Volunteering Basics

This document aims to provide you with more information on our volunteering opportunities in Moldova.

Before you start your volunteering journey

*Enhanced DBS Check*
Every volunteer must complete an Enhanced DBS check, as you will be volunteering with children and vulnerable individuals. If the results of the DBS check show anything that would make it unsuitable for you to volunteer, we are unable to accept you on our volunteering program. Please note that checks can take up to 6 weeks to process. A copy of the completed check will be sent to yourself and to the charity. We would encourage you to complete your paperwork and return it to us ASAP, to get the process started, as we are unable to accept volunteers who do not have a completed and returned DBS check. Supporting documents to be sent with your DBS check can be found on this link: https://www.gov.uk/disclosure-barring-service-check/documents-the-applicant-must-provide-

*Doctors Letter*
All volunteers are required to have a letter from your doctor stating that they are fit and healthy, and have no communicable diseases before starting the project. Please email Volunteering Moldova a copy of this letter and also take the original copy with you, as the institution requires it.

*Insurance*
Each volunteer is responsible for his or her own personal travel insurance. Please ensure to let your insurer know that you will be volunteering, as some class this as ‘working’ and your policy may be void if you need to make a claim, if you do not make them aware when you purchase your policy. Volunteering Moldova requires your insurance details and policy number prior to your departure.

*The costs*
Paying to volunteer can seem a strange concept. The volunteer work is not what you are paying for, as you can see from the list below, the price covers the costs of the services we offer our volunteers in Moldova. To volunteer at the children’s orphanage is €200 (Euros) per week. To volunteer at the male disabled institution is €400 (Euros) per week.
Please note that discounts are available for stays longer than a month.

Before departure
• Pre-departure information, support and advice
• Enhanced DBS check
• A nominated Trustee in the UK to support you throughout your experience

In country
• Meet and greet at Chisinau Airport
• Airport transfers
• Orientation on arrival
• All accommodation during your stay (a shared apartment in central Chisinau)
• Daily Breakfast (Continental style)
• Internet access
• Full support and assistance from the charity representative throughout your stay in Moldova
• 24 hour emergency support number

Upon returning home
• Full debrief

What is NOT included in the cost?
• All flights
• Travel insurance
• Visas (where applicable)
• Food (snacks, lunch & dinner)
• Excursions

Payment
We ask that you pay for your trip a minimum of one (1) month prior to your arrival in Moldova. Your payment needs to be made in Euros (NOT Pounds Sterling). You will make a bank transfer directly to an account in Moldova held by our Moldovan Director. We ask that you pay all bank fees associated with the transfer of funds.

We do not take the payment in the UK, as there are many fees associated with a Euro account held here. As your stay is in Moldova and all bills are paid in Moldova, we feel it easiest to send all funds directly to Moldova. Additionally, the fees charged by the bank to the charity to transfer funds regularly to Moldova would add up quickly take away from our aim of helping the institutions.

Please note that all payments are non-refundable.

Visas
Currently visitors from the UK do not require a visa and are allowed to spend no more than 90 days in any six months period in Moldova. We are currently unable to accept volunteers who require visas to enter Moldova. Details for visa requirements can be found at the Ministry of Foreign Affairs and European Integration of the Republic of Moldova.
Getting to Moldova

Chisinau is the capital city of the Republic of Moldova, it is where the airport is located and where our volunteers are based. The airport code for Chisinau International Airport is KIV. Flying from the UK, you have several options as to how to get to Chisinau. Air Moldova and Wizz Air offer direct flights from Stansted and Luton Airport. Alternatively you can take an indirect flight from most airports in Britain with a changeover in Europe. http://www.skyscanner.net/ offers a fantastic price comparison service for flights. Alternatively if you are a bit more free spirited you can take a bus/coach across Europe to Moldova, often changing over at Bucharest, Romania.

Your stay in Moldova

On Arrival
You will be picked up at the airport by one of our representatives. They will be holding a red ‘Volunteering Moldova’ sign to identify themselves.

Accommodation
Your accommodation is a shared apartment in central Chisinau. Each volunteer will have his or her own bed, unless otherwise specified. You have several local amenities, including a supermarket (with a currency exchange service inside), a shopping centre, and several restaurants all within a 3 minute walk.

The Children’s Orphanage
The children’s orphanage we work in is the Republican Orphanage, located in Chisinau. It is a 30 minute bus ride away from the volunteer apartment. Buses run regularly (approximately every 8 minutes) and cost 2 Lei (approx. 10p) per journey. The orphanage is approximately a 10 minute walk from the bus stop.

On your first day, you will choose which group (babies, toddlers, disabled) you will work with for the week. The hours in which you will volunteer will be based on the group you work with and when they take naps.
The morning hours are 09:00 to 12:00 for all groups. The younger groups have afternoon hours of 14:00-16:00. The older and disabled groups have afternoon hours of 16:00-18:00.

Orhei Disabled Institution for Men
The disabled institution is located approximately an hours drive north of Chisinau. Transport is provided for the journey each day (this is included in the price).

On your first day, you will be allocated a group that you will be volunteering with for the week.
The morning hours are 09:00 to 12:00.
Your lunch break is between 12:00 to 14:00.
The afternoon hours are 14:00-18:00.
Spare Time

You will be volunteering Monday to Friday with the evenings and weekends free for spend as you like.

There are numerous bars and clubs, which stay open late into the evening. Chisinau has lots of great restaurants, some offering traditional Moldavian food (Placinta, mamlega, etc) and then there are lots of pizza restaurants (and even a McDonalds).

Moldova has not completely embraced the idea of tourism and the number of things to do and see are limited. There is a small selection of museums, a national theatre, cinemas, bowling alleys, shopping, swimming pools (aqua park in the summer), wineries, churches and a few lakes and parks which are great to spend time in when you’re having your well earned breaks.

The Volunteering Process

We know volunteering is exciting and can mean that the boring bits get glazed over. Whilst administration isn’t as exciting as volunteering its is important, the list bellows explains the documents and process we require from our volunteers. All volunteers follow the process below.

- Register interest in volunteering
- Receive your Volunteering Basics PDF
- Complete the Volunteer Interest Form
- Propose your dates of date
- Complete your DBS check and have it returned
- Confirm dates of travel
- Complete the Volunteer Registration Form
- Receive your Predeparture Information Pack one month prior to travel
- Send Volunteering Moldova your travel insurance documents and doctors letters prior to your travel to Moldova.
- Volunteers fly to Moldova
- Volunteering in an orphanage in Moldova
- Debrief on return to Moldova

Thank you for your interest in our charity and our volunteering experiences. We appreciate that volunteers make our charity and its through their passion and dedication that we are able to make a difference.

You may decide that volunteering in Moldova is not for you and that’s fine, there are other ways to volunteer with us. We are always looking for people who can be advocates and raise awareness of what we do, who can fundraise or even collect items which may be of use in the institutions.

Thank you again for your interest and we look forward to making a difference with you.