



2025 - 2026



WORK PROFILE PERÚ

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Milena - Switzerland

WELCOME LETTER

Welcome to Peru, volunteers from around the world!

It is an honor to welcome you to Peru, a country rich in history, culture, and opportunities to make a meaningful impact. Through our social projects, we invite you to discover the wealth of this land as we work together for a more just and compassionate world.

The association "Life and Volunteering" promotes initiatives in various areas, providing support to communities facing significant challenges. Among the populations we work with are families with children undergoing cancer treatment, girls and adolescents in rehabilitation from drug use, as well as cultural, artistic, and environmental projects.

Your commitment and energy are essential for these projects to continue growing and transforming lives. Additionally, during your stay, you will have the opportunity to experience the vibrant Peruvian culture, enjoy its exquisite cuisine, and feel the warmth of its people.

Thank you for being part of the change. We are excited to share this experience with you and see all that we can achieve together.

With gratitude and enthusiasm,

The Life and Volunteering Team

LIMA



Julia - Germany

Lima, known as the "City of Kings," is a city rich in history and culture. Its colonial heritage is complemented by a modern and vibrant lifestyle, with streets that tell stories through ancient mansions, iconic plazas, and colorful neighborhoods filled with art and tradition.

Beyond its historical richness, Lima is famous for its incredible cuisine, considered one of the best in the world. From classic ceviche to anticuchos, each dish is an explosion of flavors. Here, food not only nourishes but also brings people together and creates unforgettable moments.

But Lima is much more than its history and cuisine. It is a city of solidarity, where volunteers from around the world find opportunities to help, learn, discover new realities, and leave a mark on those who need it most.

WELCOME TO THIS GREAT ADVENTURE!

TYPES OF PROJECTS



**Administration and
Communication**



Family



**Childhood /
Education**



Art and Culture



Environment



Food



Basic Needs



**Gender and Human
Rights**



**Health and Well-
being**

KEYWORDS

To understand the types of programs:

LT:

Long Term

ST:

Short Term

WW:

Weltwärts
Program:

A photograph of three young children with vibrant, colorful face paint. In the foreground, a child with short brown hair has a large, stylized blue and yellow flower on their cheek. Behind them, another child with blonde hair has a green and pink design on their forehead. To the right, a third child with dark hair is smiling broadly. They are all wearing casual clothing, and the background is a plain, light-colored wall.

OUR PROJECTS

Albergue Inspira



Program: LT / ST / WW



Project: Childhood, adolescence, and care for at-risk populations.

Location: Santiago de Surco, Lima.

Community Context:

Santiago de Surco is located in the center of Lima. It is a quiet district, and citizen security is one of its main attractions.

Accommodation Situation:

Host Family

Project Objective:

Provide a safe space for children and adolescents in Lima who require cancer treatment, burn care, cerebral palsy therapy, or therapies for Down syndrome.

Tu historia nos INSPIRA



Lucie- Alemania

Project Activities

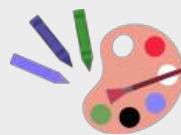
Inspira Shelter provides a safe space for children and adolescents in Lima who require medical treatment. Most come from rural areas or indigenous communities. During their stay, they and their caregivers receive accommodation, meals, and access to workshops. Additionally, the project helps caregivers adapt to city life while the beneficiaries undergo their treatment.



Requirements for Volunteers



Basic Spanish speaking
(optional)



Artistic skills
(optional)



Must be a selfless and
organized person

Volunteer Tasks

- Administrative assistance
- Warehouse management
- Donations handling
- Childcare
- Organization of outdoor workshops
- Food preparation
- Social media promotion
- Development of personal projects within the house, according to motivation



John, Lucie - Germany

Asociación Mundo Libre



Program: LT / ST / WW



Project: Shelter center for boys and girls.

Location: Pachacamac, Lima - Perú.

Community Context:

The project is located in a rural area southeast of Lima, about an hour from the city center.

Accommodation Situation:

Project and Host Family

Project Objective:

Provide a safe environment for children and adolescents who have experienced homelessness or violent surroundings. Its mission is to restore their dignity and values, lost due to violence, drug abuse, or exploitation, so they can reintegrate into society with hope and new opportunities.



Project Activities

Psychological therapy sessions, academic workshops, healthcare assistance, and spirituality centers. The project supports more than forty children between the ages of 9 and 17.



Requirements for Volunteers



Intermediate level of Spanish



18 years old



Experience working with children. Artistic skills are valued

Volunteer Tasks

- Support in health, administration, and social work
- Training to carry out their duties
- Assignment to a specific area according to their skills
- Greater responsibility as the project progresses
- Adaptation to required needs and activities



Casa Ronald McDonald Perú



Program: LT / ST / WW



Project: Risk, Health, and Education in Childhood and Adolescence

Location: This project includes two houses:

- Ronald McDonald House – Essalud (Jesús María District)
- Ronald McDonald House – Conjuntos (Surco District)

Community Context:

Santiago de Surco and Jesús María are urban districts located in central Lima, both known for being calm and peaceful areas.

Housing Situation:

Host family

Project Objective:

To provide a safe environment for children and adolescents from rural areas who come to Lima to receive medical treatments (such as oncology cases, heart conditions, or complex illnesses).



Merle - Germany

Project Activities

Provides a home for those who have no place to stay while receiving treatment. Here, children and their companions can rest, have access to meals, and participate in workshops in a safe and welcoming environment.



Requirements for Volunteers



Basic knowledge of the Spanish language



The volunteer must be proactive and organized.



Experience with children and teamwork.

Volunteer Tasks

- Collaborate with household tasks within the community or institution.
- Participate in locally organized social events.
- Support educational workshops aimed at children, youth, or families.
- Assist in food preparation and kitchen duties.
- Manage and organize received donations.
- Provide care and companionship to children and families.
- Plan and carry out recreational activities for beneficiaries.
- Support the logistics and execution of workshops and community events.



Celine y David - Switzerland and Peru

Ciudad de los Niños de la Inmaculada



Program: LT / ST



Keyko - Peru

Project: Shelter for children, adolescents, and young people in situations of vulnerability, social risk, and poverty.

Location: San Juan de Miraflores, Lima

Community Context:

The City of the Children is located in San Juan de Miraflores, a district made up of families living in poverty.

Housing Situation:

Shared Accommodation

Project Objective:

To provide comprehensive care to children, adolescents, and young people in situations of vulnerability and social risk by offering education, training, housing, food, social, psychological, and spiritual support to improve their quality of life and promote their holistic development.

Project Activities

Regular activities include identifying the individual needs of the children and adolescents at CDLN to strengthen personalized support, as well as detecting and intervening in cases involving socio-emotional issues. Health promotion and prevention campaigns are also carried out, along with the implementation of educational, recreational, and psycho-pedagogical programs that promote values and contribute to the comprehensive development of the beneficiaries.



Requirements for Volunteers



Good knowledge of the Spanish language



Enthusiasm for working with children and adolescents



Teamwork

Volunteer Tasks

- Accompany the children throughout their daily routines.
- Help with school homework.
- Assist in the kitchen: wash dishes, cutlery, cups, etc.
- Clean the children's house (note: there are many cleaning duties).
- Accompany the children during Catholic mass and worship.
- Play and do sports with the children.
- Lead small projects.



Fiesta Internacional de Teatro En Calles Abiertas (FITECA)



Program: LT / ST



Project: Use art to reclaim the history and identity of neighborhoods.

Location: Av. Miraflores Comas, Perú

Community Context:

The neighborhood of La Balanza is located in the district of Comas, in northern Lima. It is an emblematic area known for its history of community struggle and strong cultural identity.

Housing Situation:

Host Family

Project Objective:

They aim to strengthen the bond between art and community by promoting creative and reflective actions that foster a critical citizenship and encourage social change in neighborhoods throughout Peru.



Project Activities:

They offer art workshops for children, youth, and adults from the neighborhoods, providing access to art as a tool for personal development, civic engagement, and social transformation. FITECA has brought together national and international artists. This festival serves as a space for intercultural and solidarity-based exchange, bringing together residents, grassroots organizations, local authorities, and volunteers from around the world.



Requirements for Volunteers



Experience in visual arts



Stage setup skills



Social media management and graphic design skills

Volunteer Tasks:

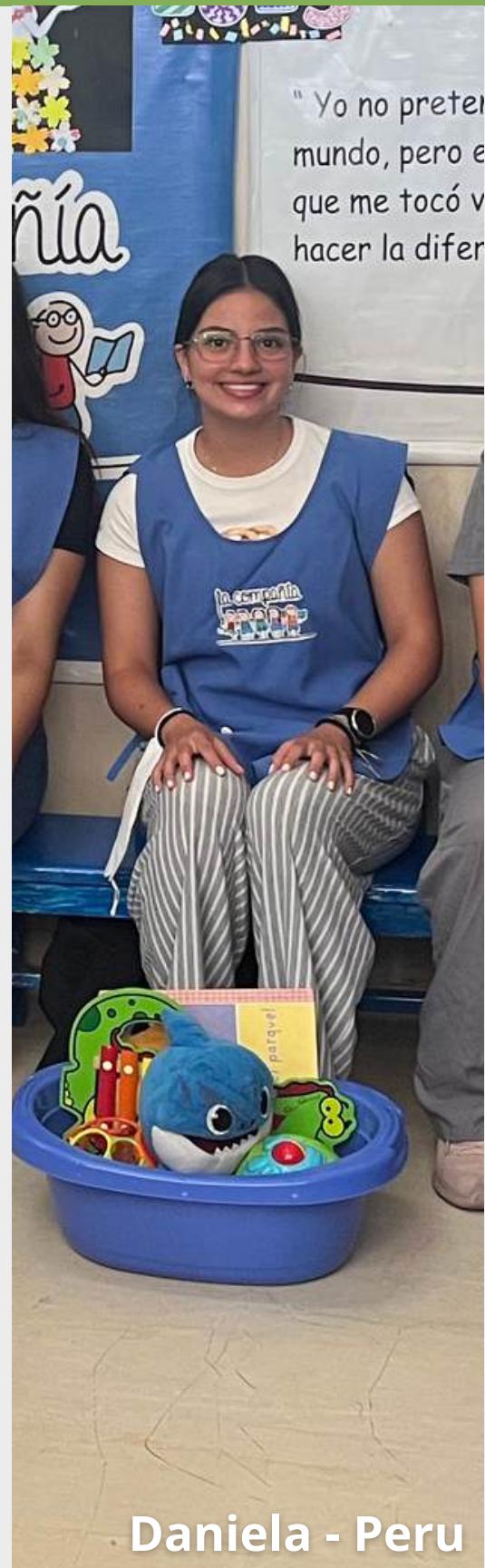
- Actively participate in all stages of the artistic and community process.
- Demonstrate commitment, creativity, and willingness to work as part of a team.
- Provide practical solutions during the development of activities.
- Contribute their talents to the execution of artistic proposals.
- Support stage setups and community interventions.



La Compañía



Program: LT / ST



Daniela - Peru

Project: Education, social support, childhood, and adolescence

Location: Jesús María, Lima - Perú

Community Context:

The project is located in a rural area, in one of the districts in central Lima.

Housing Situation:

Host Family

Project Objective:

Offer educational and recreational workshops to hospitalized children and adolescents or those in intensive care. The goal is to help them continue studying, smiling, and learning.



Project Activities

The organization is conducting educational workshops for children in the hospital. Additionally, they are preparing workshops so that the children can participate in recreational activities during their stay there.



Requirements for Volunteers



The volunteer must be at least 18 years old.



Be willing to work in different environments



Comply with biosafety measures.

Volunteer Tasks

- Work directly with children, medical staff, nurses, families, and the local team. Receive prior training to understand the environment and project dynamics.
- Design and conduct their own workshops for groups of 6 to 12 children.
- Actively collaborate with the team in supporting and caring for the children.



La Lombriz Feliz



Program: LT / ST / WW



Project: Environmental Culture, Urban Solid Waste, and Healthy Communities

Location: San Juan de Lurigancho

Community Context:

La Lombriz Feliz is located in the district of San Juan de Lurigancho (SJL), in the human settlements of 1° de Mayo, a particularly disadvantaged area in the marginal zones of Lima's eastern cone.

Housing Situation:

Host Family

Project Objective:

Promote environmental protection and sustainable development in the district of San Juan de Lurigancho through the implementation of projects focused on proper solid waste management and the creation of productive spaces such as organic composting plants.



Project Activities

The activities focus on proper solid waste management, the production of organic compost, vegetables, and recycled crafts, as well as the implementation of reforestation campaigns with community support. Additionally, environmental education is promoted through workshops and guided tours, thus fostering a circular economy in local communities.



Requirements for Volunteers



Good knowledge of the Spanish language.



Basic knowledge of agroecology.



Knowledge of social media.

Volunteer Tasks

- Support the visitor guide and facilitate experience exchanges. Assist trainers and help prepare educational materials.
- Collaborate in the composting and vermiculture process.
- Support the maintenance of the orchard and forest nursery.
- Care for and maintain the ornamental nursery.



Pantanos de Villa



Programa: LT / ST

Project: Environmental commitment, environmental education, and biodiversity.

Location: Chorrillos, Lima

Community Context:

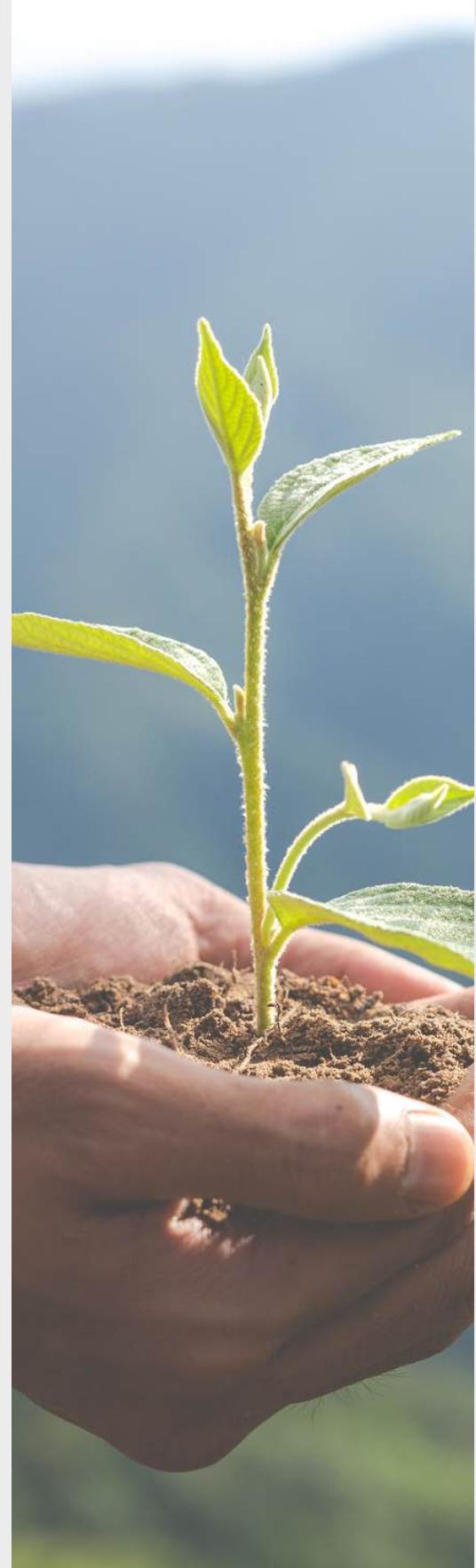
Pantanos de Villa Wetland is a protected natural ecosystem located in the district of Chorrillos, in the southern area of Metropolitan Lima, Peru. It is an outdoor natural environment, surrounded by flora and fauna characteristic of the wetland.

Housing Situation:

Host Family

Project Objective:

Strengthen the environmental commitment of volunteers through their active participation in conservation, awareness, and environmental education activities, promoting the protection of the Pantanos de Villa Wetland and the understanding of its unique biodiversity.





Project Activities

Volunteers participate in various activities such as guiding local and foreign visitors through the Pantanos de Villa Wetland circuits, assisting specialists in monitoring and data collection, and carrying out socio-environmental awareness actions.



Requirements for Volunteers



Enjoyment of working in an outdoor natural environment.



Active participation.



Commitment and interest in environmental conservation.

Volunteer Tasks

- Guide local and foreign visitors through the wetland circuits.
- Assist specialists in data collection.
- Participate in socio-environmental awareness activities.
- Support playful and artistic activations related to environmental education.
- Conduct bird censuses and learn about the species present in the wetland.
- Analyze and identify biodiversity, including local flora and fauna



Shari Wasi



Program: LT / ST / WW



Melanie - Germany

Project: Risk, health, and education in childhood and adolescence.

Location: Barrios Altos, which is an area of the Lima Centro district.

Housing Situation:

Project

Project Objective:

Provide a safe refuge for children and families arriving in Lima in search of medical care for severe illnesses such as cancer, organ transplants, or terminal conditions.



Project Activities

Provide a place where beneficiaries receive food and accommodation, as well as recreational activities, workshops, school support, and more.



Requirements for Volunteers



Basic knowledge of the Spanish language.



Volunteers should be proactive, empathetic, creative, and have basic computer skills.

Volunteer Tasks:

- Support in daily household activities: cooking, cleaning, and caring for children and families.
- Collaboration in administrative tasks.
- Management and support in social media.
- Participation in educational workshops.
- Organization and implementation of recreational activities for children and parents.



Súper Learner



Program: LT / ST / WW



Project: Education, disability, childhood, and youth.

Location: Distrito de San Juan de Miraflores
en la zona de Pamplona Alto

Housing Situation:

Host Family

Project Objective:

Improve the quality of life of children living in vulnerable environments through education.



Project Activities

Superlearner complements the local educational system by offering free extracurricular activities for children and teenagers.



Requirements for Volunteers



High motivation, openness to new cultures and traditions, and willingness to work in a team.



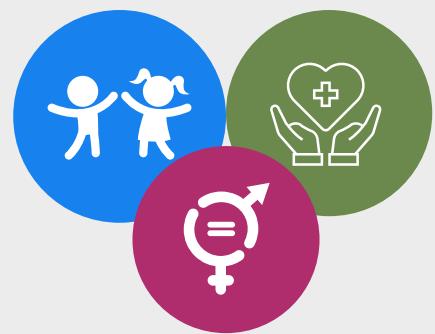
Empathy, active listening skills, and assertive communication

Volunteer Tasks.

- Support educational activities and assist in preparing materials.
- Organize the classroom and provide assistance to the teacher.
- Lead classes and manage groups of children based on individual comfort level.
- Gradually take on responsibilities within the classroom.
- Collaborate in communication efforts and promote initiatives.
- Participate in the creation of multimedia content.



TECHO Perú



Program: LT / ST / WW

Project: Education, social support, childhood, adolescence and construction projects.

Location: San Isidro, Lima - Perú

Community Context:

The project is located in a rural area, in one of the central districts of Lima, but a lot of the work is outside the office in the outskirts of Lima.

Housing Situation:

Host Family

Project Objective:

Reduce extreme poverty through transitional housing and community projects, strengthening organization, access to rights, and basic infrastructure in vulnerable communities.





Project Activities

The activities focus on building transitional housing, implementing educational and training projects, promoting community organization, and facilitating access to basic infrastructure to improve living conditions in vulnerable communities.



Requirements for Volunteers



Commitment and motivation to work with vulnerable groups.



Empathy towards the people being served



Let me know if you need any modifications or additional details!

Volunteer Tasks.

- Office work (managing data, excel, designing and printing manuals and instruction papers)
- Prepare Construction Work (help with buying materials, organize tools and prepare toolboxes, wood cutting etc.)
- Construction work (working with tools, projects of usually one day but up to 3 days, working in a team with the goal of leading a team the next time and teaching the progress of the project.)
- Helping out in events, en example education/workshop events from the project.



VIVOL - Perú



Program: LT / ST / WW



Proyecto: Education, social support, and communication.

Location: Lince, Lima - Perú

Community Context:

The work is mainly carried out in Lince, in central Lima. Additionally, volunteers will need to travel to low-income communities.

Housing Situation:

Host Family

Project Objective:

Establish an association that promotes alternative and experiential learning processes through international exchanges, fostering in young people and civil society a worldview based on equality, equity, and awareness of individual impact on community well-being.



Project Activities

Throughout the year, VIVOL will participate in 3 to 4 social projects, such as fairs, campaigns, training sessions, and workshops. Volunteers will assist in their implementation, monitoring, and reporting.



Requirements for Volunteers



Proactive and responsible
volunteers



That they enjoy social media



We value social and leadership
skills

Volunteer Tasks

- Perform daily administrative tasks in the office.
- Support the entry and exit department.
- Prepare documents and evaluations.
- Organize camps.
- Assist in project-related visits.
- Gather audiovisual material, such as photos and videos of activities.





CALLAO

Callao is the most important port in Peru. Its proximity to the sea, along with its fortresses, plazas, and lively neighborhoods, makes it a place full of history and culture. Here, you can find iconic sites such as the Fortaleza del Real Felipe, a witness to great battles and legends.

Places like "La Punta" and "Callao Monumental" are favorite destinations full of energy, vibrant street art, and cultural festivals that create a unique and unforgettable atmosphere. It is the perfect place to discover local talent and feel the energy of its people.

But this destination is also a space for community and solidarity. Numerous social projects work with children, young people, and families seeking to improve their quality of life. Here, you will have the opportunity to join initiatives that create a real impact.

**COME AND BE PART OF THE CHANGE IN THIS PORT
FULL OF HISTORY AND OPPORTUNITIES!**

Comunidad Sagrada Familia



Program: LT / ST / WW



Project: Education and healthcare for at-risk populations, with an emphasis on children and adolescents.

Location: Ventanilla - Callao (2 hours from Lima)

Community Context:

Ventanilla is located in the north of Callao in a more quiet part of the district. While it used to be a children in danger community only, today, it also functions as a boarding school for children from various regions of Peru.

Housing Situation:

Live with the children in the community city, volunteer apartment, and host family.

Project aims

The project is a community city that supports abandoned or at-risk minors. The community provides a safe environment where children have access to healthcare, education, housing, and food.

Comunidad de Niños "Sagrada Familia"



Project Activities

Children have access to a school, a health center, apartments, and more. Resident children receive these services, while non-resident children attend school for education. The community houses around two hundred children and extends its services to approximately 1000 non-resident children.



Requirements for Volunteers



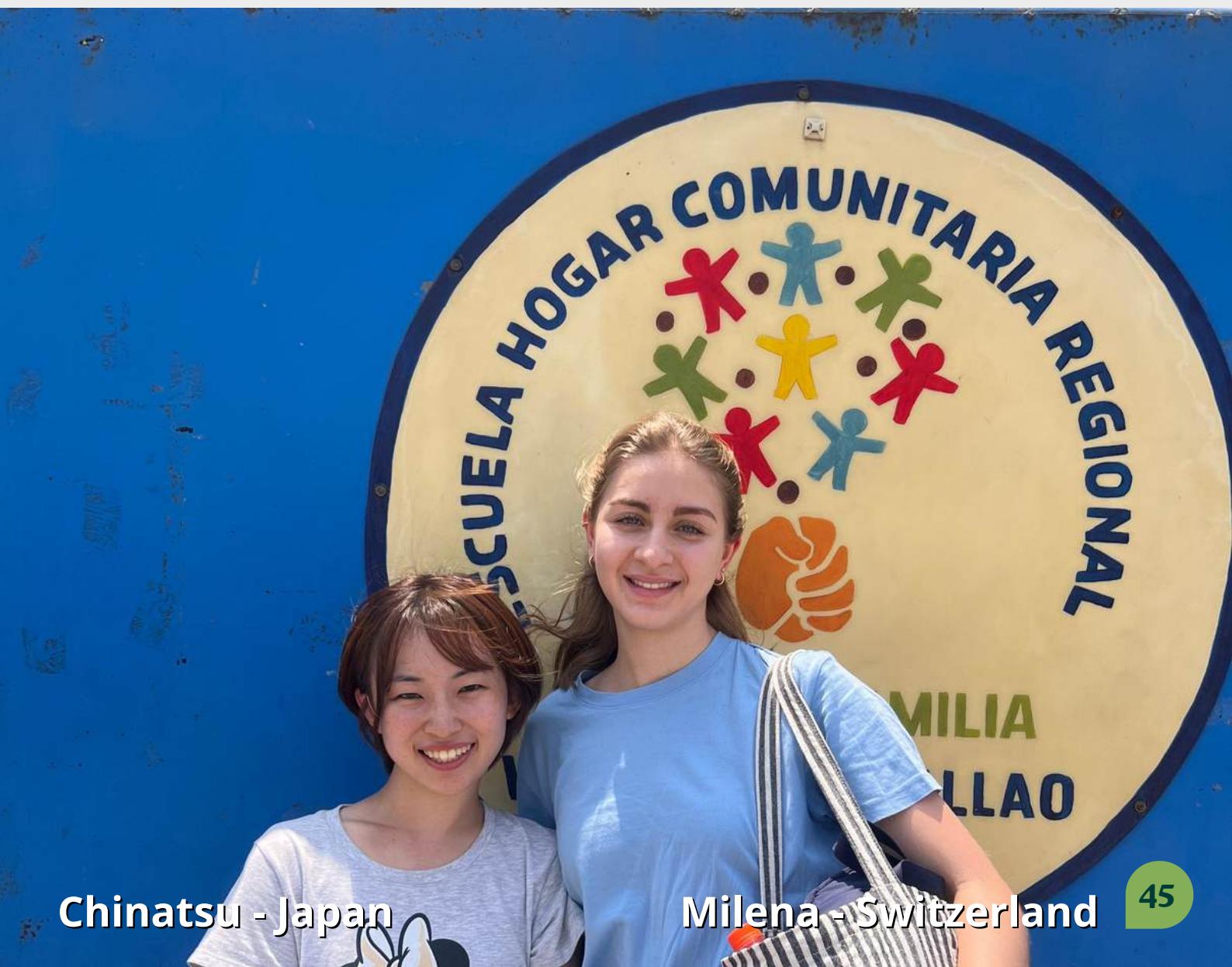
Basic knowledge of the Spanish language and Good English skills desired



The volunteer must be willing to live in a community environment and share spaces with the children or other volunteers.

Possible Volunteer Tasks

- Participation in teaching and educational support.
- Afternoon care for the resident children.
- Support of the resident children's tutors
- Social work with communities.
- Support in artistic and sports activities.
- Collaboration in administrative management.
- Assistance in construction and community maintenance projects.
- Participation in technical workshops (music, carpentry, mechanics, bakery, sewing).



Chinatsu - Japan

Milena - Switzerland

Banco de Alimentos Perú



Program: LT / ST



Project: Food rescue and development of initiatives in communities.

Location: Paseo de la República, San Isidro, Lima y Minka

Community Context:

The collection point at CC. Minka is located in the market. There, volunteers interact with various vendors who run grocery, vegetable, fruit, meat, and other types of shops.

Project Objective:

To raise awareness among vendors about the value of food rescue and to strengthen the social impact of this practice through the collection of food suitable for consumption and support for beneficiary social organizations.



Project Activities

Raise awareness among vendors about the importance of food rescue and the positive impact this practice has on social organizations such as community kitchens, communal pots, shelters, and other entities that serve vulnerable populations.

Through the collection of food that is still in good condition, the goal is to reduce waste and redirect these resources to those who need them most.



Requirements for Volunteers



Have health and/or accident insurance



Be in good health (physical effort is required).



Be responsible, proactive, empathetic, and flexible.

Volunteer Tasks

- Raise awareness among vendors about the importance of food rescue and its impact on social organizations such as community kitchens, communal pots, and shelters.
- Engage in dialogue with vendors to encourage their participation in food donations.
- Receive and transport donated food to the Peru Food Bank (BAP) collection point.
- Sort and classify rescued food according to its condition and type.
- Organize the food to facilitate its subsequent delivery to the social organizations that are part of the BAP network.



Peru is waiting for you!





ViVOL

For more information:



www.vidayvoluntariado.org



@vivol_peru



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