



Volunteer Program: Frequently Asked Questions

Thank you for your interest in volunteering with the Children Well-Being Foundation. Working at one of our clinics in Costa Rica, volunteers are given the opportunity to apply clinical skills and improve the lives of children and their families.

Why should I volunteer with the Children's Well-Being Foundation?

The Children's Well-Being Foundation offers volunteer opportunities with hands-on clinical experience working directly with underserved children. Our bilingual doctors value collaboration with volunteers, taking time to explain common health conditions and allowing them to get hands on experience with patients. We compliment clinical work with hospital tours, health campaigns, and medical advocacy projects. Students also participate in workshops, go out into the community, and take Spanish immersion classes. If you are interested, you have the chance to stay with a host family.

Do I have to be a medical student to participate?

No. You do not need to have a medical background to participate. We tailor your experience to meet your interests and goals.

What is a typical experience like?

The Children's Well-Being Foundation adapts each program to meet the needs and goals of individual volunteers. You will work in the clinic, directly with patients. Students have also designed health campaigns, conducted neighborhood surveys, run sexual health workshops, taught English, pursued medical advocacy projects, shadowed doctors, and built homes. Students have the option of staying with host families and partaking in Spanish immersion classes. You will have free time to explore the local area. Though excursions and sightseeing are not included in the program fee, CWB can offer discounts and travel advice.

Why Costa Rica?

Costa Rica's public health insurance system is available to all legal residents and citizens. But with a number of citizens who live in impoverished areas, those who don't know how to work the system, and immigrants, who are not eligible, there are still too many people who do not receive care. With the support of the socialized medical system, the Children's Well-Being Foundation is able to provide medication and specialized care, if needed.

Under our business model, the Children's Well-Being Foundation consults with the local government to figure out where the "gaps" are in their system and then works with them to fill those gaps. By coordinating with local authorities and other organizations, our operations are truly efficient in meeting the needs of the Costa Rican people.



What areas will we be staying in? Is it safe?

The Children's Well-Being Foundation's clinic is located in the Northwest region of Guanacaste. It is about a four hour drive from San Jose and 1 hour from the airport in Liberia.

Costa Rica was recently named to the United States' Top 20 list of top drug trafficking and/or drug producing nations. With the influx of drugs and drug cartels, the longtime security in Costa Rica is slipping. However, Costa Rica is considerably safer than its Central and South American peers. CWB takes volunteer safety seriously and prepares them with methods to protect themselves from theft or other mishaps.

I am volunteering my time. Why do I need to pay?

The Children's Well-Being Foundation provides an unparalleled volunteer experience that is tailored to each individual's needs. It takes time and coordination to execute. We also need to pay staff to work with the volunteers while they are on-site. Part of the fees also go toward lodging, food, transportation, and other miscellaneous expenses.

Are there scholarships available?

Unfortunately, CWB does not provide scholarships. For financial assistance, we recommend consulting with your school advisor or study abroad office.

Do I need to know Spanish?

No. However, the greater your fluency in Spanish, the wider impact you will have during your internship.