

AYUDA CATALOG

2020 DOMINICAN REPUBLIC VOLUNTEER PROGRAM

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 650 volunteers who have served in over 20 countries**.



2020 Summer Volunteer Program Timeline

August 1, 2019: New Volunteer Application Portal Opens Online (Rolling Application)

November 10, 2019: Early Decision Application Deadline

November 17, 2019: Early Decision Acceptance Notification

February 23, 2020: Final Application Deadline

March 1, 2020: Acceptance Notification

March 7, 2020: Volunteer Training Program E-course Begins

March 20-22, 2020: Volunteer Training Program Summit in Stanford, CA

June 27 - July 22, 2020: In-Country Volunteer Program

September 1, 2020: Final Fundraising Deadline

Pre-program Fundraising Commitment Deadline: 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 2020, AYUDA is offering a unique volunteer opportunity, *with internship opportunities available*, in the Dominican Republic:

Campo Amigo - Multiple locations, DR (June 27th - July 22nd, 2020)

To apply for or learn more about our 2020 program, please visit our website:
www.ayudavolunteer.org/volunteering

Within this catalog, you can read more about our volunteer program, see previous volunteers' testimonials, and learn more about our Volunteer Training Program on the final page.



Campo Amigo Volunteer Program

Multiple locations, Dominican Republic
June 27th - July 22nd, 2020*

Campo Amigo was our first program in the Dominican Republic and is **aimed at those who want to empower local children, adolescents, and adults who have types 1 and 2 diabetes and their families.** For 2020, we have expanded this program to incorporate more diabetes outreach initiatives and to include our optional AYUDA Internship program (see more on page 5). 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 multiple provinces in the Dominican Republic. These projects will motivate and support people living with diabetes and their families. This 3.5-week program will include the 13th annual weekend diabetes camp, Campo Amigo, where volunteers will work with local AAV youth leaders to serve as counselors and camp staff.



Fundraising Commitment: \$8,750 (\$8,500 is due by June 20th and \$250 is due by September 1st), plus flight costs (for Stanford, CA 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 Program Itinerary

(subject to change)

- June 27-29: Welcome, cultural orientation, and training
- June 30– July 3: Camper/volunteer meet-up, children’s hospital visit, pre-camp preparations, and volunteer retreat
- July 4-5: Campo Amigo Diabetes Camp
- July 7: Free day
- July 7: Education initiatives at AAV foundation
- July 8-15: Outreach workshops and Internship
- July 16-18: Pre-camp preparations
- July 19: Día de la Familia Diabetes Camp
- July 20: Free day
- July 21: Program wrap-up and evaluations
- July 22: Volunteers depart



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

*Dates subject to slight change



AYUDA Internship Concurrent with Campo Amigo Program

The AYUDA Internship* is an optional portion of the Campo Amigo Volunteer Program that will give participants the **opportunity to pursue their academic and/or professional interests** in addition to, or in place of, the additional outreach workshops during the second week of the program. The Internship will be tailored to each volunteer's unique interests, and volunteers will be placed into an internship based upon their proposed project. Some internship opportunities include **shadowing physicians** at the local pediatric hospital or working with Aprendiendo A Vivir staff on **public health initiatives**, amongst others. Interns will present a research project based upon their internship to AYUDA and AAV Staff upon completion of the Internship.

"During my internship in the Dominican Republic, I was able to shadow a pediatric endocrinologist at the local public hospital in Santo Domingo. I watched her examine patients with type 1 diabetes, thyroid issues, as well as other endocrine system disorders. I chose this internship because my academic interests lie in nutrition, particularly for patients with type 1 diabetes, and I wanted to see if these patients are receiving proper nutritional education. I learned a lot, not only within nutritional education, but also about what healthcare is like in the Dominican Republic. The public hospital there was extremely eye-opening and I feel so grateful I was able to intern at that hospital."

Marisa Salyers, 2019 AYUDA Intern, Campo Amigo, & En El Camino Volunteer, 2020 Volunteer Mentor



Marisa Salyers, 2019 AYUDA Intern



Sample AYUDA Internship Timeline *(subject to change)*

- April 1: First project proposal due
- May 1: Updated proposal due (if needed)
- June 1: Preliminary research outline due
- June 27: Campo Amigo program begins
- July 9: In-person Internship begins
- July 15: Last day of in-person Internship
- July 16: Internship project presentations

*The Internship is available to volunteers who are currently enrolled in college or university, have graduated from college or university, or will be entering college or university in 2020.

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** (Stanford, CA; March 20-22, 2020): Volunteers gather for a weekend to 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

2020 SUMMER PROGRAM

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: 415 Contact Hours

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

Subtotal Contact Hours: 450 Contact Hours

Subtotal Preparation Hours: 70 Hours

TOTAL SERVICE HOURS: 520 HOURS



Volunteers and AAV Youth Leaders at the 2019 VTP Summit

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

"AYUDA has given me so much over the past three years, from a diabetes community to global health experience to lifelong friendships. Volunteering in the Dominican Republic gave me an opportunity to embrace my type 1 diabetes and use it as a tool to leave an impact on my greater community. AYUDA has made me look at my condition in a new light and, by providing me with significant leadership experience, has opened up a world full of opportunities for me."

Nikhita Gopisetty, 2017 En El Camino Volunteer & 2018-19 Volunteer Mentor



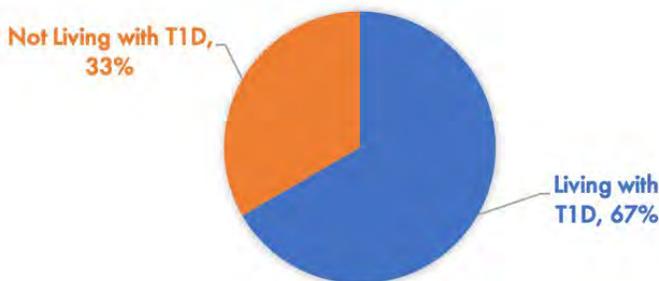
"Going to these outreaches, I learned that AYUDA is truly filling a need in the community. The education that we are providing is an essential service that works to change the lives of hundreds of people. Diabetes is an incredibly complex disease that goes way beyond just remembering to take a pill.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

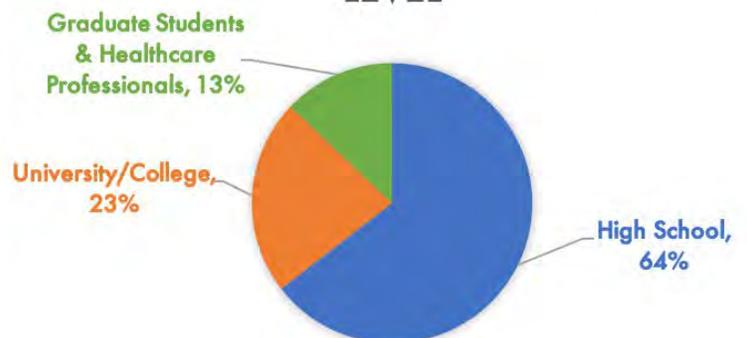


Volunteer Demographics*

VOLUNTEERS WITH TYPE 1 DIABETES (T1D)



VOLUNTEERS' CAREER/EDUCATION LEVEL



*Based on 2018-19 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)



"I came to the Dominican Republic to teach about diabetes. I, along with other volunteers, were able to do that. But there was more to it [...] One girl we met in San Pedro was someone in particular who moved me. All of us in one group, were asked to raise our hands if we had type one diabetes. Everyone, or almost everyone, raised their hand. This girl was nearly in tears after seeing this [...] Obstacles in life are inevitable, yet conquer the obstacle not just for yourself, but for those who are even less fortunate."

Grant Bello, 2019 Campo Amigo Volunteer



"Our daughter's first AYUDA experience in the Dominican Republic was very amazing and inspiring...a real eye-opener...for her to see children with diabetes who do not have ready access to medical treatment and supplies, which, she realized, she takes for granted and, without which, would be a big deal for her own life with diabetes. AYUDA has spurred in her personal call to action to make a difference in the lives of others who are less privileged." **Gail S Packer, Mother of Jessie Kaplan, Campo Amigo Volunteer 2011-12**

"It wasn't until our first camp ... that I really started to understand the difficulties so many families in the DR suffer from when it comes to not having basic access to insulin, test strips, and other supplies which are the essentials of care. However, getting the supplies is only half the battle, understanding what to do with it and how to control highs and lows is a completely different story. This was the main emphasis of camp."

Neal Sklar, 2019 Campo Amigo Volunteer

"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