+Exchange programmes+

“Together for a better world”

UNIENDO VOLUNTADES: Long term programme

SUMANDO VOLUNTADES: Short-term programme
EXCHANGE YEAR

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Introduction

Dear sending organisation and volunteer,

We are looking forward to meeting you soon and we are glad that you have decided to spend your exchange time in Mexico and collaborate with us!

Fundación Alianzas Rosalico A.C. offers exchange programmes: Short stay (from 2 until 16 weeks) and Long stay (from 6-12 month). We work with many organisations across Mexico and find new projects each year so we encourage you to use the projects in this profile as a reference based on your areas of interests.

You will find a brief description of the social projects we are offering you for your exchange year. Please read it carefully and write a motivation letter.

Please keep in mind that:

- You can choose two different options for projects in which you would like to work. We will try to comply with your preferences but this will depend on the availability of projects and families. If we cannot place you in your preferred project, we will try to offer you a similar one.
- The projects described below are only some of the possible placements in Mexico and the ones with which FUNDACION ALIANZAS ROSALICO has been working successfully over the last few years.
- In case you cannot find a suitable project in the list but you are interested in the Country please, Let your Sending Organization know and we will try to find one suitable for you.

Looking forward to welcoming you to our wonderful country.

Imelda Romero
Executive Director
contacto@fundacionrosalico.org
VOLUNTARY WORK PLACEMENTS IN PUEBLA AND MEXICO CITY

GUARDERIA INFANTIL CARITAS

**AREAS OF PROJECT:** Nursery for children whose families experience economic difficulties and whose parents work all day.

**AIMS**
This is a nursery that also works as a school for children whose parents work all day and don't have enough economic resources to pay for a private school or nursery. The children are aged between 5 months and 6 years.

**PROJECT’S ACTIVITIES**
This project takes care of children over a 6 hour period. During this period of time, the children (depending on their age) receive pre-basic education, play games, have breakfast and lunch, and receive all the care they need.

**COMMUNITY CONTEXT**
Private Association located in the city of Puebla

**VOLUNTEER’S REQUIREMENTS**
Volunteers need to have the interest, the patience and the
**VOLUNTEER’S TASKS**

<table>
<thead>
<tr>
<th>TASKS</th>
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<tbody>
<tr>
<td>To take care of the babies (feed them, change their nappy).</td>
</tr>
<tr>
<td>To be a teacher’s assistant.</td>
</tr>
<tr>
<td>To play with the children, help them with their homework, feed them and look after them.</td>
</tr>
</tbody>
</table>

**NUMBER OF VOLUNTEERS IN PROJECT**

- **2**

**HOST SITUATION**

- Host family in the city of Puebla

**TIMETABLE**

- Monday to Friday from 09:00-14:00

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### INTEGRA

**AREAS OF PROJECT**

- Disabled

**AIMS OF THE PROJECT**

- Integra is a non-profit association which works with people aged 18+ who are mentally disabled.
- Integra helps people with different mental illnesses in order to make them feel useful, and also helps their families with economic support.

**PROJECT’S ACTIVITIES**

- Integra trains them in three activities:
  - Manufacture of sanitary towels
  - Manufacture of party articles
  - Making of “piñatas”

**COMMUNITY CONTEXT**

- The project is located in Puebla which is a nice city. All the people who benefit from Integra live near the project with their families. Integra works with people that have a mental illness like autism or Down’s Syndrome among others. Their families take them to the project every day. The environment there is very peaceful and everyone receives special attention.

**VOLUNTEER’S REQUIREMENTS**

- The most important thing in order to work at Integra is that the volunteer must be patient because he/she will be surrounded by people with mental illnesses and it can take time to teach them and receive answers from them. It is important to be sensitive and positive. The volunteer needs to be very open and try to talk to them and gain their trust.
- We do not ask for technical or manual skills but we think it is a good idea if the volunteer speaks some Spanish because no one on the project speaks another language and it can be very frustrating for the volunteer, staff and youngsters at the beginning.

**VOLUNTEER’S TASKS**

1. Take care of mentally disabled people. Be with them, talk to them, and supervise them while they do their tasks.
2. Help them to improve their manual skills.
3. Supervise manufacture of sanitary towels.
- check the packages
- check if they were filled right
- check the number of sanitary towels per package
- help when required
2. Supervise manufacture of party articles.
- help to clean the cans
- supervise the people who are cutting paper
- check that each item is made properly
3. Supervise the making of “piñatas”
- check all the material is there
- check each piñata
- help them with the process if someone requires it
Administration:
- help with administrative work
- help the youngsters with the process if they require it

NUMBER OF VOLUNTEERS IN PROJECT 1 or 2
HOST SITUATION Host family in the city of Puebla.
TIMETABLE Monday to Friday 9:00-14:00

COMAMOS Y CREZCAMOS CON ALEGRIÁ

AREAS OF PROJECT Children’s nutrition and education. The project seeks the improvement of the nutritional levels in poor kids in order to achieve a good physical and mental development. We attend to around 125 kids between 1-12 years old every day from Monday to Friday.

AIMS a) Supporting impoverished families to improve their children’s nutrition so their performance at nursery and primary school is better.

b) Regularizing school attendance through good nutrition, improving retention and reducing dropouts.

c) Encouraging the habit of good hygiene both in the preparation and consumption of food.

d) Improving quality of life and strengthen the knowledge, attitudes and practices regarding food, nutrition and health of schoolchildren.

e) Meeting the needs of more children in various villages of the State of Puebla.

PROJECT’S ACTIVITIES 1. To feed poor children
2. To assist them with psychological consultancy
3. To help them in their homework after eating

During summer (mid-July and August) more craft and sport activities are done. For example:
- Karate
- Soccer
- Volleyball
- Arts & crafts
- Telling stories

**COMMUNITY CONTEXT**

Puebla is one of the poorest states in Mexico with high levels of poverty and marginalisation. The most vulnerable members of society are children under age five, who are malnourished and lack adequate physical and mental development due to lack of sufficient financial resources to provide a healthy and balanced diet.

The communities are in real poverty. For example, San Salvador and San Isidro Castillotla. Most of the kids we look after are children of bricklayers and single mothers and some others are immigrants from the Sierra Negra.

**VOLUNTEER’S REQUIREMENTS**

- Able to take responsibility and initiative
- Independent working skills
- Able to organize activities for children
- Enthusiasm for working with kids.
- Experience working with young children
- Patience
- Basic Spanish language skills
- Open minded and purposeful

**VOLUNTEER’S TASKS**

The volunteer will
- Serve lunch to the children
- Become a teacher’s assistant
- Help to prepare the material for the class
- Look after the children while they are playing

**NUMBER OF VOLUNTEERS IN PROJECT**

1-2

**HOST SITUATION**

Host family in Puebla.

**TIMETABLE**

From 13:30 to 18:00
From 9:00 to 14:00 (during summer)
### CASA DEL SOL

**AREAS OF PROJECT**

Casa del Sol helps vulnerable children from 0 to 8 years old to develop their full potential, returning them to the family environment and society through adoption and a personalized program for each kid.

**AIMS OF THE PROJECT**

Provide a home for children aged between 0-8 years.
Provide access to schooling during the week.

**PROJECT’S ACTIVITIES**

The project offers a home for children and babies looking for adoptive parents. There is also a kindergarten where Mexican volunteers come to work as well.

**COMMUNITY CONTEXT**

We are located in Puebla city. The beneficiaries we receive are from marginalized areas of the state of Puebla and Tlaxcala.

**VOLUNTEER’S REQUIREMENTS**

- Enjoy being with young children and/or babies
- Be responsible
- Basic Spanish will help.
- To have patience with children and lots of energy.
- Ages 18 – 26 years old.
- Willing to work in the same activity for a long time (for example sorting socks for some hours.)
- Be cute and sweet with the kids

**VOLUNTEER’S TASKS**

Various general tasks in the house, sorting clothes, helping to look after the babies, feeding, changing their nappy
1. Play with the children
2. Accompany children to their therapies
3. Make the beds
4. Clean children’s toys
5. Help the children to eat
6. Help the children to change their clothes

**NUMBER OF VOLUNTEERS IN PROJECT**

2

**HOST SITUATION**

In a volunteers department at the project.

**TIMETABLE**

Monday to Friday 7:00 am – 3:00 pm or 11:00 am – 7:00 pm

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### CASA DE ASÍS, A.C.

**AREAS OF PROJECT**

Casa de Asís is a nonprofit organization; its main objective is to offer social assistance to girls of different ages (4 to 18 years old). Casa de Asís provides support to young female victims of abuse and in a state of neglect or imminent
danger, providing them with a safe place where they can receive food, education and medical attention.

**AIMS OF THE PROJECT**
Casas de Asís, A.C.’s main aim is to foster a sense of responsibility through an integral education, preparing the young girls to uphold a decent life once they leave the children’s home.

**PROJECT’S ACTIVITIES**
Casa de Asis, A.C is focused on providing educational opportunities for the young girls living in the children’s home. For this reason it focuses on teaching activities, that range from English lessons, computer studies, and vocational training that will provide them in the future with an income to live in a decent manner.

**COMMUNITY CONTEXT**
Casa de Asis, A.C attends helpless and defenseless girls from the city of Puebla in two different ways:

1) From DIF, which is a governmental institution that gets the custody of girls when needed for example, in cases when girls are abandoned or mistreated by their relatives.

2) From a relative such as an aunt, mother, grandmother or the father who had the responsibility to care of the girl, but is unable to take care of her so he/she has to ask Casa de Asís for support.

**VOLUNTEER’S REQUIREMENTS**
- Patience, tolerance, love and care for young children.
- *The volunteer must be very proactive*
  - Empathy
  - Knowledge of English or computer skills
  - Creative working
  - Ability to work in groups
  - A sense of service to others
  - Flexibility

**VOLUNTEER’S TASKS**
The volunteer has to be flexible to adapt herself to the schedule of the girls and she will have to help to the nuns in all scheduled activities.

Specific tasks:
- To teach English and computing.
- To check that the girls’ tasks are on time at Casa de Asís
- To encourage girls to keep the different areas organized and clean (kitchen, house wear, common areas).
- To plan sport activities for summer such as basketball, volleyball, and soccer.
- To take care of the plants in the house.

**NUMBER OF VOLUNTEERS IN**
2
**PROJECT**

**HOST SITUATION**
Hosting family

**TIMETABLE**
From Monday to Friday
From 12:00/13:00 to 18:30/19:30

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**YOLIA NIÑAS DE LA CALLE A.C.**

**AREAS OF PROJECT**
Street girls

**AIMS OF THE PROJECT**
To offer to girls, adolescents and young people at high social risk and with street life experience, an educational proposal with a gender focus and based on the preventive system of San Juan Bosco that favors their integral development impelling them to be protagonists of their own history And their social reintegration.

**PROJECT’S ACTIVITIES**

a) Community and Street Work

b) Social circus

The social circus is a pedagogical and social artistic intervention tool that develops physical, artistic and social skills in children, young people and families.

c) Mobile School

The Mobile School is a tool that helps us to strengthen and impact the self-esteem of children and young people in street situations or high social risk, through positive and creative impulses.

d) Oratory

The Salesian Oratory is a space of encounter with children, adolescents and young people from the peripheral colonies to Youth Residence through the pedagogical methodology developed by San Juan Bosco recreational and educational activities are carried out with the intention of forming values and developing skills Of social risk prevention.

The activities offered are:
Workshops:
Dance, Music, Drawing, Crafts, Papyrus, Sport activities
Football
Social circus
Juggle, Sancos

e) Children's Center
The Children's Center is an educational space that favors the development of habits, skills, psychomotor and cognitive skills of children from 1 to 6 years of age, children of young mothers in street situations and / or scarce resources, to improve their quality of life.

f) Youth Residence

In Youth Residence we provide comprehensive care for street and high-risk girls and adolescents and unaccompanied migrant girls and adolescents through educational strategies for reinsertion and prevention that promote harmonious development and community participation.

g) Internal girls
We have a residential space that offers security and stability, which contributes to rebuilding the family structure, promoting harmonious development and projecting a dignified life option for girls.

COMMUNITY CONTEXT
Girls from 0-21 years old located in dangerous zones in Mexico D.F.
Street girls or girls that are in danger of becoming street girls.

VOLUNTEER’S REQUIREMENTS
➢ The volunteer must be educated with human values, believe and practice them.
➢ Responsible
➢ Sensitive
➢ Patient
➢ Willing to speak very fast Spanish

VOLUNTEER’S TASKS
a) Attention and support to the beneficiary children.

b) Make visits at points of intervention with the mobile school.

c) Make visits at points of intervention with didactic material and social circus strategies.

d) Motivation and inclusion of children in activities.

e) Participation in games with children at intervention points.

f) Participation in the daily activities of the
<table>
<thead>
<tr>
<th>NUMBER OF VOLUNTEERS IN PROJECT</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOST SITUATION</td>
<td>Living in the project* This Project is located in Mexico City</td>
</tr>
<tr>
<td>TIMETABLE</td>
<td>Monday to Friday from 10:00 a.m. to 6:00 p.m.</td>
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</tbody>
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...household (preparation of food, accompanying girls to school, supervising activities of personal hygiene and cleaning of spaces)...