

Building Bridges Series

CGVS Service Trips FAQ

What type of volunteer work will we participate in?

The service project varies; it depends on a number of factors including the varying needs of the community, the skills/talents of the volunteers, what resources are available and sometimes even the weather! Projects we have participated in the past include construction of buildings, kitchens, playgrounds and green areas at local schools, supporting microcredit programs, retrofitting buildings for handicapped children, visiting a migrant shelter, building a bridge, teaching educational topics, supporting women empowerment programs, public health outreaches and much more!

Where will we spend the night?

Participants stay in dorm-style accommodations or hotels

Is bottled water readily available?

Yes. Please remember to bring a refillable water bottle.

I have eating restrictions; is that ok?

Yes. Please be sure to let staff know before the trip.

What should I pack?

Work clothes: Please know that these clothes WILL GET DIRTY.

Work shoes/sturdy shoes: tennis shoes, sneakers or work/hiking boots.

Work gloves to protect your hands (recommended)

Sunscreen and hat

Refillable water Bottle - let's cut down on waste!

Casual/comfortable clothes for the duration of your stay.

A pair of shoes in addition to your work shoes.

Long sleeve T-shirt, sweatshirt, or a fleece (weather dictating).

Towel

Personal toiletries.

Sleeping bag or blanket (Bed, pillow and sheet are provided).

A camera to document your experience

Board games/ books/ipod, etc for the nighttime

A passport for all US citizens.

How physically demanding will the work projects be?

Some projects can be physically demanding. However, we can always alter projects depending on your physical limitations. Please check with CGVS staff as projects vary depending on the trip.

I don't speak a second language; can I still attend the trip?

Yes. Bilingual staff will be available for translation.

How much free time will there be on the trip? Will there be any sightseeing?

There is free time at night for group bonding and exploring. While you will certainly view a number of extraordinary sites, we most likely will not visit the most popular tourist sites. Instead, you will gain a local's perspective of life.

Do I have to be a U.S. citizen to participate?

Not necessarily. Please check with CGVS staff to determine eligibility.

Do I need a passport?

Yes

Do I need insurance?

Travel insurance will be provided for full time UCSD students at no additional cost. Non-UCSD students can purchase travel insurance on their own if desired.

What age groups participate in these trips?

Participants of all ages attend the trips.

Is this course for credit?

UC San Diego Extension credit can be secured. If interested, please communicate with CGVS staff.

How can I track the progress of the volunteer projects after I have returned from the trip?

CGVS will periodically provide updates on the CGVS website and Facebook group page. Please check extension.ucsd.edu/cgvs for details.

What other volunteer trips are planned?

Please visit the CGVS website at extension.ucsd.edu/cgvs for details as trips are always being added.

What other ways can I be involved with the Center for Global Volunteer Service?

Please contact CGVS staff or visit the CGVS website to learn about ways to become more involved with CGVS.

For more information please visit extension.ucsd.edu/cgvs or contact us via email at cgvs@ucsd.edu or by phone at (858) 964-1011.