

SERVICE ACTIVITY OPTIONS	Time needed	Support provided to help you	Approximate Costs	Comments
work in orphanage nursery feeding, changing and playing with infants	2-9 hours	orphanage staff & long-term volunteers	free	can possibly be repeated daily (unless you are sick)
work with toddlers playing games, singing, reading, crafts etc.	2-9 hours	orphanage staff & long-term volunteers	free	can be repeated daily
work with handicapped children feeding, changing, helping with therapy, taking for walks, etc.	2-9 hours	orphanage staff & long-term volunteers	free	can be daily in Cuenca; can be a few times a week in Quito
work with older children doing crafts, games, educational projects and playing	2-3 hours	long-term volunteers	transportation \$0-\$15	is an option most days
buy bulk foods, supplies or other things for the orphanages or OSSO house (rice, flour, sugar, school supplies, etc.)	2-4 hours	orphanage staff & long-term volunteers	cost of what you buy	can be spontaneous or planned out in advance
visit poor children in the hospital and leave activity kits, clothes, etc.	1-3 hours	long-term volunteers	free to \$10	can be depressing but very rewarding
plan a special meal or party for an orphanage or the OSSO volunteers	1-4 hours	orphanage staff & long-term volunteers	variable	needs prior planning and approval
spend time getting to know your sponsored child	1-2 hours	orphanage staff & long-term volunteers	free	all visits must be supervised
special project (building, fixing, painting, etc.) in the orphanage or OSSO house	variable	orphanage staff & long-term volunteers	variable	must be planned and approved in advance
help take children in one of the orphanages on a special field trip (swimming, hiking, the park, a museum, out for ice cream and dinner, etc.)	1-10 hours	orphanage staff & long-term volunteers	free to \$300	big activities require advance planning and approval
help evaluate the nutrition or development of the children	3-8 hours	OSSO staff	free	must be planned in advance and be needed
provide professional training or services	variable	OSSO staff	variable	for professionals interested in doing this, contact us to work out details