

**How to share your experience in Canada**

Do you want to share your experience as an international volunteer? Do you want your family, friends, and people in your circle to benefit from it? Are you unsure how to go about it? Here are some activity ideas from volunteers who have returned to Canada — they might inspire you!

**How Uniterra Can Support You**

* Advice: planning, programming, spreading the word, etc.
* Financial support: you can get up to $ 500 to organize an Outreach activity, by submitting your idea of activity to our Outreach team in Canada
* Logistical support: renting rooms, technical equipment, transporting the materials, etc.
* Material support: printing documents, lending promotional material, creating posters, etc.
* Support for your media activities

Visit the [Volunteer Space on the Uniterra Website](http://uniterra.ca/en/volunteer-space) for more information and tools

**Ideas for Activities**

* **Share your texts (articles, blog posts, etc), photos, videos or audio content**
	+ Write a text (article, commentary, opinion piece or other) and send it to your contacts and/or post it on Facebook, Twitter, etc.
	+ Contribute to the [Volunteer Blog](http://volunteer-blog.ca/), create your own blog or a website to share your experience, publish your stories, and post photos, videos and audio content
	+ Show your photo albums of your experience to your friends, colleagues, and family
	+ Share your photos on Facebook, Instagram, Flickr or other social media
	+ Display your photos at an exhibition in a coffee shop, restaurant, etc.
	+ Create and sell cards or calendars with your photos on them
	+ Share your sound recordings and music from your host country

***Note:***

* *If you send your articles, photos, videos and audio content to WUSC and CECI, we can disseminate them in our networks, on the websites, Facebook pages, and newsletters*
* **Become a contact person for future volunteers**
* Support the Uniterra program’s Recruitment team by participating in interviews of future volunteers
* Offer advice to new volunteers as a contact person
* Be a homestay host for international volunteers in Canada
* Volunteer with newcomers to Canada and tell them about experiences in another country
* **Organize activities to raise awareness about your mandate and your country of assignment with other volunteers or on your own**
* Make a presentation on your mandate using the Uniterra program PowerPoint template. Some places you can show your presentation include:
* At get-togethers with neighbors, friends and family in your home
* At your regional library during International Development Week
* At WUSC and/or CECI
* Prepare a “reading list” of available local documentation on your host country or on development issues and circulate it among your friends, colleagues, family, at the local library, etc.
* Request that your local library acquire documentation on your host country
* Have a potluck dinner for your friends or colleagues with food from the country of your mandate
* Share aspects of your host country’s traditions and culture while displaying your souvenirs with your children as part of a school activity or show-and-tell in their class
* Organize discussion sessions in schools, in churches, on campuses, or with community groups
* Give a talk or a presentation at conferences, seminars, etc.
* Speak informally with your friends, colleagues, and/or family
* Share your experience in a monthly newsletter and send it to your family, friends, the Uniterra program, etc.
* Volunteer with local organizations and share what you’ve learned from your experience at the local level in Canada
* Write a song, a rap, a slam poem, or poetry related to your experience and share this composition
* Use your experience as inspiration to create artwork and promote it in your environment
* **Support the activities of WUSC, CECI, and the Uniterra program**
* Let us know that you’re interested in helping out at upcoming events
* Distribute Uniterra program, WUSC and/or CECI brochures
* Promote the WUSC, and/or CECI projects
* Get involved in a WUSC Local Committee
* Share the publications and information on activities of Uniterra Program, WUSC and CECI with your networks
* Share your activities on the Uniterra program [Facebook](http://www.facebook.com/Uniterra) page or on the [WUSC](https://twitter.com/#!/WorldUniService) and/or [CECI](https://twitter.com/#!/CECI_Canada) Twitter accounts
* Share your videos on the Uniterra program [Youtube](http://www.youtube.com/uniterraprogramme) channel
* Continue strengthening your partner organization through online actions or by offering advice, suggestions and feedback to their questions
* Organize a fundraising activity to support WUSC or CECI projects

With over 50 years’ experience each in international development, WUSC and CECI have given millions of Canadians the opportunity to get involved in international development, and have given millions of people in developing countries the chance to improve their living conditions and get out of poverty.

WUSC and CECI need your support to continue their mission:

* Organize a bowl-a-thon to raise funds for WUSC or CECI
* Organize an auction with souvenirs from your host country, with the proceeds going to WUSC or CECI
* Write and send a letter to solicit donations and help raise funds for WUSC or CECI
* Etc.

***Note:***

*Let us know if you would like to do fundraising for WUSC or CECI, so that we can provide you with resources and support to help you achieve success.*

* **Contact and meet with your Member of Parliament**
* Relate your experience and the impact of your work on the communities to your MP
* Make your MP aware of the importance of volunteer cooperation and international development
* Tell your MP that international development is an issue that is very important to you and that you would like to have his or her support in this
* **Write an open letter to the media or hold interviews** on the radio, on television, or with newspapers at the local, regional, provincial, or national level
* Engage media [using the advice offered in this video](https://www.youtube.com/watch?v=MV6J2H-P4eo&index=2&list=PLo64rHFplDsF-I0ElXvpTwuHAQTPHSdk1)
* Write articles for the local weekly newspaper in order to raise awareness on international development issues or to describe everyday life in your host country

***Note:***

*Please share with us any of your media appearances or publications, so that we can share the news with other volunteers, partners and friends. Media items raise the profile of the Uniterra program and of WUSC and CECI.*

* **Suggest to your family and friends that they learn more about the Uniterra program and international volunteering:** [**www.uniterra.ca**](http://www.uniterra.ca)