

SAMPLE JAMAICAN SELF-HELP TRIP SCHEDULE (TENTATIVE, SUBJECT TO CHANGE)

DATE	ACTIVITY
Thursday January 5	Arrive in Jamaica – settle in at hotel Orientation session to Jamaica with guest speaker – theme: Jamaican culture, politics & history
Friday	Tour of Two JSH inner-city projects, including guest speaker – community development challenges & responses
Saturday	Tour of Kingston and area – stop at Art Gallery, Market, old Port Royal Theatre Evening
Sunday	Optional Church service (cross cultural experience) Hike in the Blue Mountains, Visit to Botanical Gardens, local beach Preparation session for volunteer placements
Monday	Volunteer placements, Guest speaker in evening – theme: education
Tuesday	Volunteer placements, Guest speaker in evening – theme: crime & violence
Wednesday	Volunteer placements, Guest speaker in evening – theme: health & gender
Thursday	Meetings with other Jamaican organizations (eg. Jamaicans for Justice, Women’s Media Watch), Canadian High Commission in Jamaica
Friday	Trip to north coast – stay at mountain lodge – guest speaker on Jamaica & agriculture
Saturday	Trip back to Kingston via Ocho Rios – stop at Market, Dunn’s River Falls Farewell Dinner
Sunday	Departure back to Canada

SAMPLE PLACEMENTS

Jamaican Self-Help works with seven partner organizations and schools in Jamaica. We will do our best to match your interests and skills with a placement. Because JSH programmes focus on education, youth and leadership development, many of the volunteer opportunities reflect this mandate. However, there are also opportunities to help in other practical ways, such as refurbishing a library space at a school, cleaning and painting playground areas, etc.

Here are three possible sites for your volunteer placement:

TAVARES GARDENS PRIMARY SCHOOL – located in an inner-city community, this school has approximately 250 students from Grades 1-6. The school has had very little outside intervention and JSH now supports its literacy classes, sports and music, and parenting outreach programme.

Possible volunteer placements include: remedial reading assistance; basic computer skills; sports or music activities.

ST. MARGARET'S HUMAN RESOURCES CENTRE – one of 5 community-based centres operated by St. Patrick's Foundation, this Centre offers approximately 300 youth aged 14-25 various programmes including academic upgrading for high school students, vocational training in woodworking, electrical and sewing, life skills training and counselling, parental outreach and support, and a library for students and community members.

Possible volunteer placements include: reading/homework assistance; classes in one of the vocational skill areas.

S-CORNER CLINIC & COMMUNITY DEVELOPMENT ORGANIZATION – this grassroots community centre focuses its programmes on at-risk youth in the community through academic upgrading classes for children and young adults at different neighbourhood centres, recreational activities for youth (such as soccer games or street parties), health workshops for community members, and a basic medical clinic.

Possible volunteer placements include: reading/homework assistance; youth programmes; assistance in the clinic.