible for any extra charges arising from additional personal activities that are not part of the expedition's mandate.

What insurance do I need?

Canadian Humanitarian will acquire basic cancellation insurances for airline tickets purchased for volunteers. This allows the donation funds to be partially recouped should a volunteer be unable to participate as they planned. However, we recommend volunteers obtain*personal travel insurance covering accidents, baggage loss, delays, and additional unexpected cancellation.



Canadian Humanitarian will not be accountable for unexpected world, climatic, or cataclysmic events that may be cause for postponement or cancellation of an expedition group.

*Please inform us if you would like to purchase additional travel insurance, and we will have our travel agent arrange it for you.

What type of accommodations do volunteers stay in?

Canadian Humanitarian volunteers stay in basic housing facilities that provide the necessities of living, but they are not luxurious in nature.

We most commonly stay in guest houses, similar to North American bed and breakfast facilities, or small hotel type facilities. These guest houses usually facilitate a better integration into the local community, and offer volunteers the opportunity to see how the people of that community live... in a safe way.

Consideration of each person's safety is always taken into account when housing and accommodation are sourced for expedition groups. It will be a clean, safe, place to stay while in the country.



THINGS TO DO:

If you wish to apply to become a volunteer with Canadian Humanitarian, please forward to us the following:

- 1: Complete "Application Form", and Statements of Understanding
- 2: Get an Original criminal record check from your local police service (We can write a letter on your behalf to reduce or remove any associated fee)
- 3: Provide us with 3 character references
- 4: Submit a letter written by yourself explaining why you would like to be a volunteer with Canadian Humanitarian.
- 5: Make a copy of your current passport, specifically the ID pages

Send all to the Canadian Humanitarian office in Medicine Hat:

476 4th Street SE, Lower Level,
Medicine Hat, Alberta
T1A 0K6

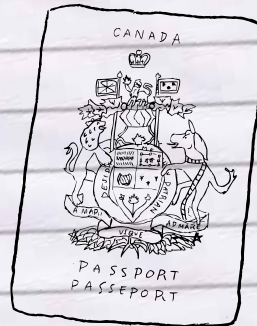
We will respond to your application to volunteer within 2 weeks of receiving your application.

Once you are approved we will forward more detailed information about the expedition group. This will include more detailed information about the projects you will be working with, preparation materials for traveling, permission to fundraise and make future donations to your expedition group, contracts, and particulars about the country you will serve in.

THINGS VOLUNTEERS will NEED:

CURRENT PASSPORT:

You have the responsibility to own a current Canadian passport, valid for at least six (6) months after the end of the expedition, to complete the visa application process. You will carry and be responsible for all your documentation including passport and tourist card while in the expedition country(ies).

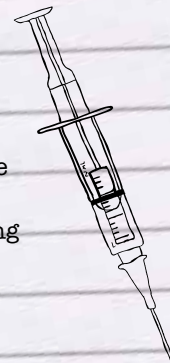


VISA APPLICATION:

Instructions for obtaining the appropriate entry visa for the country of your expedition will be given to you in your briefing booklet. You will be responsible for ensuring that you follow instructions for, acquire, and make payment for, your entry visa.

IMMUNIZATIONS AND HEALTH:

You should consult with your personal physician and local public health travel office regarding required immunizations. Canadian Humanitarian suggests starting immunizations long before departure since some required immunizations are multiple dose vaccinations. Testing for some infectious diseases or parasites may be required after returning home. We strongly encourage getting a yellow fever vaccination if you are going to Ethiopia.



HEALTH INSURANCE:

You are fully responsible for your health before, during and after the expedition. Canadian Humanitarian encourages a physical check-up before applying, and the purchase of appropriate travel health insurance, for the duration of your expedition and travel.

If you have high blood pressure, heart disease or any physical impairment you are responsible for obtaining approval from your physician prior to participating. We also require that you bring enough medications for your stay (plus an additional supply in case of unforeseeable eventualities).

