

## AYUDA 2024 Volunteer Program Application

Before you begin, please make sure you have reviewed the program description and requirements, our mission, and the training program information on our [website](#).

### Part 1: Personal Information

1. What's your first name?
2. What's your last name?
3. How old are you?  
Volunteers must be at least 16\* years old.  
\*Younger volunteers accepted on a case-by-case basis.
4. What is your date of birth?
5. What is your gender?
6. What is your permanent mailing address (including zip code)?
7. What is your phone number?
8. What's the best personal (not school or work) email address for you?
9. What is your secondary (school or work) email?
10. What is your current or highest level of education?
  - A. High School
  - B. College/University
  - C. Graduate School
  - D. Other
11. Please enter the name of your high school and your actual or intended graduation year.
12. If applicable, please enter the name of your college/university and your actual or intended graduation year.
13. If applicable, please enter the name of your post-graduate college/university and your actual or intended graduation year.
14. If you are currently employed, what is your occupation and employer?
15. If you have any past relevant employment history, please list below.
16. Currently, in which job sector are you most likely to consider working in the future?  
E.g., medicine, public health, journalism, non-profit, etc. Please list all that apply.

### Part 2: Experiences and Skills

17. Have you previously volunteered and/or worked with a non-profit/citizen-sector organization?
  - Y. Yes
  - N. No
18. (If yes) Please describe your volunteer or non-profit work.
19. Do you have any fundraising experience?
  - Y. Yes
  - N. No
20. (If yes) Please describe your fundraising experience.
21. If accepted, how do you expect to reach your fundraising target (see the AYUDA website for volunteer fundraising requirements)? In fewer than 1,000 characters, describe strategies you might implement and their relative success or cost-benefit.
22. Is Spanish your native language?



- Y. Yes  
N. No
23. Do you have a native language other than English? If so, what?
24. Have you ever studied Spanish?  
Y. Yes  
N. No
25. How would you describe your Spanish skill level?  
A. None  
B. BASIC: Basic vocabulary and simple grammar  
C. INTERMEDIATE: Medium vocabulary, some tense variation, simple communication in practical situations  
D. PROFICIENT: Advanced vocabulary, high variation of tenses, good communication with native speakers  
E. FLUENT: Capable of expressive communication in any situation with native speakers
26. Are you or any members of your immediate family of Latin or Hispanic origin?  
Y. Yes  
N. No
27. Have you ever visited a Spanish-speaking country?  
Y. Yes  
N. No
28. (If yes) Please briefly describe your experience in Spanish-speaking countries.
29. Have you ever traveled internationally by yourself?  
Y. Yes  
N. No
30. (If yes) Please briefly describe your experience traveling by yourself.
31. Have you ever volunteered abroad?  
Y. Yes  
N. No
32. (If yes) Please briefly describe your experience volunteering abroad.
33. Have you ever lived in a foreign country?  
Y. Yes  
N. No
34. (If yes) Please briefly describe your experience living in a foreign country.

### Part 3: Diabetes Experience & Motivations for Applying

*Please note that neither having diabetes nor prior diabetes knowledge are pre-requisites for volunteering for AYUDA.*

35. Do you have diabetes?  
Y. Yes  
N. No
36. (If yes) What type do you have, and for how long have you had it?
37. Do any of your immediate family members (parents/siblings/significant other) have diabetes?  
Y. Yes  
N. No
38. (If yes) Please describe how you help to manage their diabetes (if applicable).

39. I would rate my current diabetes knowledge as:
- A. Very limited
  - B. Basic understanding
  - C. Proficient
  - D. Advanced
  - E. Medical professional knowledge
  - F. I manage my own diabetes every day
40. Are you associated with any other diabetes organizations?
- Y. Yes
  - N. No
41. (If yes) With which diabetes organization(s) are you affiliated?
42. Do you have any medical training or experience?
- Y. Yes
  - N. No
43. (If yes) Please briefly describe your medical training and experience.
44. How did you learn about the AYUDA Volunteer Program? (select all that apply).
- A. AYUDA alumni
  - B. Recruitment presentation/info booth
  - C. Word of mouth
  - D. General internet search
  - E. Social media (Instagram, Facebook, etc.)
  - F. Another diabetes organization/center
  - G. Other
45. (If A) If you heard about AYUDA from an AYUDA alum, please name the volunteer(s) with whom you spoke.
46. What are your primary motives for applying? Please rank all fields, 1 being the most relevant, 10 being the least.
- o Connect with like-minded individuals
  - o Mission of the organization
  - o Supports my educational aspirations
  - o Opportunity to support the wider diabetes community
  - o Opportunity for field experience
  - o Be part of a new/another diabetes community
  - o Opportunity to travel
  - o Language learning opportunity
  - o Opportunity to learn more about diabetes
  - o Other
47. I have the opportunity to work or live with people from other countries or cultures:
- A. Never
  - B. RARELY: Every few years
  - C. OCCASIONALLY: Once a year or so
  - D. REGULARLY: Three times a year
  - E. FREQUENTLY: More than three times a year
  - F. VERY OFTEN: Monthly
  - G. CONSTANTLY: Weekly
48. I have a good understanding of a culture other than my own (1 - strongly disagree, 5 - strongly agree).
49. In no more than three sentences, please state which three qualities you perceive as essential for a volunteer to possess in order to avoid problems

associated with cross-cultural communication.

50. I prefer situations in which I can:
- A. Lead a team
  - B. Work as part of a team
  - C. Work by myself
  - D. Observe work done by others
  - E. Not work at all
51. What role/effect do you expect a volunteer experience with AYUDA to have on your educational development?
- A. No effect
  - B. Some effect
  - C. Significant effect
  - D. Critical effect
  - E. N/A
52. What role/effect do you expect a volunteer experience with AYUDA to have on your professional development?
- A. No effect
  - B. Some effect
  - C. Significant effect
  - D. Critical effect
  - E. N/A
53. What role/effect do you expect a volunteer experience with AYUDA to have on your personal development?
- A. No effect
  - B. Some effect
  - C. Significant effect
  - D. Critical effect
  - E. N/A

#### Part 4: Short Essay Questions

54. If accepted, what do you think your biggest challenge will be volunteering with AYUDA, and how do you plan to overcome it? (1,000 characters max)
55. Please describe a time when you were under a great deal of pressure or facing adversity. What was the situation, and how did you resolve it? (1,000 characters max)
56. Volunteering abroad in an unfamiliar environment and working in high-stress situations are challenging, but rewarding, parts of the AYUDA experience. Please briefly describe an instance in which you think stress has affected your school or professional work and how you dealt with this stress. (1,000 characters max)
57. We would like to learn about which factors most attracted you to AYUDA. Please briefly describe what goals you have and what you hope to achieve by volunteering with AYUDA. (1,000 characters max)
58. Please share any additional information you'd like us to know.

#### Part 5: Final Steps

59. RESUME/CV: Inclusion of a resume/CV is optional. If you are planning to include a resume/CV as part of your application materials, please upload it here.



60. LETTERS OF RECOMMENDATION: We require letters of recommendation from people who can speak to your character in a school/professional/volunteer setting. You may either have one letter written by a reference sent via email to [atuomey@ayudainc.net](mailto:atuomey@ayudainc.net) OR provide the contact information for two references to complete a reference survey. Please indicate whether your reference will be sending a letter directly or whether you will be providing contact information below. Letters must be received before the application deadline.
- A. My reference will submit a letter directly via email
  - B. I will provide contact information for my references
61. (If B) Please provide the name, email, phone number, title, and affiliation for your first reference contact in the field below, if applicable.
62. (If B) Please provide the name, email, phone number, title, and affiliation for your second reference contact in the field below, if applicable.
63. Have you been convicted of a crime or felony?
- Y. Yes
  - N. No
64. (If yes) Please elaborate on the circumstances of this crime or conviction.
65. As a best practice standard, it is an AYUDA policy that all volunteers, once accepted into a program, be subject to a criminal background check. If accepted, you will be asked to provide the necessary information. Please select "yes" to indicate you understand and accept.
- A. Yes, I understand
66. Please indicate that you have read and understood the AYUDA Core Competencies and Program Requirements (can be found on our website, [here](#)). This is a necessary requirement for acceptance to the program.
- A. I have read and understood AYUDA's Core Competencies
67. REQUIREMENTS:
1. All AYUDA volunteers and staff fundraise on behalf of AYUDA and the wider diabetes community. We are not seeking individuals who wish to "purchase" their experience or see the experience as a holiday package. Nevertheless, we require all fundraising targets to be met at least one week prior to the start of the in-country program. If the requirement has not been met by this date, the volunteer below agrees to assume the financial responsibility for the remaining balance. Please provide your name or initials indicating agreement to fulfill the commitment outlined above.
68. REQUIREMENTS:
2. All AYUDA volunteers will be required to book and purchase their respective travel to/from the country in which they will be volunteering abroad. As per the agreement, after fulfilling the Fundraising and Social Entrepreneurship Core Competency requirements, those volunteers who choose to fundraise their own travel will be eligible for travel reimbursements (up to a pre-designated amount) following their participation in the in-country program. (We will support you to help make this happen.) Please provide your name or initials indicating agreement to fulfill the commitment outlined above.
69. REQUIREMENTS:
3. All volunteer programs are structured so that volunteers are able to have a hands-on role in the communities that AYUDA serves while upholding AYUDA

principles. This type of structure requires that volunteers are flexible, understanding and expect a challenging, but rewarding, experience.

Please provide your name or initials indicating agreement to fulfill the commitment outlined above.

70. REQUIREMENTS:

4. All volunteers must adhere to AYUDA's COVID-19 safety requirements, including, but not limited to: provide proof of COVID-19 vaccination and booster; wear appropriate K-N95 masks when necessary, as instructed by AYUDA Staff and Health Care Professionals; maintain proper hygiene practices, as designated by the Centers for Disease Control and Prevention; avoid unnecessary physical contact with others; and be agreeable to rapid antigen and PCR testing, when requested.

Please provide your name or initials indicating agreement to fulfill the commitment outlined above.

71. Please pay the \$35 application fee directly in the application.

**Congratulations on completing the online portion of the AYUDA application!**

You may now exit the application. Please remember that, in order to complete your application, we must receive your letter of recommendation (unless you provided contact information for references in the application). Once we receive all components of your application, we will contact you to set up interviews. If you have any additional questions, please do not hesitate to [contact us!](#)

¡Juntos somos más fuertes! | Together we are stronger!