

# VOLUNTEERING IN ARGENTINA

## NATIONAL PROFILE



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## BIENVENIDO/A!

**Welcome to Argentina!** If you are seeking to experience a different side of Latin America while immersing in a local project, you are in the right place.

We have a broad mixture of cultures, traditions and different landscapes that are worth discovering.

People at the streets and shops are easy going and very charming.

To describe our social manners in a nutshell, we are very friendly and welcoming, highly sociable by nature (you'll see once you discover our mate culture!).

At the end of your stay here, you'll come back not only with a bunch of new friends, but more probably with a family that will wait for you here whenever you come back!



This profile will provide you with insights and useful information before your arrival or will help you to give you an idea of our country. We invite you to participate in one of our projects and experience the uniqueness of our country!

## ABOUT US

**Fundación SES** is an Argentine NGO that, since 1999, works for the social, educational, economic, labor, and citizen inclusion of youth collectives whose rights are violated in Argentina and around Latin America and the Caribbean.

**Subir al Sur** is an intercultural volunteer program that fosters community participation and youth leadership through Education for Peace.

We work to promote the social, political, and community organization of today's youth, from a critical and reflective standpoint on their living conditions and development as citizens of their communities, but also of the world. We seek to expand their realities and promote new experiences through youth participation and organization from a critical perspective.

## WHAT TO EXPECT WHILE VOLUNTEERING AT SAS?

Since our approach is focused on the intercultural exchange experience, you will be invited here to expand and rethink about your previous ideas, to reflect and also to broaden your vision about any topic you are interested in. We encourage the driven curiosity that can open a conversation about a hard and controversial topic. This is why we provide weekly seminars where we have an agenda of topics that can fluctuate depending on the demands of the volunteers. We like to give autonomy and self decision to the volunteers, to guide their own intercultural experience in their areas they are most interested in. We also have the possibility of alternate projects, in order to experience different challenges and also getting involved in more diverse social environments. These workshops and extra curricular spaces enrich the effects of the experience, and we see it everyday in our volunteers.

## THE COUNTRY

The name Argentina was given to the wealth's potential of the land before the Spanish colonization. Argentina means silver in Latin, and this is what attracted many Spanish colonisers back in the day. Before the colonization, our land was occupied by native communities. Although, the official Argentinean narrative denied and made the indigenous populations invisible for many years, accompanied by the process of colonisation and the military campaigns of the 19th century that caused much of the extermination of several people, they have yet not disappeared.

In the 19th century we also received a wave of immigrants from Europe, especially Italians. That's why you will notice in our culture an interesting mixture of different traditions and influences in everything, such as the way we speak, our food, our architecture, etc. But we also created our very own traditions that identify and separate us from European influence. Things like mate, asado, tango and football represent us and emerged from our very unique past.

We have a population of approximately 46,000,000 inhabitants and our mixed influences and diversity defines the essence of our country.

## THE TERRITORY

We have a vast area of 3,761,274 km<sup>2</sup> with a varied landscape, in which ice fields and arid zones coexist, mountainous areas alternate with plain areas, river courses communicate with the ocean, and the steppe vegetation does not overshadow the scenery of forests and jungles. Due to its extension, we are ranked fourth among American countries (after Canada, the United States and Brazil), and seventh worldwide.



# THE HISTORY BEFORE INDEPENDENCE

**1500**

Indigenous people from the Inca community were living in the territory

**1536**

Pedro de Mendoza founded Buenos Aires, the first spanish colony

**1807**

British invasion, we won the battles without any help from Spain

**1810**

May Revolution and independence declaration the 9th of July

**1853-1860**

Period of civil wars. The federals approved the name Argentine Republic

**1862-1930**

Migratory european wave. Mainly from Italy, Spain and France



## **AFTER INDEPENDENCE**

**1912**

The implementation of the right to universal, secret and mandatory vote only for men

**1951**

Late recognition of the women's right to vote



**1951-1976**

Series of democratically elected governments.

**1976**

Military dictatorship that took around 30.000 lives

**1977**

First gathering of the Madres de Plaza de Mayo asking for their disappeared children

**1982**

Undeclared battle for the Malvinas islands against the UK. We are defeated and lose around a thousand lives

**1983**

End of the dictatorship. Beginning of a democratic period that continues until today



## THE GOVERNMENT

Our Constitution establishes in Article 1: The Argentine Nation adopts for its government the federal republican representative form.

## THE RELIGION

In Argentina, there is total freedom of worship. The Catholic religion is professed by the majority but other cults such as Protestantism, Judaism, Islam, the Greek Orthodox religion, the Russian Orthodox, and others are also practiced.

### FUN FACT!

If you come here you will notice above fans this strong interconnection between football and religion.

Due to the secularization in our society, atheism arose, leading people to devote their faith to iconic players of Argentine Football, such as Maradona. There is a Maradonian church located in Rosario as we have many murals of him showing a saint's aura, also representing a historical moment when we won the World Cup in 1986 by an unusual way of scoring a goal, remembered as "the Hand of God".



## CULTURE AND IDENTITY

### MATE FRIENDLY INFUSION TO SHARE



In Argentina, we call mate the infusion that is prepared with herbs (called yerba mate), as well as the cup where it is drunk. Its origin dates back to the Guaraní people, who used the leaves of the tree as a drink. During the long journeys through the jungle, the Spanish conquerors noticed that the Guaraní had greater resistance after drinking this sacred drink. They surely had, because now we know that this herb has a strong stimulation of the nervous system, thanks to the effects of its natural caffeine. We are already used to these stimulating effects because we like to drink it 24/7! It is allowed in almost all professional settings, and we always find an excuse to have mate.

#### FUN FACT!

An average of 6.4 kg is consumed per inhabitant per year

When we drink it with others, we do what is called a “round”. There is one person in charge of filling the cup with the boiling water, and giving it to each one in the group by equal turns. Everyone drinks from the same straw, and makes us feel more connected in a gathering, since we are all drinking “together”

#### USEFUL TIPS

When it's your turn, don't move the straw! When you are done you give it back to the person filling the mate. When you don't want to drink anymore, simply say Gracias (thank you)

[Click here to know How to prepare mate](#)



## CULTURE AND IDENTITY

### TANGO

Well known as the most passionate dance in the world, when Tango emerged, it revolutionized popular dancing. Starting in the poorest neighborhoods, it was associated with the working class, mostly made of Italian immigrants. However when it got popular worldwide, the upper classes -that rejected it at first- acquired this dance into their luxurious parties. Described as a sensuous dance with an embraced partner that proposes a deep, emotional relationship of each person with their own body. “It is a mystery solved in pairs.” A story that transcends between two confronted chests, clasped hands, and looks that, sometimes, face away from each other.



**Woman's bridge:** iconic bridge in Buenos Aires representing the shape of a couple dancing tango.

We have international tournaments and competitions that we host here, where professional dancers from different countries show their skills at the rhythm of this particular dance.



## CULTURE AND IDENTITY

### FÚTBOL (FOOTBALL/SOCCER)

This sport became part of our national identity, as everyone in Argentina has a team. It is something crucial as having a name or an ID number. The choice can be based on their neighborhood or family tradition, but a choice has to be made, and the choice is for life. Buenos Aires is also the city with most football stadiums in the world. Probably it is also the city with most improvised pitches for amateur games too. International sensations such as Diego Maradona and Lionel Messi can trace their origins back to these street games known as “picado”. These spontaneous matches sometimes showcase the reality of our country, because football is mostly popular amongst people in precarious situations.



We live football in a passionate way. When we won the world cup in Qatar 2022, we were news worldwide due to the way we celebrated. The masses covered avenues and highways, with flags, drums and fireworks. For us it was normal, because the fans usually cheer in this intense way during our local matches, especially for the legendary teams River Plate and Boca Juniors.

## CULTURE AND IDENTITY

### FOLKLORE

This is a genre of Argentine music whose origins are linked between the original indigenous cultures and the forced immigration of African slaves. The European immigration from 1880 to 1950 also contributed to its creation. The folklore variety here is bigger than in any other Latin American country. The instrument par excellence is the guitar. Most Argentine folklore music combines song and dance. The zamba, typical of the mountains and sierras of the central and northern regions of the country, is choreographically very pleasant.



Folklore itself is retreating in the face of commercially elaborated popular music. As a reaction to this process, numerous “peñas” or folk clubs have arisen, where people dance and sing periodically. The custom of spontaneous singing in social gatherings is preserved in many provinces in the northern side of the country.

## CULTURE AND IDENTITY

### THE FOOD

#### ASADO



Argentina's signature dish, originated in the Pampa plains. The "parrilla" is the barbecue where we cook the meat. The process that comes with asados is a ritual in and of itself. In most homes we do a Sunday's family gathering and the asado is the excuse to reunite and catch up with our loved ones after a busy week. We start the fire at 10 am in the morning to have lunch around 1pm, and then we can stay as long as the evening talking and sharing mate. We only have on the side just some french baguettes and maybe a salad on the table. The main dish is always the cow's cuts, and we like to eat big portions of them.

#### LOCRO



Locro is a kind of thick, rich soup made of corn, beans, potatoes with meat, and seasoned with cumin, laurel, garlic, parsley, although the recipe may change depending on each Argentine province's tradition. It's one of the national signature dishes by excellence, its preparation is required in winter and it's traditionally eaten on May 25th and July 9th, two important commemorative dates in Argentina.

## ALFAJORES



Alfajor is an internationally famous Argentine gastronomy traditional pastry. It's composed of two cookies stuck together by fruit, chocolate, or mousse filling, although the most popular alfajores are those filled with dulce de leche. It is a common practice to buy a box of them to give as presents when you return back after your trip.

## EMPANADAS



Empanadas are pieces of dough with different types of fillings like meat, chicken, spinach, cheese and onion, etc. This is our fast food by excellence, and you can find them easily in any restaurant. The challenge is to find the best restaurant, because sometimes the quality can vary a lot, so don't get discouraged if you don't love them at first bite.

### FUN FACT!

We have four main meals:  
**DESAYUNO** (breakfast)  
**ALMUERZO** (lunch)  
**MERIENDA** (afternoon break)  
**CENA** (dinner)

Compared to any daily routine from any other country, we only add the **Merienda**. However, this creates a huge difference, because the common schedule for this meal is around 5 to 7pm, delaying the **Cena** as late as 11pm! Here we don't care much about having dinner so late, and then in the morning we can just have a lighter breakfast.

## WHAT TO SEE?



Argentina offers lively cities and tranquil wildernesses, majestic waterfalls and soaring mountains. The variety and diversity of landscapes is present all around the country, since its large and big territory. In the North you can find a more dry and hotter weather with the highest altitudes, whereas if you go all the way down to the South you can find a snowy weather with lower temperatures, with altitude in some regions surrounded by mountains. Buenos Aires is located in the center of the country and is characterised by the plains and its metropolitan architecture of a big city.

## SOME OF THE MUST-SEE PLACES HERE:

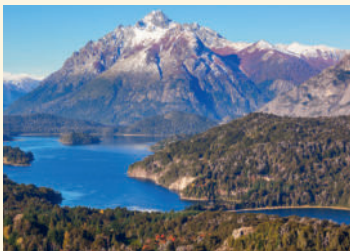
To find out more click on the images or names



### **BUENOS AIRES**

### **IGUAZÚ FALLS**





## **BARILOCHE**



## **PERITO MORENO GLACIER**



## **JUJUY**



## **MENDOZA VINEYARDS**

## VISA PROCESS

### DO I NEED A VISA BEFORE ARRIVAL?

Generally most of the countries can enter into the country without needing to obtain a tourist visa before arrival. You just arrive at the airport and the customs stamp in your passport the date of arrival that allows you to stay around 90 days.

### In case you stay longer than 90 days:

You just have to ask for an extension of your tourist stay while you still are in the country.

### Check if your citizenship/passport allows you to enter

Certain countries do require a have the tourist visa before arrival. Please check it out because policies can also change depending on your home country. If that is the case, you should request it at the nearest consulate or embassy and schedule an interview there.

### REQUIREMENTS TO OBTAIN THE TOURIST VISA

- Valid passport for at least 6 months from the date of entry into the country, and at least one blank sheet available.
- Two current photographs 4x4cm, front, color, white background.
- Complete visa application form (preferably in electronic form) and signed by the applicant
- Proof of financial solvency (e. g. last bank statement).
- Reservation of round-trip tickets
- Hotel reservation or a letter of invitation, and tourist itinerary
- Payment of the consular fee: \$150. - (U. S. dollars or euros)
- Consular interview.





### MONETARY UNIT

The official currency is the peso. It is hard to withdraw money from the ATM machines, due to the economic restrictions we have. The second most used currency are the dollars, therefore we have plenty of exchange stores where you can trade them for pesos. However, you ought to check the different rates, because they change everyday, sometime every hour due to the inflation, and also because we have different rates depending on the “official dollar rate” or the “blue dollar rate” which is probably the one you would get in the exchange houses (and the most convenient too). We also have Western Union stores, where you can send or receive money from anywhere in the world.

### PLUG TYPE AND ELECTRIC SUPPLY

In Argentina the power plugs and sockets are of type C and I. The standard voltage is 220 V and the standard frequency is 50 Hz



## LANGUAGE

The official language is Spanish. Brought by the conquerors, it underwent changes over time, as a result of coexistence with the native indigenous peoples that enriched it and the immigrants that made their contribution to the language of the Argentines. Its remarkable that indigenous languages such as Mapuche, Guaraní and Quechua, still survive and are spoken in some communities. We also have different dialects depending on the province you are, where the rhythm and intonation can vary a bit. But we share in common the characteristic “ll” pronounced uniquely like a -sh- sound, as well as our particular way of speaking as chanting or singing, inherited from the italians. We also speak a lot with our gestures, speaking “twice” with our hands too. This is part of the strong Italian influence we have, which is not a surprise since Italian is also the most popular spoken second language in our country.



### INCLUSIVE LANGUAGE

In the last decades, Argentina conquered achievements related to gender rights. This created debates and resistances that are persistent until today. However, in some social groups and communities, its common the use of terms that doesn't refer to one specific gender.

For instance using neuter pronouns, articles and ways of expressing the subject in the sentence. Languages are a dynamic cultural process that can transform the way we understand and think about the world. The inclusive language aims for a more equitable society when it comes to gender norms.



### EXTRA INFO

Since we have a very warming culture, it is customary to give a “beso”, or kiss, on the right cheek when you say hello or goodbye to someone. Argentineans, we give each other a “beso” when we meet friends, family or even someone we have just met. You give people a little mock kiss, sound and everything, but don't make physical contact other than cheek to cheek. We also really like the physical contact, this is why you should expect hugs from friends, and feel completely free to show your love to them too!

## **USEFUL INFORMATION**



### **USEFUL WORDS AND SENTENCES IN SPANISH**

**HOLA**

**¿CÓMO ESTÁS?**

**ME LLAMO...**

**¿DÓNDE ESTÁ...?**

**¿DÓNDE ESTÁ EL BAÑO?**

**PERDÓN**

**GRACIAS**

**POR FAVOR**

**¿ME PODRÍA AYUDAR?**

**ADIÓS**

**¡AYUDA!**

**TENGO SED**

**NO ENTIENDO**

**ME GUSTA**

**NO ME GUSTA**

**HELLO**

**HOW ARE YOU?**

**MY NAME IS...**

**WHERE IS...?**

**WHERE IS THE BATHROOM?**

**SORRY**

**THANK YOU**

**PLEASE**

**COULD YOU HELP ME?**

**BYE**

**HELP!**

**I´M THIRSTY**

**I DON´T UNDERSTAND**

**I LIKE IT**

**I DON´T LIKE IT**



# Subir al Sur

- un programa de Fundación SES

**WELCOME TO ARGENTINA  
WE ARE WAITING FOR YOU!**

**FOR MORE INFORMATION:**

 [WWW.SUBIRALSUR.ORG.AR](http://WWW.SUBIRALSUR.ORG.AR)

 [@SUBIRALSUR](https://www.instagram.com/SUBIRALSUR)

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