

ICYE USA – United Planet

Work Profile 2019-2020



Boston Harbor Shipyard & Marina

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Welcome!

Dear volunteer,

The United States is renowned as the land of the free therefore; the country holds a challenging and often spotlighted position in international affairs. As an international, Boston-based, 501(c)3 non-profit organization; United Planet partners with ICYE so volunteers like you can address shared challenges. United Planet provides diverse and creative opportunities for volunteers to achieve a better global understanding.

Boston was center of the American Revolution; and is one of the most beautiful cities to date. With more universities and colleges than any other US city and a young international population, Boston is an ideal point of entry for exchangees into the United States. During orientation, exchangees will have an opportunity to explore and become immersed in this vibrant city. Volunteers quickly fall in love with the charms of historic New England and delight in the region's aura of civic duty and social responsibility. Spend your free time during orientation strolling through centuries-old streets, or soaking up the wealth of knowledge that abounds here in Massachusetts- home to some of the most elite institutions of higher education in the world.

Volunteer projects are based in and around our home, Boston, Massachusetts. Because projects are located in different areas on North America, volunteers can see more than they imagined. As a volunteer in the United States you will live with locals, which creates an intimate experience of sharing and learning in an authentic setting. Community service projects include working in farms, teen education programs, disability communities, and more.

We hope that you are even more excited to visit the United States as an ICYE Exchangee with United Planet! This is the beginning of a very fulfilling process both for you and for the people you are helping. You will have the chance to make a valuable difference while simultaneously changing your own life as well! Our mission at United Planet is to promote global awareness and foster cross-cultural understanding and friendship. We are very excited that you will become a part of this mission and are grateful for your involvement with ICYE. We look forward to seeing you soon here in the United States.

Kind regards and best of luck,

The United Planet Team



Placement & Program Details

Accommodations

Your project may provide you with accommodations. Different types of accommodations are offered and typically basic but comfortable.

Meals

Meals are often eaten at the project but in some cases you will receive money to buy and prepare your own food.

Language Classes

All activities and programming are conducted in English and, exchangees are encouraged to ask questions of the UP Team and take language notes while exploring Boston.

Informal English lessons may be provided, please speak with a coordinator for more information. Lessons will be determined based on your current proficiency level.

Orientation

When you arrive in the US, you will begin with an orientation together with any other exchangees from around the world participating. It normally lasts for 5 days. You will attend language and cultural sessions and also enjoy a variety of excursions and social activities. In addition we will cover topics based on volunteering and safety (all subject to change). All of these activities are designed to make you feel welcome, introduce North American life and culture, and prepare you for life for the next six months or one year.

It is not only important that you learn about the USA, but it is also important to us that we learn about you and your country. You will conduct international presentations – this is not only a chance for you to tell the group about your country, but also a great way to practice your English. Please bring photos, music, &c that are representative of your culture, so that we can learn as much as possible about where you come from.

Mid-year Camp

This five-day camp is offered for one-year exchangees only and will be held in the middle of your exchange year. With other exchangees, staff and UP volunteer members, you will be able to reflect on your experience thus far. We hope this will help prepare you for the second half of your year in the USA!

Final Evaluation

The final evaluation is a two-day camp. The evaluation is a chance to discuss your year in the USA, celebrate your accomplishments, and prepare to go home to your own country. You will also be equipped with concrete suggestions on how to share your intercultural experiences with people in your home communities and to stay involved in ICYE and UP activities.

Developmental Disabilities

1. The Lukas Community, New Hampshire

Lukas is a year-round community of individuals ranging in age from the very young to the not so young. It provides a caring, therapeutic environment for adults with developmental challenges, in which each person is recognized as a unique human being with dignity, freedom and purpose. The Lukas Community derives its name from the gospel writer, St. Luke, who was both a physician and an artist. The community was founded in 1981 by a group of individuals who saw the desperate need for a place where adults with developmental challenges could live full and productive lives.

<http://www.lukascommunity.org/>

Address

PO Box 137
63 Memorial Highway
Temple, New Hampshire

Aims of the Project

To provide developmentally challenged adults with a secure community environment within which one's dignity and life purpose may be realized

Activities

Assisting in the personal care and vocational care of developmentally challenged adults

Community Context

Forty people of all ages from young children to the elderly, some disabled and some not, share their lives, work and recreation in four, extended family households located on 65 acres of farmland fields, forests and wetlands. Rural setting with lots of distance from cities.

Volunteer Requirements

- An open mind, an eagerness to learn
- A sense of commitment to the residents
- A strong sense of responsibility

Volunteer Tasks

There is some work within the households (personal care of the residents, meal preparation, housekeeping as needed, etc.) and also outside the home in such activities as therapeutic gardening, Eurythmy (therapeutic dance), weaving, music, fitness activities, painting and crafts to name a few.

Host Accommodations

Private room within a household

Photos from the Lukas Community









2. Tobias Community

Individual service plan for each cared-for resident, direct care for adults with developmental disabilities and residential/day habilitation are the main goals of this community. Residents need support in their daily struggle with disabilities. The Tobias Community intertwines fun activities and daily trips to the local community for programs to go along with the daily routines of each individual. The community is licensed and certified by the State of New Hampshire. <http://www.tobiascommunity.com/>

Address

74 Birch Hill Road
Temple, NH 03084

Aims

- To improve the quality of life for handicapped people by companionship
- To provide to the volunteer the experience of a therapeutic community directed by a physician

Community Context

Tobias Community is located in rural New Hampshire near Miller State Park and the Wapack National Wildlife Refuge. The community is about an hour and a half away from Boston, Massachusetts.

Volunteer Requirements

- Basic English
- Interest in direct care, interacting with handicapped people and with house staff
- Police report from home country.
- Driver's license may help, if volunteer plans to drive own car or a car shared with others.

Volunteer Tasks

- Participates in all residential and day activities
- 45 hours of service per week (2 off days weekly), one week vacation/time off earned for every 3 months of service.

Accommodations

Lives on Tobias premises, full room & board

3. Plowshare Farm Life Sharing Community

Our mission is to serve people in need of special care, to share the archetypes of traditional farm life, both with adults and children, and to positively affect the sustainability of our planet. Plowshare Farm provides general care and guidance of persons with mental retardation, autism, seizure disorder (epilepsy), obsessive-compulsive disorder, phobias and other special needs. In addition we offer to our patrons aspects of organic farming and gardening; building and general carpentry skills; therapeutic vocational activities that include cooking, woodworking, household care, building projects, crafts, baking and farm work ; therapies, which at various times can include eurythmy, painting, music, color therapy and massage; and, participation in local community activities such as theater, concerts, shopping, excursions, sports, Special Olympics, festivals and other varied social events.

Address

32 Whitney Drive
Greenfield, NH 03047

Aims

To work with our residents (adults with developmental disabilities), co-workers, and other volunteers side by side in completing projects, with the individual needs of each person being considered in the planning of the day.

Community Context

Our community facilities include four houses, a community building, an apartment, a cabin, some out-buildings, a barn, gardens, a pond and 200 acres of fields, forest, and marshes. Our environment is quite different from an institution. As all of us live here, we are more of a home and farm, which includes people with special needs, than an institution. Residents (adults with developmental disabilities), co-workers, and volunteers work side by side in completing projects, with the individual needs of each person being considered in the planning of the day. Our year is full with a variety of activities.

Volunteer Requirements

We have found our most successful, and happiest, volunteers to be people who carry strong self-initiative. Who, after an orientation period, can see what needs to be done, and do it out of one's own initiative. We like to be light-hearted and cheerful, even as we are accomplishing tasks, and we enjoy this quality in others. The day is not all work.

- Available to volunteer August 2018 to August 2019
- Currently all positions for women are filled and we are actively recruiting for 4 male positions.

Volunteer Tasks

- Help in some of the various workshops: farming, building, gardening, baking etc
- Help with meal preparation and other household tasks

- Participation in household and community life such as daily meals, social interaction and leisure activities in the house or outdoors
- Help with fulfilling hygienic needs of the residents
- At least a couple hours of each day are filled with activities like cleaning-up after meals and housekeeping.
- Much of this work is activities, which simply must be done, like laundry, snow-shoveling, and feeding the animals.

You do not need to know how to do these things in advance, we will guide you, but it is important that you realize that these activities take a good portion of the day.

Host Accommodations

We are a rural community, the closest real town is 6 miles away, the closest city, Keene, is 30 minutes away, yet Boston, a major metropolitan hub, is about 1 ½ hours away. The seashore, a very busy and lively place during the summer, is a bit more than an hour away.



4. Camphill Soltane

Support young adults with developmental disabilities in their physical care needs, their emotional well-being, and their growth into adulthood. This is done by helping them develop life skills, identify and attain personal goals, and access opportunities for cultural and spiritual enrichment. All of these activities are done in a community setting, where people with disabilities and residential volunteers live and work together in common housing. At Camphill Soltane, we have an emphasis on cultural and spiritual life, where each person's inner journey is recognized and supported; the celebration of yearly festivals; environmental responsibility; and self-advocacy, where each person is encouraged to speak for themselves and make choices about the things that affect them.

Address

224 Nantmeal Road
Glenmoore, PA 19343

Aims of the Project

Providing continuing education and personal pathways of discovery for young adults with developmental disabilities in a vibrant community setting

Community Context

Camphill Soltane is located in a semi-rural area of Pennsylvania, a state on the East Coast of the United States. 80 people, including approximately 40 people with disabilities and 40 volunteers, live in the community. The campus is set in beautiful rolling hills amongst trees and farmland, yet within a 15-minute drive there are restaurants, shopping, theaters, and numerous cultural attractions. Philadelphia, a city of great historical importance in the U.S. and a population of 2 million, is about an hour away. Philadelphia has many museums, historical attractions, ethnic restaurants, and more. Other major cities on the East Coast are also accessible: New York City is 2 ½ hours away, and Washington, D.C. is 3 hours away.

Volunteer Requirements

- Minimum age: 20.
- Volunteers must be in good physical and emotional health, and able to speak and read English well.
- A year-long training course is provided, approximately one day per week, to help volunteers develop their professional and personal capacities for this type of work.
- Phone interview is required by program director.
- Volunteer needs to fill Camphill's own application form, reference letter and medical form.

Volunteer Tasks

- Support one or two people with disabilities in their physical care needs.
- Have an overview for the well-being of the other people with disabilities in the household in which you are a resident (5-6 people).
- Help to cook meals, clean the house, and care for common spaces in the household in which you are a resident.

- Help disabled members of your household to acquire life skills by assisting them with laundry, room care, and other basic tasks.
- Provide support in other program areas of community life, to help people with disabilities fully participate. Areas of activity include classrooms, fruit tree orchard, vegetable garden, estate work, textile studio (weavery plus sewing and design), pottery, bread bakery, food co-op, bell choir, fitness (swimming, hiking, horseback riding, skiing, etc.).
- Help people with disabilities access cultural opportunities on or off-campus.

Volunteers typically work 10 hours per day. There is little free time available. Volunteers have one free day per week, and there are 10-day breaks at Christmas and around Easter (March or April).

Host Accommodations

All volunteers live in on-campus community housing. Volunteers have a private room with a shared bath in a household of between 6-14 people. Volunteers share households with other volunteers and with people with disabilities.



Education

1. Goodland Academy

The purpose of a Goodland is to help its students attain their full potential as persons, to develop in them a capacity and passion for lifelong learning, and to prepare them for fulfilling lives of leadership and service in society by providing educational assistance for disadvantaged and neglected American youth.

Address

1216 N. 4200 Road
Hugo, Oklahoma 74743

Aims of the Project

The aim is to give tutoring and mentorship to boys (and potentially girls) in grades K-12. In 2018 there are aged 10-17 year old boys.

Community Context

Rural country setting – 390 acres

Volunteer Requirements

At least 20 years of age.

Volunteer Tasks

- Tutoring in various subjects
- Mentoring
- working with volunteer groups
- performing basic office tasks & marketing projects
- campus beautification

Host Accommodations

Housing (on campus, private room)



Environment and Agriculture

1. Natick Community Organic Farm

The Farm is a non-profit farm that raises animals organically (meat, wool, eggs); grows organic vegetables and flowers; keeps honey bees for pollination and honey; and produces maple syrup. We are also an educational farm and run programs for schools, Boy and Girl Scouts, homeschoolers, after school kids, and children in the summer. Additionally, we run the unique forest program for preschoolers, Forest Gnomes (a wald-kindergarten program).

Address

117 Eliot Street
Natick, MA 01760

Aims of the Project

Our Farm is a “classic” New England farm and has been continuously farmed for at least 300 years. Volunteers will work alongside farmers, Apprentices (teens), and local volunteers. They will learn the unique ecology of farming in New England, using modern and environmentally sustainable techniques. Additionally, volunteers will be asked to participate in our educational programming, primarily in our summer programs (mid-June through August).

Community Context

Mission Statement: The Natick Community Organic Farm is a non-profit, certified organic farm providing productive open space, farm products, and hands-on experiential education for all ages, year-round.

The word “community” is in our farm name, and we are open to the public, free of charge, everyday. We farm out in the open, and say hello to visitors every day. We look to engage with our local, regional, and greater community by hosting secondary schools, colleges, businesses, and individuals who want to volunteer. We deliver free programming to the Natick Public Schools, grades K-4.

The Farm is located in a thriving suburb 23m/37 km from Boston. We are 2.7 miles from the Natick Center train station which travels to Boston. We are surrounded by libraries, a bird sanctuary, farms, the Charles River, and numerous colleges. There are places to bike, swim, and hike in Natick and surrounding towns. Downtown Natick hosts an arts center and private performing arts high school, as well as the Natick Mall—one of the largest in New England.

Volunteer Requirements

We have an expectation of good volunteer productivity and hard work.

The Farm supplies all tools. Volunteers will need to supply all personal clothing, work gloves, boots, hats, sunscreen, water bottle, and clothing for all types of weather. New England weather is highly volatile, so be prepared and dress in layers every day.

2 Letters of Recommendation from an employer, teacher, religious leader, coach, or volunteer coordinator.

Volunteer Tasks

We ask that volunteers are flexible, open-minded, and willing to roll up their sleeves and get dirty on the Farm. We may ask that volunteers assist with home school or afterschool groups if necessary. Potential activities from March through August include:

- collecting sap from maple trees in our community;
- harvesting micro greens;
- seeding trays;
- feeding and watering animals;
- cleaning out the chicken house;
- stacking firewood;
- mulching fields;
- planting fields;
- scraping labels off syrup bottles;
- and collecting eggs.

Host Accommodations

Host Family and/or independent living in Natick or surrounding areas.

1. Woolman at Sierra Friends Center

Address

13075 Woolman Lane
Nevada City, CA 95959

Aims of the Project

Woolman's new Rising Plan is a five-year blueprint to deliver the promise of our mission. Woolman Rising offers rich educational experiences in nature through an outdoor school, camp and nonviolence leadership training. Woolman Rising calls upon the alumni, Quaker community and supporters-at-large to rally and ensure the next generation which is confronting these overwhelming challenges will be ready.

Community Context

Woolman at Sierra Friends Center sits in a stunning, expansive foothills landscape surrounded by trees and meadows. Here youth from diverse identities and geographies experience programs based on Quaker ideals for peace, justice and sustainability. They reconnect with personal values of fairness, diversity and equality in our social systems, and learn to take action to heal the planet while living in a nurturing community.

Volunteer Requirements

- Basic English
- Interest in environmental sustainability
- Ability to work independently

Volunteer Tasks

May include but not limited to:

- assisting with administrative duties, booking, and managing events
- serving as a camp counselor for high school teens
- assisting in wilderness development
- enriching campers and visitors lives through work, play, and adventure

Host Accommodations

Housing (on campus, private and rooms available)

Transportation

Exchangees are required to pay for their own air transportation within the US since placements are located throughout such a vast geographical area.

Book flights from your home to the US and domestic flights with our partners STA Travel and/or High Point Travel. Both offer discounted rates and payment plan options for convenience.

- <https://highpoint.wufoo.com/forms/united-planet/>
- <http://www.statravel.com/solutions/united-planet.htm>

United Planet, also, recommends the following websites for information on domestic flights:

- Expedia Travel www.expedia.com
- Kayak www.kayak.com
- Student Universe www.studentuniverse.com
- Travelocity www.travelocity.com
- Southwest Airlines www.southwest.com
- Jetblue www.jetblue.com

United Planet can provide assistance with booking domestic transportation if requested in advance.



Additional Transportation

Project Name	Address	Bus Ride (<i>provided by United Planet unless otherwise stated</i>)	Plane Ride*
The Lukas Community	PO Box 137 63 Memorial Highway Temple, NH 03084	1 hour Greyhound: Bus Stop, 26 Park Plaza, Boston, MA 02116 to Greyhound: Bus Stop, 8 N Southwood Dr, Nashua, NH 03063	
Tobias Community	74 Birch Hill Road, Temple, NH 03084	1 hour Greyhound: Bus Stop, 26 Park Plaza, Boston, MA 02116 to Greyhound: Bus Stop, 8 N Southwood Dr, Nashua, NH 03063	
Plowshare Farm	32 Whitney Drive Greenfield, NH 03047	2.5 hours Greyhound: Bus Stop, 26 Park Plaza, Boston, MA 02116 to 67 Main St, Keene, NH 03431	
Camphill Soltane	224 Nantmeal Rd., Glenmoore, PA 19343	10 hours \$90 Greyhound: Bus Stop, 26 Park Plaza, Boston, MA 02116 to Greyhound: Bus Stop, 63 W High St, Pottstown, PA 19464 (not provided)	1.5 hours non stop \$100
Goodland Academy	1216 N 4200 RD Hugo, Oklahoma 74743		6-7 hours w/ stops \$170
Natick Community Farm	117 Eliot Street Natick, MA 01760	None needed as the project is so near Boston in Massachusetts	
Woolman at Sierra Friends Center	13075 Woolman Lane Nevada City, CA 95959		7-8 hour non stop, about \$400

*Please keep in mind, exchangees are required to pay for their own air transportation within the US since placements are located throughout such a vast geographical area.