



3rd March 2024

Cultural exchange and learning opportunities

There are different ways our volunteers can benefit from this cultural exchange:

1. Volunteers will be welcomed into the community where they can witness and take part in the region's customs and traditions, where people live happily despite their limitations and lack of modern-world facilities. You can develop new friendships and learn how to talk and interact with people from another culture, whilst learning how to adapt to a new environment and different way of living. Our vision is to build relationships, promoting a mutual understanding of respect and values.
2. We are happy to organize trips to local attractions and, of course, into the rainforest, where we can introduce our volunteers to the incredible flora and fauna of the beautiful Peruvian Amazon and share some fascinating jungle legend stories!
3. And if you like food, you will have the opportunity to learn how to cook some of the amazing Peruvian dishes with the help of our project chef!! Buen provecho!
4. Our students are willing to teach some Spanish language to volunteers. Therefore, volunteers can improve their Spanish speaking skills.

Volunteer Opportunities:

Teaching English Language & Kids Explorer Program (Scouts)

We provide free English classes for children, teenagers, and adults. Therefore, everybody can participate in our community. We combine The English lessons with environmental education. We believe that English lessons will provide a valuable opportunity to help local people gain the skills they need to communicate with tourists and help the younger generations to have better life opportunities. TEFL Certificate is not a requirement but, it is a plus.

We are looking for volunteers that are fluent in English and have creative teaching ideas such as playing games, singing, storytelling, acting other activities. The focus should be on developing curiosity about other cultures and experiencing language as a communication tool and part of a culture. Volunteers can also organize workshops for kids or adults such as football matches, arts and crafts, environmental education, drama and so on. The idea is to connect the new language abilities with positive emotions.

Volunteers could build teaching materials such as posters, cards, and games with vocabulary to subject or writing down songs, rhymes and so on for other volunteers.

We teach English to two groups for 4 days a week. The first group is children between the ages of 6 years old to 14 years old. The second group is teenagers of 15 years old to adults.

English program on a typical day: volunteers prepare their class in advance by following a schedule with the topics to be taught. Classes are on Monday, Tuesday, Wednesday, and Thursday. Classes for kids are from 3:30pm to 5:00 pm and for adults starts at 5:00 p.m. and go on until 6:30 p.m.

Volunteers help in this area for up to 15 hours per week.

Desired Skills:

- Fluent in English
- Team Worker -Self Confidence
- Good Communication
- Problem Solving -Positive Attitude
- Decision Maker -Microsoft Office
- Creative

Kids Explorer Program (Scouts)

Our Kids Explorer Program works together with the teaching English and German programs. This is a holistic program focusing on environmental education and social integration of local kids. During the week volunteers will offer different workshops to teach ways to save the environment and during the weekend volunteers and staff members will take the kids on small camping trips into the rainforest.

Our 'Explorer kids' program (scouts) is another strategy that we are developing to give a new perspective of life to this Amazonian community. Our vision is to make a difference in the lives of disadvantaged children by creating a safe environment for healthy physical, social, and emotional development. We want to encourage a passion and respect for the natural world to help transition eager young minds into caring, socially conscious global citizens. Through connection with nature, we can nurture a better understanding of the environment while improving their interpersonal skills with one another and other adults.

These trips need to be well prepared such as packing equipment, informing the kids about risks and rules, and sharing out tasks. During the trip volunteers not only assist us with supervising the kids, but also introducing games for social interaction and group connection. Another focus will be nature education. Therefore, we are not asking volunteers to have specific knowledge about Amazonian animals and plants, but together with the kids ask curious questions and search for answers. Ideas could be to make research diaries with photos, sketches, and data or to start making an herbarium (press leaves and label them), experimenting with filtering river water, making fire by friction with sticks or stones, etc. The idea behind this is to protect what you love.

Our staff and volunteers together will develop ideas for different workshops such as paper making, upcycling art, building compost, making paints out of soil and flowers or guiding discussion groups about global environmental problems. Volunteers are welcome to develop their own ideas. There will be a regular staff meeting to exchange ideas and to report progress.

We are also starting a reforestation project in areas damaged by mining and illegal logging, and we will need volunteers to make this possible.

We provide tents, food, camera traps, binoculars, walkie talkies, first aid kit, etc.

(Experience Preferred but not required)

Desired Skills:

- Map reading and navigation
- Pioneering
- Fire Lighting
- Knots and lashings
- First aid
- Tent Pitching
- Field hygiene
- Backwoods cooking
- Shelter building

Teaching German Language Program:

This is a program as part of our alliance with the Austrian - German Cultural Association, 'Die Lustigen Jungen' from Codo del Pozuzo, Puerto Inca, Huanuco. This community was founded by ancestors from Germany and Austria, indigenes people from the ethnic Kakataibo and inhabitants from the Anden mountain region. This diversity can be observed in different culture aspects such as dance associations, music, and traditional dishes. We believe for a culture identity it is important to learn the language of ones ancestors. For example, lyrics of songs and origin of names can be understood. An examination of one's own family biography and the comparison with today's culture in German-speaking countries can also be encouraged by our volunteers.

One of our long-term goals is to participate as an organization in a South-North Volunteer Service program. With this program people from the Global South can get the chance to culturally enrich the countries of the Global North through volunteer work. In this way, we could send motivated, young Peruvians to Germany to get their language skills to another level, as well as to experience and help during everyday life.

We combined this program with the Kids Explorer Program (scouts).

We are looking for native German-speaking interns who can create different teaching strategies such as, playing games, singing, storytelling, acting and other activities. The focus should be on developing curiosity about other cultures and experiencing language as a communication tool and part of a culture. Volunteers can also design workshops for kids or adults such as football matches, arts and crafts, environmental education, drama and so on. The idea is to connect the new language abilities with positive emotions. Volunteers could build teaching materials such as posters, cards, and games with vocabulary to subject or writing down songs, rhymes and so on for other volunteers.

German program on a typical day: volunteers prepare their class in advance by following a schedule with the topics to be taught. Classes are on Monday, Tuesday, Wednesday, and Thursday. Classes for kids are from 3:30pm to 5:00 pm and for adults start at 5:00 p.m. and go on until 6:30 p.m.

Volunteers help in this area for up to 15 hours per week.

Desired Skills:

- Fluent in German
- Team Worker
- Self Confidence
- Good Communication
- Problem Solving
- Positive Attitude
- Decision Maker
- Microsoft Office
- Creative

Construction and Gardening Program

Volunteers with interests and skills in maintaining and constructing are always welcome. With the help of volunteers, we were able to build an outside organic toilet and an outside kitchen. For the future we would like to build more toilets, outside rainwater shower and a pizza clay oven which could be used for different events. We have planted some vegetables and would like to expand our garden with herbs, fruits, and a variety of different vegetables. We are also starting a reforestation project in areas damaged by mining and illegal logging, and we will need volunteers to make this possible.

Volunteers help in this area for up to 15 hours per week.

Creative Arts and Media Program

We believe that visual communication is crucial to effectively deliver a meaningful message for advertising our project. As this is an educational and tourism project in the Amazon of Peru, we are very interested in keeping our website and social media fan pages updated at all the time. Volunteers support taking good quality photos, videos, editing, writing content, web design, etc. Volunteers are needed to bring their own equipment. Drones are not a requirement, but they are a plus for making aerial video shots.

Volunteers help in this area for up to 15 hours per week.

Permaculture

The Amazonas has rich soil and a great climate to grow a diversity of fruits and vegetables. Unfortunately, nowadays farmers cannot live off their own production and often use (illegal) mining and (illegal) tree selling to better their income. Often farmers grow monoculture such as coffee or cocoa to export and therefore are weaker for crop failure. To give farmers the opportunity to be more independent and to protect the rainforest, knowledge about soil and biodiversity farming could help to break this negative cycle. People with skills in permaculture could share this with us and host workshops for the local farmers. We are also starting a reforestation project in areas damaged by illegal gold mining and illegal logging, and we will need volunteers to make this possible.

Volunteers help in this area for up to 15 hours per week.

Business Management - Marketing – Publicity

Volunteers can also help by getting involved with the local community and support Indigenous people by creating business plans, business start-up, import/export, international trade, marketing strategies, publicity, and different ways to sell their products such as, handcraft, cacao, and agricultural products. (Fair Trade) Volunteers help in this area up to 15 hours a week from Monday through Friday.

FINANCIAL CONTRIBUTION: US\$279.00 dollars – Volunteers can stay up to 3 months.

Semillas Life is a non-profit organization and as such we do not distribute any surplus income as profit or dividends. Nonetheless, just as a for-profit organization, we have costs for our operations which we need to cover in order to be able to exist.

By being a non-profit, we can keep costs down and make our placements more accessible than other programs. We aim to keep our operational costs as low as possible by working efficiently, ensuring that we can make a real and positive impact in the present and are able to keep the organization moving forward into the future. One of our main sources of regular income are the financial contributions from our volunteer interns for their placements, without these we would not be able to pay our staff or sustain our organization. Your financial contribution also directly funds our projects, so you're having a positive impact just by signing up.

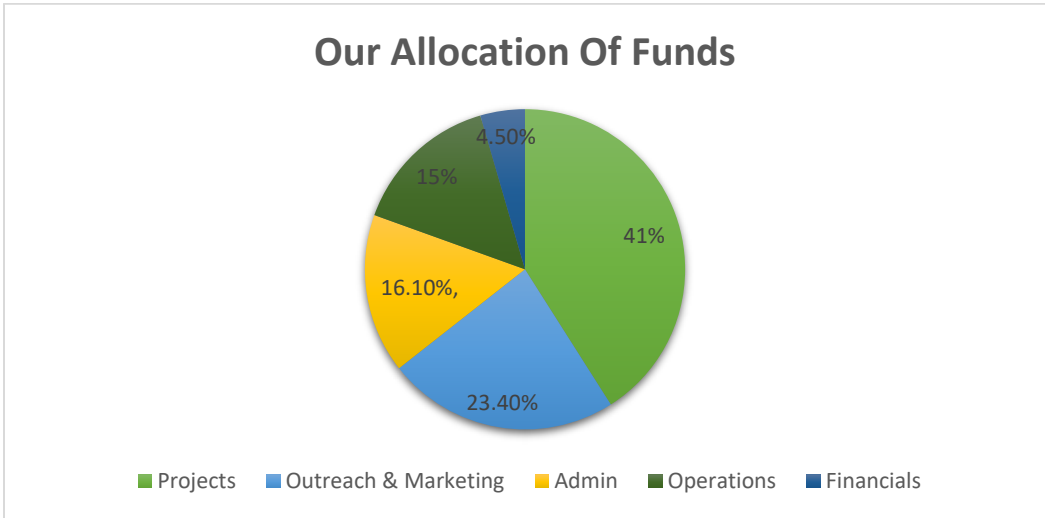
-INCLUSIONS:

- . Accommodation for the whole volunteering period.
- . We provide electricity, Wi-Fi, water, gas, and a kitchen where volunteers can prepare their own food.
- . 4 days of different tours and adventures in the Amazon Rainforest.
- . We offer an amazing perspective on life in the Amazon and its beautiful nature.
- . Certificate of participation.
- . More trips around the village (transportation is not included).
- . Tents for camping
- . Artisanal chocolate making workshop.
- . Cooking Amazonian & Peruvian food workshop

-EXCLUSIONS:

- . Airfares or bus fares
- . Transportation from/to the airport
- . Sleeping bag
- . Food expenses
- . Daily transportation
- . Personal needs

Our Operating Costs Break Down	
Project Costs (Materials, Equipment, Logistics, Project Staff)	41.00%
Administrative Costs (Legal, Accounting, Utilities, Admin Staff)	16.10%
Operations (HR, Logistics, Operations Staff)	15.00%
Outreach & Marketing (Partnerships, Promotions, Digital Systems, Ambassadors Program)	23.40%
Financial Costs (Local Banking Fees, Financial Services)	4.50%
TOTAL: 100%	



Information about Semillas Life:

Who we are:

We are an NGO working for the economic and social development of different communities in the Peruvian Amazon. We focus on education, health, environment, ecotourism, and cultural exchange.

What do we do? – Mission & Vision

Approximately 75% of the population in the province of Puerto Inca lives without access to basic needs such as running water, sewage, and paved roads. However, the province of Puerto Inca has the potential to be a touristic province. We believe that creating an infrastructure for sustainable tourism can help to develop these communities. For this reason, we started this project in June 2018, putting a lot of our hearts and energy into it. We believe that working together with these communities in developing different skills for its people and creating new job opportunities, not only will help to reduce poverty but to reduce activities that are damaging the environment such as, logging and gold mining with strong contaminating chemicals. We want to give opportunities to the community to change and care for their environment by having other ways to earn money instead of destroying the Amazon rainforest. Protecting the Amazon should be a global commitment because of its incalculable biological and ecological value.

Where do we work?

We are working in different districts of the Province of Puerto Inca, Huanuco, Peru.

Puerto Inca is the largest of eleven provinces of the Huánuco Region. It is a Province as well as a district. It is in the central Amazon of Peru at an altitude of 330 meters above sea level. It is one of the most biodiverse places in the world. This province is also home of different indigenous communities such as, Ashaninka, Yanasha, Shipibo and Kakataibo. An Austrian-German Community can also be found in Puerto Inca. Puerto Inca is a very peaceful and safe place. Visitors can walk around the village at any time without any problem.

The province of Puerto Inca, Huanuco is divided into five districts, (villages) which are:

- . Codo del Pozuzo
- . Honoria
- . Puerto Inca
- . Tournavista
- . Yuyapichis

According to the 2015 census, Spanish was spoken by 89.5% of the population as their first language, while 5.5% spoke Quechua, 1.9% spoke Ashaninka, 0.3% spoke Aymara, 2.6% spoke other indigenous languages and 0.1% spoke foreign languages.

Who are we looking for?

We are looking for motivated people who are not only eager to teach others but who are willing together with the students to look at different perspectives, find solutions, try new things, and develop ideas in a team. Especially for “our Kids Explorer” and “Teaching English” programs we would like interns to independently run short workshops. Therefore, we are looking for volunteers who have an interest in

different topics such as arts and crafts, music and drama, environment protection, DIY and repair workshops, animals, plants or taking photos and making videos and enthusiastically pass on their personal passion.

All volunteers are role models for our students. Their behavior and way of problem solving is very important. We would like volunteers to keep this in mind and to not judge other ways of thinking and acting, instead using open and critical discussions.

Why choose us?

By supporting our projects, you get a unique chance to experience the stunning natural diversity and experience the beautiful local culture beyond a busy tourist industry. At the same time, you will help us to achieve our goal in giving back to our local community. We co-operate with a range of local people. Therefore, all booking fees go either straight to people in our community such as, farmers, taxi and tuk tuk drivers, hostels, restaurants, groceries, boat and tour guides, artisans, etc. It will also help to cover the expenses of our project.

How to get to Semillas Life in Codo del Pozuzo?

From Lima, volunteers need to take either a flight to the city of Pucallpa or a bus to the city of Oxapampa. The flight takes about 50 minutes. After arriving at the airport in Pucallpa, volunteers need to go to the colectivos station and take a colectivo to the village of Puerto Sungaro. Colectivos are usually autos or mini buses. At the colectivos station in Puerto Sungaro, volunteers need to take another colectivo to the village of Codo del Pozuzo. Colectivos takes around 2 hours from Pucallpa to Puerto Sungaro and 2 more hours from Puerto Sungaro to Codo del Pozuzo.

If volunteers decide to take a bus from Lima, they need to get to the city of Oxapampa. Then, volunteers need to get to the colectivo station and take a colectivo to the city of Pozuzo and then take another colectivo to Codo del Pozuzo. The bus takes around 14 hours from Lima to Oxapampa. Then, 2 hours from Oxapampa to Pozuzo. Then, 2 more hours from Pozuzo to Codo del Pozuzo.

There is also the option to take a taxi from the airport in Pucallpa to Codo del Pozuzo. We organize the taxi pick up with the taxi driver. This taxi service costs S/300 soles. It is around US\$81.00 dollars.

Volunteers need to cover their transportation fees.

. **Airline companies** flying from Lima to Pucallpa are: Latam airline, Sky airline, (low cost) and Star Peru, (low cost). Usually, flights cost US\$60.00-90.00 dollars or 50.00-85.00€ Euro or £44.00-80.00 GBP approximately. It depends on how much weight volunteers carry in their suitcases and anticipation time of their flight reservation.

. **Bus Companies** going from Lima to Pucallpa are Cruz Del Sur, Movil Bus, Transmar (low cost) or Estrella Polar (low cost). They usually cost between US\$25.00 - US\$45.00 dollars or 22.00€ - 37.00€ Euro or £19.00- £33.00 GBP approximately.

Buses going from Lima to Oxapampa are Cruz del Sur, ExcluCiva, Movil Bus, and Civa (low cost).

. **Colectivos from Pucallpa** to Puerto Sungaro charge around US\$10.00 - or 9.00€ - or £7.50 GBP approximately. Colectivos from Puerto Sungaro to Codo del Pozuzo charge around US\$15.00 - or 13.00€ - or £11.00 GBP approximately.

. **Colectivos from Oxapampa** to Pozuzo charge around US\$15.00 - or 13.00€ - or £11.00 GBP approximately. Colectivos from Pozuzo to Codo del Pozuzo charge around US\$15.00 - or 13.00€ - or £11.00 GBP approximately.

Important information for volunteers:

. **Arrival day:** Check in at the accommodation - Free day around the village - Volunteers will get their schedule when they arrive at Codo Del Pozuzo.

. **Accommodation** is included for all our programs. Volunteers stay in one of our rustic huts (cabins). The toilet and shower are in our backyard gardens. We provide a kitchen with gas in our hut/cabins where volunteers can prepare their own food. Volunteers share a bedroom (2-4 volunteers). Depending on availability, volunteers sometimes get a private bedroom. We also provide a bed, mattress, bedsheets, blanket, pillow, and mosquito net. Photos of the accommodation can be shared if required.

. **Food is very cheap:** for example, a lunch menu in a local restaurant cost, S/9.00 soles or US\$2.50 dollars or 2.20€ Euro or £1.85 GBP approximately. This menu consists of an entry (soup or salad). The main dish can be chicken, fish, or beef. Soft fruit juice is part of the menu. If interns cook their own food, it is way cheaper. Volunteers can also go fruit picking. We have plenty of fruits around the village for free. Locals sometimes provide cooking ingredients to volunteers as courtesy.

. **To avoid scams,** we recommend our volunteers anytime they are going to purchase something or take a taxi, tuk tuk, bus, etc, to ask for prices/fees first.

. We recommend volunteers to **change any foreign currency to local currency.** This can be done at the exchange houses in Lima or Pucallpa. It is better to pay for any purchase or service with local currency (soles). Volunteers can also withdraw soles from the ATM machines at the airport in Lima or Pucallpa. Banco De La Nacion and BCP Bank do not charge for this transaction to some international debit/credit cards.

Attention! There are **NOT ATMs** in Codo del Pozuzo! The closest one is in Pozuzo, Oxapampa, or Pucallpa. Volunteers can get cash in Codo del Pozuzo with their credit/debit card by paying 5% out of the amount of cash they need.

. We do not recommend **exchanging money at the airport.** They pay way less for any foreign currency.
. The local bank only exchange dollars to soles. They do not accept euros or any other currencies. (dollars bills must be in good condition/neat to be accepted by the local bank). We recommend volunteers to keep their dollar bills inside a book.

. **Western Union:** There is the possibility of sending or receiving money via Western Union in Codo del Pozuzo.

. **We do not refund** fees if volunteers decide to leave earlier.

. **Internet:** We share our hot spot/WIFI at any of our huts. Also, for an extra cost of US\$15.00 dollars or 12.50€ Euro or £11.00 GBP approximately, volunteers can get a local sim card with unlimited internet for up to 30 days. This is recommended for volunteers who do online work. Our WIFI can be slow sometimes

when many volunteers get connected at the same time. The phone company CLARO has the best internet service in Codo del Pozuzo.

. **Water:** 60% of the village of Codo del Pozuzo has no running water. People use water wells to get water. Previous volunteers and we have drunk this water without problems. However, we recommend volunteers bring a portable water filter to make sure they are drinking good water at any time such as in our trips to the jungle. Volunteers can also buy a 20 liter bottle of water for US\$ 2.00 dollars.

. **Hospital and Health Centers:** Codo del Pozuzo has one health center that can be used for volunteers in case they have any minor injuries or illness. We have a first aid kit. Hospitals and clinics can be found in the city of Oxapampa or Pucallpa (5 hours away by auto from Codo del Pozuzo). We have about 5 small pharmacies in Codo del Pozuzo and the main health center has an ambulance for emergency cases.

. **Vaccines:** Although we haven't seen or heard any case of yellow fever since we started this project 6 years ago, we recommend volunteers to have this vaccination if they can get them.

. A lot of rain (**rainy season**) falls in the months: December 15th, January, February, March 15th.

. On average, January is the wettest month.

. On average, July is the driest month.

. We are available 24/7 in case volunteers have any emergency.

. We speak Spanish, English, and German.

. We accept groups of people, couples, single volunteers, and pets.

. **We can accept up to 12 volunteers at the same time.**

. **We recommend volunteers to bring** fresh clothes such as T-shirts, shorts, bathing suits, rain coat, etc. Also, trekking boots, hat, sunglasses, flip flops, flash light, pocket knife, compass/GPS, sleeping bag, sun blocker, mosquito repellent and water filter, pills for cold, pain, fever, stomach ache, diarrhea, etc.

. **We accept smokers.** However, smoking in front of our students is forbidden.

. **Photos** we take during our trips with our volunteers are used for our NGOs social media.

. **Drinking alcohol** in public areas (street) is forbidden.

. Because we are an educational project, we do not accept volunteers with drug abuse problems.

. **Volunteers with inappropriate behaviors** that violate our rules will be immediately expelled from Semillas Life and exhorted to leave Codo del Pozuzo during the next 48 hours after their expulsion.

Please, do not hesitate to contact us if you need further information.

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