

Requirements profile (as of 2021 Feb)

The following points are considered a guide for successful use and must be met and adhered to.

- **Read information** carefully.
- Work through **the aptitude test** (in the appendix)
- Fill in **the contact form**
- Motivation letter What are your motivations for your assignment.

SABER Y CRECER is a non-profit organization based on volunteer work. We get our motivation and energy from our students and local people, who always amaze us and drive us to top performances. Remuneration, expenses or other forms of salaries will not be paid.

Conditions for your volunteer commitment

- **Minimum age** 18 years
- **Minimum duration of use** 1 month for teachers / Academic commitment
- **Minimum operating period** 3 months for use /social commitment
- **Language** Basic knowledge of Spanish
- **Travel documents** Valid passport, at least 6 months longer than your stay
- **Ecuador visa** automatically issues a 90-day tourist visa upon entry. This can be extended in Ecuador, just before the expiry by a further 90 days. Volunteer assignments of more than 180 days must be applied for by a volunteer visa. In this case, we will support you with the necessary documents.
- **Insurance** is a matter for the volunteer. You are responsible for ensuring that you are adequately insured in the event of an accident or sickness.
- **Registration deadline** 3 months before starting your volunteering
- **Cost** per person per month is USD 400.-

The amount includes: Food and accommodation (full board) at the PAKASHKA-SACHA student house. The first month must be paid in advance, in case of cancellation or early departure, this will not be refunded.

- **Liability** SABER Y CRECER disclaims all liability.

During your efforts, you are responsible for yourself. However, your safety is always a top priority for all missions.

- **Generally**, there are no specific personal requirements to work as a volunteer. However, make sure that you are physically healthy and mentally ready for the demanding task. Working hours until late in the evening or possibly night shifts may be possible and require a minimum level of physical and mental fitness.

It is important to us that the volunteers also get to know the surroundings and the culture. Therefore, we plan a "Volunteer Day" at least once a month. On this day, the focus is on fun and cultural exchange with the locals.

You can also find the Task List for the Volunteer / Student House. So that you get an insight into how everything is organized.

Your contact person will be happy to give you a small insight into frequent tasks in advance, which will await you as a volunteer on site.

Thank you for your interest

Siegfried Andermatt

WhatsApp +593 96 830 8103



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.

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

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

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

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

Personal information

Volunteer commitment q Social engagement
 q Academic engagement

FOTO

Person:

Number intern:

Company:

Last Name:

First Name:

Adress:

Place / Contry:

Date of birth:

Number of Passport:

Civil status:

Kids:

Allergies:

Mail-Address:

Telephone:

Emergency contact:

Occupation:

Language skills:

Telephone:

Place/date:

Your data will be kept strictly confidential. No data will be forwarded without your permission. They will only be used for the period of your stay and in cooperation with the association SABER Y CRECER.

PAKASHKA SACHA HOUSE RULES Version 2021/02/16

General

The PAKASHKA-SACHA student house is a community and intercultural space. A place to feel at home and grow personally and academically. These represent the values of the Swiss Association of SABER Y CRECER. We have the privilege of living and working in such a wonderful place in the middle of the rainforest. To well preserve this value, it is our responsibility to maintain and cherish our facilities and our natural environment. It is also our responsibility to take care of our relationships with all PAS members. Treat each other open, respectful and with a friendly attitude.

Honesty	Here in this house our life is based on honesty. If anything is wrong, our responsibility will be to communicate it to management.
Drugs	Drugs and alcohol are prohibited throughout the whole property of PAKASHKA-SACHA.
Study time	Minimum daily study time for students is 2 hours/day.
Languages	To not exclude anyone, the official languages of the house are SPANISH and ENGLISH.
Participation	Each member and visitor must participate in the task program (confirm the house to-do list).
Lunch	Breakfast is at 7:00 a.m., lunch at 13:00 and dinner is at 19:00 p.m. Meals will be served only at this time. Talk to the manager if you have any changes needed. PAS covers the basic costs of food and cleaning items listed on the shopping list. Personal cosmetic items and other foods are to be bought at own expense.
Hours	Sleeping hours are from 22h to 6:00h. For students, all facilities will be open from Monday morning until Friday night. During the weekends PAS does not house students. If there are any exceptions, it should be prior communicated with the management. For the voluntari@s all the facilities will be open all week.
Shoes	Inside the house we will only wear slippers. Street shoes and boots will be left in the entrance hall. Dirty boots will be always cleaned by each one before storing.
Visitors	If you like to invite someone to the house, you must announce the arrival to management at least 24 hours prior to their arrival, as well as the time of their stay. The cost per person/night is USD 15.- and the money must be paid in advance and directly to management. This price includes bed, breakfast and dinner. The person who brings visitors to the PAS house will be responsible for them and their actions.
Security	The entrance door will be closed from 22h to 6:00h for security. Later arrivals or earlier departures must be announced with advance to management. If you lose your keys, you will have to pay a fee of USD 50.- to renew all the locks in the house and all the keys to the staff.
Dogs	Please do not feed the dogs if it is not their time to eat.

Weekly meetings	Participation in weekly meetings is mandatory for all people. House rules can be debated. A rule will be changed if most PAS members reach consensus. Meeting time: The date will be communicated
Rent	Each member pays their rent to management on or before the 28th of each month. Rent of the students is payed by the organization SABER Y CRECER Monthly rent includes: private use of a furnished room, access and use of all common rooms, internet access, breakfast and dinner electricity, water and washing machine use.

WEEKLY TASKS

Home Cleaning	<ul style="list-style-type: none">- Each person is responsible for their assigned weekly task. If someone can't do it, they should look for a replacement.- The official cleaning days are on Tuesdays and Fridays.- Every 3 months there will be a general cleaning. March, June, September, December, ... The exact day and time will be defined in weekly meetings.- Please leave the common areas as you found them.- Your personal belongings must be in your private room.- We never leave a food package open.- If you use kitchen utensils you should wash, dry and leave them in their proper place.- Cleaning your personal room is your responsibility. It is necessary to keep it always clean (it also helps the non-appearance of insects, ...).
Sport	Every day at 5:30 p.m. there will be some sporting activity in the garden or on the football field. It is not mandatory to attend, but it is highly recommended to maintain good physical health.
Cooking	Breakfast, lunch and dinner each day regarding to our tasklist (except on weekends). Cleaning the kitchen and cooking utensils is in the responsibility of the cook. The dishes are cleaned by de designated person on the task list.
Wash	General Wash: Every Friday, all bed linen and towels have to be deposited in the laundry bin to wash (PAS property). Private washing: Clothing and private property are in the responsibility of each person. Permission to use the appliances can be asked by the management. The washing machine has to be cleaned after each use (rinse the filters and clean the machine inside and out). Please wash as long as it is completely necessary and as long as the machine can be completely full. Dryer: The rules above also apply to the use of the dryer.

MONTHLY TASKS

Home Maintenance	<ul style="list-style-type: none">- Each person is responsible for their designated task for one month. If someone can't do it one day, they should look for a replacement.- PAKASHAKA-SACHA will also be visited by others. Also for them, let's keep the facilities and natural environment in good condition.- Both problems and suggestions must be communicated to management.- Every week we organize a Minga (Groupwork) to accomplish bigger work in or around the house together. <ul style="list-style-type: none">- Every 3 months there will be a general maintenance day. March, June, September, December, ... The exact day and time will be defined in weekly meetings.
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