



PROGRESSIO

empower

Overview – what you need to know

Empower yourself
Empower people worldwide
Empower your community

ICS Progressio enables young adults interested in faith and international development from a range of backgrounds to volunteer in a developing country and to use this experience to inspire social action on global issues here in the UK.

Volunteering with local organisations and local people, lives will be changed for the better . especially yours. For 10 weeks, you could be doing anything from providing care and support to people living with and affected by HIV and AIDS to promoting sustainable farming approaches and helping farmers sell their goods. But whatever you do, you'll know it's making a big difference to some of the poorest communities in the world.

To begin your journey, all you have to do is read this and then complete an application form.

Time for a change?

Living and working with other UK volunteers from a variety of backgrounds, you'll be helping out in community, educational, health, or environmental projects. And while you're out there you'll reflect on your experiences and the global issues you will learn about.

We've designed ICS for people from diverse backgrounds, so provisions are in place to meet faith and cultural needs. During the ICS Progressio programme you will have the opportunity to consider attitudes and perspectives about people of faith, to visit places of worship; to work alongside or meet different faith groups in your country of placement. You will be encouraged to reflect upon your experiences and your discussions and apply your learning about faith and development to your local context in the UK.

It could be you

Most volunteers will be aged 18-22. If you're 23 or older you'll be expected to help lead a group.

We want all kinds of people to go, so it doesn't matter much who you are or where you're from. What does matter is that you come with the right attitude and you're up for taking action overseas and back at home. If you think that's you, it probably is.

You'll have to be a UK citizen or have permanent leave to remain in the UK, and be fit enough to travel. You will also need to have a full CRB check and declare any relevant criminal records . but don't be put off: we consider everyone individually.

What you'll do

You'll be in a group of about six volunteers. After your selection and pre-departure and in-country training, you'll undertake a project with one of our local partner organisations. Depending on the country, you might volunteer with one or a number of partner organisations, finding out what life is like and contributing in different places.

You will volunteer with local organisations and contribute to the needs of the local neighbourhood; working with children, young people, older people, in community, environmental, education and health projects.

To see in more detail what you may be doing in each country pages on our website.

You'll be able to state a preference for which country you would like to go to and we will try to match you with your choice wherever possible.

While you're away you'll reflect on your experience, recording your trip and deepening your understanding of development issues. People are trapped in poverty for lots of reasons . you'll find out why and what you can do about it. Once you're back and buzzing, you'll be expected to draw on your experience to organise social action in the UK, this part of the programme is called the UK Action.

Who with?

Your selection and training days will be shared with other people going overseas with other organisations involved in the ICS Project. While you're away, you'll be with about another five people, one of whom will act as a leader. You'll be supported by UK-based staff before you go and after you come back, and by in-country staff and partner organisations while you're away. Like a lot of things, you'll get out what you put in, but you'll be supported by us.

¿Hablas Español?

ICS Progressio is a chance to improve your language skills and during your in-country orientation you'll get some intensive language training and there will be staff and/or other volunteers who speak the local language. Wherever you go, a commitment to try to learn the basics of the local language and engage with local culture will make the experience better for you and the local people.

How do you apply?

First make sure you have read all the relevant information on our website and you feel confident in your understanding of the programme, if not please check out our FAQs and if needed email any questions to empower@progressio.org.uk. Once you are happy with your knowledge of the programme and feel you can make the commitment required, fill in the application form at: <https://ics-uk.org.uk/ICSRegistration.aspx>

On the application form you will be asked for two referees and the name and contact details of your doctor so make sure you have these handy.

When's it all happening?

Anticipated travel dates	Applications in by	Anticipated selection days
9 July . 16 September 2011	n/a	n/a
1 October . 9 December 2011	n/a	n/a
January 8 . March 17 2012	n/a	n/a
31 March . 9 June 2012	08 Feb 2012	25 Jan and 10 Feb 2012

After you have completed your application form, we will assess it and if it meets the selection criteria we will invite you to a selection day. These will take place in London. The selection day will be an opportunity for us to get to know you and see how you work. If we think you're right for us and we're right for you, we'll support you in getting everything ready for you to go overseas. If we like you but don't think you'd get on with us, we'll recommend you to the other participating organisations who might be able to take you instead. Like us, the other UK organisations participating in the scheme are committed to providing excellent volunteer placements including training and support.

Costs and fundraising

How much it costs to participate in the scheme will depend on your particular circumstances and ability to contribute. ICS will be largely funded by the UK Government but younger volunteers (aged 18-22) who can afford to will be required to make a financial contribution depending on their income level. This is to help ensure that a wide spectrum of people from all backgrounds can participate. There is a three tier contribution system for ICS participants linked to your household income:

Tier	Household income	Contribution
1	Less than £25,000	0
2	Between £25,000 and £40,000	£1000
3	Over £40,000 per year	£2000

Don't be daunted by this however. You will receive training and support to fundraise for the costs. Even if you don't have to pay to participate in ICS, we encourage all volunteers to fundraise because it is a fun way to help raise awareness of development issues, a great opportunity to involve your community in your efforts and to develop valuable fundraising, organisation and communication skills.

In your application, you'll need to declare the income of the household on which you depend. If you're dependent on parents/carers (i.e. you rely on their income to fully or partially support you) the household income is the total pre-tax household income for the last tax year. So it includes your parents'/carers' income as well as any income you have yourself. Otherwise if you're financially independent, your household income is your own pre-tax income for the last tax year.

This information must be declared honestly and you may be required to provide evidence to back up the information you have given us before you go overseas.

For more information on the costs and fundraising go to: <http://www.progressio.org.uk/content/do-i-need-pay>

Where will I be living?

You might be staying in guesthouses, hostels, residential centres and some home stays with local families. It's most likely that you'll not stay in the same accommodation all the time. There are minimum standards and we'll ensure any special needs are met, but it will often be fairly basic!

Criteria

As a ICS Progressio volunteer you will:

- be a UK resident aged 18-22 years old or 23+
- have a positive attitude and a positive commitment to volunteering
- be willing to live and work with people of other faiths
- be comfortable working in a team
- be committed to learning from others and from new situations
- be open to change and willing to adapt to different circumstances
- be sensitive to the needs and concerns of other people
- be willing to be hands-on and help solve practical problems

- be willing to commit to engaging in post-placement activities in the UK

You don't need:

- any particular qualifications
- any special skills

Apply now at <https://ics-uk.org.uk/ICSRegistration.aspx>