

Out of the Ordinary
**Learning
Experiences**

**Individual Volunteer and Internship Programme 2026
Partner Manual**



Volunteer and Internship Programme

CTL's Volunteer and Internship Programme offers participants the opportunity to apply their skills and enthusiasm to support local initiatives in achieving their goals. We collaborate with a carefully selected network of host projects that make a genuine difference in the community — including charities, non-profit organisations, and social enterprises. These placements provide participants with meaningful, hands-on experiences that are both rewarding and challenging.

The programme immerses participants in local communities and Irish culture, creating a unique learning environment where they “learn by doing.” Through this experience, participants develop valuable life and professional skills that enhance both their employability and personal growth. CTL provides continuous support throughout the journey — from the initial orientation to the final evaluation.

An increasing number of participants now join our programme to complete internships abroad as part of their higher education requirements. Educational institutions are recognising the academic and vocational value of these experiences, and CTL can facilitate the signing of internship agreements required by these institutions.

About us

CTL Ireland is an educational travel organisation founded by intercultural learning experts Anton Kieffer and Aisling Meade. CTL is supported by a small multidisciplinary team of professionals who are passionate about learning mobility and intercultural exchange.

CTL Ireland is based in the friendly and vibrant city of Cork in the south of Ireland and runs programmes nationwide. Our connections with communities, projects, schools, institutions and local experts allow us to design programmes that meet the needs of our overseas partners and participants.

Our Mission

To provide educational and experiential learning experiences that:

- **Meet the highest standards**
- **Develop life and vocational skills**
- **Broaden academic perspectives**
- **Foster global citizenship**
- **Encourage personal development**

Who we are: a passionate, experienced and diverse team

When you choose CTL Ireland you are tapping into a dedicated, creative and hardworking team. Founders and leaders Anton Kieffer and Aisling Meade have years of hands-on experience in educational and experiential travel. We both have travelled extensively around the world and are truly passionate about what we do. We want to share our passion for Ireland and the Irish culture with your participants.

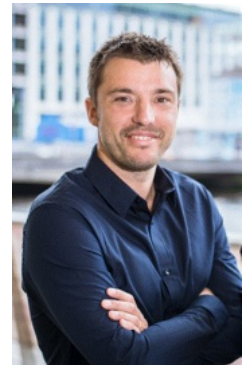
How we work: personal service & attention

All our partnerships and programmes are directly managed by one of our directors. We are proud to offer the expertise and experience that you can find in a large organisation together with the personal attention from senior management that only a smaller organisation can have. We believe in creating trust, accountability, and friendship with our local and international partners. We're big enough to deliver and small enough to really care!

Meet our Core Team

Anton Kieffer, co-director

Anton is CTL Ireland co-director. Originally from France, Anton has been living in Ireland for 20 years. Before settling in Cork - Ireland's second city - Anton lived and worked around the world, spending extended periods of time in Latin America and West Africa where he worked in the field of development, youth empowerment and tourism. Prior to CTL Ireland, Anton managed international volunteering and development education programmes in the not for profit sector. He has organised and coordinated immersion and educational programmes for hundreds of young people, both travelling to Ireland and going abroad. Anton holds a Master's degree in International Development Studies. He speaks four languages and is the proud father of three children.



Aisling Meade, co-director



Aisling is CTL Ireland co-director. Born to Irish parents in America, Aisling spent her childhood between California, Montreal and Limerick. She has lived in Cork city since her university days. Aisling has organised custom design programmes in Ireland for more than 25 years. Over 20,000 visitors took part in her programmes. Aisling holds a BA in Sociology and Economics, a Higher Diploma in Cooperative Organisation and Rural Development from University College Cork and a Special Purpose Certificate in Training and Education from Griffith College. She loves to travel around Ireland and to other countries with her husband and two growing children.

Mallory Slavin, Senior Programme coordinator – Volunteer Programme



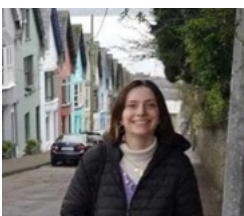
Originally from the USA, Mallory holds bachelor's degrees from Michigan State University in both International Relations and American Criminal Justice. Throughout college and after, she spent time working, traveling, and volunteering across South and Southeast Asia, and East Africa. After her undergraduate degree completion, she spent time working as a global engagement specialist in the international development and volunteer sector. Mallory moved to Ireland to complete a Masters degree in International Development. She has a passion for asset based community development, global citizenship, and immersive learning and loves traveling, especially when hiking is involved.

Chloé Lefebvre Bolger, Programme Manager – High School and Groups



Originally from France, Chloé came to Ireland in 2006. Prior to CTL, Chloé has managed a tour company for 10 years in the international leisure tourism industry. She also opened a little café in the middle of the pandemic in her village and has managed to build a lovely workforce to keep it open ever since. These experiences have enhanced her passion for interculturality, responsible travel, community and hospitality. She holds a Master's degree in Sciences of Education Languages and is the very proud mother of her two young daughters. She loves spending her time with them hiking the hills of Connemara, cycling around the fjord, playing piano and reading French books.

Dearbhla Molloy, Programme coordinator – Groups



Dearbhla spent her childhood in County Meath and now lives in Cork city where she settled in 2022. Dearbhla holds a BA in International Development and Politics from Maynooth University. Before starting with CTL, Dearbhla worked in the hotel industry as an Events Executive and as an administrator with a company organising camps for children. Dearbhla is passionate about youth empowerment and education, she is involved with some of Ireland's most reputable youth organisations.

Why Volunteering in Ireland?

Ireland is a wonderful country — safe, friendly, and rich in heritage, history, and culture. From vibrant, lively cities to breathtaking countryside, it's a truly magical place to visit. It's also a fantastic place to stay, explore, and fully immerse yourself in local life. Perhaps the most memorable part of any experience in Ireland is connecting with its people. Visitors consistently find the Irish to be friendly, welcoming, and genuinely supportive.

- | | | | |
|---|---------------------------|---|--|
|  | Safe & Friendly |  | Easy access to local experts |
|  | English speaking |  | Diversity of cultural and educational activities |
|  | Rich and diverse culture |  | Easy access from USA and Europe |
|  | Strong sense of community |  | Amazing landscapes! |

Ireland also has a strong sense of community, with countless initiatives taking place at the local level. CTL carefully selects community-based projects that offer participants authentic, meaningful, and rewarding experiences. We are proud to promote Ireland abroad as the exciting, beautiful, and welcoming country it is — and as an exceptional destination for learning and personal growth.

Our Commitments

- Selection of projects which positively impact the community
- Worthwhile volunteer work programme
- Comprehensive orientation on arrival
- Ongoing support from project mentor
- Back-up support from CTL staff
- 24/7 emergency support
- Risk Management and Emergency Procedures in place
- Affordable cost including pick up, transfer to project, accommodation and food during project



Application and Selection process

Sending organisations are responsible for selecting participants and for transmitting the relevant documentation to CTL (including medical form signed by a doctor). We encourage your applicants to choose one or more project categories described in this brochure and be open minded in relation to the specific project where they want to be placed. They should indicate if they have any preference in relation to the specific projects. We will then match them with a project and confirm acceptance on the programme. CTL then send a Placement Confirmation Form with further details on the programme that can be transmitted to the participant.

General Selection Criteria:

- Participants must be 18 years old or more when programme starts.
- Mature, flexible and adaptable personality to be assessed by sending organisation during an interview
- Intermediate level of English is required, to be assessed by sending organisation
- Participants must have a comprehensive travel, health and public liability insurance
- Most placements require a criminal background check
- Dietary requirements and other special needs must be disclosed to CTL at the beginning of the application process
- Current and past mental health issues, emotional/eating/attention disorder (e.g. depression, anxiety, anorexia, and attention deficit disorders) must be disclosed to CTL at the beginning of the application process
- All applications are considered on a case by case basis, taking into account the needs and wellbeing of both the applicant and the host project in Ireland.

Placements can only be confirmed when an appropriate match can be made. On occasion, CTL will request to do a video call with applicant. From time to time it will be necessary to tell the applicant that an appropriate placement is not available for them.



Learning Objectives

CTL Ireland provides participants with high quality intercultural and experiential learning programmes in Ireland. We focus on the highest quality educational and cultural experiences. By taking part in our programmes, participants will:

Cross Cultural Goals

- Re-examine their values and priorities to become better contributors to the global community.
- Become culturally self-aware.
- Appreciate that there are differences between cultures and develop open-mindedness and respect for differences in culture.
- Understand the diversity of the host society and better understand the diversity in our own society.
- Demonstrate critical thinking skills in the areas of cultural analysis and intercultural understanding.
- Improve problem solving skills by developing empathy for others and a trans-cultural perspective.

Academic Goals

- Develop a better understanding of global issues.
- Gain an understanding of the host society including its politics, economy, society, history, identity and culture.
- Develop skills and academic abilities applicable for use in regional and global contexts.
- Demonstrate critical thinking skills in the areas of cultural analysis and intercultural understanding.
- Develop an openness to differing viewpoints on controversial topics and be able to form and share their own opinions.
- Increase their levels of independence and confidence when it comes to researching and seeking out local resources

Professional & Vocational Goals

- Develop vocational skills and professional abilities applicable for use in current/future career

Communication Goals

- Expand communication skills by finding creative ways to navigate around communication barriers.
- Develop an understanding of non-verbal cues of communication used in daily interactions.
- Improve English language skills and communicate effectively with English speaking people



Programme Structure

Sample Itinerary (subject to change):

Day 1 - Monday	Arrival in Cork <ul style="list-style-type: none"> • Pick up and transfer (if arrival in Cork airport) • Checking in at Sheilas hostel • Welcome dinner
Day 2 - Tuesday	General Orientation Day and Transfer to Project <ul style="list-style-type: none"> • Pick up at hostel at 9.15am by CTL staff and transfer to the venue for the orientation • Orientation workshop (3.5h) • Lunch • Walking tour in Cork city (1-3pm) • Transfer to the project • All meals included (breakfast at hostel)
Day 3 - Wednesday	Introduction to Project and Volunteer Work <ul style="list-style-type: none"> • Introduction to volunteer work with project mentor • All meals included
Day 4 to the last Friday	Volunteer work and free time <ul style="list-style-type: none"> • Volunteer work continues 5 days/week • 2 days off per week with free time • All meals included except when volunteer leaves the project location during free time
Last day (Saturday/Sunday/Monday)	Transfer to airport and departure <ul style="list-style-type: none"> • Participant travels to the airport • Departure transfer cost not included



Arrival and Orientation

Welcome Dinner & Overnight in Cork city

Volunteers stay at a pre-booked hostel for their first night in Cork city: Sheilas Hostel. The hostel is located in the city centre, a very short walk from all the shops and attractions of the city. The hostel offers shared bedrooms (dormitory style, basic and simple). After checking in, participants have some free time to rest and to discover Cork city. Sheilas Hostel staff provides participants with information on what to do, where to eat etc. In the evening, participant will be brought to a local restaurant for a **welcome dinner**.

Hostel facilities:

- **Bed in shared dormitory bedrooms (4 to 8 beds per room)**
- **Shared bathroom facilities**
- **Free Wi-Fi** all over the hostel so you can stay in touch wherever you are
- **Free Home Cinema** with big plasma screen, comfy beanbags
- **In-House Sauna**
- **Always Open Coffee Dock** and shop
- **Personal Lockers**



More info on hostel: www.sheilashostel.ie

Watch a video Cork city and county: <https://vimeo.com/140670143>

Optional: participant can spend the first night in a city centre **hotel** instead (single room en suite) for an extra cost and subject to availability.

Orientation day and Transfer to Project

On the morning of their second day, participants are met by CTL staff at the hostel reception and will walk to the venue where the orientation workshop takes place.

The orientation workshop lasts approximately 3.5h and includes the following learning outcomes:

- ✓ Understanding my fears and expectations
- ✓ Exploring motivations
- ✓ Knowledge of the SDGs Sustainable Development Goals
- ✓ Identifying the skills and attitudes to make the programme a success
- ✓ Understanding the roles and responsibilities of stakeholders (sender/host/volunteer)
- ✓ Awareness of the lines of communication
- ✓ Identifying potential challenges
- ✓ Basic knowledge of Irish culture
- ✓ Understanding cultural adaptation, culture shock and inter-cultural competences
- ✓ Understanding cultural adaptation in the Irish context
- ✓ Awareness of health issues
- ✓ Awareness of safety and security, risk mitigation
- ✓ Overview of what to do during free time



After the orientation workshop and their lunch, participants take part in a **2h walking tour** of Cork City. During the tour, they learn practical advice, cultural and historical information.

At the end of the tour, participants are brought to the bus or train station and go to their project location. In some cases, depending on the location and availability of project mentor, the transfer could be done the following morning, after a second night in Cork city.



Arrival and Departure information

Arrival in Cork airport:

Volunteers can arrive at **Cork airport** (well connected to Paris, London, Munich, Amsterdam and more). Participants are picked up by a driver who will be waiting with a sign displaying the participants' name. Participants are transferred to Sheilas Hostel, located in Cork city centre.

Arrival at different airport:

Participants who arrived at a different airport (Dublin or Shannon) need to make their own way to Cork. It is very **easy to join Cork city from Dublin airport** as there are buses from just outside the arrival terminal in Dublin that go directly to Cork city centre in 3.5 hours (www.aircoach.ie). It is preferable to book a flight that arrives **before 2pm in Dublin airport** not to miss the welcome dinner! Detailed information on transfers to Cork will be provided by CTL. Participants are picked up from their point of entry in Cork (bus station or train station).

Early arrivals

If a participant arrives earlier than the arrival date, they should arrange their accommodation and transfer themselves: they can choose to go to Sheilas Hostel which is where participants are generally staying during the orientation (<https://sheilashostel.ie/>). They should book their accommodation as early as possible as hostels and hotels are often full (alternative hostel: <https://bruhostel.com/> or check with [booking.com](https://www.booking.com)). For the transfer: if the participant arrives at Cork airport, the easiest is to take a taxi (just outside the terminal - it costs around €25) there is also a public bus departing outside the terminal going to Cork city centre (<https://www.corkairport.com/to-from-the-airport/book-a-coach-ticket>). If they arrive in Cork by bus or train, they can either walk to your accommodation or take one of the local taxis which are generally easy to find on the street or you can call a taxi company: <https://www.satellitetaxis.ie/>.

Participants arriving early should get in touch with us on Monday (programme arrival date) to confirm the meeting time with her for the welcome dinner.

Optional: we can arrange pick-up transfer and accommodation for early arrival for an extra €90 (cost for shared dorm in hostel).

Departures

Participants can leave either on their last Saturday or Sunday. CTL staff or representatives will provide them with information on how to reach the airport. The airports are well connected by public transport it is something participant find easy to do. The **cost of the return transfer is not included in the programme**. We advise participants to book a flight departing **later in the afternoon** as it will take time to reach the airport by public transport. If participant book an early flight, they may have to leave your host community the day before their departure and will have to book a night in a hotel/hostel near the airport (cost to be covered by participant).

Free Time and Excursions

Ireland is a wonderful place to visit. From vibrant, exciting cities like Dublin, Cork or Galway or Belfast to breath-taking landscapes along the Wild Atlantic Way. Attractions include the world-famous sceneries of Connemara and West Cork, the ring of Kerry, the cliffs of Moher, the Guinness Storehouse in Dublin etc. There is also a multitude of less touristic but equally interesting places to visit and activities to do such as whale watching in county Cork! CTL staff will give participants further information on visits and excursions during their orientation and in the welcome pack.

Public Holidays

- New Year's Day (1 January)
- St. Patrick's Day (17 March)
- Easter Monday.
- First Monday in May, June, August.
- Last Monday in October.
- Christmas Day (25 December)
- St. Stephen's Day (26 December)

Accommodation types

The **type of accommodation available depends on each project**, please check below for each project.

Residential & Shared Houses

Residential accommodation means that the participants are hosted in the project facilities. They are generally sharing the facilities with other international volunteers and can either have a single room or share a bedroom with other volunteers from the same gender. Volunteers find it enjoyable to share accommodations with likeminded people and they generally end up doing activities together during their free time. One of our project offers shared house accommodation: it is a house rented by the project where volunteers live independently, preparing their own food and sharing the house duties (cleaning etc.), they receive a stipend to buy food collectively.



Host Family (up to 16 weeks)

Staying with a host family allows participants to be fully immersed within the Irish culture. CTL has developed a network of host communities in different part of the country. Host communities are managed by CTL's local coordinators who deal with local families. Every host family goes through a thorough selection process, we make sure our participants are placed with welcoming and supportive hosts. Host families comes in different shapes and sizes: e.g. parents and children with a spare room, a single host mother, or a retired couple. Families give participants an instant support system and help them learn the local language and culture. Most host family offer participants generally their own single room. On occasion participants might have to share a bedroom with another participant from the same gender. Many families are living at a walking distance from the projects while others can be based a bit further out of town. In this case volunteers are either given lifts, use bicycles or local transportation.

Please Note:

Programmes with host family accommodation are limited to 16 weeks. For participants willing to stay longer, a combination of 2 programmes may be arranged.

Due to difficulties to find host families available during the Christmas period, participants on programmes running throughout Christmas must take at least two weeks break from the programme (this is dealt with on a case-by-case basis, depending on host family availability).

Testimonials from past participants

Thanks to CTL, I really had the best time of my life in Ireland. Being a volunteer in a charity Shop taught me so much about myself and helped me to grow as a person. I received so much love and thankfulness from my co-workers and the costumers, so that even on rather stressful days, I could leave work with a big smile on my face. Plus, Ireland absolutely became the home of my heart - it only took me a few seconds to feel at home when I took my first steps on Irish soil and I could not have asked for a better country or a better organisation. I can say from the bottom of my heart that it was the right decision to become a volunteer in Ireland. I arrived in the country without any work experience and without having visited Ireland before and I left with so many beautiful memories and lots of great experiences!

Pia, Volunteer in a Charity Shop

I only keep great memories of my time in Ireland. The work at the shelter is really hard but it's rewarding because you feel very useful and it's only 3x a week. I personally worked at a charity shop the rest of the week, which was more relaxing and it helped me improve my English skills. On the week-ends I was able to go out of town and visit a lot of places in Ireland with the friends I met there. The coordinator, Lillian, is always available and willing to find a solution to our problems so that we can have the best time. Mallory also came all the way to Castleisland once to check on us, which I really appreciated.

Romane, Volunteer in the Animal Rescue Centre and Charity Shop

I highly recommend this programme! Discovering a foreign country, especially Ireland is amazing because of the nice people and places. It's really enriching to practice your English and making the most of your time! Don't hesitate!

Lysiane, Volunteer in a Charity Shop

The Eco-Centre was an amazing place to volunteer. I am very grateful for every experience I had and everything I learned there. Our work was as interesting as it was varied, working with plants inside the polytunnels and outside, helping out in the shop, preparing for upcoming events or just helping with everythings that that arises in the moment. I loved the relaxed and welcoming working, but the most important aspect were the wonderful people I worked with, from the Centre as well as the other volunteers. I was able to learn a lot from them and they made every day a unique and fun experience.

Laura, Volunteer in Eco-Centre

My time in Ireland was very memorable: I think I changed a lot there and I became more independent and surer of what I am worth. Irish people are all very nice and enjoyable because it changes a lot with other European countries. Moreover, there are such outstanding touristic places in Ireland that deserve to be visited. Finally, volunteering in a charity shop was a very enjoyable work as it was not very hard and it allowed me to talk English a lot to customers or colleagues. All in all, I recommend 100% CTL Ireland as it was for me an amazing experience that I won't forget.

Jules, Volunteer in a Charity Shop

Volunteering in a charity shop is a great first work experience. During your stay you will get in touch with the Irish culture and you have enough time to meet new, interesting people and see the beautiful landscape of Ireland. It's just one big win-win situation!

Lena, Volunteer in a Charity Shop

If you'd like to improve your English and contribute to a good cause, this is a great opportunity. I wasn't disappointed, it was a great experience!

Mathis, Volunteer in a Charity Shop

My time in Ireland was very memorable: I think I changed a lot there and I became more independent and surer of what I was worth. Irish people are very nice and enjoyable because it changes a lot with other European countries. Moreover, there are such outstanding touristic places in Ireland that deserve to be visited. Finally, volunteering in a charity shop was a very enjoyable work as it was not very hard and it allowed me to talk English a lot to customers or colleagues. All in all, I recommend 100% CTL Ireland as it was for me an amazing experience that I won't forget

Jules, Volunteer in a Charity Shop

The staff and residents were just wonderful und so supportive. I had a great time and would love to do it again.

Marie Chantal, Volunteer in Centre with People with Special Needs

It's actually hard to put it in the right words because no words could represent all the moments, conversations, people, adventures and fun I had during my time in Ireland. All I can say is that it's definitely been the best thing I've ever done and I would always do it again if I had the chance to. Even though I was scared of a lot of things before I left, none of these fears have proven to be necessary. It was great to see what you're capable of and that you're able to adapt to an unknown environment. I only experienced support from all sides, great organisation and contact with the office. Very personal and caring, I truly felt safe all the time and I never doubted being helped. I always knew that everyone would do everything they could to make all the volunteers feel happy and satisfied with their programme. It's just been an awesome time with amazing people. I'll cherish this experience forever!

Louisa, Volunteer in Charity Shop

I had a very nice time with the childcare placement. It took some time until the children accepted me as part of the group but eventually with some patience they also turned to me if they needed help. The other teachers included me from the beginning in the tasks and I felt very welcome.

Helena, Volunteer in Childcare Project

My stay at the Eco-Center was an incredible experience that I will never forget. I met so many great people from all over the world, I learned a great deal about gardening, about Irish culture and about myself. I learned to live on my own, to be more open and how to communicate and compromise with other people. I felt truly at home and would recommend this to anyone!!

Eva, Volunteer in Eco-Centre

I spent five weeks as a volunteer in a charity shop with CTL. My work consisted of providing sales assistance to customers, tidying the shop, sorting the donations and cleaning them for display. I had a very welcoming team at the shop who helped me whenever I had questions and trusted me with many different tasks. We always had fun at work! I stayed in a host family that immediately made me feel at home, they included me in their activities and made sure I got the most out of my stay in Ireland. Thanks to CTL, I met other volunteers who quickly became my friends and explored the country with me. The orientation days were a great welcome to Ireland and helped me ease my fears and look forward to my stay. Overall I had a great time and would recommend the programme!

Noemi, Volunteer in Charity Shop

I had an amazing time and Eco-Centre! The Centre itself is a little piece of paradise, especially when the sun is shining, and the incredibly friendly people made me feel welcome from my first day. Living and working with the other volunteers was so much fun and I loved spending most of my days in and with nature. I would choose this project again any time!

Kimberly, Volunteer in Eco-Centre

Volunteer Projects

At their project, participants are introduced to their **mentor** and to the project facilities. The introduction to the volunteer work takes place during the first few days. Participants are expected to volunteer **5 days a week, 5 to 7h per day (up to 35h per week)**, with two free days per week. The mentor provides participants ongoing support throughout the programme. CTL staff are also regularly in touch with both project mentors and participants. If any support issue arises, CTL staff deals with it promptly.

We have carefully selected several host projects which provide participants with worthwhile and challenging volunteer work programmes. We select quality projects that are well established and that have an excellent track record of welcoming and supporting volunteers. Our projects are spread **all around the country including in Counties Cork, Tipperary, Kerry, Sligo and more**. Most of the programmes with host family accommodation are based in small, medium and large towns with a friendly atmosphere and with a strong community spirit. We encourage your applicants to **choose one or more project categories described in this brochure and be open minded in relation to the specific project where they want to be placed**. They should indicate if they have any preference in relation to the specific projects. We will then match them with a project that match their profile. More **specific information is available** on specific projects upon request.

Here are the 6 project categories we currently work with:

- 1. Farming, Environmental and Sustainable Living Projects**
- 2. Social-Care Project with People with Disabilities**
- 3. Community Development Projects – Combine different Projects**
- 4. Charity Shops**
- 5. Educational Projects with Children and Young People**
- 6. Arts Projects**
- 7. Animal Rescue Projects**



1. Farming, Environmental and Sustainable Living Projects – Residential & Host Family

CTL collaborates with a network of farming and environmental projects located in rural locations across the country such as:

Eco-Centres (Residential & Shared House)

CTL collaborates with two Eco-Centres which are non-profit organisations focusing on ecology and sustainability. One of the projects focuses on Organic Vegetable Growing while the other focuses on Sustainable building (tiny houses). These projects are venues for events such as workshops, courses, conferences. They include an organic vegetable and fruit gardens and woodland areas. These places have a strong ethos and focus on sustainable living: creating an environmentally sustainable activity having a minimal impact on the planet.

Minimum time of commitment: 4 weeks

Volunteer work includes: Gardening & outdoor work, facilities maintenance, administration assistance, cooking etc.



Organic & Educational Farm (Host Family)

CTL is collaborating with one organic farm. The farm is firmly committed to the principles of organic food production and strives to enhance the natural habitats on the farm by keeping bees, organic free range chickens, organic beef, vegetables and fruits. The farm is also focusing on engaging visitors in the farm activities such as school and community groups.

Minimum time of commitment: 3 weeks

Volunteer work includes: Gardening & outdoor work, tending animals, maintenance work etc



2. Social-Care Project with People with Disabilities - Residential

CTL collaborate with a well-established organisation that operates over 20 centres in Ireland to support people with special needs. The organisation provides a range of support services to people with both physical and mental conditions. The aim of the organisation is to provide quality, person-centred services, which facilitate people with disabilities to live a life of their own choosing. The atmosphere in the project is **very warm, friendly** and family orientated. The main task for the volunteers is to help the service users to arrange an enjoyable stay in the centres. Volunteers usually have their own rooms which are comfortable and spacious.

The projects are looking for friendly, open-minded and team-focused volunteer with a genuine interest in working with adults with disabilities.

Minimum time of commitment: 8 weeks (we strongly recommend to stay at least 12 weeks)

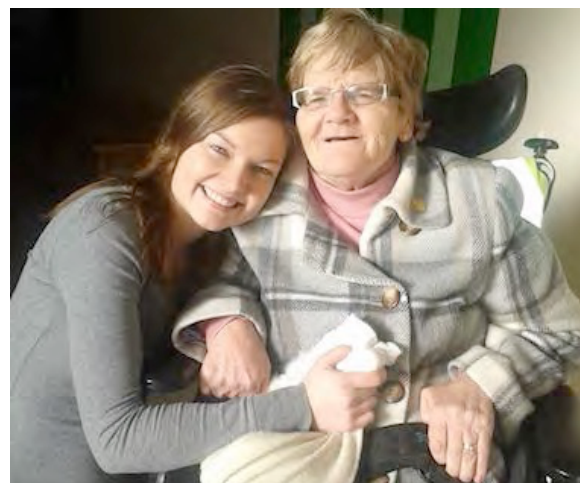
Volunteer work includes: Spending time socialising with service users within the centre, accompanying service users for activities (cinema, restaurants, shopping), assisting service users using computers, playing games.

Optional: assisting staff with personal care and with cooking, cleaning and washing



Project Highlights

- ✓ Placement with the **leading organisation** of supported accommodation for people with special needs in the country
- ✓ Full cultural **immersion** in a local community environment
- ✓ Highly experienced staff and **project mentor**
- ✓ Warm and **friendly** atmosphere!
- ✓ **Diversity** of volunteer activities



3. Charity Shops - Host Family

CTL places participants in local charity shops. These shops are run by non-profit and charitable organisations to generate some income to support their core activities such as supporting vulnerable people or running educational activities with children. The shops receive donations and sell them to the public. The shops are run by professional staff and local volunteers. One of our charity shops is based in the friendly and busy town of Clonmel and it has two locations where volunteers can help: the shop based on the main street and a sorting office that includes a furniture store, a bookshop and bric-a-brac. The other shops are based in various friendly towns across the country.

Minimum time of commitment: 3 weeks

Volunteer work includes: providing sales assistance to shoppers, sorting donations into recycling and shop stock, steam cleaning shop stock clothing, moving, cleaning and restoring furniture.



Project Highlights

- ✓ Full Cultural **immersion** in an Irish community
- ✓ Volunteer with the largest **charitable organisation** in Ireland
- ✓ Unique **host family** experience
- ✓ **Friendly**, relaxed and dynamic town
- ✓ **Diversity of activities** and multiple learning opportunities including:
 - Dealing with the public in the shop
 - Practicing English
 - DIY activities



4. Animal Rescue Projects - Host Family

CTL is collaborating with non profit organisations across the country which rescue and look after sick and orphaned animals. Projects are looking for **hard working animal lovers** who are not afraid of getting their hands dirty. Volunteers can get involved in a variety of activities such as feeding the animals, cleaning and maintenance activities. Animals include dogs (mostly), cats, horses, pigs and more!

Please note: volunteering in this project demands a high level of energy and the working environment is generally very nosy with many dogs barking! To maintain a high level of commitment from volunteers, this project welcomes our participants **3 days per week** (currently Mondays, Wednesdays and Fridays). The other 2 days of the working week, volunteers help in less demanding projects on Tuesdays and Thursdays (e.g. charity shops, community sports centre, community cleaning).

Minimum time of commitment: 3 weeks (for 3 weeks programme, volunteers will be working 2 days on the first week at the shelter)

Volunteer work includes: Feeding the animal, cleaning animal cages/enclosures, help with general maintenance (tidying, painting, fencing etc.)



5. Community Development Projects – Combine different Projects - Host Family

This programme is for participants who are **flexible** and want to **experience more than one type of volunteer project**. We work with different community projects and you will be matched taking into account your profile and the needs of the community. All community development placements include volunteer in one charity shop + in at least another community project.

Projects include:

- **Charity Shops:** Volunteer work includes: Provide sales assistance to customers, ensure goods are well displayed, sorting donations etc.
- **Community Sports Centre:** help with maintenance of the building and the sport facilities, help organising events
- **Community Transport Service:** help with general administration, organising rotas, database entry etc.
- **Community Clean up:** Volunteer work includes: Take part in the in community clean up with local community group to improve the local environment and make it a better place to live
- **Other community project may include:** local sports club, local touristic attraction, helping in a primary or secondary school, helping at the animal rescue centre etc.

Minimum time of commitment: 3 weeks



Project Highlights

- ✓ Experience the Irish life with a full immersion in a host community
- ✓ Volunteer in different community projects
- ✓ Meet local people and other international volunteers in a friendly and relaxed atmosphere



6. Educational Projects with Children and Young people - Host Family

CTL is placing international volunteers in various projects working with children and young people across the country such as:

- Afterschool clubs and Playschools

We collaborate with community-oriented playschool playschools and homework clubs around the country. This project offers a diversity of activities for local children. During the school year, help is needed to run After School Club and Playschool session for pre-school children. Durring the summer, volunteers can help with the summer camps. Volunteers assist experienced staff members in running activities with children aged 3 to 12 year old.

- Summer camps:

CTL collaborates with summer camps in different towns around the country. Some of them focus on sports and fitness while other offer various activities for children (arts and craft, games etc.)

These projects are searching for friendly, **energetic, outgoing, open-minded** and team-focused people with a genuine interest in working with **children**. Working with children and young people can be very tiring, that's why volunteers need to be self-motivated and full of energy! Most of the projects require **previous experience working with children**. Volunteers joining the project should have at least an **intermediate level of spoken English**.

- Primary Schools and High Schools

We have a limited number of placements in local primary schools and high school for participants aged over 20 years old who are studying to become teachers. Such participants will help as classroom assistant and help running different activities within the school.

- Youth Clubs

We collaborate with projects working with young people from disadvantaged background. These placements are available for participants aged over 20 years old who are studying social care studies. These projects generally offer the possibility to take part in a number specific sessions during the week and would need to be combined with another project to reach full time involvement.

Minimum commitment: **4 weeks**

Volunteer work includes: Assisting staff in preparing and carrying out activities with children young people (games, sport activities, homework), helping with tidying up, cleaning and preparing food.



Project Highlights

- ✓ Opportunity to work with **children and young people**
- ✓ Experienced and qualified **staff**
- ✓ Full Cultural **immersion** in an Irish community
- ✓ Unique **host family** experience

7. Arts Projects - Host Family

CTL is collaborating with community Arts projects including **Arts centres**, and **Arts Festivals** which welcome international volunteers to support their work all year round. Arts centres present a range of visual arts exhibitions in their gallery space, they also create opportunities for children, young people and adults to engage with high standard arts programme through creative workshops and classes. Arts festivals in Ireland come in all shapes and sizes and contribute to make Ireland a cultural centre for the arts. Festivals presents and produces programmes across theatre, music, film screenings, visual arts, opera, street spectacle, dance etc.

Volunteers can get involved in a wide variety of activities from carrying out administrative and marketing tasks to organising events and helping facilitating workshops. Volunteers with a diversity of profiles are welcome; they do not necessarily need to have an artistic background.



Please note: Arts project are only running on specific times of the year, mostly during Spring and Summer.

Minimum time of commitment: 3 weeks



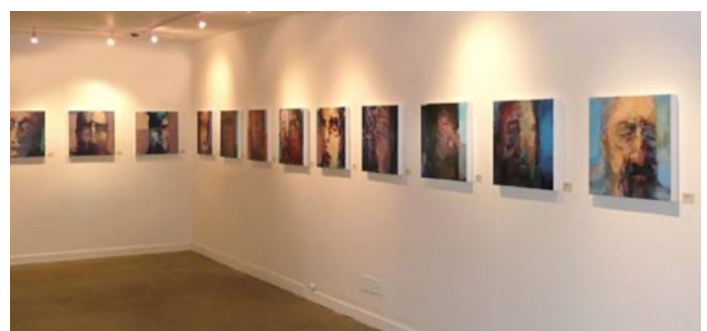
Project Highlights

- ✓ Unique insight into the Irish **Arts sector**
- ✓ Diversity of **volunteer tasks**
- ✓ Full Cultural **immersion** in an Irish community

Volunteer Work

Volunteers can help in several areas:

- Providing administrative support
- Assisting in workshop facilitation
- Helping organising arts events
- Supporting marketing and promotion campaigns
- Supporting social media activities



Customised Group Programmes

We have experience designing customised group programmes for **corporate groups** and groups of junior participants **under 18**. Our group programmes include a mix of volunteer work and team building activities as well as cultural and sightseeing excursions.



“We sent our largest corporate group ever to Ireland on a team building and community engagement programme. Aisling and Anton arranged an outstanding programme for our employees. This was a very special programme: the volunteer work with local organisations gave us a unique opportunity to connect with local people and make a difference, the venues and accommodation were perfect and the opportunity to meet with the Lord Mayor was a great honour. Aisling and Anton were very professional, energetic, well organised and approachable. A memorable Irish Experience!”

Anton van de Merwe, Principal Partner, Alta Via Consulting



Volunteer Project

Ardeen Cheshire Home: Supporting Adults with Disabilities

Ardeen Cheshire Home provides a supportive community for adults with physical disabilities, where residents are encouraged to develop independence, confidence, and a sense of belonging. Each person is supported to participate in the life of the Home according to their abilities, contributing to its daily functioning and growth.

Volunteers and interns play an important role by engaging residents in social, recreational, and community activities — both in groups and one-to-one. These interactions foster meaningful relationships, promote inclusion, and provide valuable mutual learning experiences.

Ardeen operates with a multidisciplinary professional team, offering participants the opportunity to observe and learn from a range of specialists working collaboratively to enhance residents' quality of life. This placement is ideal for friendly, open-minded, and team-focused individuals who have a genuine interest in supporting adults with disabilities and gaining experience in an inclusive care environment.

Project Highlights

- ✓ Placement with the **leading organisation** of supported accommodation for people with special needs in the country
- ✓ Full cultural **immersion** in a local community environment
- ✓ Highly experienced staff and **project mentor**
- ✓ Friendly and **relaxed little village** surrounded by beautiful Irish countryside
- ✓ **Diversity** of volunteer activities

Programme Key Points

- Available all year round
- Residential accommodation with food
- **From 8 weeks**
- Airport pick up
- First night in hostel in Cork city
- Orientation day with CTL staff
- Ongoing support from project mentor and back-up support from CTL Ireland staff
- 24/7 emergency support

Volunteer Work

This project offers meaningful and engaging volunteering opportunities that enable participants to use their skills and talents to make a genuine difference. Volunteers will have the chance to get to know a diverse group of residents, aged between 35 and 80, and to play an active role in enhancing their quality of life.

Volunteers take part in a variety of activities both inside and outside the Home, such as:

- Assisting with in-house programmes, including bingo, art classes, and table quizzes
- Accompanying residents on visits to family and friends
- Joining shopping trips and community outings
- Attending evening entertainment, such as cinema visits or local pub outings

These activities help residents to socialise, build confidence, and maintain strong connections with the local community. Volunteers are also appreciated for offering simple yet meaningful support — such as writing letters, tidying rooms, or spending time chatting with residents.

Those who wish may also assist with personal care tasks, such as helping with meals, dressing, washing, or beauty routines. This is always done under the supervision and guidance of a staff member.

Volunteers generally work five days per week, with shifts typically running from 10:00–16:00 or 14:00–20:00, and days off arranged flexibly in consultation with staff.

All volunteers receive comprehensive guidance and training on working with vulnerable adults and supporting people with disabilities. They also receive instruction on using any relevant equipment safely.



Volunteer Profile

This project is searching for friendly, **outgoing**, open-minded and team-focused people with a genuine interest in working with adults with disabilities. Flexibility and reliability are other important skills, as well as the willingness to work in line with the home's policies. Volunteers are encouraged to put their skills or any experience they have to good use while on placement (e.g. arts, craft, music etc.). They must be over 18 when the project starts.

Volunteers joining the project should have **at least an intermediate level of spoken English**. This is a good project for participants to improve their English as they will be working side by side with Irish people.

Location

Ardeen Cheshire Home is located in the charming village of Shillelagh, 100km south of Dublin, in the tranquil countryside of County Wicklow. It is in a rural location and the larger towns of Tullow, Gorey, Carlow and Arklow are 15 to 30km from Shillelagh. They are all within easy reach using Ardeen's transportation.

The village of Shillelagh has a church, shop, post office, two pubs, hair dressers, beauticians and post office. The village is within walking distance of the project. It is possible to arrange transport to the local towns through Ardeen vans which transport services around the area on almost daily basis.

This part of the country is beautiful for walks and cycling, so we encourage volunteers to explore the local area as much as possible!



Living Conditions

Volunteers are living on the project location and their own bedroom upstairs in the main house. There is a shared living area with a TV. Wi-Fi is available. Bedding, towels, basic toiletries, hairdryer, laundry and cleaning products are provided. Food is provided for them, they can avail of the main meal and evening tea prepared in the main house. Volunteers generally have their own bedroom







Volunteer Project

Irish Cancer Society Charity Shop in Clonmel

This charity shop is managed by the Irish Cancer Society which is a national charity dedicated to eliminating cancer as a major health problem and improving the lives of those with cancer. The income from the charity shop is one of the main sources of revenue for the charity which depends on the time contributed by dedicated local volunteers. The Cancer Society has over 20 shops in the country. The money raised is spent on research, providing information, support and services, and increasing cancer awareness.

Project Highlights

- ✓ Full Cultural **immersion** in an Irish community
- ✓ Volunteer with one of the largest **charitable organisation** in Ireland
- ✓ Unique **host family** experience
- ✓ **Friendly**, relaxed and dynamic town

Programme Key Points

- Available all year round
- **Host family** accommodation with food
- **From 3 weeks**
- Airport pick up
- First night in hostel in Cork city
- Orientation day with CTL staff
- Ongoing support from project mentor and back-up support from CTL Ireland staff
- 24/7 emergency support

Volunteer work

Volunteers work alongside other local volunteers and are expected to be proactive on their placements and to use their initiative. They are expected to work around 30 hours per week. Volunteers can help in a number of areas:

In the shop:

- Providing sales assistance to customers
- Ensure goods are well displayed
- Keep the shop clean and tidy
- Sorting donations into recycling and shop stock
- Repairing donations



Project Support

The project is supported by an employed coordinator but is primarily managed by a dedicated team of local volunteers who manage the activities of the sorting centre and shops in order to support their charitable work of home visitation and support for the poor in the local area.

Volunteer Profile

Volunteers are required to be **adaptable, flexible** people. They must be **over 18 when the project starts**. They will join a group of workers and local volunteers comprised of people from different backgrounds and different age groups. Volunteers need to be able to partake in teamwork, but personal **motivation, maturity and responsibility** are also important. Any skills or experience with retail sales, particularly clothes or furniture is an advantage. Volunteers with an interest in DIY or an eye for interior design and decoration would be highly valued.

Volunteers joining the project should have at least an **intermediate level of spoken English**. This is a good project for participants to improve their English as they will be working side by side with other Irish volunteers.

Location

The charity shop project is located in Clonmel, County Tipperary. Clonmel town is a busy town that provides shopping and various services for people of the surrounding rural area. It has a population of about 18,000 people. It is located 2 ½ hours from the capital city Dublin and 1 ½ hours from Cork city. Clonmel is well served by bus and train services. The town is nestled in the Comeragh Mountains with the Knockmealdown Mountains to the South and legendary Slievenamon to the East. Hillwalking and cycling are popular local activities. There is always something happening in Clonmel, with frequent theatre, concerts, live music, art exhibitions and festivals.



Living Conditions

Volunteers will live in local host family accommodation allowing you to get a real sense of life in an Irish family and community. Meals will be provided along with a packed lunch as needed. Host families are based within walking distance of the project or near a public transport that allow the volunteer to reach the project easily.

"I could not possibly be any more happy with the decision I made to come here. My host family is simply spectacular! They are so kind, caring, and understanding. They have helped me so much with the many changes I have experienced." Participant staying with host family in Clonmel.



Free time

Volunteers have two days off per week. During their free time, volunteers can discover the country side around Clonmel, Tipperary region. They can visit famous attractions such as the **Rock of Cashel** Castle and Cahir Castle located in nearby towns. They can also discover cities such as **Kilkenny, Cork or Dublin**. There are also many events taking place in Clonmel all throughout the year.

