

AMIGOS Summer Programs 2012

NORTH AMERICA & THE CARIBBEAN

Country, Region and Theme	Oaxaca, Mexico - Youth and Community Nutrition or Community Health
Dates	06/21/2012 - 08/16/2012 (8 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: AMIGOS Volunteers are in country during the Mexican rainy season, with clear mornings, cloudy afternoons, and thunder storms in the mountains. The temperature ranges from 59 - 83 F, and the highest rainfall occurs in the month of June.</p> <p>Diet: The Oaxacan diet is suitable for vegetarians; A typical Mexican meal consists of beans, rice, tortillas, and mole sauce, along with delicious local salsas.</p> <p>Culture: Mexican culture contains Spanish, Mixtec, and Zapotec Indian cultures. It maintains their language, and social organization.</p> <p>Terrain/difficulty: The terrain is hilly and mountainous as the capital is located 5,085 feet above sea level. Communities are vary approximately between 5,000 to 10,000 feet above sea level.</p>
Partner Agencies	Puente a la Salud Comunitaria (local NGO), Servicios de Salud de Oaxaca (Health Services of the State of Oaxaca)
Special features	Volunteers will organize community fairs focused on health topics, as well as mobilize a project-wide youth fair with community members from all host communities. During debriefing, Volunteers will tour Oaxaca City, a gorgeous Mexican city with beautiful arts and crafts, and have the chance to visit Monte Alban, a magnificent Mayan ruin that sits on a mountaintop above the city.

Country, Region and Theme	Dominican Republic (San Juan, Azua & Barahona) - Youth Leaders in Action
Dates	06/13/2012 - 08/08/2012 (8 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: The summer season in the Dominican Republic runs from May to October. The temperatures can range from 87°F during the day, dropping down to about 72°F at night. The weather can get even hotter and more humid in the southwest regions of the country in which AMIGOS works. Azua is dryer and hot, Barahona is humid as it is near the ocean and San Juan gets a bit more precipitation and cools off at night. The average precipitation from June - August is 102.6 mm.</p> <p>Culture: The culture of the Dominican Republic is vibrant and enchanting. The sounds of bachata and merengue music fill the streets at all times of the day. The people are friendly and welcoming. Baseball is a national obsession in the DR and dancing is a favorite pastime.</p> <p>Diet: The Dominican diet is suitable for vegetarians; staples include beans (<i>habichuelas</i>), rice, plantains (<i>tostones</i>), occasionally chicken, pork or seafood, spaghetti, and delicious fruit smoothies - try <i>zapote</i> or <i>chinola</i> (passionfruit).</p> <p>Terrain/difficulty: AMIGOS works in the southwest regions of the DR where the elevation is fairly flat (10-20 meters). This Southwest region of the Dominican Republic is home to some of the country's most diverse and dramatic landscape. Inland, lush, irrigated farmland stands in stark contrast to some of the country's driest desert terrain. You will find the occasional rolling hills, but the terrain is mostly flat and easily maneuvered. Some communities in the Barahona region might be near beautiful Dominican beaches.</p>
Partner Agencies	Plan International - Dominican Republic (International NGO)
Special features	<p>The involvement and interest of local Dominican youth in AMIGOS programs is very strong in the DR. Volunteers will likely enjoy high attendance at their extra-curricular activities (<i>campamentos</i>). It is not unusual for 50+ young people to excitedly participate in these activities. Since 2005, Dominican youth have been joining AMIGOS as full Volunteers. They are recruited by Plan in the DR and trained by the AMIGOS Senior Staff team and Plan. AMIGOS plans to have 15 Dominican serve as full-time Volunteers on the project. This means that U.S. Volunteers may be partnered with a Dominican.</p>

CENTRAL AMERICA

**Country,
Region and
Theme**

La Paz, Honduras - Environmental Health

Dates

06/27/2012 - 08/08/2012 (6 weeks)

**Climate, Culture,
Diet and Physical
Terrain**

Climate: AMIGOS Volunteers are in country during the Honduran rainy season, which lasts from May until September. Volunteers should expect warm afternoons, accompanied by rain. The average temperature is 72 F. On average, there are 9-11 days with precipitation per month.

Culture: The Honduran culture is peaceful and enjoyable. Throughout the surrounding mountainous region, one will find shade-grown coffee farms and plantain fields, which is where most family incomes derive from.

Diet: The Honduran diet is suited for vegetarians; A traditional meal consists of beans, rice, tortilla, *cuajada* (local cheese) and eggs. The terrain is of high altitude.

Terrain/difficulty: The terrain is both mountainous and flat, at an elevation of 2257 feet above sea level.

Partner Agencies

Plan International - Honduras (International NGO)

Special features

Volunteers will organize and plant family gardens and trees to support reforestation. AMIGOS and the National Youth Institute organize the La Paz annual youth fair with participation from volunteers and community members through the department of La Paz. Honduran youth from Intibucá will serve as Volunteers on this project.

Country, Region and Theme	Intibucá, Honduras - Environmental Health
Dates	06/19/2012 - 08/15/2012 (8 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: AMIGOS Volunteers are in country during the Honduran rainy season, which lasts from May until October. An average day consists of sunny mornings, and afternoon showers. Temperatures can be cold ranging from 40°F to 75°F.</p> <p>Culture: The Honduran culture is as beautiful as its stunning surroundings. Trade is important to surrounding communities, and is a major source of family income.</p> <p>Diet: The Honduran diet is suited for vegetarians; the average meal includes beans, rice, tortillas, <i>cuajada</i> (local cheese), and eggs.</p> <p>Terrain/difficulty: The terrain is mountainous and hilly, at 2,053 feet above sea level.</p>
Partner Agencies	Save the Children de Honduras (SCH), Plan International-Honduras, Red Cross Honduras (International NGOs)
Special features (High School and College)	Volunteers will implement environmental projects such as organizing and planting family gardens and trees to support reforestation. In some communities Red Cross Honduras Staff will support communities by giving health and sanitation presentations. Honduran youth from La Paz will serve as Volunteers on this project.
Additional Activities for College Division	<p>Environmental Projects: Organize and plant family gardens and trees to support reforestation.</p> <p>College Division Discussion Sessions: Participate in regular discussion sessions led by the College Division supervisor, focusing on topics related to community development and the local organizations working within this field.</p> <p>Regional Excursions: Meet leaders of local organizations, governmental and non-governmental, and see their work first-hand.</p>

Country, Region and Theme	Nicaragua, Boaco, Youth & Media; Youth & the Arts
Dates	06/19/2012 - 08/07/2012 (7 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: AMIGOS Volutneers are in country during the Nicaraguan rainy season, when it is common to have light to medium rain fall daily and occasional heavy storms. Our work areas are in the humid subtropics, so temperatures range from around 80 - 100 F with high humidity. In highland areas, the temperature is around 10 degrees cooler.</p> <p>Culture: AMIGOS Volunteers will live in rural areas, where agriculture and husbandry are the primary means of income. Baseball is as popular as soccer in Nicaragua, and kids as well as adults enjoy playing.</p> <p>Diet: The Nicaraguan diet is suited for vegetarians; staples include rice, beans, eggs, cheese and sour cream. Rice and beans are often mixed together and called "<i>gallo pinto</i>", and meat is sometimes served as well.</p> <p>Terrain/difficulty: The terrain ranges from flat to hilly, but there are no extreme elevations. Communities are very rural so greater amounts of walking may be required.</p>
Partner Agencies	Plan International Nicaragua (International NGO)
Special features	<p>The Boaco project Volunteers are split into two groups: Media and the Arts. On each program, AMIGOS and Local Volunteers learn to use arts or media to address topics related to the basic rights of children. On the Arts program, AMIGOS and local volunteers make art projects like collages, theatre productions, and murals and hold community presentations, showing off the work. On the Media program, AMIGOS and local youth make media arts projects like videos, radio, and photo and hold community presentations to show the work. Nicaraguan AMIGOS Volunteers will most likely participate. Latin American Volunteers from other countries with AMIGOS project areas may participate as well.</p>

Country, Region and Theme	Nicaragua, Matagalpa, Environmental Health
Dates	06/12/2012 - 07/25/2012 (6 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: AMIGOS Volunteers are in country during the Nicaraguan rainy season, when it is common to have light to medium rain fall daily and occasional heavy storms. Our work areas are in the humid subtropics, so temperatures range from around 80 - 100 F with high humidity. In highland areas, the temperature is around 10 degrees cooler</p> <p>Culture: AMIGOS Volunteers will live in rural areas, where agriculture and husbandry are the primary means of income. Baseball is as popular as soccer in Nicaragua, and kids as well as adults enjoy playing.</p> <p>Diet: The Nicaraguan diet is suited for vegetarians; staples include rice, beans, eggs, cheese and sour cream. Rice and beans are often mixed together and called "<i>gallo pinto</i>", and meat is sometimes served as well.</p> <p>Terrain/difficulty: The terrain ranges from flat to hilly, but there are no extreme elevations. Communities are very rural so greater amounts of walking may be required.</p>
Partner Agencies	TBD
Special features	Nicaraguan AMIGOS Volunteers will most likely participate. Latin American Volunteers from other countries with AMIGOS project areas may participate as well.

Country, Region and Theme	National Parks & Perez Zeledon, Costa Rica - Environmental Conservation in the National Parks
Dates	6/20 – 8/10 (7 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: The climate will vary greatly depending on the national park and elevation of the host community. It could be anywhere from 32°F to 95°F, really dry to torrential rain.</p> <p>Culture: Costa Rica is an incredibly peaceful and beautiful country. Costa Ricans aka “Ticos” often reply “<i>pura vida</i>” when asked how they are doing and have been referred to as the happiest people on Earth. They love to dance to cumbia and reggaeton music.</p> <p>Diet: The Costa Rican diet is suitable for vegetarians; staples include rice, beans, plantains, tortillas, chicken, beef, tropical fruits</p> <p>Terrain/difficulty: This is a very physical project. Volunteers will be doing trail maintenance and other labor intensive projects in the national parks. There will be a lot of hiking and exploration of the parks, some of which are high in the Costa Rican mountains. Highly recommended for Volunteers who love to get their hands dirty!</p>
Partner Agencies	Casa de la Juventud & Parques Nacionales Costa Rica
Special features	Volunteers will spend a total of three weeks in three different national parks, alternating with three weeks in a host community in the region of Perez Zeledon. While in community Volunteers will be planting school/community gardens. There will be a total of 72 Costa Rican youth who will volunteer with AMIIGOS in the national parks. Three local volunteers from each community will have the opportunity to participate in one park week.

Country, Region and Theme	Coclé, Panama - Environmental Health
Dates	6/29 – 8/9 (6 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: Hot, humid, and rainy. Temperature ranges from 75°F to 95°F. The temperature can drop to 65°F at night in the mountainous communities.</p> <p>Culture: Panamanians are lively and vibrant. They love to dance to reggaeton and cumbia. People from all over the world migrated to Panama to work on the Panama Canal. As a result, Panama hosts a culmination of different races, ethnicities, and cultural traditions.</p> <p>Diet: The Panamanian diet is suited for vegetarians; Staples include rice, lentils, chicken, tropical fruits, and <i>sancocho</i> (regional soup)</p> <p>Terrain/difficulty: The communities in Coclé are situated both in the mountains and the valleys.</p>
Partner Agencies	Ministry of Health, Ministry of the Environment & Panama Verde (local NGO)
Special features	Every year there is a project wide environmental youth festival that attracts hundreds from host communities and neighboring areas. There is also a good possibility that there will be both Panamanian and Costa Rican AMIGOS Volunteers on this project.

Country, Region and Theme	TBD, Panama
Dates	6/9 – 8/1 (6 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: Most likely hot, humid, and rainy, with temperatures ranging from 75°F to 95°F.</p> <p>Culture: Panamanians are lively and vibrant. People from all over the world migrated to Panama to work on the Panama Canal. As a result, Panama hosts a culmination of different races, ethnicities, and cultural traditions.</p> <p>Diet: The Panamanian diet is suited for vegetarians; Staples include rice, lentils, chicken, tropical fruits, and <i>sancocho</i> (regional soup)</p> <p>Terrain/difficulty: TBD.</p>
Partner Agencies	TBD
Special features	TBD

SOUTH AMERICA

**Country,
Region and
Theme**

TBD, Colombia - College Internship Program

Dates 6/12 – 7/31 (7 weeks)

**Climate, Culture,
Diet and Physical
Terrain**

Climate: Most likely hot, humid, and rainy, with temperatures ranging from 75°F to 95°F.

Culture: There is a vibrant Caribbean culture on the coast of Colombia. Colombians love to dance vallanato, cumbia, and salsa. They are a lively group of Latin Americans, who love to have a great time!

Diet: The Colombian diet is suitable for vegetarians; Staples include *arepas* (corn paddies), eggs, rice, beans, *sancocho* (soup with yucca, corn, chicken, fish, or beef)

Terrain/difficulty: This project will most likely take place in the city of Cartagena, located on the Caribbean coast of Colombia.

Partner Agencies TBD

Special features

This pilot project will be open to 15 college age Volunteers. We are currently seeking out various partner agencies in Cartagena, who will host AMIGOS Volunteers as interns in the city.

Country, Region and Theme	Cotopaxi, Ecuador - Youth Leaders in Action & Environmental Health
Dates	6/26 – 8-15 (7 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: 55-70°F during the day and 20°F at night. Most days will be cool, windy and sunny with little rain. It could possibly snow in the higher communities.</p> <p>Culture: The Cotopaxi project hosts a mix of indigenous and mestizo communities. In the indigenous communities Quechua is the primary language spoken. Ecuadorians are generally quiet and timid when you first meet them, expect children to mob you with handshakes and kisses with huge smiles on their faces.</p> <p>Diet: The Ecuadorian diet can be difficult for vegetarians; staples include potatoes, rice, fava beans, eggs, chicken (on occasion), and cuy (guinea pig)</p> <p>Terrain/difficulty: Please be aware that the majority of the host community placements on this project are in areas of high altitude. Elevation can range from 7,500 ft. to 12,000 ft. If you have had any complications with high altitude before, please consult your physician as this project may not be the best placement for you. If you suffer from asthma, high altitude may aggravate your symptoms. Again, please consult your treating physician. Additionally, we recommend that you do not list this project as one of your preferences if you have difficulty walking long distances.</p>
Partner Agencies	Grupo Social FEPP (National NGO) & Plan International Ecuador (International NGO)
Special features	There are two huge cultural festivals held in the middle of the summer, one for the FEPP communities and another for the Plan communities. This project will also host national Ecuadorian Volunteers from the work area and capital city.

Country, Region and Theme	Cusco, Peru - Community Health (page 1 of 2)
Dates	06/12/2012 - 08/08/2012(8 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: Amigos Volunteers are in country during the Peruvian dry season, when there is sunshine during the day, and cooler temperatures during the night. This area has subtropical climate, meaning that temperatures are cool and can range from 20 - 75 F.</p> <p>Culture: The culture of Cusco combines both Spanish and Quechua. Quechua is the language of the Andean region.</p> <p>Food: The Peruvian diet is difficult for vegetarians. The average meal will consist of Andean potatoes, corn, guinea pig, and alpaca meat.</p> <p>Terrain/difficulty: Please be aware that the majority of the host community placements on this project are in areas of high altitude. Elevation can range from 9,000 ft. to 13,500 ft. If you have had any complications with high altitude before, please consult your physician as this project may not be the best placement for you. If you suffer from asthma, high altitude may aggravate your symptoms. Again, please consult your treating physician. Additionally, we recommend that you do not list this project as one of your preferences if you have difficulty walking long distances.</p>
Partner Agencies	Ministry of Health (MINSA)- Peru, CECADE (Centro de Capacitación para el Desarrollo, local NGO), University of Cusco, Peru- Hatun Ñan
Special features (High School and College)	Volunteers will organize community fairs focused on community health topics. Youth from the city of Cusco will serve as AMIGOS Volunteers.
Additional Project Fee	The Peru project has an additional fee of \$225 to cover the cost of travel to Machu Picchu, the historical Incan city and UNESCO World Heritage Site, at project debriefing.

**Country,
Region and
Theme**

Cusco, Peru (page 2 of 2)

**Additional
Activities for
College Division**

College Division Discussion Sessions: Participation in regular discussion sessions led by the College Division supervisor, focusing on topics related to community development and the local organizations working within this field.

Regional Excursions: Meetings with leaders of local organizations, governmental and non-governmental, and see their work first-hand.

Shadow-Day at a University in Cusco: Day-long campus visit with students from a University in Cusco with the opportunity to sit in on health related and other courses.

Country, Region and Theme	Paraguay, San Pedro, Reforestation and Nutrition
Dates	06/27/2012 – 08/09/2012 (6 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: AMIGOS volunteers are in country during the Paraguayan winter, when arctic winds bring periods of extreme cold and southward winds from Bolivia bring intermittent periods of summer warmth. This work area has a subtropical climate, meaning that temperatures may vary quite drastically from day to day. Temperature will range anywhere from the 20s F to the low 80s F.</p> <p>Culture: Paraguay has a unique and endearing national culture. Most Paraguayans are bilingual, speaking the indigenous language Guaraní as well as Spanish. In addition to picking up on some Guaraní, you will engage in the custom of sharing a drink of mate, a loose leaf tea. Soccer and volleyball are popular national sports.</p> <p>Diet: It is very difficult to be a vegetarian in Paraguay. In addition to meat, corn and yucca are common staples.</p> <p>Physical Terrain/Difficulty: Flat and rolling hills. Volunteers need to be able to walk long distances in community.</p>
Partner Agencies	Plan International Paraguay (international NGO); Fundación Paraguaya – Junior Achievement (international NGO)
Special features	Volunteers will organize and plant family gardens, lead reforestation efforts and construct fuel-efficient stoves for families. Junior Achievement youth will spend 10 days with some AMIGOS volunteers in community. National Paraguayan volunteers will participate in an exchange between the two Paraguay projects.

Country, Region and Theme	Paraguay, Paraguari, Environmental Health & Community Health
Dates	06/19/2012 - 08/15/2012 (8 weeks)
Climate, Culture, Diet and Physical Terrain	<p>Climate: AMIGOS Volunteers are in country during the Paraguayan winter, when arctic winds bring periods of extreme cold and southward winds from Bolivia bring intermittent periods of summer warmth. This work area has a subtropical climate, meaning that temperatures may vary quite drastically from day to day. Temperature will range anywhere from the 20s F to the low 80s F.</p> <p>Culture: Paraguay has a unique and endearing national culture. Most Paraguayans are bilingual, speaking the indigenous language Guaraní as well as Spanish. In addition to picking up some Guaraní, you will engage in the custom of sharing a drink of mate, a loose leaf tea. Soccer and volleyball are popular national sports.</p> <p>Diet: It is very difficult to be a vegetarian in Paraguay. In addition to meat, corn and yucca are common staples.</p> <p>Terrain/difficulty: Volunteers need to be able to walk long distances in community.</p>
Partner Agencies	SENASA (Servicio Nacional de Saneamiento Ambiental, government); Plan International Paraguay (international NGO); Fundación Paraguaya – Junior Achievement (international NGO).
Special features	Volunteers on this project will be split into two groups. One half will organize and plant family gardens and trees to support reforestation. The other half will work with SENASA technicians in the construction of latrines and basic community health education. Junior Achievement youth will spend 10 days with some AMIGOS Volunteers in community. Paraguayan AMIGOS Volunteers will participate in an exchange between the two Paraguay projects.