

Volunteering with **foundation human nature** Ecuador  
\* Volunteer Projects & Information Guide \*

*Growing Together*

## GENERAL INFORMATION

### Mission Statement

Partnering local, national and international communities, we are establishing sustainable programs in the fields of health, education, gender issues, and economic and ecological activities. We aim to improve the opportunities and autonomy of local families guided by our ethos of sustainable human development. Through mutual learning and volunteer participation, we are increasing the global awareness of the developing world.

### Vision

**foundation human nature** is a non-governmental organization directly assisting the long-term sustainable development of communities, in accordance with local needs and knowledge, to improve their quality of life.

### foundation human nature International

Partnering local, national and international communities, the priority of **foundation human nature International** is to ensure the continuous provision of quality health services to those in need. Adopting an integrative approach to health, **fhn** also promotes related programs in the fields of education, economic alternatives, and environmental health. We approach each program with sensitivity to the unique needs of women, men and children. All projects are implemented through the joint efforts of the target communities, and **fhn** staff and volunteers. Our focus on education and skill building at the local level leads to long-term improvement of living conditions while respecting local cultural norms.

### fhn Projects Worldwide

**fhn** is comprised of three sponsor branches - UK, Germany and the USA, which direct support towards two project branches - Ecuador and Ghana – where we currently facilitate integrated health programs.

In both Ecuador and Ghana, we are committed to participatory community development. Therefore, in each country, **fhn** works closely with health committees comprised of local community members. These committed individuals participate in monthly training workshops, learning the skills required to independently operate their health center in the future.

In addition, **fhn** trains a group of men and women as Community Health Workers at both project sites. They attend monthly workshops on health-related topics, such as first-aid, malaria testing, reproductive health, medicinal plants, and more. The health promoters serve as health center representatives in each of their communities by spreading health education messages throughout their region.

### Why is fhn Unique?

#### ISOLATED COMMUNITIES

- In Ecuador & Ghana, we work with populations that have been virtually ignored by the national government. For example, no census had registered the total population of these regions to date and almost no government-sponsored health or social services had been offered in the past.
- The coastal populations of Ecuador have also been overlooked by the international aid community, which has primarily focused aid on the Andean and Amazonian populations in Ecuador.

#### MULTIPLE STAKEHOLDER INVOLVEMENT

• **fhn** is innovative in creating successful partnerships with local people and local governments, ensuring that we also hold local agencies accountable.

#### COMMUNITY DIRECTED PLANNING

- **fhn** always responds fully to the agenda set forth by the community – not the other way around.
- Local communities themselves donated time and labor to construct the health center.
- We work with a concept of health as defined by local people.

#### TRUST and TRANSPARENCY

- The level of trust between project personnel and local inhabitants is very strong, as our relationships are built first and foremost on friendship and transparency.

#### PARTICIPATION and FACILITATION

- **fhn** employs participatory approaches and methodologies to help the communities and individuals improve their well-being. To this end, we involve ourselves in the local community as facilitators rather than directors.

#### SENSITIVITY and COMMITMENT

- **fhn** is committed to sustained, deep engagement with local people in order to understand their social, economic, political, and health realities, needs and desires at each stage of project implementation.

#### PASSION and PROFUNDITY

- We are passionate with a deep-seated desire to benefit the short and long-term wishes and needs of local people. We aim to tackle the causes of issues of concern and not just treat the symptoms.

## La Y De La Laguna and El Páramo Region – Esmeraldas, Ecuador

### *Health Center & Health Programs*

**fhn** Ecuador directs a sustainable development program, focused on the promotion of health, in the region of El Páramo. **fhn** Ecuador (locally known as Naturaleza Humana/MeHiPro) is registered through the Ecuadorian Ministry of Health. Our dedicated personnel in Ecuador divide their time between working in our office and in the field.

**The Health Center:** El Subcentro de Salud officially opened its doors in the community of La Y de La Laguna on December 15th, 2001. In order to hold local agencies responsible, however, **fhn** Ecuador has since signed a 4-way contract between themselves, the Ecuadorian Ministry of Health, the Hospital of Quinindé and the Local Health Committee. With this contract, the Ecuadorian Ministry of Health provides a rural doctor and dentist to work for one year in the health center in La Y. In addition, we have opportunities for international medical volunteers to assist both in the health center and in outreach programs.

**Local Health Committee:** In administering the health center, **fhn** works closely with a local health committee (El Comité de Salud) comprised of members from various local communities who represent local interest. The Comité de Salud was also instrumental in coordinating the construction of the health center. These committed individuals are undergoing monthly training workshops and capacity-building in order to independently administer the health center in the future.

In efforts to transfer management of the Health Center to the community, **fhn** has supported training of three local community members who now work as the health center administrator, laboratory technician, and nurse.

**Health Promoters:** In August 2002, each of El Páramo's 26 communities elected one male and one female health promoter to undergo training as Community Health Workers. This group attends one workshop per month (lasting 1-3 days) on health-related topics, such as first aid, malaria testing, sexual and reproductive health, basic ophthalmology, medicinal plants, and more. **fhn**'s health promoters are also representatives of the health center in their communities, spreading health education messages throughout the region.

### ***Program Accomplishments: fhn Ecuador in El Páramo***

- Vaccination Campaign
- Family Health Campaign
  - o Sexual & Reproductive Health Workshop
  - o Family Relations Workshops
- Education
  - o Construction of First Regional Library
- Conservation and Environment Health
  - o The Waste Management Project
  - o Medicinal Plant Garden & Collections of Local Ethnobotanical Knowledge
- Micro-Economics
  - o Community Bank Development & Support
  - o Ecotourism Initiative (currently on hold)

### ***The Region***

The region where **fhn Ecuador** concentrates its efforts is called El Páramo. Though El Páramo generally refers to Andean highland areas, in this case it was employed to refer to the communities of higher altitude in this nameless region. However, it is now used to refer to the entire region as a whole. Here, 6000 people live in 26 distinct communities. La Y, the main community in the region due to its central location, is the key commercial center that now benefits from a health center and community library built by **fhn**. The outlying communities are connected by muddy footpaths, accessible solely by horse, mule or foot.

El Páramo is partially situated within a national ecological reserve entitled Mache Chindul, which stretches over an area of 119,172 hectares. Mache Chindul is situated in the province of Esmeraldas in the northeast of Ecuador in the district of Quinindé.

Mache Chindul is constituted by a variety of ecosystems, including zones of tropical humid forests and pre-mountainous humid forests. The region, with ranges in altitude from 200 to 800 meters, is situated between the coastal mountain chains of Mache and Chindul, from which the ecological reserve gets its name. These mountain chains are situated only 29 kilometers as the crow flies from the Pacific Ocean, and they link the humid region of the north, also part of the Ecuadorian Chocò, with the dry region in the south. The temperature fluctuates between 20°C and 25°C and the region receives between 2000mm and 3000mm of precipitation per year.

This strategic location explains the high concentration of endemic species, which confer on this region its status of national and international importance. Biologists and international organizations alike have acclaimed the ecological heritage of the Mache Chindul reserve. The only lake in the region, Laguna de Cube is moreover recognized by the international institution RAMSAR, which claims that it is a wet space of global importance because of its unique fauna and flora. In this same region, the private ecological reserve, Biological Station Bilsa managed by Fundación Jatun Sacha, helps protect the last 3 percent of the native tropical wet forest still existing in western Ecuador. Due to the region's ecological uniqueness and beauty, it is critical that local populations employ the region's natural resources in an entirely sustainable manner, with particular respect for the environment's regenerative capacity.

While the inhabitants of El Páramo subsist off the land's natural resources, lack of information about ecology and conservation has produced a rapid deterioration of one of their greatest assets. Economic and environmental realities within the region render both the health and education situation grave, at best. Not only does El Páramo lie in the middle of the malaria belt, but it also plagued with a high rate of dengue fever, intestinal parasites, and coetaneous leishmaniasis. If the 2-8 hour journey to reach La Y does not deter individuals from attending to their health needs, the \$4 dollar round-trip truck ride to the nearest hospital (in Quinindé) often renders on-going health care impossible.

### ***The People***

Communities within El Páramo region exist under challenging circumstances. First, the region is very difficult to reach from the outside. Until very recently, the region's central community, La Y, was 40 kilometers from access to basic services such as health care, potable water, and wired electricity. Though the community still does not have

potable water, basic health care has been available through the Subcentro de Salud since 2001. In March 2006, the central community of La Y finally received electricity, but the rest of the region remains without it. During the summer months, this journey to Quinindé (the nearest city) usually takes two hours, but it can take much longer during the rainy season as the road becomes very muddy – and on some occasions – is impassable by car. Once at La Y, the region's other communities are connected via a series of muddy trails, accessible only by mule, horse, or foot. In addition, regional inhabitants live in conditions of extreme poverty. The yearly income of a family (up to 20 members) is often \$500 US Dollars per year, 80-90% of which is used to buy foodstuffs. While **foundation human nature** is working with the community of La Y on potable water and waste management projects, the other surrounding villages have no fresh water supply and no means of disposing waste.

In addition, education within the region is extremely poor. While each community has a school for primary education, resources are scarce, secondary education is almost non-existent, and economic realities often deter attendance. Finally, women in El Páramo are of special concern. While women are absolutely integral to survival of the communities, pervasive gender inequality and machismo serve to both discourage female participation and obscure their unique health and social realities.

### ***History of the Project***

In February 2000, a German medical student named Martin Eckhardt traveled to the region of El Páramo, Ecuador to volunteer at an ecological reserve managed by an NGO specializing in environmental conservation. The presence of a 'doctor' in the region quickly became news amongst the inhabitants of the neighboring communities, as the people of the region had very limited access to biomedical care.

One day, a local community member sought emergency assistance, as he believed that an entire family in his distant community was fatally ill. Accompanied by fellow volunteers, Martin took the four-hour trip to the community to examine this family. Once there, Martin concluded that each member of the family was suffering from malaria. The patients were treated with anti-malaria pills belonging to international volunteers. The entire family recovered and was saved from imminent death.

After many conversations with local families, Martin realized the urgent need to set up an accessible health service for all the inhabitants of El Páramo. Soon thereafter, leaders of the principal community of La Y proposed that Martin help them with the construction of a health center. Martin agreed and returned to Germany for 10 months and promptly collected the funds necessary to carry out the project. Much to the awe of local people who were accustomed to hearing false promises, Martin returned to Ecuador and the construction of the health center began in July 2001. The foundation was then established with the intention of developing outgrowth programs aimed at improving quality of life in the region.

## **FOUNDATION HUMAN NATURE ECUADOR: VOLUNTEER PROGRAM**

Much of our success depends largely on the participation and mutual learning of volunteers from Ecuador and from around the world. **Volunteers are extremely important to the maintenance and strengthening of our development projects.** The following is a brief overview of our volunteer program.

### **A. General Requirements**

**foundation human nature** is interested in developing long-term sustainable projects, therefore we are looking for exceptional volunteers. Generally, we are interested in *self-motivated, confident, adaptable* and *creative* volunteers who are committed to *learning from* and *working with* developing communities. Volunteers can develop a personal project under the supervision of the permanent staff in Quito and La Y. While some volunteers will live in the communities, others will live and work in Quito and spend time in the communities periodically. Because we are a small NGO, we have very limited staff. For this reason, guidance and supervision for volunteer projects can be sporadic and limited at times. Therefore, please be aware that volunteers do not receive consistent guidance and they are therefore expected to exercise their own creativity, judgments and independence to a certain degree.

## **B. Specific Programs and Volunteer Opportunities & Requirements**

### **1. Health Program - Based in La Y (6 month minimum preferred)**

The **volunteer doctor** will work alongside the Ecuadorian rural doctor in the La Y de La Laguna health center, supported by **foundation human nature**. In this capacity, the doctor may perform a variety of procedures, including delivering babies, suturing wounds, caring for the acutely ill patient, and creating and facilitating vital public health and vaccination campaigns. The doctor will also provide preventive care for women and children of the region and provide family planning advice. Illnesses most often seen at the health center can include: infectious diseases such as acute respiratory infections and urinary tract infections, malaria, typhoid, leishmaniasis, diarrheal diseases, accidents, obstetric and gynecological conditions, musculoskeletal disorders, pediatric conditions, snakebites, and more.

The **volunteer doctor** will fulfill the position of the permanent doctor during the rural doctor's vacation weeks and will work alongside the doctor on days that both doctors are in the health center. The volunteer doctor will also have the exciting opportunity to travel to local communities to vaccinate, provide public health education, consultations and more. We typically prefer MD's who have generalist training (GP's, FP's, ER docs, etc), but sometimes arrangements can be made for specialists depending on their technical needs (i.e. we do not have an OR for surgeons, but an OB/GYN might be able to do some great women's health work, etc). We are also open to doctors in their specialty training programs in their respective countries as well as highly capable medical students in their final year only. In addition, many incoming medical volunteers perform one to three weeks of training at the nearest municipal hospital to (1) familiarize themselves with local diseases, (2) learn about local disease terminology and treatment patterns, and (3) refresh their skills in any necessary areas.

The **volunteer nurse** of the health center will have several opportunities to learn and practice with the doctor. In addition to assisting the doctor with patients, the nurse should be prepared to develop and implement public health campaigns. This will involve spending time outside of the health center, actively participating with the communities. Further, depending on experience and willingness, the nurse may be asked oversee the Health Center in the doctor's absence.

**Medical students** will initially be able to learn from the more experienced volunteers in the health center. In addition to attending to patients, the medical student will be asked to develop and facilitate vaccination and public health campaigns. Health education is crucial at this point, and medical students will help facilitate educational workshops for both health promoters and community members (during health brigades). For this reason, medical students must cooperate with communities, the local health committee, health promoters, health center staff, **fhn Ecuador** staff, as well as different bodies of the Ecuadorian Ministry of Health.

**Public Health Students** may assist in: designing methods of epidemiological surveillance; developing and collecting public health indicators (though we have some in place, we are in the process of developing and implementing more); and developing health education programs for health promoters, schoolchildren, and community members. At the moment, we are seeking volunteers willing to give educational workshops on sexual health and environmental health – both topics of great importance at the moment.

The **volunteer dentist** will work alongside the rural dentist in the health center, develop educational campaigns in coordination with local schools and teachers, provide consultations and teach cleanings during medical brigades, and fill in for the rural dentist during his vacation days.

*Please join us in this exciting and unique opportunity - by working in a beautiful region that has only recently received health services!*

Specific Qualifications:

- \* Full registration in home country for professionals
- \* Medical students must be in their final year
- \* Advanced level of Spanish (or willingness to attend Spanish school)
- \* 6 month minimum commitment preferred

\* CONTACT [volunteers.medical.ec@f-h-n.org](mailto:volunteers.medical.ec@f-h-n.org) for further information and application procedures.

## **2. Library & Educational Activities - Based in La Y (min. 3 months, 6 months preferred)**

*Background:* Most of the 31 villages within the region have a primary school, but not all of them have professors. About half of the schools are supported by the government through funding and teachers, while the other half are supported solely through monthly payments by the parents of the schoolchildren (*Padres de Familia*). Basic education is provided for most of the children up to the age of 12, but the quality of education is variable. Normally there is just one teacher in each community and the teacher must teach one class to 10-30 children of different ages and educational levels. In addition, many children have to work in the fields while simultaneously attending school. High school and university attendance is extremely rare. Secondary education is only available on Saturdays in La Y (the region's central town) and the Laguna. If children would like to attend secondary school, they must leave the region, separate from their families, and move to a city.

*Assessment of Educational Need:* Working together with teachers in the region, the education volunteer will develop educational programs on several topics. The volunteer should first conduct a survey of the existing state of education in the region, taking into account existing resources, ratio of children to teachers, age range of children, subjects taught, amount of time in school. Previous reports exist, but are in need of updating. The volunteer can then work with the teachers to identify areas of improvement and areas of collaboration. **foundation human nature** has already identified several areas of need and interest to the community including general health, conservation and English.

*Community Library Activities:* We also hope that our education volunteers work in close collaboration with the community library, which was built by **fhn** and community members in 2003 in the central community of La Y. Children in the community love to access the library in the afternoons (if you open the library once, we assure you that children will then ask you daily, "¿vas a abrir la biblioteca hoy día?"). At this time, the library has a number of books (for youth and adults), educational materials, a ping-pong table, drawing and painting materials, and a variety of toys for the children. In particular, volunteers may assist by soliciting and gather more materials for the library, opening the library for children for 2-3 hours in the afternoon, while participating in other educational or even environmental activities for the rest of the day.

Many volunteers have successfully integrated both educational and environmental activities in their volunteer plans with us. We also hope that volunteer can develop ideas and implement ideas to increase inclusion of adults in library activities. Community children and adults are always interested in receiving English classes from **fhn** volunteers. Therefore, provision of English classes can be a great way to include various age groups in library-centered activities. English classes can also be given to *colegio* students (in collaboration with high school teachers), adult community members, primary schoolchildren, and other groups who express interest. In all, there are various kinds of educational activities that a volunteer may choose to focus on. Ultimately, we hope that volunteers exercise sensitivity to local needs first and foremost, work together with **fhn** to assure that planning is in accordance with **fhn** needs and philosophies, and finally, that volunteers exercise their own creativity in developing and implementing a plan for their volunteer period.

### ***Specific Qualifications:***

- Previous teaching experience and experience with children preferred
- Relevant degree in Educational Science, Teaching, Arts, Social Sciences, etc.
- Intermediate - Advanced Spanish

## **3. Conservation & Environmental Activities - Based in La Y (minimum 3 months, 6 months preferred)**

**foundation human nature**, in conjunction with local communities, is currently developing environmental activities focused on garden development and maintenance, waste management, community and youth education as well as the creation of a network of communication and collaboration among different actors in the communities. We would expect the conservation volunteer to participate in multiple prongs of this program. For this reason, volunteers may exercise flexibility and creativity in developing their volunteer plans, as long as they clearly define their objectives and are ready to adapt them according to current community-level needs and realities.

- **Community Garbage**

Together with the community, the first on-site volunteers at La Y constructed the community's first garbage pit and designed a program for the creation of community garbage bins. At present, this project is in need of further maintenance and updating. The volunteer will work with various community leaders and specifically, the Comité ProMejoras, to coordinate education and pick-up efforts in order to keep the community clean. Further, the volunteer is encouraged to develop a youth group to maintain and further this effort.

- **Environmental Education & Sanitation**

Environmental education is essential to a sustainable conservation effort. Volunteers should organize workshops, theatre skits, organizational activities, and other awareness-raising efforts in collaboration with schools, health promoters, community leaders, and the schoolchildren in the region. Further, the volunteer will develop and administer education programs for the communities. Environmental education can be linked with the community library projects or incorporated into health promoter and/or community workshops administered by **fhn** staff.

- **Medicinal Plant Garden**

The garden project began in August 2001 as a collective project between **foundation human nature** and the community of La Y. The project was inspired by the need to conserve both the medicinal plants and knowledge of the region. The goal of the garden is to provide the region with free botanical remedies. In addition to these services, the garden has the potential to serve as an educational tool for both the children and adults of the community. Currently, the maintenance of the garden is a cooperative effort of the health center administrative staff, the health promoters, and volunteers.

The volunteer will be responsible for supervising the upkeep of the garden and redeveloping a functional compost system. Environmental volunteers may also partake in educational activities, and vice versa.

In addition, we seek people with biological or ethnobotanical backgrounds who are willing to improve the book of medicinal plants that we have in the health center. We would like to elaborate the therapeutic recommendations in this book and to systematize methods for collecting, identifying and labeling medicinal plants (involving process of drying and storing the plants effectively). Ideally, we would like to create an easy to use resource library of ethnobotanical knowledge to be used by medical staff, volunteers and community members.

- **Vegetable/Fruit garden**

We are establishing a vegetable and fruit garden to enable the Health Center to become self-sufficient. The volunteer will be responsible for garden maintenance and community education and collaboration. Eventually the health center garden can serve as a model for people in the communities. Through workshops with the health promoters in the past two years, we have planted a variety of fruit trees around the health center. Most recently, volunteers have assisted us in replanting vegetable gardens around the health center. Health promoters are currently in charge of providing basic maintenance of these gardens, but we hope that volunteers can assist in maintenance and replanting efforts as well as developing ways of including the larger community in these sustainable gardening efforts.

#### **4. Office and IT Support - Based in Quito (3 month minimum)**

**foundation human nature's** staff in the central office in Quito are constantly working on program development, management projects, accounting, as well as some fundraising and development of promotional material. Due to our limited staff size, we can use assistance in carrying out various daily management activities, such as data entry, drafting of reports, scanning receipts and photos, and running various errands, for example. Though it may not sound that exciting, this type of assistance is crucial as it allows our staff to exercise their expertise in project management. We also seek more specialized volunteers that may assist with: accounting (strong Spanish and accounting skills necessary); information technology support (previous IT experience also necessary); and database management (knowledge of Microsoft Access). For example, we are looking for help developing a database to systematize information in the health center more effectively. Ideally, we seek flexible volunteers who are willing to help out in a variety of capacities.

***Specific Qualifications:***

- Organizational and computer skills
- Relevant degree or significance experience in: Development Studies, Business Administration, Information Technology, Public Relations, Accounting or other related careers.
- Intermediate-Advanced Level of Spanish

**C. Selection Process**

*An Overview of the Selection Process:* A team of five volunteer coordinators worldwide handles the selection process for **fhn Ecuador** volunteers. Each coordinator communicates with volunteer applicants for one volunteer program area (i.e. medical, office, conservation, etc.). The respective coordinator is responsible for informing and communicating with prospective volunteers, reviewing applications, and interviewing applicants. With our current volunteer needs in mind, we send a summary review and recommendation of applicants to our Executive Director in Ecuador. In most cases, our Executive Director makes the final decision on volunteer acceptance and will notify the volunteer directly. At this point, the Executive Director is responsible for communicating with the future volunteer, answering final questions, and making arrangements for travel and specific volunteer project plans.

Contact Information for Volunteer Coordinators:

- Office Volunteers: [volunteers.office.ec@f-h-n.org](mailto:volunteers.office.ec@f-h-n.org)
- Conservation Volunteers: [volunteers.conservation.ec@f-h-n.org](mailto:volunteers.conservation.ec@f-h-n.org)
- Education Volunteers: [volunteers.education.ec@f-h-n.org](mailto:volunteers.education.ec@f-h-n.org)
- Medical Volunteers: [volunteers.medical.ec@f-h-n.org](mailto:volunteers.medical.ec@f-h-n.org)
- General Volunteer Coordination: [volunteers.ec@f-h-n.org](mailto:volunteers.ec@f-h-n.org)

*To Apply:* If you are interested in applying to volunteer with **fhn Ecuador**, please email the appropriate coordinator using the above list, or you may contact [volunteers.ec@f-h-n.org](mailto:volunteers.ec@f-h-n.org) for general information and application procedures. After you inquire, we will provide you with the Guide for Volunteers, Helpful Hints, a Volunteer Application, and Volunteer contracts (to be signed upon acceptance).

*\*Recently, we have had some problems with our email accounts. If you write us and do not hear back, please also write us at [info@fhnusa.org](mailto:info@fhnusa.org). Please accept our apologies for the inconvenience.*

Please visit our website at [www.f-h-n.org](http://www.f-h-n.org) to learn more about the application process and to access application materials. You will need to submit the following materials to our volunteer coordinators:

- **fhn Ecuador** Volunteer Application
  - CV (required)
  - Academic certificates (copies of diplomas or transcripts)
  - Spanish knowledge certificate (if available) or coursework on transcript
  - Two letters of recommendation (not required, but helpful)
- If you are sending additional documents, scanned electronic versions would be greatly appreciated. If you must send hard copies, please send them by mail or fax to:

**foundation human nature USA (fhn USA)**

1823 Westridge Road  
Los Angeles, CA 90049, USA  
Fax: 310-476-4563  
Email: [info.usa@f-h-n.org](mailto:info.usa@f-h-n.org)

- If your application is accepted, we will contact you to address the specifics of your arrival and volunteer project. Upon arrival, our coordinator in Quito or a host family will meet you at the airport. A meeting with our

Executive Director will be arranged for orientation and training. At the first meeting, the volunteer must sign the relevant contracts and waivers.

- Upon leaving the project, the volunteer must submit a project report and an evaluation of their experience volunteering with fhN Ecuador.

### **D. Costs**

Medical volunteers are responsible for the following costs:

- airfare to Ecuador
- room and board in Quito
- in-country transportation costs
- \$15 per month for food in La Y health center
- \*\*lodging is free in La Y for medical volunteers

Non-medical volunteers must pay for:

- airfare to Ecuador
- in-country transportation costs
- room and board (food and lodging) in Quito and El Páramo

*Due to fhN's philosophy, we do not charge any volunteer fees.*

*The prices listed are approximates. Please confirm before arrival.*

Quito lodging with family	\$10/day (includes 3 meals, private room & laundry)
Ecotourism house	\$60/month or \$3/day
Health Center	\$3/day for non-medical volunteers
Meals in Health Center	\$30 per month (22 days*) for non-medical volunteers; \$15 per month (22 days*) for medical volunteers (3 meals per day); On daily basis: 50 cents for breakfast; \$1.50 for lunch; 50 cents for dinner.
Meals in Comedores in La Y (these are family-owned mini-restaurants)	Generally, between \$1 and \$2
<i>Note: Medical volunteers do not pay for lodging, and are responsible for only 1/2 the food costs. *We expect medical and non-medical volunteers to work 22 days out of every month.</i>	

### **Contact information:**

For further information please contact us at the following location:

**foundation human nature (ex MeHiPro)**

12 de Octubre y Ramon Roca N21 –155

Edificio Mariana Jesus

7 Piso, Oficina 709

Quito - Ecuador

Tel: (593)-2-254-2278

For General Volunteers: [volunteers.ec@f-h-n.org](mailto:volunteers.ec@f-h-n.org)

For Medical Volunteers: [volunteers.medical.ec@f-h-n.org](mailto:volunteers.medical.ec@f-h-n.org)

*\*Recently, we have had some problems with our email accounts. If you write us and do not hear back, please also write us at [info@fhmusa.org](mailto:info@fhmusa.org). Please accept our apologies for the inconvenience.*