



Impact International
InterVol Training Programme 2015

InterVol have teamed up with Impact International who will provide tailored training days for all InterVol volunteers.

Birmingham: 28th March, University of Birmingham, Learning Centre LG14,
10am – 5pm

London: 25th April, Imperial College London, room TBC, 10am-5pm

All InterVol volunteers are expected to attend one training day, and are expected to have completed the online Safeguarding Training in advance.

Lunch will not be provided.

If you have any questions, please contact Abi (abi.taylor@studenthubs.org) or Cai (info@intervol.org.uk).

09.45 – 10.00: Registration

10.00 – 10.45: Introduction to International Volunteering

This introductory session focuses on the importance of sustainable, responsible and critically engaged volunteering activities abroad. We'll explore some of the negative consequences that can arise from volunteering overseas, ensuring that attendees are as prepared as possible to work alongside their host communities in order to make a positive impact.

10.45 – 11.45: Motivations and Expectations

In this session we shall explore and discuss attendees' motivations for participating on an international volunteering placement, as well as examine expectations of what the experience might be like in order to best prepare.

11.45 – 12.15: Physical and Mental Health

Looking at the importance of physical and mental health whilst volunteering, we will discuss vaccinations, what to take with you, homesickness and culture shock.

12.15 – 12.45: Personal Security

The risk of crime, injury and illness increases when traveling internationally, while it can be more difficult to deal with such problems. This training will: explore some of the risks and some methods to stay safe and secure; help you work out at where you should look for support once in the field.

12.45 – 1.45: Lunch**1.45 – 2.45: International Child Protection**

This session is intended for volunteers likely to be working with children whilst on placement abroad. We will look at how to ensure volunteer safety and the safety of the children they you will be working with.

2.45 – 3.45: Teacher Training

This session is aimed at volunteers who will be involved with teaching projects overseas. We will look at various different ways to ensure you are delivering high quality activities and will discuss cultural difference within an education setting.

3.45 – 4.00: Break**4.00 – 4.45: Making the Most of Your Trip**

The final session of the day explores the Impact International Top Ten Tips for making the most of your volunteer placement and gives attendees the opportunity to ask trainers and other attendees any questions they might have about what it is like volunteering abroad.

4.45 – 5.00: Action Points

The final 15 minutes of the day is set aside for volunteer groups and individuals to discuss and decide on any action points which may have arisen from the days training.