

See the World while Making a Difference



www.CrossContinental.org

**Cross-Continental Solutions Inc.
Email: info@crosscontinental.org**

(Federally Registered & VeriSign Trusted)

**We offer Volunteer Abroad, Intern Abroad,
Culture Education, and Language Immersion Programs
in Africa, Asia, and Latin America.**

Our Mission: To make extraordinary international volunteer and internship experience universally accessible. We do this by providing programs that:

- Make a Difference to the Global Community
- Promote Cross Cultural Understanding
- are Customized to Your Needs
- have Flexible Work Schedule
- are Extremely Affordable

Section I: Why Intern/Volunteer Abroad with Us?

In the international volunteer industry, you usually have to pay thousands of dollars for just a few weeks of volunteer work and major non-profit organizations are no exceptions. In contrast, at Cross-Continental Solutions Inc., we aim to provide you **affordable, flexible, and customized** international **volunteer and internship programs**. Our programs are designed to help the local communities at the same time of providing a valuable learning and cultural experience to our volunteers and interns. Here it is a summary list of factors that make us stand out in the industry:

1) Extremely Affordable

- **Our program fees start from only \$180.** You simply cannot find a lower price. Does lower price mean lower quality? Not with us. The organization was founded with the goal of helping students and young travelers to easily access outstanding international experience. We aim to provide you the best value you can get in the **international volunteer** industry.

2) Flexible Start Dates and Durations

- Unlike other organizations that limit your arrival to only certain fixed dates every year, we offer you **flexible arrival dates**. Whether it is because of a personal reason or a discount flight that you want to take advantage of, you can start your program any week of the year with advanced notice. **The duration can vary from 1 week to 6 months.** You may also extend your stay with advanced notice.

3) Customized Programs with Flexible Work Schedule

- The **volunteer programs** are **customized** for you according to your needs. Most of our work placements have flexible work schedules. We understand that some volunteers want to work a lot while others want to relax and travel more.
- Whether you want to work a lot or a little, whether you prefer urban or rural areas, we will do our best to make sure that **your program is what you want, not what you are given.**

4) Meaningful and Enjoyable Work Placements

- We regularly inspect the programs and make sure they have an impact to the society and be worthwhile to the volunteers and interns. We will do our best to make sure that you feel needed and you do **make a difference in the global community.**

5) Quality and Friendly Services

- At our head office, we provide extremely **rapid response** to email inquiries (usually within 24 hours). After your arrival in the foreign country, we provide you a **24/7 hotline** for on-site support.
- Our outstanding service has a personal touch to it. We pay lots of attention to your individual needs and we want you to **come as a guest and leave as a friend.**
- Most of our partner organizations abroad regularly arrange **cultural and social activities** to help you enjoy your time and build friendships abroad. We help with tour/flight booking and give travel advice free of charge. It is the best and **most cost-effective way to see the world.**

Section II: Benefits as an International Volunteer

1) Increase Your Employment Opportunities

- Such global working and living experience will help you **build up your resume** and stand out from the rest. Potential employers admire the tenacity it takes for someone to **leave their comfort zone and challenge themselves**.
- Knowledge of a second language or a foreign culture can **dramatically increase exciting global employment opportunities**. It is an excellent way of developing a competitive edge in the global employment market.

2) Access Great Learning Opportunities

- International volunteer/internship programs provide valuable **on-the-job learning opportunities**. Some students take their **co-op term** with us to earn **credits towards their degree**. Some students join our programs to earn volunteer hours for **graduate school application** or **medical school application**.
- It helps you to **enhance your language skills**. The most effective way to learn a new language is to speak it in day-to-day life. It is much more rewarding than just learning it in a classroom.

3) Make a Difference in the Global Community

- International volunteering experience indicates **valuable personal qualities**. It shows that you are a **responsible global citizen with a helping heart**.
- Living and working in third world nations offers a unique life experience. It makes you realize how blessed you really are and how much you can contribute. You are needed and you can make a difference, even if it is just leaving a fingerprint on an orphan's life. Such **self-actualization experience** is priceless.

4) Develop Friendships and Global Networks

- Our programs provide you a good opportunity to cultivate long lasting friendships. Many volunteers build **life-long friendships** with host families, workplace co-workers, and other international volunteers. These **valuable international networks** will contribute to both your personal and professional life.

5) Increase Your Global Awareness and Cultural Intelligence

- Open yourself to a transformative experience as you **immerse yourself in a foreign culture** first hand. Expand your world-view, and challenge your personal beliefs. Increase your global awareness and cultural intelligence. **Life's too short to live in a bubble**.

6) Travel and Have Fun

- **Volunteer travel is the best way to see the world** as it gives you the opportunity to immerse yourself right into the local culture. It is more rewarding to be a **volunteer adventurer** instead of a typical hotel tourist.
- Endless **weekend travel opportunities** are excellent ways of exploring more places in the country. Whether you like wildlife or scenery tours, we help with **free travel advice**.

Section III: About Us

Cross-Continental Solutions Inc. is a **federally registered Canadian organization**. Our head office is based in the beautiful city of Vancouver, Canada. To promote trust online with consumers, the identity of CROSS-CONTINENTAL SOLUTIONS has been confirmed by **VeriSign Trust** using official records. In addition, our website has been issued a **SSL certificate by Geo Trust** to enable server security.

The Story of Our Founder

- Our founder studied International Business at the University of British Columbia. Upon her graduation, she thought about volunteering abroad, but was shocked by how costly such programs are. Even non-profit prices are over \$2000 for only 2 weeks of work. Despite great obstacles, she went to Africa to volunteer to fulfill her life-long dream. She enjoyed her time there but couldn't stop thinking of the countless people who would never be able to experience this because of the high cost. Upon her return to Canada, she decided to make a difference in the industry. Thus, this organization was founded with the goal of helping students and budget travellers like herself be able to see the world while making a difference.

Some Quick Facts about Us:

- We are dedicated to providing all **volunteer and culture adventurers** with an exceptional experience. **We are doing this with a good heart and our prices are the lowest** in the industry. Our goal is to give you the best value and **make a difference in the industry**. We pride ourselves for our affordability and flexibility. We challenge you to find another international volunteer organization that is more affordable or flexible.
- The organization was founded in March 2010. Is it too young to be experienced? Not with us. First, we are experienced with international volunteering as we were once well-traveled volunteers. Second, the pictures and testimonials of our past volunteers show how your trip will be meaningful and enjoyable if you join our programs.
- At our program locations, many poor people live on less than \$1 a day. Our programs are designed to help the local communities at the same time of providing a rewarding cultural learning experience to our participants.
- We provide **outstanding personal service** with great attention to details. We customize your program according to your needs. We are always friendly and caring. We hope that you can **arrive as a guest and leave as a friend**.

Section IV: General Program Information

We have **volunteer, internship, and culture programs** in **Africa, Asia, and Latin America**.

Program Locations

- We currently have programs in both urban and rural locations in **Ghana, Kenya, Uganda, Tanzania, Nepal, China, Ecuador, and Mexico**. Every year we add more countries in order to give you more choices. At our program locations, many local people live on less than \$1 a day and they are in desperate need of international volunteers.

Start Date and Duration

- You can start your program any week of the year (with advanced notice). You can volunteer for periods of 1 week to 6 months. You may also extend your stay with advanced notice.

Personal Spending

- As food and accommodation are both included, you don't need to expect to spend much money at all. Many volunteers find \$30 is more than enough for weekly personal expense, but this figure can vary largely depending on your personal spending habit.

Program Requirements

- You can apply online on your own if you are 18 years or over at the start of the program. For participants who are 16-17 years old at the start of the program, you can join if the parent or legal guardian gives permission and signs our waiver form.
- You must be able to speak English. (For programs in Latin America, basic Spanish skills are strongly recommended.)
- Medical placement volunteers must have relevant medical training and certification (to be presented upon arrival), but no previous training is required to help medical professionals.

Enrollment Procedures

You can apply in a matter of minutes online at <https://www.crosscontinental.org/enroll-online/>. If you provide complete and clear information, we usually send the program confirmation by email within 48 hours.

Work Placement Choices

(A) CAREGIVING

- Orphanage Work
- Working with Street Children
- Caring for the Elderly or the Disabled

(B) COMMUNITY DEVELOPMENT

- Developing Business Plans
- Assisting with Income Generating Activities
- Women's Empowerment
- Sharing Your Skills

(C) HEALTHCARE

- Medical Placement (for Medical Doctors and Nurses)
- Assisting Health Professionals
- Helping in a Rural Health Post

(D) HIV/AIDS WORK

- HIV/AIDS Testing or Counselling
- Awareness Campaigns
- Caring for the HIV Infected
- Conducting HIV lessons

(E) TEACHING

- Teaching Children
- Teaching in Monastery
- Teaching English or Computer Skills
- Teaching Arts, Music/Dance
- Sports Education
- Special Education

(F) OTHER

- Finance and Banking
- Computing
- Business Coaching
- Environmental
- Wildlife
- Journalism
- Media
- Architectural
- Tourism

Please note that not all work choices are available at all locations.

Program Fees

Program fees mainly help us cover the variable costs, such as food, accommodation, and airport pick-up, etc. Program fees vary according to the length of your program.

Program Length	Program Fee USD \$
1 week	180
2 weeks	330
3 weeks	410
1 Month (4 weeks)	490
5 weeks	580
6 weeks	670
2 Months (8 weeks)	860
10 weeks	1050
3 Months	1250
4 Months	1590
5 Months	1950
6 Months	2300

Note: There is an additional fee of USD **\$290 (enrollment fee)** on top of the program fee for all the programs. This enrollment fee helps us cover mainly the fixed costs, such as program inspection, staff salary, and marketing cost. Total Price = Program Fee + Enrollment Fee

What is included?

- Arrival Welcome
- Program Orientation
- Accommodation and Meals
- Work Placement
- 24/7 Hotline for On-Site Support

What is not included?

- International and Local Transportation Costs
 - Local bus tickets cost very little, around US\$0.1-0.8 depending on the location.
- Medical/Travel Insurance (Optional)
- Visa Application Costs and Other Personal Spending

Payment Options

You can pay by credit card, check, cash, and wire transfer. You will need to follow our payment instructions and you are responsible for all transaction costs (such as banking charges).

Free Help with Fundraising or Award Application

If you need financial help, you can fundraise or apply for awards. We have helped applicants with award application and fundraising before. Many participants successfully fundraised to cover their entire trip. If you need information or resources, feel free to ask us for help.

Section V: Testimonials

“Thank you for going above and beyond for our students. Your amazing customer service, flexibility, and timely responses were greatly appreciated!”

Megan Richardson
Volunteer Program Coordinator-**Langara College**

“I highly recommend the services of CrossContinental Solutions to anyone looking to volunteer abroad. In my experience they are far and above the most affordable and attentive service provider available today. During my time spent employing their services I was provided with an incredible level of support and I could not be happier with the results of the volunteer placement that was made available to me!”

Jeremiah Humphrey (From: **Canada**)
Internship Project: **Kenya** (Healthcare Project)
Video Testimonial: <http://youtu.be/fwsER2YRZxw>

“We had a wonderful time in Chengde, especially with our families! I think there is no other way to really understand the people there and have a unique experience. We enjoyed the work at the hospital, as we met wonderful people and learned a lot about medicine in China. We also really liked our work at the kindergarten. The children were very nice and it was fun to teach English :) It's sure we wanna go back someday!”

Geneviève Chouinard’s Group of Six Pre-Med Students (from University of Montreal, Canada)
Internship Project: **China** (Healthcare, Care-giving, and teaching Project)
Video Testimonials: <http://youtu.be/k7CurdtCREI> and <http://youtu.be/uaN3dWQSny4>

“I really love the people here so yes i’m doing great. I helped donating some books to a school. It was really fun and nice to see how happy you make these children. Also I’ve been to a goldmine so that was really great to see! Now i am back at my host family. I will miss them when I go to the village but I already made plans visiting them.”

Anouk Jans (From: Europe-**Holland**)
Volunteer Project: **Ghana (Wildlife Project and Teaching)**
Video Testimonial: <http://youtu.be/cSOMnKKpXGE>

“Thank you so much for the wonderful experience. The host family and the project were both incredible. Working at the Child Discovery Centre was a life changing experience where i got to meet so many incredible people. Many were my age so I found it incredibly easy to get on well with them. I even cooked Kiderrri sometimes (which usually ended in me crying from the onions and all the children laughing at me). The orphanage was incredible, always involving me in activities and teaching me so much about Kenyan culture and about the project itself. I don’t think i could have asked for a better experience, it exceeded my expectations. So, i am so incredibly thankful to everyone for that.”

Priscilla Bell (From: **Australia**)
Volunteer Project: **Kenya** (Orphanage Work)
Video Testimonial: <http://youtu.be/Bt5wsHeTYf4>

“I absolutely love my host family. This host family is by far the most fun, loving and energetic family i have ever met and stayed with. The school i work in is great, but the kids are very rambunctious. The good thing about this is that i can learn classroom management. I am sad to leave my students and my school, they are so amazing! I went humpback whale watching and also saw multiple blue footed boobies (a kind of bird). My time in puerto lopez has been life changing and my host family is by far the best host family i have ever stayed with. Thank you for having such a great organization and amazing host families, i am forever going to remember and hopefully return to Puerto Lopez.”

Carly Ellinger (From : **USA**)
Volunteer Project: Teaching in **Ecuador**
Video Testimonial: http://youtu.be/ss_77nNTQn0

“Really, really, really, thank you for all the help with the visa. I am SO happy I went with Cross Continental Solutions. You have been so helpful, and it is GREATLY appreciated. All the other organizations I inquired with seemed to be run by robots, but your organization seems to really care. You have been quick in getting back to me in all emails, your price is unbeatable, and it seems you are a very close, personal, caring organization.”

Kyle Flaugher. (From: **Germany**)
Program Project: **China and Nepal** (Teaching and Orphanage Work)

“Cross Continental gave me a great experience abroad. They organized a perfect living arrangement for me with a sweet, welcoming family, who helped make the experience extra fun. I love my host family! They are really nice and they helped me learn Spanish. I’ve made some good friends at my workplace at the Asylo de Ancianos, where I taught an exercise class to the residents and read and talk to the elderly and disabled. They are all really nice and I made them really happy since they don’t get many visitors. What I liked most about this organization is how they supported me throughout my program to make sure everything was going well. I highly recommend you consider a volunteer trip with them, since it is very affordable and safe! Thank you Cross Continental!”

Mireille Blond. (From: **USA**)
Volunteer Project: **Mexico** (Teaching and Caring for the Disabled)

“Overall, my trip to Nepal was incredible. It was certainly an eye-opening experience and I’m glad that I made the journey. With the help of Cross Continental, I was able to make a trip I’ve always wanted to. I’ve always said I’d like to travel with a purpose, and Cross Continental helped me to achieve exactly that. Nepal is beautiful place, rich in culture and natural beauty. The people are friendly, hard-working and humble. I was extremely lucky to meet such an incredible family. The people of Nepal have so little, yet live such a full life. They included me in their family community right away, and I went from having no little siblings to having 17! I spent a lot of time bonding with my new little brothers and sisters. I am extremely appreciative of the organizations that helped me to make this trip. I’ll never forget the people I met in Nepal and look forward to having an ongoing relationship with them.”

Jade Arignon (From France)
Volunteer Project: **Nepal** (Orphanage Work)

Section VI: Pictures of Our Volunteers and Interns

Let the pictures speak for our incredible programs.



- **More pictures are available at Our Facebook Page:**
<http://www.facebook.com/CrossContinental>
 - (Over 1190 people have liked us on facebook. If you enjoy our page, “like us” on facebook to show your support.)
- **Videos are available at our Youtube Channel:** <http://www.youtube.com/ccsorg>