



INSTITUTE FOR FIELD RESEARCH EXPEDITIONS
VOLUNTEER ABROAD PROGRAM

Evaluation Form

Name: Monica Tse

Date and Country of Volunteer Program: 8/19-9/7 Costa Rica

Please rate the following as 1--poor, 2--good, 3--very good or 4-- excellent:

| | |
|-------------------|----------|
| USA Staff | <u>4</u> |
| Airport pick up | <u>4</u> |
| Food | <u>3</u> |
| Accommodation | <u>3</u> |
| Host Family | <u>4</u> |
| Volunteer Project | <u>4</u> |
| Field staff | <u>4</u> |

Please summarize your about volunteer experience (please attach extra sheet if necessary) with IFRE.

I had a wonderful experience working with the children and staff at the orphanage. We built relationships even though I only stayed for 3 weeks! I definitely learned about myself, the privileges I have that I take for granted, as well as some of the things the children must go through mentally & emotionally. Most of all, I learned to love the children more. And an extra perk is when after a few weeks, these kids literally cling to you when you leave for the day. It was nice to just be part of a team, doing simple things like ~~was~~ laundry or changing diapers, but seeing how these little things really help. I have not experienced anything like this before.

As for coming to a new place + culture, it was difficult at first, as it always is: homesickness, fewer people to talk to, etc. But it was great to have other volunteers to talk to, and I gradually got accustomed to the living conditions + culture. Eventually I did get a bit tired of rice, beans, and fried food for every meal, but it was a new experience.

I liked the small safe town of Atenas and that everything was in walking distance. Weekends were good for exploring other parts of Costa Rica. My family also was wonderful; it helped that I came with some knowledge of Spanish, but they all put an effort into trying to communicate with me.

Overall, a great experience! IFRE coordinator, Tina, & other staff were extremely helpful with information and helping to get acclimated.

Do you recommend IFRE program for others (please circle) (i) Yes (ii) No

Can we pass your e-mail to interested potential volunteers?? If yes, e-mail: