



35 Eallagh,
Headford,
Co. Galway.

Contact No: 00353-86-0246749

Email: info@i4life.ie [Web: www.i4life.ie]

Charity No: 19298 // Company Reg No: 481858 // CRA: 20075521

i4Life: Information on Volunteering: [NOTE:]

i4Life is a child health specialist charity which aims to help achieve a sustainable and healthy future for children under 5 by reducing disease and malnutrition in low-resource countries.

An important element of this is arranging for appropriately skilled volunteers to travel to identified low-resource countries to develop, implement & monitor overseas projects. Currently the overseas trips are in average 10 days in duration & involve groups of 4 -6 volunteers travelling together. Currently, there are 2 overseas trips planned each year.

It is equally important for i4Life to have volunteers based in Ireland who are willing to assist in activities in Ireland including administration, education programmes and fundraising.

1.0: Volunteering Overseas:

As a charity, i4Life depends entirely on the goodwill of others who are willing to give their time or money or other forms of support to us to help us achieve our aim.

i4Life Charity operates on the basis that the cost of the travel overseas is paid by the volunteer. Individual Volunteers may fundraise to cover the cost of the flights and any other donations they wish to make to the charity for Nutrition Clinics and other overseas activities. Please see the Fundraising Policy for further details.

2.0: Commitment of Volunteering Overseas:

A commitment to working overseas by the volunteer is significant. Although the medical team travels for short periods of time each trip has its own challenges and may be life changing for some volunteers. i4Life requests that any volunteer interested in travelling to consider it carefully and ensure they speak to other volunteers who have gone overseas to make an informed decision. There is an application procedure and interview process and this is in place to determine how well the volunteers' skills meet the requirements of the project overseas and to establish which overseas trip the volunteer may be suited for.

Currently i4Life is running a number of projects in a Shanty Town located in the environs of Lusaka, the capital of Zambia. The living conditions for the volunteers are basic. It is important that volunteers have a realistic expectation of what the day-to-day conditions are like.



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Consider volunteering if you:

- Have a medical, nursing or dietetic background and would like to use your skills to promote better nutrition and health of children in a low resource country;
- Would like to share your expertise to enable local volunteers and community workers to develop the skills necessary to manage child health clinics themselves;
- Are adaptable to circumstances;
- Are willing to play a part of a team under the guidance of the Leader assigned to the overseas trip.

Please give serious consideration to the following;

- Have a significant health problem;
- Are interested in spending time in Africa as a tourist;
- Have a fear/dislike of spiders or other insects, snakes and other animals;
- Are expecting the comforts of home;
- Are not willing to comply with the procedures and policies put in place by i4Life to safeguard the wellbeing of the volunteers and everyone the volunteers come in contact with during their overseas trip.

3.0: Non-Overseas Volunteers:

The work that volunteers do in Ireland to support the activities overseas are equally important. We are interesting in hearing from people who would like to volunteer in the following areas:

- Administration
- Marketing and Promotion
- Digital Media
- Accounting
- Fundraising

For further information on Volunteering, please contact:

Carmel Whiriskey

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