



Overview

MINIMUM AGE: 18

PRE REQS: See 'need to know'

DEPARTS: Jan/Feb/Mar/Apr/May/Jun

LENGTH: 3 to 12 months

ROLES AVAILABLE:

- Caring Assistant
- Outdoor Activities Instructor
- Schools Assistant

Why Canada?

This is the country for lovers of sport and the great outdoors. The climate is varied and the scenery spectacular. The Canadians are warm and friendly people who welcome volunteers and are seldom disappointed by their enthusiasm and capability.

Where are the placements?

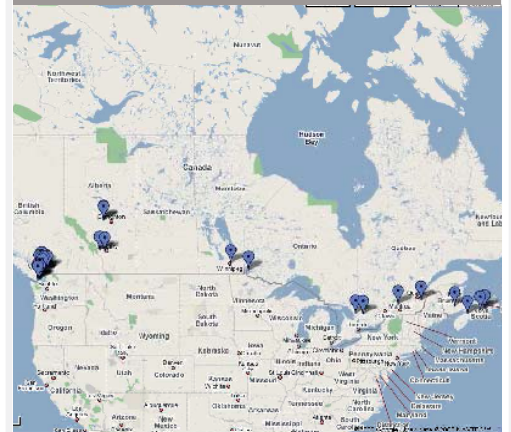
In this vast and varied country our placements range from Vancouver Island in the west to Nova Scotia in the east.

Is it for me?

Caring Assistant placements are available with L'arche, an organisation that assists mentally disadvantaged people by allowing them to live in small groups in a home environment rather than in large impersonal institutions. Volunteers attend to resident's personal needs which may include toileting and bathing, and other activities including shopping, swimming and gardening.

Outdoor Activities placements are usually based in permanent camps run by the YMCA/YWCA. The work is varied, ranging from the opportunity to instruct groups in activities such as canoeing, sailing woodcraft,

Placement Locations



camping and trekking to life saving skills, first aid, counselling and camp maintenance. There are opportunities for those with relevant skills to coach campers in horse riding, tennis, drama and sailing. For these placements, a Duke of Edinburgh award, experience with children's camps, and camp-fire music skills are also very useful! Pocket money is paid to volunteers in most cases.

Schools Assistant placements offer you the chance to be a mentor, tutor and friend at boarding schools around Canada. You may also be asked to assist in the classroom as well as after school sports, music or drama, depending on your skills and abilities.

Accommodation and Food

Accommodation is provided by the host organisation, whether that be in the staff quarters in a residential home through the L'arche organisation, your own room in a school boarding house or a shared accommodation in an outdoor camp.

Accommodation in some camps is quite basic, but generally comprises of a shared house, cabin or tepee. Many camps are remote, situated in incredibly beautiful places beside lakes and in the woods. Volunteers in camps are often placed in pairs or groups.

While some placements will provide food, others will set up a system of self-catering for Lattitude volunteers.

Travel

Volunteers will have an opportunity to travel at the conclusion of their placement.

Need to know

- Pre departure briefing: All volunteers will be invited to a group briefing prior to departure .
- Pre reqs: For Outdoor Activities placements, volunteers must hold or be prepared to obtain a bronze medallion life saving certificate and a current first aid qualification (with CPR) prior to departure.
- On arrival: Volunteers will not attend an in country orientation and instead will travel straight to their placement for onsite orientation.

What's included

- Interview (face to face or phone)
- Pre-departure briefing
- Accommodation and food
- Pocket money
- In-country support
- 24/7 emergency support

Costs

The costs shown are for Lattitude placements departing in 2011. (Please note that these prices may change for placements departing in 2012.)

Lattitude fees (these are exact costs)

Lattitude application fee	\$125
Lattitude contribution fee	\$2900
Lattitude teaching skills course	N/A
Lattitude in-country orientation	N/A

You will also need to budget for the following (these are approx costs)

Travel insurance (12 months)	\$1265
Return airfares (approx cost of group flight)	\$2500
VISA	\$165
Police check	\$43
Total cost (approx)	\$6998



"Camp Elphinstone, British Columbia, Canada. It is, and I can say this without any hesitation, one of the most beautiful places I've ever seen... Beyond the grass is a row of majestic pine trees, and beyond the pine trees a gorgeous stretch of water and a mass of snow-capped mountains, both turned a fiery gold by the setting Canadian sun. The tap water is delicious, birds are chirping, insects are buzzing, grizzly bears are chasing small children—it's breathtaking!"

Mark Kenfield, Outdoor Activities Instructor, Camp Elphinstone,
British Columbia