

AYUDA CATALOG

2019 DOMINICAN REPUBLIC VOLUNTEER PROGRAMS

AYUDA (American Youth Understanding Diabetes Abroad, Inc.) is a 501(c)(3) non-profit organization that was established in 1997 with the vision that youth can **serve as agents of change in diabetes communities around the globe**. AYUDA was founded in reaction to seeing children with diabetes who had access to insulin and basic medical treatment but still suffered complications and early death because they did not have the education needed to manage their condition. To this end, AYUDA operates under the guiding principle that **"a lack of education is just as dangerous as a lack of insulin."**

AYUDA uses an innovative peer leadership model through which **international volunteers serve as catalysts to empower local youth living with diabetes to manage their condition**. In the countries where AYUDA volunteers work, AYUDA's empowerment model directly impacts young people with diabetes and their families, local health professionals and governments, and ministries of health. Over the last 20+ years, **AYUDA has trained over 600 volunteers who have served in over 20 countries**.



2019 Summer Volunteer Program Timeline

August 1, 2018: New Volunteer Application Portal Opens Online
October 31, 2018: Early Decision Application Deadline
November 7, 2018: Early Decision Acceptance Notification
February 10, 2019: Final Application Deadline
February 22, 2019: Acceptance Notification
March 3, 2019: Volunteer Training Program E-course Begins
March 15-17, 2019: Volunteer Training Program Summit in Washington, D.C.
June 22 - July 6, 2019: En El Camino In-Country Program
July 13 - 31, 2019: Campo Amigo In-Country Program
September 1, 2019: Final Fundraising Deadline

Pre-program Fundraising Commitment Deadlines: 1 Week Prior to Departure

AYUDA selects volunteers from a competitive pool of **high school, university, and graduate students and working professionals** throughout the United States and abroad for an extensive semester training and summer outreach program to benefit youth living with diabetes. By involving all of our volunteers in multiple elements of our program preparation and delivery, we provide hands-on experiences that inspire and empower them to serve as **agents of social change not only internationally but in other areas of their lives, as well**. AYUDA has been recognized for its social entrepreneurship and innovation by Ashoka: Innovators of the Public, the Corporation for National & Community Service, the World Bank as a 2007 Development Marketplace Finalist, and the United Nations as an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (UNESCO).

In the Summer of 2019, AYUDA is offering 2 unique volunteer opportunities in the Dominican Republic:**

En El Camino - Multiple Locations, DR (June 22nd - July 6th, 2019)

Campo Amigo - Santo Domingo, DR (July 13th - July 31st, 2019)

**** Those interested in applying to participate in both programs are welcome to apply as dual-program volunteers. Dual-program volunteers are eligible to receive a decreased combined fundraising target and may also participate in internships tailored to their educational and professional interests. Please see website for details.**

To apply for or learn more about our 2019 programs, please visit our website:
www.ayudavolunteer.org/volunteering

Within this catalog, you can read more about each specific program and decide which opportunity might suit you best. You can also read more about our Volunteer Training Program on the final page.



En El Camino Volunteer Program

Multiple Locations, Dominican Republic

June 22nd - July 6th, 2019*

During this intensive program, volunteers will collaborate with AYUDA's partner organization "Aprendiendo A Vivir" (AAV), a local diabetes organization based in Santo Domingo. This program is **aimed at those who want to combine diabetes outreach with a love of travel and exploration**. Come "on the road" with AYUDA and AAV and get to know the Dominican Republic while making a difference in the diabetes community. Since our flagship program, Campo Amigo, is based in the capital of Santo Domingo, it cannot serve everybody around the country. AAV and AYUDA have worked together to design this program to **take the empowerment experience of Campo Amigo to other provinces in the Dominican Republic**.

Volunteers will travel with local Dominican youth leaders, representatives of AAV, and AYUDA Staff members to communities in various provinces of the Dominican Republic to run day-long educational outreach and local capacity-building programs. Volunteers will have the opportunity to work with people living with type 1 and type 2 diabetes and help **provide them with the tools that motivate them to live happier, healthier lives**.

Fundraising Commitment: \$6,000 (\$5,900 is due by June 15th and \$100 is due by September 1st), plus flight costs (for Washington, D.C. training and the Dominican Republic). If volunteers would like to be reimbursed for their travel and they exceed their fundraising commitment, they may be reimbursed up to \$1,000 with proper documentation.



Sample En El Camino Volunteer Program Itinerary (subject to change)

June 22 - 23: Welcome, cultural orientation, & training
 June 24 - 25: Visit to Santo Domingo children's hospital & planning for outreach workshops
 June 26: San Pedro de Macoris outreach trip
 June 27: Kilometro 19 outreach trip
 June 28: Outreach debriefing & revisions to lesson plans
 June 29: Free day
 June 30: Visit to AAV Foundation & cultural excursion
 July 1: Villegas outreach trip
 July 2: Los Buitres outreach trip
 July 3: Hato Damas outreach trip
 July 4: Free day
 July 5: Post-program wrap-up & evaluation
 July 6: Volunteers depart



To apply or learn more about this program, please visit our website: www.ayudavolunteer.org/camino

*Dates subject to slight change



Campo Amigo Volunteer Program

Santo Domingo, Dominican Republic

July 13th - July 31st, 2019*

Campo Amigo was our first program in the Dominican Republic and is **aimed at those who want to empower local children who have type 1 diabetes and their families**. Accepted volunteers, led by AYUDA Staff, will work closely with AYUDA's partner organization "Aprendiendo A Vivir" (AAV), local medical students, and rising Dominican youth leaders to plan and implement community outreach projects in Santo Domingo. These projects will **motivate and support young people living with type 1 diabetes and their families**. This 3-week program will culminate in the 12th annual weekend diabetes camp, Campo Amigo, where volunteers will work with local AAV youth leaders to serve as counselors and camp staff. Volunteers will also participate in home visits and outreach trips to nearby communities and provinces.



Fundraising Commitment: \$6,500 (\$6,400 is due by July 6th and \$100 is due by September 1st), plus flight costs (for Washington, D.C. training and the Dominican Republic). If volunteers would like to be reimbursed for their travel and they exceed their fundraising commitment, they may be reimbursed up to \$1,000 with proper documentation.

Sample Campo Amigo Volunteer Program Itinerary

(subject to change)

July 13-15: Welcome, cultural orientation, & training
 July 16-20: Visit to local children's hospital, community outreach, camp preparations, & volunteer retreat
 July 21: Día de la Familia Diabetes Camp
 July 22: Free day
 July 23-26: Community outreach & camp preparations
 July 27-28: Campo Amigo Diabetes Camp
 July 29: Free day
 July 30: Post-program wrap-up & evaluation
 July 31: Volunteers depart



To apply or learn more about this program, please visit our website: www.ayudavolunteer.org/campo

*Dates subject to slight change

Volunteer Training Program (VTP)

The goal of the Volunteer Training Program (VTP) is to train AYUDA volunteers to be agents of social change in diabetes communities abroad. AYUDA's model is unique in that we place a tremendous responsibility on our volunteers. Our well-established pre-program training ensures that volunteers succeed under this responsibility. Every volunteer participates in the intensive semester-long AYUDA VTP that includes three main components: (1) online training course (VTP E-course), (2) an in-person, multi-day, intensive training program (VTP Summit), and (3) extensive cultural training in-country throughout our programs. The VTP immerses volunteers in an intense orientation, teaching sound principles and core AYUDA values. Through VTP, volunteers become invested in advocacy, social change, and the future of diabetes care.

Our VTP Components

- **VTP E-course** (Online): AYUDA's volunteers live, work, and study across much of the U.S. and other parts of the world. The VTP E-course provides flexibility for volunteers and enables AYUDA to engage its volunteers immediately after they are accepted into a program. Throughout the 13-week course, volunteers engage in weekly online modules and sessions.
- **VTP Summit** (Washington, D.C.; March 15-17, 2019): Volunteers gather for a weekend in AYUDA's and Ashoka's global headquarter office. Volunteers receive intensive training from lead faculty that includes leaders in the diabetes field, representatives of AYUDA's Dominican partner organization, and AYUDA Staff, alumni, and Volunteer Mentors. Focusing on AYUDA's founding principle of youth leadership and empowerment, the VTP Summit builds the foundation for the rest of AYUDA's programming.
- **Cultural Training Program** (In-country): Once abroad, AYUDA volunteers undergo an additional intensive cultural training program orientation that is run in conjunction with AYUDA's local Dominican partner organization.

SERVICE LEARNING CREDIT HOURS 2019 SUMMER PROGRAMS

Volunteer Training Program (VTP): 105 Hours

- VTP E-course Attendance: 10 Contact Hours
- VTP E-course Assignments: 20 Hours
- VTP Summit Attendance: 25 Contact Hours
- VTP Social Entrepreneurship: 50 Hours

In-Country Program Leadership: 280 Contact Hours

- Cultural Orientation & Local Teambuilding
- International Partner Collaboration
- Diabetes Outreach & Education
- Youth Leadership Training & Empowerment

Subtotal Contact Hours: 315 Contact Hours

Subtotal Preparation Hours: 70 Hours

TOTAL SERVICE HOURS: 385 HOURS



Why is AYUDA different from other volunteer programs?

Our volunteers and Staff work together with international youth partners to deliver *culturally appropriate* and effective programs that are specifically based on the needs of the community. Volunteers contribute a major part of the direct operating costs of AYUDA's sponsorship of local diabetes camps and outreach projects. Without the dedication of individual volunteers, AYUDA would not be able to implement our programs to support these diabetes communities.

Our 5 AYUDA Focus Areas and Core Values

- **AYUDA Background & Principles:** Volunteers learn about AYUDA's mission, objectives, philosophy, and history.
- **Social Entrepreneurship & Fundraising:** Volunteers learn to be effective advocates, fundraisers, and social entrepreneurs. They collect fundraising strategies as they share best practices and technological tools.
- **Cultural Training & Country Program:** Volunteers learn about their program's history and needs and the host country's culture. They prepare outreach strategies and discuss safety issues. AYUDA's international partners facilitate this training so that volunteers understand locally defined priorities and objectives.
- **Living with Diabetes:** Volunteers learn the fundamentals of diabetes management and what it is like to live with diabetes and chronic conditions. They train in hands-on, peer-based practicum sessions and practice different medical diabetes communication methods in local dialects and in locally appropriate manners. Moreover, they explore the psychosocial issues surrounding diabetes and understand the diabetes lifestyle.
- **Team Building & Mentorship:** Volunteers strengthen their team bonds, get to know each other, and prepare to work effectively as a team. They prepare for their roles of mentorship in the variety of contexts that they will encounter in their respective programs.

The AYUDA Volunteer Experience

"My experience with AYUDA has definitely impacted my life in so many different positive ways. My Spanish has improved significantly while I was here, which I wasn't expecting, but this allowed me to talk more with the local leaders and form bonds with them. It also gave me insight to public health and what that would look like as a career, which to me is one of the few professions that I am looking at."

Nikhita Gopisetty, 2017 En El Camino Volunteer & 2018 Volunteer Mentor

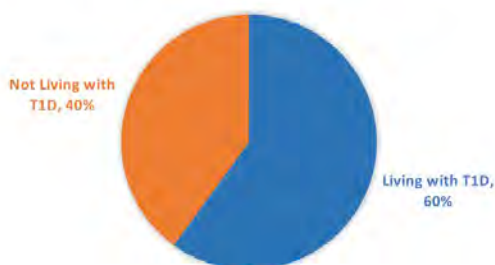


"Going to these outreaches, I learned that AYUDA is truly filling a need in the community. The education that we are providing is an essential service that works to change the lives of hundreds of people. Diabetes is an incredibly complex disease that goes way beyond just remembering to take a pill. AYUDA is dedicated to providing the education that helps people juggle blood glucose monitoring, medication, nutrition, and exercise."

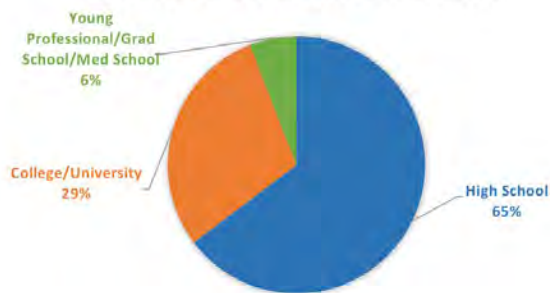
Taylor DeGross, 2018 En El Camino Volunteer

Volunteer Demographics*

VOLUNTEERS WITH TYPE 1 DIABETES (T1D)



VOLUNTEERS' EDUCATION/CAREER LEVEL



*Based on 2018 AYUDA Volunteer profiles

The AYUDA Volunteer Experience

"When Melanie was first diagnosed with type 1 diabetes at 12 years old, she accepted and embraced it the best she could. She took care of herself, but wasn't interested in becoming involved with any diabetes related program. However that all changed six years ago when Melanie, at 16 years old, was first introduced to AYUDA. It was truly a life changing moment for her. The idea of being a youth leader who could make a difference in others' lives and use her Spanish at the same time was what drew her in at the beginning. However, what has kept her involved for the past 7 years has been the strength of the program, the dedication to youth empowerment, and the people involved both locally and abroad. We are forever grateful for AYUDA and all that it offers to help educate and empower people living with diabetes, like Melanie, in the US, Ecuador, and the Dominican Republic. This truly is an amazing organization!"

Beth & Lee Goldring, Parents of Melanie Goldring, Campo Amigo Ecuador Volunteer (2012), Campo Amigo Dominicano Volunteer Mentor (2013-15), Program Leader (2016), & Staff Member (2016-present)



"After two outreach visits and two days of Campo Amigo, my heart is full and my energy is spent [...] This week has demonstrated the power of AYUDA and AAV- the people who lead these programs and the people that they serve. All things considered, being a volunteer for AYUDA has been nothing short of magical."

Anna Slayton, 2018 Campo Amigo Volunteer



"[AYUDA] has definitely helped with my Spanish, but that was really just the start of its impact. It really changed how I think about life and the emotional impact the trip had on me was truly enormous. Each day of outreach provided a new outlook on diabetes and it was so interesting, although sometimes hard, to see the conditions of the people we were trying to help."

Matthew Sherr, 2017 En El Camino Volunteer

"On the first day, [a camper] asked me if I had diabetes too and when I said yes, she looked so surprised and in shock that I had diabetes too and was here away from my family in a different country. I approach diabetes in a way that it doesn't limit what I can do. It was rewarding to be able to share that with the kids here and to actually show them that they can explore and be active - that diabetes doesn't need to dictate what they can and can't do."

Melanie Wolter, 2017 Campo Amigo Volunteer & 2018 Volunteer Mentor

"AYUDA allowed me to see how much joy is in the world and gave me the opportunity to bring more to those who are nothing but deserving. Seeing the effect we were able to have on our Campo Amigo kids through the knowledge and smiles we presented them has been strongly the most empowering time of my life."

Isabella Hartley, 2017 Campo Amigo Volunteer & 2018 Volunteer Mentor