

VSA (Volunteer Service Abroad) Interest Certificate



Complete all eight activities to achieve the VSA Interest Certificate.

1. Look and discover

Watch *Volunteering Overseas – More than an OE*. To get a copy, email vsa@vsa.org.nz Share with your unit what you have discovered about being a VSA volunteer.

2. Stand up for your rights

It is important for young people around the world to know what their rights are. The United Nations Declaration of Human Rights was signed by all members of the General Assembly in 1948. The Declaration contains 26 articles outlining the basic human rights of all people. Visit <http://www.un.org/en/documents/udhr/index.shtml> and choose your favourite human right, then publicise it. For example, you could turn it into a badge, make a poster to put up in your school, or profile it on your Facebook page.



3. Food for thought



Trying local foods is one of the new experiences VSA volunteers have while on assignment. While this is often a very positive experience it is important to keep yourself safe while on assignment. Visit a tramping/camping shop and ask about ways to purify water. What about ice in drinks? What foods are safe to eat and what foods should you



avoid? Travel Guides like *The Lonely Planet* or *The Rough Guide* often have useful tips on safe eating and drinking. Share what you've learned with your unit.

4. A good night's sleep

When you hop into bed at night you probably don't think about the mattress you are lying on; in New Zealand most of us take a comfortable bed for granted. This is not the case for many of the young people VSA volunteers work with. Spend a night sleeping on the floor (without a mattress!) and record how the experience affected you – including how you felt the next day. Research some different sleeping options for young people throughout the world and share what you have learnt with your unit.



