



What moves you?

Do that.



HEALTH | FOOD SOVEREIGNTY | CLIMATE CHANGE | EDUCATION | INDIGENOUS PEOPLES | WATER

Welcome to Change for Children



Inaugurating a new water well

We are so happy that you have decided to join us as we work towards finding sustainable solutions for the root causes of poverty in developing countries! Together, we have the power to foster long term development by expanding the capacity of civil societies in the Global South. Participating in a Change for Children project is a unique opportunity. It is a chance to experience a different country, whilst making a difference in the lives of the people you serve. In addition, you will have the opportunity to work alongside locals who are helping achieve development goals in their own communities. This journey will change your life. We are confident that you will return home inspired!

Thank you for choosing to join our movement. Through this commitment, you are making a conscious choice to make a difference in the world. Change for Children is so grateful for the continued support of our volunteers, as they are an integral part of our organization. The contributions of volunteers enable us to fulfil our vision of greater justice and equity in the Global South. We value our volunteers and want to ensure their experience is rewarding and meaningful. Your success is our success!

Being well informed and prepared is the key to having an enjoyable experience. Whether this is your first international trip, or you are an experienced traveller, this guide will help you feel ready to embark on this incredible journey. We ask that you read this manual thoroughly and take it along with you as a resource, as it contains information you may need during your stay.

Welcome to the Change for Children Team! We look forward to sharing this incredible experience with you.

Introduction to Change for Children



Communicating across barriers with art

Our Purpose

Change for Children values human dignity, healthy communities, and global justice. In cooperation with people of developing countries, Change for Children aims to identify the root causes of poverty and, in the spirit of solidarity, assist in finding long-term solutions.

Change for Children fulfills this purpose by:

- Supporting projects which lead to self-sufficiency and a more just distribution of the world's resources;
- Maximizing the effectiveness of each donated dollar by applying to government agencies for matching grants and by ensuring appropriate administration of funds;
- Educating Canadians about the developing world to bring about an awareness of our global interdependence and solicit support for greater justice and equity.

Change for Children Mission Statement

To build civil society capacity in the Global South and Canada to promote health, human rights and create solutions to poverty through sustainable development.

Introduction to Change for Children



Connecting people across cultures and distance

Our Approach

Equality: Our projects are based on partnership and mutual exchange of ideas. We do not have offices or employees in the South; we partner with local organizations who implement projects in their home country.

Self Determination: Our development projects, their cost, and priority are determined by our southern partners according to the current needs of their communities.

Local Ownership: Our development projects increase the capacity of local people and local community-based organizations to have local control in poverty reduction.

Our Volunteers

As a non-profit organization working to develop local education initiatives and sustainable international projects, Change for Children relies on a diverse set of skilled volunteers to help promote action and change. Our organization is committed to providing all volunteers with a rewarding experience to ensure they continue to be a driving force behind much of the work we do. Change for Children considers our volunteers to be an invaluable resource and we are very grateful for their continued support. We encourage our volunteers to be a strong voice in society and to speak out about the importance of sustainable international development. As such, this manual is not just useful for the effective management of our volunteers, it also supports their growth and empowerment to inspire local action. We believe that our mission can best be achieved through the active participation of volunteers from the local and international community. We look forward to continually building strong bonds with all our volunteers.

Introduction to Change for Children



Offering dental services in remote communities

Volunteer Value Statement

Change for Children believes that volunteers are an integral part of promoting change in local and international communities. We are committed to empowering our volunteers through a strong sense of community, a deep respect for the work they do, and an environment of support.

Our Journey

Change for Children was founded in 1976 by a small group of people in the Edmonton area who were convinced that concerned Albertans could make a positive impact in the fight against poverty and injustice. They were right. For over 40 years, Change for Children has worked with international communities in partnerships rooted in respect and solidarity.

Change for Children is privileged to work with extraordinary partners in the Global South, who design and implement projects based on locally identified needs. This model results in a sharing of institutionalized global knowledge and capacity growth for Change for Children and our project implementing partners.

The organization is governed by a Board of Directors and a small full-time staff who work tirelessly to make the vision of Change for Children come to life. We believe that we can best achieve our mission through active participation of volunteer support from our community and global partners. Each has an integral role in promoting action for systematic change and sustainable development.

Introduction to Change for Children



Using technology to improve the quality and reach of education

Our Projects:

Change for Children is privileged to work with extraordinary partners in the Global South who design and implement projects based on locally identified needs. This model results in the sharing of institutionalized global knowledge and capacity growth for both Change for Children and our project-implementing partner. We offer a variety of opportunities for volunteers to contribute their diverse skills in a meaningful way.

Our international opportunities for volunteers include:

- Dental and Medical Brigades
- Teacher Exchanges
- Professional Delegations such as scientists, engineers, and artists
- Learning Tours

Project Locations:

- Central America and the Caribbean
- South America
- Africa

Host Communities

Change for Children engages with marginalized communities in the Global South. Host Community selection is led by Change for Children's International Project Committee. The International Projects Committee conducts research independently and directly through consultations with current and potential overseas partners. Change for Children values projects that are sustainable and community driven. These projects will encourage collaborative efforts, either in a regional sense or amongst a coalition of communities, governments, and organizations. Change for Children strives to establish long-term commitments with the communities and regions it works with. We believe in promoting projects that deal with a variety of developmental issues, including but not limited to, infrastructure, health, education, food security, environmental sustainability, micro-finance, and income generation.

Our Policies



Sharing knowledge and skills with Central American teachers

Change for Children is committed to a number of internal and external policies that frame our approach to development. These policies act as guiding principles as we strive towards our vision of human dignity, healthy communities, and global justice.

As a Change for Children volunteer, your actions are expected to reflect the values of our organization. The following is an overview of the key policies you are expected to adhere to. Please visit <https://change4children.org/about-us/our-policies/> to further explore and familiarize yourself with these policies.

Gender Policy

Change for Children identifies gender inequalities as being a fundamental cause of poverty and injustice, and thus advancing gender equality is central to our vision. Within a human rights-based approach to development, Change for Children's gender policy supports and promotes gender equality as an explicit internationally-recognized human right articulated in international human rights law and agreements. (Download [here](#))

Anti-Corruption Policy

Change for Children recognizes that corruption, lack of transparency and unequal access to resources are fundamental causes of poverty and injustice. This is why we have made a commitment to anti-corruption and transparency policies, both internally and externally. Change for Children strives to ensure that all resources entrusted to it are managed in the most fair, effective, and transparent manner possible, leaving no room for fraud and corruption. (Download [here](#))

Environment Policy

A safe, sustainable world with a healthy environment is critical to achievement of our vision. We take pride in being an environmentally proactive organization and in operating in an environmentally sustainable way across all facets. Change for Children's environment policy and practices will respect and comply with existing jurisdictional legislation, international law, and accepted best practice related to the environmental impacts of our work. (Download [here](#))

Our Policies

Project Evaluation Policy

At Change for Children, evaluation is essential for maximizing effectiveness in achieving our mission. Project evaluation informs the development of future programs and projects, helps us to be accountable for the resources with which we have been entrusted and ensures that we are transparent in our program practice. The purpose of this policy is to support strong and innovative evaluation practices at Change for Children and amongst our partner organizations. (Download [here](#))

Child Protection, Sexual Exploitation, and Abuse Policy

Change for Children is committed to a human rights-based approach to development, driven by human dignity and social justice. We consider sexual exploitation and abuse to be violations of universally recognized international legal norms and standards. We recognize that adults and children living in poverty are made vulnerable to sexual exploitation and abuse, and we are committed to protecting them from these instances. This commitment is extended to all Change for Children volunteers, staff, and related personnel. We do not tolerate any forms of sexual exploitation or abuse and take all possible violations seriously. Change for Children has accountability processes to ensure continued monitoring and compliance of our Child Protection, Sexual Exploitation, and Abuse Policy. Any volunteer or employee who experiences, witnesses, or suspects a violation of this policy has a duty to report it to Change for Children. All complaints and incidents will be dealt with confidentially, to the extent practicable, and will be promptly and thoroughly investigated. Appropriate disciplinary and/or legal action will be taken as necessary. (Download [here](#))

Change for Children Code of Conduct

At Change for Children, we believe that volunteers are a valuable human resource and play an important role in achieving the mission of our organization. Our Code of Conduct outlines our commitment to our volunteers, as well as our expectations for volunteers. (Download [here](#). The CFCA Overseas Brigade Waiver of Responsibility can be found [here](#).)

External Code of Conduct and Governance Standards

Change for Children adheres to an External Code of Conduct and Governance Standards which addresses ethical conduct in our work environment, business practices and relationships with external stakeholders. The Code explains the standards of behaviour that Change for Children expects of its employees in their daily activities and dealing with others.

INGO Accountability Charter

The INGO Accountability Charter outlines Change for Children's commitment to meeting best-practice standards on public accountability and transparency. This adherence guarantees good governance and effective management, ethical fundraising and multi-stakeholder engagement.

What to Expect



Providing health services in marginal communities

If this is your first Change for Children volunteer experience, you are probably feeling a mix of emotions. It is important that you have a realistic idea of what your lifestyle and circumstance will be like during your placement. Participating in an international project means you will be immersed in a new community. This is an amazing chance to learn about a new culture and experience a different way of life. We are committed to providing our volunteers with a supportive environment and culture, but you are also an active determinant in the quality of your experience. As a volunteer at Change for Children, you act as an ambassador for our organization. As such, it is essential that you are clear about your role and responsibilities.

All volunteers are expected to:

- Participate in orientation, training and ongoing development opportunities
- Work within the boundaries of your volunteer position description while supporting the vision, mission and policies outlined by our organization
- Act as an ambassador of Change for Children by taking ownership for actions and decisions made while volunteering
- Approach your volunteer assignment as a professional commitment
- Engage in discussions with staff in order to express your comments, suggestions, or concerns
- Promote a team spirit by respecting differences in people, valuing diversity of opinion and working with others to achieve the goals of our organization
- Value the importance of providing exceptional quality service to our clients that is second-to-none by being friendly, informed and respectful

What to Expect



Playing games is fun everywhere in the world

Cross Cultural Exchanges

Working in another culture can be one of the most enriching and challenging parts of this journey. It is important to remember that you are a visitor. It is not your job to criticize or change the community you visit, but rather to respect, learn, and experience their culture. We ask that all volunteers research the country and region they are travelling to, as this will help them have a smoother transition into the new culture. You should be well informed and prepared to dress, behave, and interact with locals in a respectful manner. Remember, each culture has different values and societal norms.

Culture Shock

One certainty is that your hosts and host country will be quite different from what you are accustomed to at home. When you travel abroad your daily routine, culture, and the attitudes of people around you are no longer familiar. The process of recognizing, understanding, and adapting to these changes is called culture shock. Individuals may respond to culture shock by withdrawing, becoming overly energetic to fit in, or even with anger and resentment towards the new way of life they are immersed in. Each country has its own nuances, so it is important to learn as much as possible before you travel. Try your best to put your own world view aside and see things through the host culture's eyes. You may not agree with everything you see but being non-judgemental will help you appreciate the positive aspects.

TIPS FOR VOLUNTEERS

- Make yourself familiar with the culture and customs of the host community being visited.
- Ask if you don't know.
- Be willing to apologize.
- Be flexible and willing to learn.
- Appreciate the host country for its differences.
- Talk about your thoughts and feelings with other team members.

What to Expect



Working in challenging conditions

Alcohol Consumption and Drug Use

The use of illegal drugs is strictly forbidden on all Change for Children exchanges and will result in your immediate removal from the trip. Consumption of alcohol is not acceptable at work sites and should only be used in moderation at other times. Remember, you represent Change for Children. You are expected to act in an appropriate and respectful manner that aligns with the general philosophy of the organization.

Relationships

We ask that you refrain from initiating any intimate or exclusive relationships with local community members or other team members during your trip. While you may form close and lasting friendships with your teammates, exclusive relationships during the trip can cause tension and stress between group members. It is important that participants respect and adhere to these guidelines, as failure to do so can have a negative impact on your team's stay.

Gift Giving

Our partners have asked that we not bring gifts for individual families. Such gifts can often create jealousy, competition and enmity. Donations to the local affiliate that benefit the whole community, such as school supplies, small tools, and clothing, are welcome and can be submitted to Change for Children staff for distribution.

Team members are occasionally asked by community members about sending money or sponsoring a child in the community. This too is discouraged, as our organization strives to promote independence, not create dependence. These acts of generosity may raise false expectations of what future teams will provide. If you are interested in further supporting the host community, please discuss this with the sending or host coordinator before taking any steps.

Recreational Activities

Most Change for Children trips include opportunities for team members to participate in organized leisure activities unique to the area. We also encourage teams to get involved in local community activities. Getting involved and interacting with others will be sure to provide you with a rewarding experience. In addition, let your team leader know if you have any special interests or requests.

Preparation Basics



Connecting with people in communities with few services

Passport: All international volunteers must have a valid passport for a minimum of 6 months after you plan to depart the host country. Please ensure your passport has enough blank pages to factor in any visa's requirements. If you need to obtain a new or replacement passport, make sure you give yourself plenty of time, as the application process can take over 4 weeks to complete.

Visa: Volunteers may need a visa depending on their destination country. The processing times for visas vary depending on location and type. If a visa is needed, be sure to start this process as soon as possible to ensure you can enter the host country.

Documents: Make two additional copies of any important documents (passport, visa, card numbers, insurance, travel tickets...). Leave one copy at home with someone whom you can easily contact if needed and keep one copy with you in a separate place from the original. It is also a good idea to scan your documents and save them in your e-mail account so you can easily access them during your travel.

Money: Always have a reasonable amount of cash with you during your stay and carry traveller's cheques. You may be able to use credit and debit cards for parts of your stay; however, this will not be the case everywhere. Remember, most of the projects are in remote areas without access to ATMs. To reduce the impact of theft or loss, do not carry all your money in one place.

Medical Matters and Vaccinations: It is strongly advised that you consult a health professional or visit a travel clinic at least 3 months before your trip. Additionally, applicants who disclose health conditions will be required to submit a notice from their physician indicating they are fit to travel and possibly participate in physical work. You will need to discuss your vaccinations with your doctor or practice nurse as soon as possible, as some vaccinations need to be spread out over time.

Insurance: Make sure that you bring your travel health insurance card or proof of coverage. It is a good idea to keep scanned copies on a mobile device and to make additional copies to bring with.

Personal Safety



Working as part of a team

Change for Children takes the security and safety of volunteers seriously. When choosing host communities, we make an informed judgement that security risks in placement areas are at acceptable levels. Although the chosen communities are generally safe, travelling anywhere has associated risks. By choosing to participate in an international project, you are accepting a potential increase in personal security risk that comes with travelling to a new and unfamiliar environment. Change for Children is committed to keeping our volunteers safe, but you also have a key role.

Understanding the country and culture you are travelling to is the first step in risk mitigation. It is important to remember that your actions may be perceived differently in this new context. Before departure, we ask that volunteers do their own research on the country and region being travelled to. Try to understand the social and cultural norms, practices and customs. Showing interest in a culture and community is one of the most important contributions you can make to your own security.

Staying alert and aware is key when in a new surrounding. Doing so will help you recognize potential threats and avoid potential criminal incidents. Trust your instincts if you feel threatened and find somewhere else to go that is more secure. Abstaining from or limiting alcohol use is advised, as it can make you less alert and therefore more vulnerable to security risks.

Personal Safety

To ensure your personal safety, we ask that you adhere to the following:

- Dress, behave, and communicate in a respectful manner according to the culture of the host community.
- Abide by local customs and laws.
- Use credit cards and travellers' cheques if possible, and do not display large amounts of cash.
- Bring the minimum number of credit cards and make a note of the card numbers for reporting loss.
- Carry as little cash as possible and conceal it in a money belt. When accessing cash, do so discreetly.
- Make 2 copies of all travel documents.
- Lock luggage if it is out of your sight.
- Do not go out alone and always ensure someone knows where you are.
- Pay extra attention when out on the street. Look out for bag snatchers, pick-pockets, and scam artists.
- Do not resist attackers. If confronted, give up your valuables.

Security Emergency or Crisis

Change for Children takes proactive measures to reduce the risk of security emergencies or crises. Every attempt will be made to ensure project locations are secure, and they will be selected based on the ability to effectively evacuate Teams from emergency situations. Prior to departure, Change for Children will closely monitor the environmental and political climate of the selected location. In addition, all project activities and participants will be registered with the Canadian embassy working in the country or region. Team Leaders and partner organizations will be trained to implement political insecurity and natural disaster emergency response plans for the location of the host community. Should any instability arise, every attempt will be made to move the Team to a safer location. We take the security and safety of our volunteers seriously. We are committed to continually updating our emergency response plans to ensure we have effective measures in place, should there be a security emergency or crisis.

The Travel Smart App

The Government of Canada has released the Travel Smart App to provide Canadians going abroad with key travel information. We encourage our volunteers to download the free app to their smart device prior to departure. On the app, you will find the following information:

- Travel advice and advisories for over 200 destinations worldwide
- Emergency contact information for Canadian embassies and consulates abroad, and the 24-7 Emergency Watch and Response Centre in Ottawa
- Access to the Government of Canada's Registration of Canadians Abroad service to stay connected to Canada in case of an emergency at home or abroad
- Continuously updated wait times at key Canada-U.S. border crossings
- Quick access to Travel.gc.ca's social media accounts, where you can ask questions, share travel advice, and learn about travelling safely abroad

Health and Medical Safety



Making learning about health fun for children

Staying healthy in an environment that is different from the one you are used to will require additional effort. Prior to departure, team leaders and participants will be required to disclose all health conditions relevant to travel and work in the host community. Applicants who disclose health conditions will be required to submit a notice from their physician, indicating that they are fit to travel and possibly participate in physical work (level of work will vary from participant to participant; delegation to delegation) in tropical conditions.

The following information has been prepared by Change for Children and is not meant to substitute professional medical advice. We advise all volunteers to consult a medical professional as soon as their placement is confirmed.

Immunizations

Vaccines are highly effective against a number of diseases that can cause serious illness and sometimes death. Volunteers should visit a medical clinic to discuss appropriate vaccines with a professional. Recommended immunizations may vary according to your country of travel. It is critical that volunteers get the appropriate immunizations as soon as possible, as specific vaccines take time to become effective.

Medication and Medical Conditions

Volunteers must discuss all regular medication use and medical conditions with a health professional prior to departure. It is important that you provide a detailed overview of your trip, as your regular health routine may need to be adjusted. If you use prescribed medication regularly, ensure that you bring an adequate supply and some extra. Be sure to inform your doctor about the climate of the destination you are travelling to, as some medications become ineffective at extreme temperatures. We also advise that volunteers keep medication in its original bottle and carry a physician's statement indicating the dosage and reason for the medication. This information will help answer any questions you may encounter when passing through customs and can be used by medical authorities in the case of an emergency.

Health and Medical Safety



Smiling when it's done

Travel Medical Insurance

Preparing to travel abroad is exciting; however, this can cause people to overlook the possibility of getting injured or ill overseas. In many countries, medical treatment for visitors can be incredibly expensive. Health care benefit packages do not typically cover the cost of medical expenses incurred overseas, meaning volunteers are liable for the cost of their treatment. We want our volunteers to look back at their trip with fond memories, which is why we require them to take travel medical insurance. Should medical services be needed, volunteers will be protected from returning home with a lofty bill. Volunteers are responsible for obtaining travel medical insurance before departure. There are many affordable travel medical insurance plans that you can buy online or conventionally. Before purchasing an insurance policy, ensure that it covers international medical emergency costs. If you have any questions or concerns, the Change for Children can help.

Travellers Stress and Jet lag

When travelling internationally, volunteers may be exposed to stresses such as crowding, disruptions of usual eating and drinking habits, and time changes that may disrupt sleep. It is important that volunteers take the proper steps to mitigate these risks as these conditions of stress may lower their resistance to disease and lead to nausea, indigestion, fatigue, and insomnia.

To manage these stresses, volunteers should:

- Try to take it easy for the first few days and do not be alarmed if you do not feel quite like yourself. It may take some time to adjust to the heat, humidity, new time, and new people.
- Change to the hosts schedule as soon as possible.
- Moderate exposure to sunlight the first day to help the body adjust.

Travellers Diarrhea

Travellers diarrhea is one of the most common travel-related illnesses. It can be caused by stress, jetlag, new foods, and a change of eating habits. Bacteria, viruses, and parasites in food or water may also cause travellers diarrhea. It is usually a short, mild illness that clears up in 3 or 4 days. If diarrhea is severe or lasts longer than 5 days, volunteers should talk to a Team Leader who will help seek medical attention.

To avoid traveller's diarrhea, volunteers should:

- Be diligent and careful in hygiene practices.
- Practice food and water safety (refer to this section).
- Drink plenty of water and replace salts by using an oral rehydration solution, such as Gatorade or water with salt.

Health and Medical Safety



Gaining experience working with people in different contexts

Health Problems

If you experience any medical problems during the duration of the trip, please contact your Team Leader. Depending on the circumstance, you may be able to visit a medical facility near your host community. If these facilities are very basic and you are not confident that you have received the advice and treatment you need, further steps can be arranged with your Team Leader. Medical advisors may recommend that you return to your home country for treatment. If this is necessary, arrangements will be made through Change for Children.

Emergency Medical Care

In the case of a medical emergency, Team Leaders should be contacted immediately. Team Leaders are equipped with Medical First Aid Response certification and will travel with a comprehensive Medical First Aid Response kit, purchased and prepared by Change for Children. If an illness or injury requires medical attention beyond these measures, Team Leaders will have an Emergency Management Plan that outlines specific procedures to follow.

Malaria and Insect-Related Illness

It is important to find out if you are travelling to an area with a risk of malaria so that you can take the proper steps to protect yourself. You will need to meet with a medical practitioner to discuss the best option for anti-malarial medication, as it will depend on country of travel, current disease distributions, and individual medical history. It is important that you do this far in advance, as all antimalarial prophylaxis need to be taken prior to travel to be effective. You will also need to continue the medication upon returning home to combat the lifecycle of the parasite.

Volunteers should take the following steps to avoid mosquito and other insect bites:

- Apply insect repellent containing DEET to exposed skin. The repellent should also be sprayed onto clothing, as mosquitos may bite through.
- Wear long sleeved clothing if you are outside at night.
- Use a mosquito net over the bed.
- Take a malaria prevention medication when travelling to regions at high risk.
- Inspect self and clothing for ticks.

If you suspect you may have malaria, it is important that you inform your Team Leader and get medical attention immediately. The early symptoms of malaria include a fever (38°C or above) with or without a headache, aching muscles and joints, nausea, vomiting, cough, and abdominal pain. Even if you are taking anti-malarial medication, you are still at risk of malaria—although it will not be as severe.

Health and Medical Safety



Making new friends

Water and Food Illness

Volunteers must take extra caution when choosing what to eat and drink, as a lot of illnesses are transmitted through contaminated water. There may be occasions where you are in contact with water without thinking about it. To avoid picking up any bugs or infections, we recommend that you adhere to the following:

- All drinking water should be bottled or boiled (recommended to boil for 10 minutes). If this is not possible, some method of water purification should be used. For water purification you can bring a supply of purification tablets.
- When buying bottled water, you should check that the seal on the top has not been tampered with.
- Use bottle or boiled water for cleaning teeth and do not open mouth when showering.
- Use discretion when consuming food and drinks from street vendors.
- Avoid salads, unpeeled fruit, and ice in drinks as they could have been made from or washed in impure water.

Dehydration

To feel your best and prevent exhaustion, it is important to consume plenty of fluids. You will need to drink more than you typically would as the hot temperatures will cause increased sweating. We recommend that you drink 2-4 litres of water each day and 4 litres on days with more physical activity. Keep in mind that you may not have access to clean water everywhere you travel, so be sure to carry a water bottle when travelling away from the base. Labeling your water bottle with level measurements is a great way to track your consumption and remind yourself to hydrate. You should also monitor your urine color and output. The darker it is, the more dehydrated you are. If you are not urinating frequently, you are not drinking enough.

Health and Medical Safety



Experiencing new places with a team of colleagues

Heat and Sun Stroke

The temperature and intensity of the sun may be significantly greater in the country where you are volunteering. It is important that you take the proper steps to protect yourself, as your experience will be negatively impacted if you have sunstroke or heat exhaustion. We recommend volunteers take the following precautions:

- Use sunscreen with a high SPF and apply liberally every 2-3 hours.
- Wear sunglasses and a hat that covers the ears and neck.
- Drink plenty of fluids.
- Be extra careful when the sun is high in the sky at the hottest time of the day.
- Check with your doctor about any medication you are taking, as some medications can make you more sensitive to the sun.

Women's Health

Female volunteers may experience changes to their menstrual cycle during international travel. Periods may become disrupted, disappear entirely, or become more frequent as the body adjusts to the new environment. Be aware that you may have to alter your typical sanitary practices and prepare for any abnormalities that may occur with your cycle. Be sure to bring plenty of tampons, pads, and other sanitary products, as there is no guarantee that you will be able to purchase these items during your stay. You may want to bring additional sanitary wipes, as the standards of toilets may not be what you're used to at home. If you use menstrual cups, it is advised that you use alternative sanitary products during your exchange as there is no guarantee that you will be able to properly sterilize the cup.

Upon Your Return

It is important to remember that your health may be at risk even after you've returned home. Volunteers should consider having a full medical examination when they are back. Physicians should be notified about the country you travelled to, the places you visited, and the activities you took part in. If you have experienced any of the following, it is very important that you have a full medical examination:

- Illness in the weeks following your return home. Particularly if fever, persistent diarrhoea, vomiting, jaundice, urinary disorders, skin disease or genital infection occurs.
- Exposure to a serious infection while travelling.
- If you travelled to a malaria endemic area and have a fever, seek medical attention immediately.

Conclusion



Challenging yourself with new experiences

Thank you for taking the time to review this volunteer manual! This is an important investment in yourself, your Change for Children team, and your host country. The success of your Change for Children trip relies on each participant being well prepared, so remember to start this process well in advance!

By making the decision to be part of a Change for Children trip, you are helping us work towards our vision of human dignity, healthy communities, and global justice for all. We want to express our hope and excitement for you and your upcoming adventure. Thank you for joining our team!

If you have any unanswered questions or concerns, please contact our staff or visit the Frequently Asked Questions section on our website, at change4children.org.