

Volunteer Self-assessment

Before you decide on a volunteer assignment from the association SABER Y CRECER in the student house PAKASHKA-SACHA, it is an indispensable prerequisite that you assess yourself as well as possible. This questionnaire is intended to help you prepare and prepare for life and work in the amazon's source area. We from the site SABER Y CRECER get to know and appreciate you a little better. It is important for us to understand whether you are up to the requirements and can fit into our community. The questionnaire is a tool to avoid wrong decisions and disappointments on both sides as far as possible from the outset. All information will be treated confidentially and destroyed upon completion of the volunteer ship. We are happy to accept requests for changes and suggestions for improvement to the questionnaire. Self-assessment is an integral part before a voluntary contract is concluded.

The range of responses is divided into:

- ++** Very true
- +** Is more likely to apply
- 0** Neutral / No statement possible
- Is rather not true
- Inaccurate

We ask you to tick your assessment.

Criteria	Questionnaire	++	+	0	-	--
General satisfaction	I'm happy with my life.					
	I am looking for a special challenge.					
	Discovering the unknown and new is important to me.					
	Being alone makes me uncomfortable.					
Knowledge, Application	I can apply my knowledge and pass it on to other people.					
	I speak Spanish at least at the basic level.					
	I have a good knowledge of English.					
	I know what I can and can't do.					
	I like to learn new things.					
Initiative, Activity	I enjoy inspiring other people for something.					
	I am self-initiated and helpful.					
Endurance, resilience	I basically finish the tasks and work that have been transferred.					
	Working that is not much fun, such as cleaning, cleaning or making the household, is unpleasant to me.					
	I need positive feedback.					
	I don't throw the begging right away if something isn't as I would like it to be.					
Fleiss, Care	I work carefully and accurately.					
	The end result of my work is important to me.					

Organization	My current life is well organized.					
Criteria	Questionnaire	++	+	0	-	--
	I can create a daily or weekly schedule for myself and for a group.					
Occurrence, behaviour	I am clean and well-groomed.					
	They like to be with me.					
	I can deal with criticism.					
	I am a role model for other people in my attitude.					
Manners	I strive to treat all people equally.					
	I am open and honest.					
Cooperations, contact maintenance	I can make good new contacts.					
	I maintain existing contacts regularly.					
	I have long-standing friendships.					
Conflict	I have to discuss everything.					
	I prefer to avoid conflicts.					
	I have a grip even in difficult moments and remain decent (I don't get out of hand).					
	It is important to me that everyone likes me.					
	I can distinguish myself well.					
Solidarity	I am capable of empathetic feelings.					
	I can take other views.					
	I know what is good for others and I share that.					
Group dynamics	I am open to other proposals, ideas and opinions.					
	In a group, I can also arrange with people who are not like me and who I like less.					
	I bring my ideas and opinions to the group.					
Enforcement	I also have a confident demeanor in an environment unknown to me.					
	I can also assert myself appropriately in negative and unpleasant situations/concerns.					
Independence	I find it easy to cope in new situations.					
	I solve problems creatively and flexibly.					
	I know how to help myself in difficult situations.					
Order, cleanliness	Personal order is important to me.					
	I keep myself and my accommodation clean.					
	I'm stopping others to keep it in order.					

Belief	I know what I want and what I don't want.					
	I know what's good for others.					
Criteria	Questionnaire	++	+	0	-	--
	I like to experiment with different life forms.					
Leisure, Sports	I like to do sports alone and in groups.					
	I can manage and coordinate various sports activities.					
	I can inspire others for sport.					
	I like to read and can talk to a book for a long time.					
	I can't live without social media (Whatsup, Facebook, Instagram, etc.).					
	I need other people to keep me busy.					
Culture, environment and travel	I am interested in other cultures.					
	As a volunteer in Ecuador, I rate cultural differences positively throughout.					
	Living and working in a tropical climate (heat, humidity, insects, reptiles and heavy rain) do not bother me physically or mentally.					
	I already have travel experience outside Europe.					
	I'm afraid of getting sick.					
Parties, Alcohol and Drugs	I like to go out and party.					
	I consume (regularly) alcohol or marijuana, natural or synthetic (illegal) substances, etc.					
	I am interested in participating in shamanic rituals.					
	I like to flirt in the exit/parties.					



On the following page there are four possible situations that can come to you as a volunteer in the student house PAKASHKA-SACHA. Please briefly describe how to solve the problem shown.

Situation 1: You realize that a student is lying. Everyone else in the group knows the "true events," but no one helps you.

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Situation 2: For two weeks one of the students has not spoken to you. He/she dodges.

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Situation 3: A student, a student does not return to the dormitory at the agreed time. How do you react?

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Situation 4: A student does not comply with the contractual agreement with SABER Y CRECER. What are you doing?

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I, (name in block capitals) _____, have completed my self-assessment truthfully to the best of my ability.