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YearOut is a member of:



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"It happens when
you travel: a single
month seems
longer than four
months spent at
home"

Arthur Schopenhauer

- Who we are

YearOut organizes international volunteering activities in support of organizations working in developing countries. The association was founded in 2006 by Alice Riva following a first-hand volunteering experience in India with an English association.

Hence the desire to found YearOut in Italy, promoting the idea of taking a break to have a unique experience and encouraging the mobility of young people thanks to a new concept of volunteering: the energy of volunteers can make a contribution to success of development projects, and for this reason it must be valorised.

Everyone can leave, everyone's support is very important.

Over the years, many volunteers have left offering their skills and leaving their mark.

YearOut's task is therefore to coordinate the needs of the partners with the skills of the volunteers participating in the project.

YearOut is aimed primarily at young people, the most important resource available for designing change. Having a volunteering experience means becoming aware of what is happening in the world, to plan a better future.

Young people are more inclined to change and acquire new ways of thinking; they are creative, innovative and determined. This is why YearOut decided to turn to them.

YearOut feels part of a larger program, thanks to the participation of more than 600 young volunteers contributed to supporting the objectives dictated by the United Nations Sustainable Development Goals.

With honor, year after year, it will continue to create the best conditions for young people to be involved in the process of change, both aimed at themselves and those with whom they will work during their experience.

- The projects

YearOut has activated partnerships with Italian and local organizations with long experience in the field of development cooperation in the following destinations: Italy, Kenya, Namibia, Uganda, Madagascar, Nepal, India, Philippines and Costa Rica.

Volunteers can leave for a period of one, two or three months, and it is also possible to extend the experience once the validity of the visa has been verified. One month is considered the minimum period to come into contact with the reality of the place and with the problems related to the beneficiaries.

The first week is dedicated to learning about projects, planning activities with the local staff and to settle into a new context, with customs different from those you are used to, in fact you will live in close contact with the reality of the host country.

SHORT TERM PROGRAM

To meet the needs of those who cannot dedicate one or more months to international volunteering, YearOut has selected some projects where it is possible to stop for even 2 weeks. The destinations where this is possible are: Italy, Kenya, Namibia, Uganda, Madagascar, Nepal, Costa Rica.

SOCIAL & MEDICAL PROJECTS

YearOut's social projects are aimed at children and communities who live in difficult conditions because they are abandoned and/or in situations of extreme poverty. The activities you carry out will be useful for promoting the growth and more complete education of children, your work will be studied with partners.

ENVIRONMENTAL PROJECTS

With YearOut you will be able to participate in projects aimed at safeguarding the fauna and flora heritage within protected areas, living immersed in the nature of the country of the local partner with whom you will collaborate.

- Our work

Information

Through InfoDay, Digital Info Session, office interviews, calls, website, Facebook and Instagram profiles, we will help you understand and choose the project.

Documentation & training

We will provide you with the necessary material to inform you about the project, the culture of the country that will host you, practical aspects and curiosities. Before departure we will carry out training.

Networking

We will provide you with the contacts of the volunteers who participated in the project, from whom you can ask for useful advice and opinions.

Assistance & logistics

We will assist you step by step in collecting the necessary documents and what you need to leave. We will organize your transfer from the airport to the project.

Flight booking

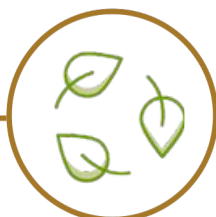
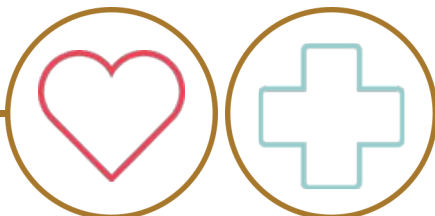
With the help of the travel agency we work with, we will book together the flight that best suits your needs.

Conventions

If you volunteer with YearOut you will be able to obtain discounted prices on the necessary documentation.

Design

We will help you, with your partner, to define the activities relevant to your study or professional path. During the volunteering period we will collaborate to make your experience unique and effective!





KENYA-NAIROBI
KENYA-ROMBO
NAMIBIA
UGANDA
MADAGASCAR

africa



KENYA - Nairobi

social



country: Republic
 language: Swahili, English
 religion: animists, Catholics
 currency: Kenyan shilling (KES)
 time zone: GMT +3.00 project
 closing: Christmas period
 age requirement: 18+

“The strongest moment was welcoming the children for the first time that I was in an orphanage: they were all lined up to give me a hug, children who had never seen me before were there waiting for a kiss or a hug. The most useful thing I've done? Give affection!”

- Valentina, volunteer in Kenya

THE PROJECT

Volunteers can choose to participate in projects in Nairobi or in the Masai Mara.

NAIROBI

- Teaching: you will be able to carry out support activities in a school in Nairobi, tutor children who need to catch up on some subjects or help in the kitchen.
- Training Centre: depending on your skills you will organise workshops for a group of girls including computer literacy classes, transcription skills, coding, cooking workshops, health and beauty, mental health and emotional intelligence sessions.

MASAI MARA

- Teaching: The role of volunteers is crucial in offering new stimulation and support to a teaching team that is often insufficient in relation to the number of pupils. You can support teaching at school and run computer literacy workshops.
- Water project: the aim is to provide adequate access to drinking water for the community. Volunteers can do manual work to support the project and organise water-saving awareness workshops for children and adults in the vicinity.
- Agriculture project: sowing, ploughing, harvesting and workshops on the topic for nearby school children.
- Girls empowerment: workshops on digital literacy, mentoring, reproductive health education, entrepreneurship.

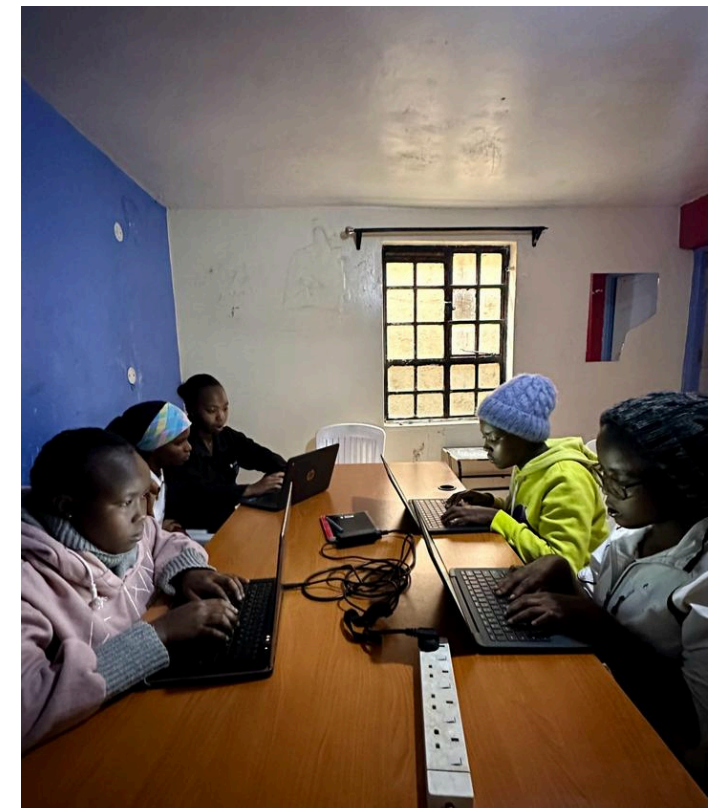
Accommodation

During the volunteer period in Nairobi, volunteers stay in the volunteer house in Waithaka.

In projects in the Masai Mara, volunteers stay at a very comfortable camp near the park.

Language

Good knowledge of English is required.





KENYA - Rombo

social



country: Republic
 language: Swahili, English
 religion: animists, Catholics
 currency: Kenyan shilling (KES)
 time zone: GMT +3.00
 project closing: Christmas period
 age requirement: 21+

"Rhombus. What can you say about a place that can't even be found on Google Maps? Rombo is houses scattered across a road full of potholes, motorbikes, goats, children, the market with tomatoes on the ground... Then there is the primary school, just getting there is an adventure, and when you get there there is no time to marvel because you are overwhelmed by the children, who welcome you at first shy and then immediately smiling and curious. It doesn't matter if Rombo isn't found on Google Maps: for anyone who has been there, the road is engraved in the heart"

- Ilaria, volunteer in Kenya

THE PROJECT

The project takes place in the village of Rombo, on the border between Kenya and Tanzania. The objective is to guarantee school education, a daily meal and access to drinking water for Maasai children. There are many objectives to be achieved, but thanks to the staff and the precious contribution of the volunteers the project is destined to grow and improve. As a volunteer you will be able to help in various areas:

- in the school volunteers can prepare lessons and workshops for Maasai children. Content can vary, from art to HIV awareness projects, life skills, theatre, English, history and geography;
- home visit: you may notice absences or loss of interest in school activities. Children are often involved in activities that overlap with school time. The volunteers, with the local staff, will try to make parents understand the importance of guaranteeing an education for their children, despite the daily difficulties;
- distance support update: many children benefit from distance support. The volunteers will be able to help the local staff in updating the documents relating to each child, translating report cards, letters, taking photos and collecting material.

Accommodation

The volunteers will live in a guest house where the project manager: Elaine, stays. It is located near the project. Meals will be prepared by the staff.

Language

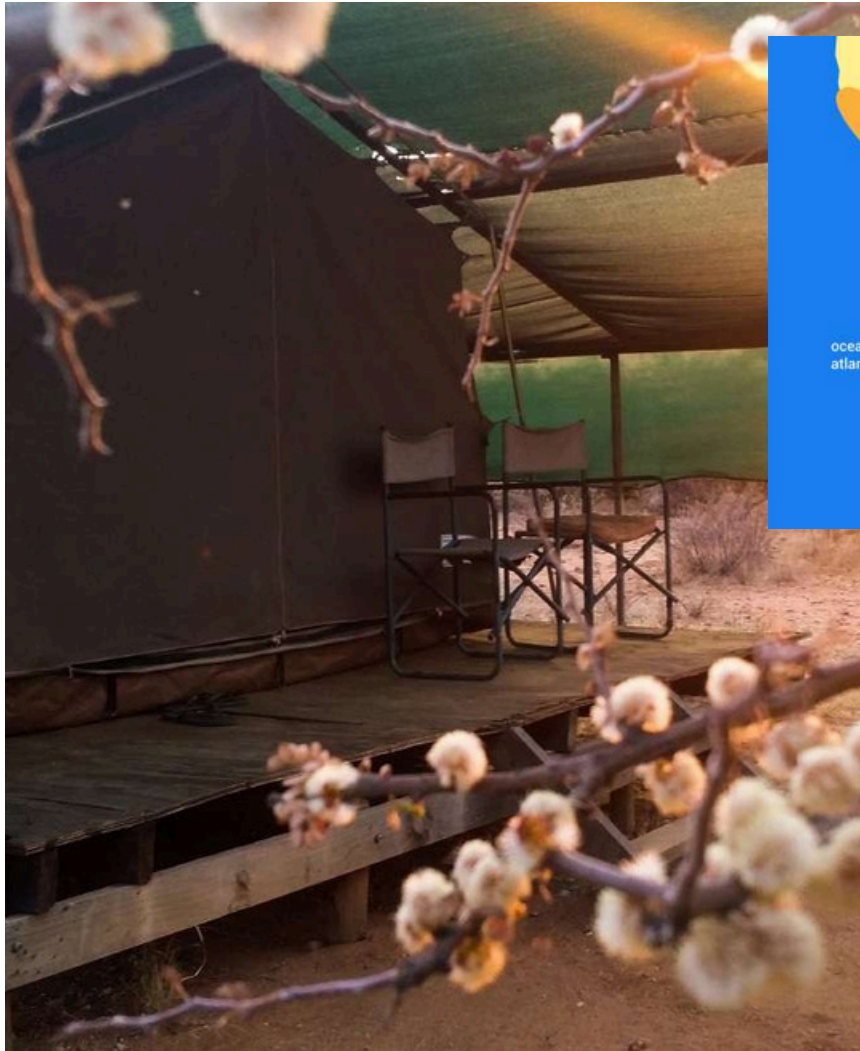
The volunteer is required to have a reasonable knowledge of English.





NAMIBIA

environmental



country: Republic
 language: English, Afrikaans
 religion: Protestant, Christian
 currency: Namibian dollar (NAD)
 time zone: GMT +1.00
 age requirement: 18+

"I knew, and still know, that there is a part of the world that is breathtakingly beautiful, a beauty that should be preserved, that should be protected, and that the world should be aware of. I know that I have contributed to protecting that beautiful yet fragile environment, and thinking that someone else after me will do the same and enjoy the same views makes me happy."

- Caterina, volunteer in Namibia

THE PROJECT

The environmental project in Namibia takes place near Windhoek, in the Wildlife Sanctuary, a natural reserve that provides a safe refuge for various animal species at risk. The objective is the long-term rehabilitation of the animals and their reintegration into their natural habitat of origin.

The activities in this project include:

- assist the staff in preparing and serving of daily meals for animals;
- support the maintenance, cleaning, building of fences and new facilities;
- interact with animals and provide the necessary care to those in difficulty;
- collection of data;
- camera trapping;
- game counting;
- carnivore monitoring.

You will also be able to take part in research sites projects in the Neuras area, a truly spectacular setting which is located in southern Namibia, Kanaan and TimBilai, where volunteers focus on finding animals in the wild, in particular African elephants and wild African dogs.

Accommodation

The volunteers stay in tents inside the nature reserve, with the volunteers of the social project, together with other international volunteers as well.

Language

Good knowledge of the English language is required.






NAMIBIA
social
medical



country: Republic
language: English, Afrikaans
religion: Protestant, Christian
currency: Namibian dollar (NAD)
time zone: GMT +1.00
age requirement: 18+

“Going with the doctor to visit the most isolated villages to monitor the spread of tuberculosis was an unforgettable experience. This activity has a fundamental social value for the survival of many people”

- Valentina, volunteer in Namibia

THE PROJECT

The project in Namibia also includes social and medical volunteering activities. These programmes are located in the Clever Cubs School, in the natural reserve, and at the Lifeline Medical Clinic in Epukiro.

The objective is to improve the living conditions of the "San", one of the oldest communities in the world.

- **School volunteer project** - The Clever Cubs School offers free education to San children. You will be involved in different activities in the school, such as maths, English and art lessons. The children will then be able to enroll in a government school in Windhoek.
- **Medical volunteer project** - The San live in conditions of extreme poverty, suffer from malnutrition, diseases and suffer discrimination and abuse. The Lifeline Medical Clinic improves community life through healthcare and provides care to approximately 4,200 people each year. The volunteers will support the staff in carrying out clinical examinations, administering specific treatments, transporting the injured and patients and providing emergency healthcare.

Accommodation

The volunteers of the social project stay in tents inside the nature reserve, together with the volunteers of the environmental project. The medical project volunteers stay in Epukiro, in a bungalow house with the medical staff.

Language

Good knowledge of the English language is required.





UGANDA

social



country: Republic
 language: Swahili, English
 religion: Catholic, Protestant
 currency: Ugandan shilling (UGX)
 time zone: GMT +3.00
 age requirement: 18+

"We are linked by the desire to donate part of our time to the poorest, giving up something with a view to sharing. We are interested in social development, the promotion of human dignity, the development of local realities, support, training and school education, listening to the poor and the concreteness of interventions."

- Giorgio, project manager

THE PROJECT

As a volunteer you will be able to take part in the activities of a confessional mission, belonging to the Catholic Church, in the rural area of Ntungamo which manages a reception center for girls in a state of vulnerability, an educational center for children and young people with moderate and serious physical and cognitive disabilities and a nursery school dedicated to disadvantaged families.

As a volunteer you can take part in the following projects:

- Reception center for girls and adolescents - aims at welcoming them in a peaceful environment, where they can be guided on a psychological and educational level at school. The volunteer will be able to support the local staff in afternoon entertainment activities.
- Centre for young people with physical and mental disabilities - this centre receives 40 children a day. The volunteer can contribute to the growth and learning of these children, with the support of specialised staff.
- Improving the structures - if necessary, through repainting and general arrangement of the premises.
- Nursery School - about 150 children aged 2 to 6 from poor families are hosted in this structure, where children can undertake their educational journey in a safe and welcoming environment. Volunteers will be able to carry out various recreational activities to support the staff.

Accommodation

The volunteer will stay inside the Guest House equipped with all comforts such as hot water, drinking water, showers, internet, sheets and towels.

You will live in close contact with the missionaries so that you can see up close and fully experience the life of a lay Franciscan missionary community.

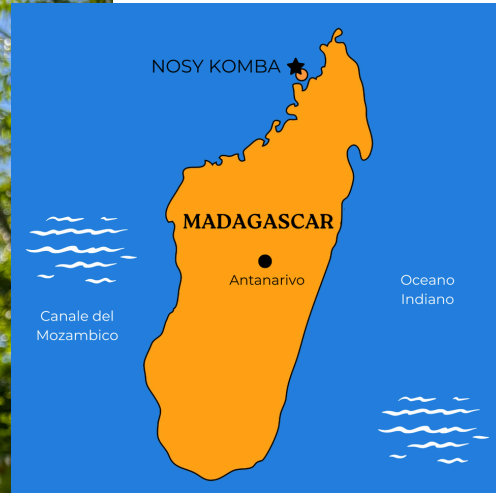
Language

Knowledge of the English language is not an essential requirement to leave





MADAGASCAR environmental



sorting: Republic
 language: Malagasy, French
 religion: African religions
 currency: Malagasy Ariary
 time zone: GMT+3.00
 age requirement: 18+

“Discovering new projects and starting new partnerships make us love our work even more. A new project is always a breath of fresh air: new encounters, common goals and positive energies coming together.”

- Flavia, YearOut volunteer coordinator

THE PROJECT

The project takes place on the volcanic island of Nosy Komba, also known as 'lemur island', which is located in northern Madagascar. The objective of the environmental volunteering project in Madagascar is to contribute to the conservation of Madagascar's flora and fauna by acting in the following areas:

- **Forest Conservation**, to preserve the island's forests through vegetation restoration and sustainable practices. Volunteers can also participate in the project by collecting data on lemurs and other animal species.
- **Sea Turtle Monitoring**: turtles nest on the north coast of the country from November to April and volunteers can carry out research, data collection and beach surveys, but also educational programmes for the local population.
- **Marine Conservation Programme**, for the preservation of the marine ecosystem. Volunteers can participate in this project, diving into the crystal-clear waters of Madagascar and carrying out research and monitoring of the state of the coral reefs and marine fauna. Only for volunteers holding a PADI licence and for a minimum of 4 weeks.

Accommodation

The volunteer accommodation is located within the Turtle Cove research centre on the island of Nosy Komba. As a volunteer you will stay in eco-bungalows, sharing rooms with other volunteers.

The island of Nosy Komba is a place surrounded by nature, where there is no electricity and no roads for cars! The volunteer camp is solar-powered and volunteers reach the projects on foot or with small local boat.

Language

Knowledge of the English language is an essential requirement to leave.





MADAGASCAR

social



country: Republic
 language: Malagasy, French
 religion: African religions
 currency: Malagasy Ariary
 time zone: GMT+3.00
 age requirement: 18+

“Discovering new projects and starting new partnerships make us love our work even more. A new project is always a breath of fresh air: new encounters, common goals and positive energies coming together.”

- Flavia, YearOut volunteer coordinator

THE PROJECT

The project in Madagascar is located on the island of Nosy Komba and includes social volunteering activities, with interventions aimed at the development of the local community.

The objective of the project is to improve the level of English of students attending local schools and of the community.

As a volunteer, you can take part in the following areas of intervention:

- English language teaching, to improve the level of English in small village schools on the island and in adult classes. The various schools will be reached by volunteers via transport on small local boats. Each language teaching programme will be planned in advance with the assistance of the local staff.
- Community development and construction of facilities, with projects to ensure access to clean water and to improve the island's educational facilities. Volunteers will support the staff with manual work and fundraising campaigns.

Accommodation

The volunteer accommodation is located within the Turtle Cove Research Centre on the island of Nosy Komba. As a volunteer you will stay in eco-bungalows, sharing rooms with other volunteers.

The island of Nosy Komba is a place surrounded by nature, where there is no electricity and no roads for cars! The volunteer camp is solar-powered and volunteers reach the projects on foot or with small local boat.

Language

Knowledge of the English language is an essential requirement to leave.





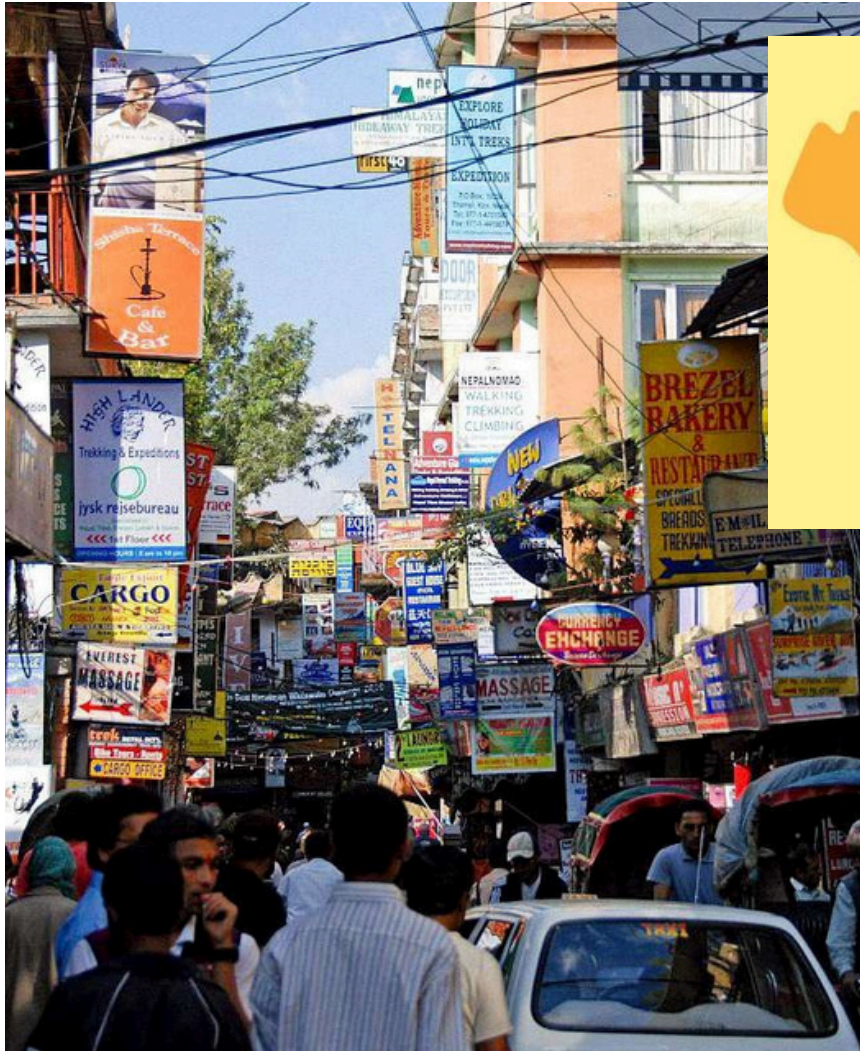
NEPAL
INDIA
PHILIPPINES

asia



NEPAL

social



country: Federal Republic
 language: Nepali
 religion: Hindu, Buddhist
 currency: Nepalese rupee (NPR)
 time zone: GMT +5.00
 age requirement: 18+

“Even more extraordinary than the country is the people who live there. Women from the Women Center follow the lessons with attentive eyes and never miss an opportunity to offer me a smile, a caress. The children shake my hands, braid my hair, ask for help to complete their homework before involving me in a thousand games. I never feel left out during my stay in the monastery, since "you don't need to believe in a God or a doctrine, you just need to pray for the souls around you"

- Virginia, volunteer in Nepal

THE PROJECT

The project is located in Kathmandu, the capital of Nepal, in the Pepsi Cola area. The objectives of the project are to prevent the lack of services in the fields of education, health and women's rights.

As a volunteer you will be able to support the staff in various areas:

- Nursery, primary & high school: you will look after children aged 4 to 16 years. You will support the staff to improve the students' English. In the nurseries you will organize extracurricular courses and look after the children;
- Monastery: you will teach the Buddhist monks English and help them communicate with the outside world. The young monks will share meditation techniques and Nepalese Buddhist culture with the volunteers;
- Women centre: this activity aims to improve the living conditions of women. You will organize meetings regarding women's rights, and according to your skills you will be able to teach English, mathematics, computing, the basics of accounting, how to develop a business...
- Disability centre: you will help children with motor disabilities, intellectual or hearing, in three facilities: School for deaf children, Center for Children with Intellectual Disabilities, Physiotherapy Hospital.

Accommodation

Volunteers stay with Nepalese families selected and trained to host volunteers. You will meet volunteers of different nationalities.

Language

Good knowledge of the English language is required.





INDIA

social



sorting: Federal Republic
 language: hindi and english
 religion: Hindu, Buddhist
 currency: Indian rupee (INR)
 time zone: [UTC+5:30](#)
 age requirement: 18+

“I ate with my hands and sat on the floor, walked barefoot, took the most absurd means of transport. I slowed my pace, abandoned my watch, bowed my head and joined hands, as a sign of greeting but also of recognition for a country so rich, so sunny, so bright’.

- Silvia, volunteer in India

THE PROJECT

On the first days, the volunteers will be welcomed by the project coordinator and will spend three nights at Loyola University to better understand Indian culture and get used to the place.

After the first orientation days, volunteers will move to the hill village of Golla-Mandala in the state of Andhra Pradesh.

As a volunteer, you will support the staff in various areas:

- You will organise activities within the Girls' Empowerment project, with the aim of inspiring girls and adolescents to reflect on their condition and reach their potential .
- You will assist and play with children at the Day Care Centre, organise games, art and hygiene workshops and help them with their homework, always in cooperation with local caregivers.
- Volunteers will also spend time organising workshops with adults in the village to introduce them to the English language, including designing and building a library for community members to use.

Accommodation

The volunteer house is located near the village of Golla-Mandala, it is a simple structure but with everything you need.

Language

Good knowledge of the English language is required.





PHILIPPINES

social



governing: Presidential Republic
 language: Philippine and English
 religion: Hindus, Buddhists
 currency: Philippine peso
 time zone: GMT +8
 age requirement: 18+

"Today I am celebrating my second month since arriving in the Philippines, a country that smells of humanity, but unfortunately also of tremendous inequality, and which, in its chaotic nature, exudes a hint of profound loneliness. Living as a missionary is certainly stimulating, sometimes nerve-wracking, because you would like to solve all the problems you encounter, and certainly tiring, but in the end, when you stop to think, things are perhaps much simpler than that, and often a glance is enough to explain them. "

- Luca, volunteer in the Philippines

THE PROJECT

The project supports the poorest community in the Pangasinan region, near San Carlos City, with targeted interventions to strengthen the capacity of adults and children to work for their personal and community development.

As a volunteer, you can support the staff of a Catholic mission in various areas:

- The association's main activity consists of daily visits to surrounding homes, offering moral and practical support to families
- Volunteers can on a voluntary basis spend time with the children by organising English lessons in schools or directly to those who request it in the various homes.
- You can organise tournaments and sports activities yourself. Sport is the means to achieve objectives of educational, social, training and integration value.
- You can also participate in horticultural activities and manage the educational farm

Accommodation

Volunteers sleep in the volunteers house or in a bamboo hut surrounded by banana trees, maize fields, a vegetable garden, all kinds of animals and insects.

Language

A good knowledge of English is required.





COSTA RICA

latin america



COSTA RICA

environmental



country: Republic
 language: Spanish
 religion: Catholics, Protestants
 currency: Costa Rican colon (CRC)
 time zone: GMT -6.00
 age requirement: 18+

"Freeing a turtle that we had saved from the hook made me happy and made me understand how recklessly man lives his life without understanding that respect for nature is fundamental to being able to think about a future. This experience taught me to look forward without fear, learning to wait and respect nature and others."

- Riccardo, volunteer in Costa Rica

THE PROJECT

The project is located in the province of Guanacaste, on the Pacific coast, in the village of Ostional, which is 95 km from Liberia airport, a three-hour drive away.

The goal is to balance human development and the conservation of natural resources. The central point of the project is the study and protection of the turtles of Ostional, whose beaches are affected by the "arribadas" phenomenon.

As a volunteer you will be able to support the staff in various areas:

- you will patrol the beaches during the night to prevent illegal hunting: patrolling shifts on the beach do not require specific skills, it will be sufficient to rely on the local staff and be willing to walk for kilometers, lit only by one;
- you will protect the smallest turtles: depending on the season you will be able to locate the nests by supporting the staff in marking and identification operations.
- You will witness the hatching of the eggs, making sure that the newborn hatchlings reach the ocean; you will also be able to contribute to keep the beaches clean.

Accommodation

The volunteers will stay in the Estacion, the volunteers' house overlooking the beach. The three daily meals will be carefully prepared by the local staff.

Language

Good knowledge of English or Spanish is required.





SICILY

europa



ITALY - Sicily

social



country: Republic
 language: Italian
 religion: Catholic
 currency: euro (EUR)
 time zone: GMT+2
 age requirement: 18+

I left in February 2022 to activate the new project in Sicily. I found people in love with their work, extremely professional and welcoming, in a wonderful land. The people welcomed can aspire to a better future. It is an honor to be part of this great project."

-Alice, YearOut President

THE PROJECT

The projects are in the hinterland of Sicily, where the reception centers for migrants and their families are located. It is precisely in these locations that their journey of integration with the local community begins.

The reception services include a series of initiatives also aimed at strengthening their skills, through education, training and job placement.

By participating in the volunteering project, you will collaborate with the staff, which also includes migrants, taking care of:

- Community development - taking care of activating literacy and education courses by offering your time to teach Italian, mathematics and other interdisciplinary subjects.
- Home visits - as a volunteer you will carry out visits to the homes where the young migrants live, in order to support them.
- Sports activities - the volunteer will contribute by organizing sports activities, encouraging team spirit, respect for the rules and physical and mental benefits that derive from it.

Accommodation

The accommodation, in the center of the town, is organized into multiple rooms inside the guesthouse.

Language

Good knowledge of English or Italian.



- Why leave?

#1 Drive positive change

Thanks to your contribution, local operators will be able to improve quality of the activities they carry out and develop new ones: the work of the volunteer is very precious.

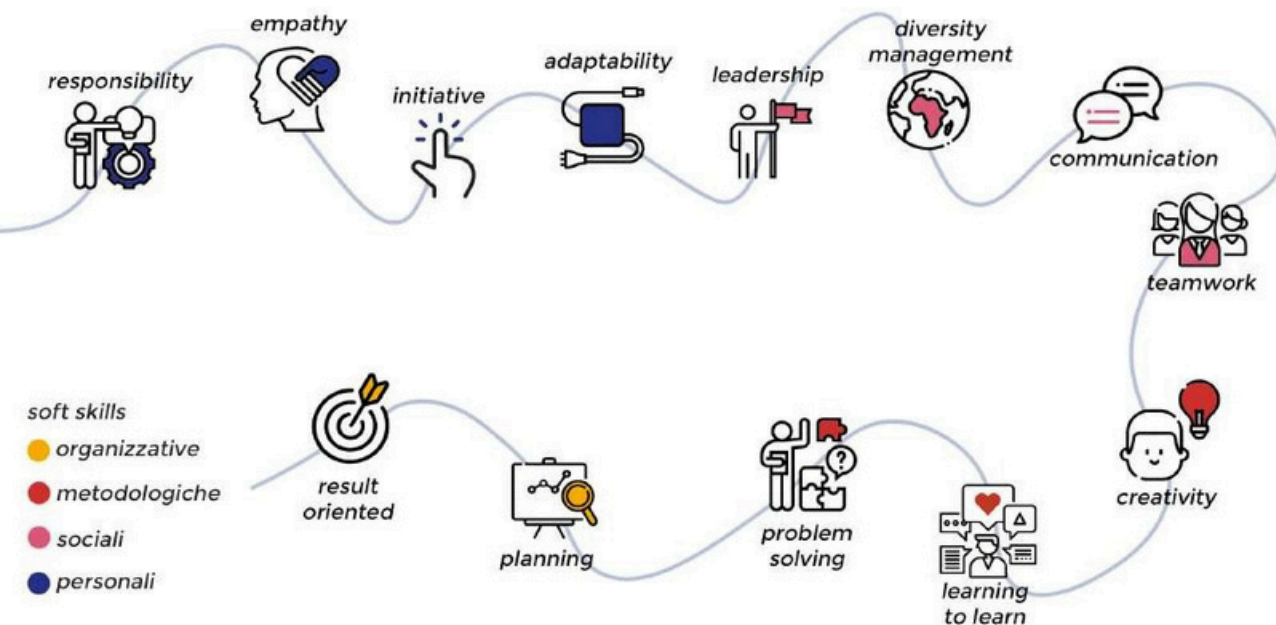
By using informal teaching techniques the children will feel at ease, it will be an opportunity to let them express themselves, discovering their aptitudes and talents. In environmental projects you will be immersed in landscapes of rare beauty and you will contribute to safeguarding the earth's heritage, the local staff will train you so that you can be an integral part of the team.

#2 Test yourself

Being a volunteer is not always easy: you will have to adapt to situations and a different way of life, which is sometimes difficult to understand. You may encounter obstacles: initiative, passion and new ideas will be required. We will prepare you to be ready for the reality you will find yourself in, and our senior volunteers will also give you valuable advice!

#3 Enhance your skills

International volunteering is a fundamental experience for acquiring informal skills, that is, everything we learn in new, temporary contexts, which are rarely structured under conventional rhythms or planned teaching. The job landscape requires new graduates to have many of the soft-skills which can be acquired through international volunteering. Upon your return, YearOut will help you identify them and use them correctly for your future job search. You will also have the opportunity to improve your English!



- Become a volunteer

Let's meet up!

Take part in the InfoDay, the Digital Info Session or schedule an individual interview!

InfoDay is a meeting held in Milan during which projects are presented, you will meet ex-volunteers, there will be training sessions on international volunteering and it will be a wonderful opportunity for YearOut to get to know you.

To participate, simply follow the instructions on the website (www.yearout.it) on the dedicated page (Let's meet - InfoDay): <https://www.yearout.it/infoday/infoday/>

The Digital Info Session is a monthly online information session, designed for those who are unable to participate in InfoDay because they live far from Milan or due to work and study problems. Participating is simple, all you need is a computer and follow the instructions on our website (www.yearout.it) on the dedicated page (Let's meet - Digital Info Session): <https://www.yearout.it/infoday/digital-info-session/>

If you can't make it to InfoDay, call us on +39 334.8606453 or write to us at info@yearout.it to arrange an interview or video call.

- Choose** the project and send us the completed application form
 - Book** the flight with us
 - Pay** 50% of your donation and 20 euros to become a YearOut member
 - Prepare** the necessary documents we will help you prepare everything: passport, visa, vaccinations, medical certificate, insurance, criminal record certificates and pending charges!
 - Join** the training
 - Complete** the donation (approximately 30 days before departure)
- You're ready to go!**

- Donation & fundraising

What expenses do I have to pay to leave as a volunteer?

Those approaching international volunteering and learning that there are expenses may be disoriented, here you will understand why it is necessary to pay a contribution to leave:

1. Become a YearOut Member:

To start, at the time of registration we will invite you to pay the membership fee of 20 euros.

2. Pay your participation fee:

The participation fee varies based on the project and the number of weeks of stay. You are asked to pay a fee because receiving a volunteer involves additional costs for the hosting partner, including accommodation and food costs, financing of on-site activities, transport and travel. And thanks to your share, the partner who hosts you will have the opportunity to activate new projects and achieve their goals, also thanks to your help.

YearOut is an independent non-profit association, also financed thanks to the contributions of volunteers, and does not receive funds from governments and other organizations. Also remember that donating is worth it! YearOut is an APS (Social Promotion Association) and therefore all donations give the right to tax benefits during the tax return phase.

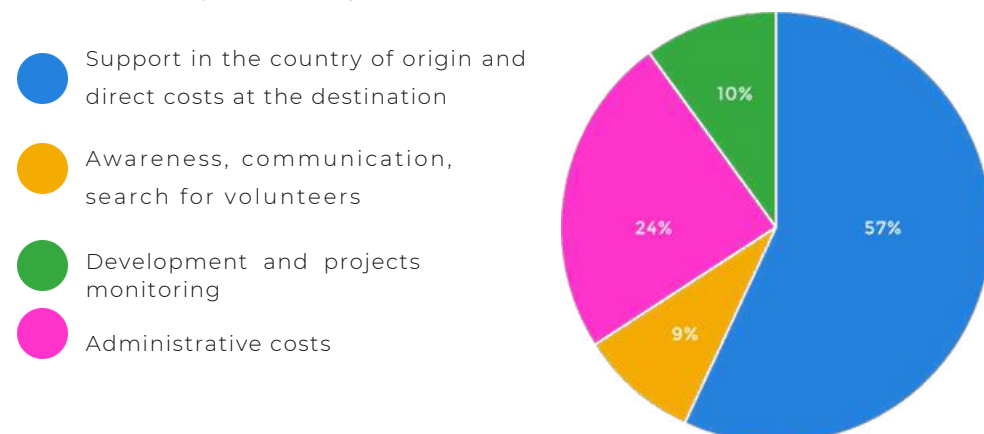
AS A YEAROUT MEMBER, YOUR CONTRIBUTION INCLUDES:

- Welcome at the airport and transfer to the project
- Room and board
- Materials needed for volunteer activities
- Transport for the project during the volunteering period
- Pre-departure support from YearOut staff and assistance from the local coordinator, including medical emergencies
- Training in Italy and on-site training regarding country, project and activity
- Programming of activities according to your profile
- Inclusion in a group of Italian or international volunteers
- Analysis of the results of your activities within the framework of the SDGs
- Evaluation sessions upon your return
- Assistance for requesting training credits

NB: there are small variations depending on the projects. Download the technical data sheet for details

YearOut encourages volunteers to collect the necessary donation through fundraising activities: some volunteers have savings aside, but this is often not the case with young volunteers. YearOut offers the necessary support to raise the amount, volunteers will be able to coordinate with us to organize awareness and fundraising initiatives. The association also provides volunteers with a Fundraising Guide; part of the adventure will be to explain to people that, with their financial support, they are indirectly benefiting the development projects you will work on.

Where does my donation go?



Donation in € per week of stay

DESTINATIONS	2	3	4	8	12
Kenya - Nairobi	1034	1148	1262	1837	2503
Kenya - Rombo	1050	1200	1350	2020	2800
Namibia	1614	2171	2709	4566	6103
Uganda	1050	1200	1290	1680	2160
Nepal	1041	1150	1290	1680	2160
Costa Rica	1033	1250	1517	2525	3501
Philippines	-	923	1050	1514	-
India	-	900	1090	-	-
Sicily	900	1050	1300	-	-
Madagascar	1174	1491	1798	2906	3994
Madagascar marine conservation	-	-	2470	4090	-

- Additional information

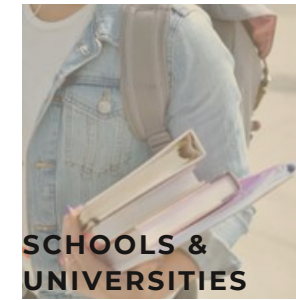


Upon your arrival at the airport you will be greeted by a local staff member who will accompany you to your destination. During your volunteering period you will always have a coordinator to turn to, even on your return you will be accompanied airport.

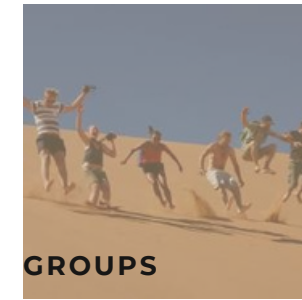


We will provide you with precise instructions for obtaining an entry visa in the countries that require it. The cost varies depending on the length of stay and the country.

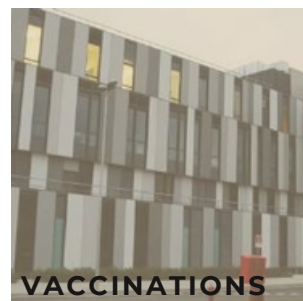
If once at your destination you want to extend your stay, the local staff will help you.



YearOut can stipulate agreements with your school or university so that you can receive credits after your volunteering experience. It also supports students if they want to write a project and apply for scholarships to be able to leave. Upon request, YearOut issues a certificate of participation which reports the activities carried out during the volunteering period.



Group departures can be organised. Also in this case it is necessary to have an information and selection interview. It's important to start planning your trip well in advance to ensure there is enough place for everyone. YearOut is available to collaborate with schools and universities to create departures for groups of students willing to collaborate and share a special experience.



YearOut issues a certificate that exempts, totally or partially, from paying for services in some ATS (formerly ASL). We will provide you with an InfoPack with information on recommended and mandatory vaccinations.

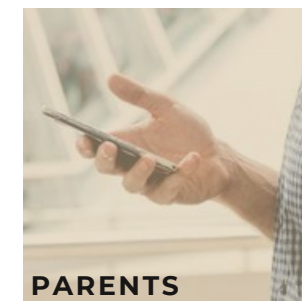
However, your ATS will be responsible for deciding with you which vaccines to administer and which prophylaxis to follow.



To ensure that volunteers can travel safely, YearOut has partnered with Siscos at a discounted cost. If before leaving you decide to stay longer in the place where you will work as a volunteer to visit the country, the insurance will be extendable at minimal costs and you will be able to travel with peace of mind even when the project is finished.



There is no limit of age to participate in volunteering projects. YearOut projects are available for people of all ages from 18 years old. In the projects you will find volunteers of different countries and ages that will share the experience with you.



In the pre-departure period and while you are volunteering abroad, the YearOut staff will be available to provide all the necessary information and update parents and relatives on the current activities.

- FAQ

Where can I go?

Costa Rica, Italy, Kenya (Nairobi or Rombo), Namibia, Madagascar, Nepal, Philippines, India and Uganda.

What do I have to do to leave?

Choose one of the ways to get to know us and once you have all the information you need we will guide you step by step in planning your international volunteering experience.

What age should I be?

There are no particular age restrictions, except for being 18 years old. Some projects may require you to be at least 21 years old. YearOut tries to start homogeneous groups to ensure that coexistence is collaborative and pleasant for everyone.

Do I need to know languages?

Knowledge of English is usually required for projects in Africa and Asia. In Costa Rica the necessary languages are English or Spanish, It is not necessary to have excellent knowledge, but it is important to have the linguistic ability to communicate adequately, particularly for projects in which international volunteers are also present.

Is experience required to volunteer?

No particular experience is required and the fact of not having it does not represent an obstacle to starting. Your skills will determine the work you do, for example volunteers with greater expertise in the medical/nursing sector will be able to organize health, prevention and nutrition training workshops, while those with artistic skills will be able to carry out recreational activities in a creative way, etc.

When can I leave? When should I sign up?

It is possible to leave at any time of the year. It is advisable to start planning your trip approximately 3 months before departure.

In some cases, the staff is also available to organize last minute departures.

The sooner you sign up and get to know us, the sooner you will have the chance to leave!

What does my donation to YearOut cover?

The donation you pay to YearOut will cover transport costs to/from the airport (with the exception of some projects), daily travel for the project, food and accommodation, the materials necessary for the activities and 24-hour assistance of the local staff.

In addition to the amount allocated to the project that will host you, part of the donation will remain with YearOut to support the information, training, selection and planning costs incurred by the Milan office.

How do I collect the donation to be able to leave?

Consult our Fundraising Guide, you will find many ideas. Request it by writing to info@yearout.it.

What is not included?

Air flight, visa, vaccinations, insurance policy, personal expenses, tourist excursions.

What health precautions should I take before leaving? Do I have to get vaccinated?

The vaccinations required, mandatory or recommended, change depending on the country and the period in which you want to go. We recommend contacting the ATS for all relevant information. YearOut will provide you with a certificate attesting to your volunteer status, so you can have deductions or total exemption from the cost of vaccines.

What purpose can participating in one of these projects help me?

Having a volunteering experience abroad will allow you to open your eyes to the world, learn about a new culture by coming into direct contact with local communities. You will have the opportunity to create a concrete change for the community in which you will work. You will realize that you will receive a lot from the community where you will work and from the children, you will acquire new skills also through exchanges with people different from you.

Can I get training credits with my volunteering experience?

Many universities recognize volunteering periods abroad with training credits. Each University follows different procedures, which is why we ask you to inform yourself about this possibility directly from the internship or international relations office of your University. YearOut is available to issue documents certifying the volunteering period abroad or, if necessary, to stipulate agreements with universities for the validation of training credits.

Internships, theses and scholarships

YearOut is available to stipulate agreements with universities so that the volunteering period is recognized as an internship or allows for recognized training credits. We also support students with information material and advice in drafting projects to participate in calls for scholarships or for thesis projects.

Will I have the opportunity to speak with those who have already had this experience?

Of course, you will have the opportunity to talk to ex-volunteers and ask them all the questions you want! Our ex-volunteers are very helpful, they continue to carry out their volunteer work even upon their return, supporting YearOut and the association that hosted them in many ways.

I have problems registering online for InfoDay, what can I do?

It may happen that the registration form is not delivered or that it is not possible to send it due to server problems; in this case send an email to info@yearout.it or call +39 334 8606453 and we will send you all the information.



ENTHUSIAST

CREATIVE

OPEN-
MINDED

PATIENT

HONEST

RELIABLE

FLEXIBLE

ENTERPRISING

MOTIVATED

POSITIVE

RESPECTFUL

WISHING TO KNOW

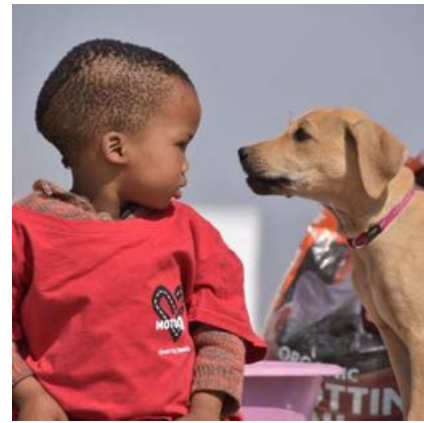
the ideal volunteer



Kenya



Kenya



Namibia



Sicily



Namibia



India



Nepal



Uganda



Madagascar



Costa Rica



Nepal



Uganda



Sicily



Philippines



Nepal



Namibia



Costa Rica



Philippines



Kenya



Namibia



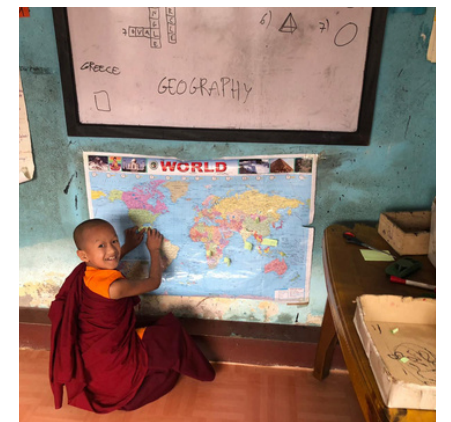
Uganda



Nepal



Madagascar



Nepal



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Social media

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facebook [@yearoutitaly](https://www.facebook.com/yearoutitaly)

linkedin [@YearOut](https://www.linkedin.com/company/YearOut)