



## Long Term Volunteer Program in Honduras "Saving and transforming the lives of children with HIV"

*MdL provides care for approximately 30 (ages infant-young adult) children in a rural community located about 1.5 hours Northeast of Tegucigalpa*

### Purpose:

*Montaña de Luz (MdL) accepts volunteers (Individuals and Couples) to live and work side by side with our staff in Honduras serving and caring for the children who call Montaña de Luz home.*

### Volunteering with MdL:

As a Long Term Volunteer (LTV), you will:

- ♥ Play an integral role at MdL
- ♥ Live on site or in the community with other national and international volunteers and staff
- ♥ Provide a meaningful contribution to the wellbeing of the children we serve as well as have time to relax and experience living in a Latin American country

### Basic Benefits:

- ♥ A monthly stipend of \$100
- ♥ Meals while at work
- ♥ Housing
- ♥ Vacation time (5 days quarterly) as well as 1-2 days per week free
- ♥ Assistance with fundraising
- ♥ medical insurance ( MdL will pay the first \$1,000 annually for health insurance- the typical policy is \$900 annually)

### Financial Responsibility:

- ♥ Volunteers are responsible for arranging and paying for all travel to and from Honduras, pre-travel medical expenses (i.e. vaccinations), visa expenses, medical insurance costs beyond the first \$1,000 annually covered by MdL( if needed) and any language school expenses. MdL provides meals while working on site but volunteers will have some meal expenses and also will need spending money for recreation and incidentals. One year of service requires approximately \$5,000. Montaña de Luz is willing to assist with fundraising.

## Language Requirement:

Volunteers who have a strong command of Spanish are better able to serve the children. We ask that you be proficient in the language and/or make a commitment to attend a language school before you begin volunteering.

## Age Requirement:

The minimum age for volunteers is 21. There are successful volunteers of all ages who have served at MdL!

## Time Commitment:

The minimum volunteer commitment is 12 months. This allows time for the volunteers and children to form lasting relationships. Longer commitments are encouraged.

## Accommodations:

Volunteers are provided free room and meals while working on site at MdL. Housing accommodations vary and range from a room on site at MdL to a room in a home in the community. Our volunteers are expected to live safely and comfortably but at the level of the community in which they reside.

## Safety:

Travel in Latin America can be risky. MdL's primary concern is to provide a safe and secure environment for the children, staff and volunteers. MdL is a gated community with 24/7 guards on staff and uses MdL employees and vehicles for transportation.

## Volunteer Opportunities:

We try to match the skills and interest of volunteers with what MdL wants and needs. Some common volunteer activities can be in the following areas:

### ♥ Education

Volunteers serve as tutors and do a tremendous amount of reading with our littlest kids! We welcome volunteers with teaching and tutoring skills at all levels. Tutors work with kids to do research, support the teachers with supplemental materials and work with the children to increase literacy skills. Recreational activities with the youth is a large part of the experience.

### ♥ Healthcare

Volunteers serve as nurses, physical, speech and occupational therapist and clinic assistants to accompany medical staff to doctor appointments and to help manage the on-site clinic, organizing the pharmacy and implementing health workshops for staff and kids.

### ♥ Administration

Volunteers serve as translators, project coordinators, in-country marketing, development and fundraising. Strong technology skills with computers is highly valued. Typical projects could include in-country fundraising efforts, supporting the child sponsorship program, maintaining the Spanish language website and social media presence and supporting the

Administrator and/or in-country director in office tasks. Help plan service team work projects.

#### ♥ **Social Work**

Volunteers coordinate and implement empowerment and life skills training around a variety of topics from critical thinking skill development to navigating the health care system to money management skills for older children as they transition out of MdL. Help the children develop and monitor life plans.

#### ♥ **Artist in Residence**

The children of MdL love to create and sell artwork! Past projects have included cross stitch, friendship bracelets, photography and painting. We welcome artists with skills around sustainable and marketable art that can be created and sold by the children to raise funds for their future.

#### ♥ **Gardening and livestock**

In our attempt to be as self-sufficient as possible we raise Tilapia in a pond, grow a garden, plant beans and corn, maintain fruit trees and raise chickens and pigs to harvest for a needed source of protein in the children's diet. Volunteers work side by side with the Honduran staff and children to care for the plants and animals raised to feed the children.

*These are general areas of focus for volunteers but not limiting allowing volunteers to work in a variety of areas based on skill set and need. All volunteers will be expected to fill in where needed with daily tasks.*

### **Successful Volunteers:**

Successful volunteers are cooperative, flexible, can self-direct with minimal supervision and are patient. They have strong work ethics, a proactive personality and are able to adapt to living in a developing country in a rural community, with little formal recreational outlets, in a multicultural setting. MdL volunteers work with staff and volunteers from around the world. They are respectful of their host country and its culture, have positive attitudes to share with the children and are comfortable and affirming of living and working with a faith based organization.

### **Application Process:**

We accept applications on an ongoing basis but need applications typically 4-6 months in advance to allow sufficient time for planning, training and placement. For more information about volunteering please contact [info@montanadeluz.org](mailto:info@montanadeluz.org) or go to our website at [www.montanadeluz.org](http://www.montanadeluz.org) to download an application.

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know about Plato and Aristotle to serve. You don't have to know Einstein's theory of relativity to serve. You don't have to know the second theory of thermodynamics to serve. You only need a heart full of grace. A soul generated by love.