

Colombia

DREAM CENTER CARTAGENA

COMMUNITY
SOCIAL PROJECT

INTERCULTURAL
EXPERIENCES

CREATING A
BRIGHTER FUTURE



My Way ENCOUNTER



CARTAGENA

LA BOQUILLA IS..

a neighborhood in Cartagena where luxury hotels and apartments coexist with communities that have long been overlooked. Fishing is a lifeline here, but local residents are working hard to build a brighter future through some exciting projects.



Caragena,
Colombia



Minimum
3 Weeks



Basic/Medium
Spanish Needed



1° Time
Volunteer

18+

minimun 18
years old

GENERAL PROJECT INFORMATION

Explore La Boquilla: A Unique Volunteering Experience

Discover the vibrant contrasts of La Boquilla, a neighborhood in Cartagena where luxury hotels and apartments coexist with communities that have long been overlooked. Fishing is a lifeline here, but local residents are working hard to build a brighter future through some exciting projects.

Dive into the Music and Dance Project, where you'll bring cultural heritage to life and offer youth and residents a creative outlet. Through music and dance, everyone finds joy and unity, overcoming challenges together. In the Environmental Project, you'll work alongside local fishers to clean up mangroves and beaches and plant new mangroves. This project is crucial for protecting the ecosystem and supporting the livelihoods of those reliant on marine resources.

Get involved in the Sports Project to promote healthy lifestyles and foster community spirit through sports. You'll help build teamwork and discipline among participants of all ages, creating a strong sense of unity. The Women Empowerment Project focuses on empowering local women with skills training and opportunities for economic independence, paving the way for greater gender equality and social inclusion.

If you have unique skills or passions, our friendly volunteer coordinator, fluent in English and German, is ready to help you create a personalized project. Whether you're into arts, education, technology, or something else, your contributions can make a real impact. Come join us and be part of this incredible journey in La Boquilla!



WHAT IS INCLUDED



PRE-DEPARTURE ONLINE ORIENTATION

DONATION TO THE PROJECT

ONSITE ORIENTATION MEETING

DEDICATED LOCAL SUPPORT FROM A
VOLUNTEER COORDINATOR

20 NIGHTS ACCOMMODATION IN A HOMESTAY
WITH A PRIVATE SPACE (KITCHEN AND LIVING
ROOM)

ONE SURPRISE ACTIVITY

WHAT IS NOT INCLUDED

- MEALS THAT ARE NOT MENTIONED
- MEDICAL INSURANCE (MANDATORY TO CONFIRM THE RESERVATION)
- TRANSFER FROM CARTAGENA AIRPORT TO THE ACCOMMODATION (CAN BE INCLUDED UPON REQUEST)
- TRANSFER TO THE AIRPORT IN CARTAGENA ON THE LAST DAY (CAN BE INCLUDED UPON REQUEST)
- PERSONAL EXPENSES

WHAT TO CONSIDER



- **Arrival Airport:** Cartagena (CTG)
- **Location:** Cartagena, La Boquilla
- **Work Starts: Mondays;** you need to be in La Boquilla the Sunday before and ends on Saturday
- **Longer Stays:** Available upon request; bear in mind that the valid time for the volunteer visa is 3 months
- **Availability:** Year-round, except for projects working with kids, which close during school holidays. The dates are:
 - **December:** All schools close from the 24th until January 6th
 - **Easter:** Dates to be confirmed each year
 - **Summer:** From the last week of June to the second week of September
 - **Other National Holidays:** Please refer to the holidays calendar
- **Maximum Volunteers:** 4 volunteers at a time (more volunteers possible upon request)
- **Spanish Level:** Basic to medium level of Spanish is needed to respond to some tasks and interact with locals
- **Insurance:** Travel/health insurance is highly recommended
- **Weekly Budget:** We recommend \$90 USD for meals, tours, and motor taxis (a cool experience) to get to the projects. Each way costs between COP 2,000 and COP 3,000, less than a dollar. All projects are located 10-20 minutes' walk from the accommodation
- **Physical Demands:** Work can be physically and/or psychologically demanding. Volunteers should be disciplined, responsible, self-motivated, hardworking, flexible, patient, and proactive
- **Additional Insurance:** To work in projects with kids, you should have insurance against risks and accidents. This can be purchased locally with your project coordinator, and the price is around \$1 USD per day
- **Requirements:** A police record and a motivation letter are required

VOLUNTEER ACTIVITIES



Here's a glimpse of the exciting opportunities you can get involved in:

- **Music and Dance Project:** Join drumming workshops, explore African heritage, and collaborate with community leaders during parades and Cabildos. Help craft traditional drums and contribute to preserving cultural heritage.
- **Women Empowerment Project:** Participate in the Coconut Workshop, manage social media for selling coconut products, and create handmade items like bracelets, earrings, and bags.
- **Center for Stray Dogs and Cats:** Support animal care by washing and feeding the animals, assist with adoption processes, and raise awareness through socialization and talks.
- **Environmental Project:** Engage in plastic clean-up efforts, mangrove planting, and recycling activities to promote environmental sustainability.
- **Sports Project:** Get involved in local sports activities such as football, yoga, and Zumba classes, and share your passion for sports with the community.
- **Youth Rehabilitation and Restoration:** Promote awareness and prevention of psychoactive substances, support parent development schools, and organize craft workshops and games for children and young people.
- **Children of the Church Project:** Help prepare and distribute meals for children and offer educational support through English, music, art, drama, and sports activities.
- **Life Center for Elderly People:** Contribute to health days by organizing visits from doctors and physiotherapists, and participate in social activities like domino games, breakfasts, lunches, walks, reading sessions, and talks.



**EACH PROJECT OFFERS A UNIQUE CHANCE TO USE YOUR SKILLS AND MAKE A
MEANINGFUL DIFFERENCE IN THE LA BOQUILLA COMMUNITY!**

A TYPICAL DAY AS A VOLUNTEER

When you arrive in Cartagena, take a taxi to La Boquilla, which is about a 15-minute drive from the city center. Once you've settled into your new home, you can enjoy the beach life and explore the vibrant neighborhood.

On Monday morning, you'll have an introduction session with our volunteer coordinator. They will explain everything you need to know about La Boquilla and discuss your work schedule for the first week. The coordinator will indicate where your skills will be most valuable, and of course, any ideas you have are always welcome!

For the rest of the week, you will assist with the designated projects. The Project Coordinator will arrange your work schedule based on your interests and availability, allowing you to work 4, 6, or 8 hours per day from Monday to Friday. Weekends and national holidays (if any occur during your stay) are free for you to explore or relax. Additionally, a surprise activity will be planned for you; the coordinator will provide the details.



WHAT TO DO IN YOUR FREE TIME

During your free time in La Boquilla, you can relax on the beach, explore Cartagena's historic old center on your own, or indulge in some optional activities:

- **City Tour by Bike:** Discover Cartagena's historical center (the walled city) and Getsemaní on a guided bicycle tour. It's a great way to see the city's vibrant culture and stunning architecture.
- **Visit the Rosario Islands:** Just 100 km off the coast of Cartagena, the Rosario Islands archipelago consists of about 28 islands in the Caribbean Sea. Spend a day on one of these islands, relaxing on white sand beaches, swimming in crystal-clear waters, and enjoying a Caribbean-flavored lunch.
- **Explore the bay of Cartagena:** Experience the warm, calm waters of Cartagena Bay with a breathtaking sunset cruise. Enjoy the stunning night views over the downtown area and the historic city center, all while sipping a cocktail and soaking in the Caribbean breeze.
- **Kitesurf in La Boquilla:** On Kite Beach, you can learn kitesurfing, SUP, windsurfing, or surfing with our kite school staff. Lessons are available in private or group settings. If you're already skilled, you can rent the necessary equipment from the school.
- **Street Food Tour in the Old Center:** This 2-hour tour lets you experience the authentic flavors of Cartagena. Street vendors will fill your belly with delicious local delicacies while warming your heart with their hospitality.

YOU CAN BOOK ANY OF THESE OPTIONAL ACTIVITIES ON THE SPOT WITH YOUR PROJECT COORDINATOR.

TIP: TAXIS FROM LA BOQUILLA TO THE OLD CENTER COST AROUND COP 25,000 (APPROXIMATELY USD 6).

THE ACCOMMO DATION



In La Boquilla, you have two accommodation options to choose from. The first is an apartment within the Project Coordinator's house. This place has a kitchen, living room, air conditioning, WiFi, shared bathrooms, and a terrace. Plus, it's just a 2-minute walk from the beach, so you'll have easy access to the sea whenever you want.

Alternatively, you can opt for a nearby hostel. This option gives you a bit more flexibility and a different atmosphere. You can check out local restaurants for your meals or use the hostel's facilities to cook for yourself. It's only a 10-20 minute walk to the project sites, or you can take a motor taxi ride for about USD \$0.60, which adds a bit of local flavor to your commute.

ABOUT CARTAGENA

Cartagena is a city overflowing with romance and history!



Its streets echo tales from the time when Spanish explorers first unearthed gold in the tombs of the Sinu people. The city has weathered five dramatic sieges by pirates in the 16th century, including the famous (or infamous) raid led by Sir Francis Drake. Today, Cartagena invites you to wander its charming streets and soak up its laid-back, sensual vibe.

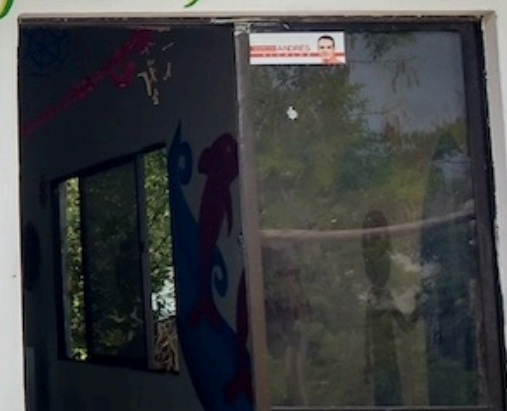
Just a short distance away, La Boquilla offers a unique slice of local life. This community of Afro-descendants, primarily engaged in tourism and fishing, sits at the "entrance" of the Ciénaga de la Virgen. Here, you can experience a different side of Cartagena's culture and traditions. With an average temperature of around 27°C, Cartagena and La Boquilla are perfect for beach outings and outdoor adventures all year round.

WHAT TO BRING

- A small backpack to carry around your personal belongings
- Comfortable clothing (shorts, T-shirts, shirts)
- Flip-flops or sandals
- Tennis shoes for various activities
- A hat for sun protection
- Sunscreen with a minimum factor of 50
- A towel for beach and pool use
- A bathing suit for swimming
- Sunglasses to protect your eyes
- Insect repellent to keep bugs at bay
- Power converter for 110v sockets
- Travel documents (passport, copy of medical insurance, personal medication information)

Please remember to bring enough of your own medications for the entire duration of your stay in Cartagena and La Boquilla. While pharmacies are available, having your personal prescriptions with you is essential.

Grupo Organizado del Adulto Mayor de punta Arenas





VOLUNTEERING

Volunteering is an exciting journey to personal growth and self-discovery. When you dive into mindfulness volunteering, it's not just about helping others—it's about exploring, learning, and really understanding yourself and the world. It's all about staying open-minded, living in the moment, and being tuned in to what's happening around you.

Mindfulness practices aren't just for yoga class—they're about developing a mindset that boosts both your personal and professional life. They help you accept things you can't control and build up your own trust. Plus, they teach you to be generous and thankful for every bit of life's goodness.

Remember, changing the world starts with changing yourself. So jump in and see where this journey takes you!

You cannot change the world if you don't change yourself



Colombia
LA BOQUILLA

CONTACT US

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