

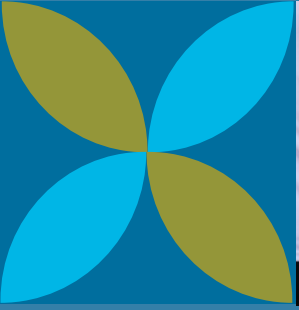


NATIONAL PROFILE

Fundación SES - ICYE Argentina - CCIVS partner



Subir al Sur
- un programa de Fundación SES



Fundación SES and the intercultural volunteer programme **Subir al Sur** welcome you.

We are delighted that you can explore these pages that tell a little bit of what you can live in our country.

A journey of learning, friends and experiences awaits you...



Subir al Sur
- un programa de Fundación SES

fundaciónses
Con todas las juventudes



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01.

Information on the host country



History



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 colonists back in the day. Before 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.

Also black population, forcibly introduced from sub-Saharan Africa, brought to work as slaves in the colony from the late 16th to the early 19th century.

In the 19th century we also we received a big wave of immigrants from Europe, especially Italians.

From the 1980s and 1990s onwards, migration flows came especially from Chile,

Paraguay, Bolivia, Peru, Asia (in this period particularly from Korea and China), and Eastern Europe.

From the 1990s and 2000s, immigrants continued to arrive from Bolivia, Paraguay and Peru; and in the 21st century, migratory flows came from Colombia, Cuba, Venezuela, Senegal, Ecuador, the Dominican Republic and more recently from Russia.

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. Argentina has always been characterised as a country with open borders, which makes it a country of opportunities and challenges for the development of interculturality.

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

THE HISTORY BEFORE INDEPENDENCE



1500
Indigenous people from the Inca community were living in the territory



1807
British invasion, we won the battles without any help from Spain



1536
Pedro de Mendoza founded Buenos Aires, the first Spanish colony



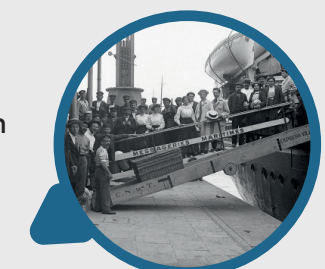
1810
May Revolution and independence declaration the 9th of July



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



1951-1976

Series of democratically elected governments



1977

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



1983

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



1951

Late recognition of the women's right to vote



1976

Military dictatorship that took around 30.000 lives



1982

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



Geography, Climate and Biodiversity



Argentina is a vast country, covering 3,761,274 km², with an incredibly diverse landscape where ice fields and arid zones coexist, mountains alternate with endless plains, rivers flow into the ocean, and steppes blend seamlessly with lush forests and jungles. This remarkable variety makes Argentina the fourth largest country in the Americas (after Canada, the United States, and Brazil) and the seventh largest in the world.

This immense extension also gives Argentina an incredible climatic diversity, with warm, tropical regions in the north and cold, Patagonian landscapes in the south.

In Buenos Aires, the climate is temperate and humid, with well-defined seasons throughout the year. Summer (December to March) is hot and humid, with temperatures exceeding 30°C . Autumn (March to June) brings cooler temperatures and golden landscapes in the city's parks. Winter (June to September) is mild compared to other parts of the world, with lows rarely dropping below 5°C. Finally, spring (September to December) is undoubtedly one of the best times to experience Buenos Aires: jacaranda trees bloom and the weather is pleasant.



Political System²



Argentina is a federal and presidential republic, meaning the country is divided into 23 provinces and the Autonomous City of Buenos Aires, each with its own government, but all under the authority of a national government.

The Argentine democratic system recognises three fundamental powers: the executive, the legislature and the judiciary:

Executive: Art. 87 provides that this power is exercised by a citizen with the title of 'President of the Nation' (it is unipersonal). Only native-born Argentines or Argentines by choice can be elected to the office, but only those who are children of native-born citizens born abroad who have opted for Argentine citizenship.

The President is elected for a four-year term. He may also be re-elected for one consecutive term. He is accompanied by the Vice-President, who is elected for the same period and in the same manner as the President.

Legislative: In charge of the Congress of the Nation, composed of two chambers, one of Deputies of the Nation and the other of Senators of the Provinces and of the City of Buenos Aires.

This chamber is composed of three senators for each province and three for the city of Buenos Aires, elected directly and jointly for six years, renewable by thirds every two years, with two seats corresponding to the political party with the majority of votes and the remaining one to the party that follows it.

Judicial: Corresponds to the Supreme Court of Justice of the Argentine Nation and the lower courts, which are responsible for administering justice.

The Argentine Nation adopts the **Representative**, Republican and Federal form of government. It is Representative because the representatives of the people govern.

² Source <https://www.caserosada.gob.ar/nuestro-pais/organizacion>

It is **Republican** because the representatives are elected by the people through suffrage and because there is a division of powers (the Executive, the Legislative and the Judiciary) and a written Constitution is adopted. It is **Federal** because the Provincial States retain their autonomy, despite being united under a common government (National Government).

The three branches of government control each other to guarantee the decentralisation of power.

It has a democratic regime and a presidential system of government.

The national constitution was enacted in 1853 and amended in 1860, 1898, 1957 and 1994.

Suffrage is universal at age 16 and obligatory at age 18.

At the level of winning rights, one of the most notable milestones was the approval of Same-Sex Marriage in 2010, making Argentina the first country in Latin America to legally recognize marriage between same-sex couples. Then, in 2012, the Gender Identity Law was enacted, considered one of the most progressive in the world, allowing transgender people to change their name and gender on official documents without requiring judicial intervention or gender reassignment surgery.

In 2017, Argentina took another step towards gender equality by passing the Gender Parity Law, which mandates that 50% of candidates on national election lists must be women, ensuring greater female representation in Congress. Another major achievement in gender rights was the legalization of abortion in 2020, making Argentina the first Latin American country to approve it at the national level, recognizing reproductive rights and bodily autonomy.

In recent years, Argentina has also made advances in environmental policies. In 2021, the Climate Change Law was enacted to establish a legal framework aimed at mitigating the effects of global warming and promoting sustainable practices. Politics in Argentina is a passionate topic. Whether you're at a gathering with friends, a café, or a family dinner, you will always find someone eager to discuss current events, laws, and the country's future. If you come to live here, be prepared to engage in deep conversations and experience a country in constant transformation, wheredemocracy and the fight for rights are always evolving.

Economy



Argentina has the second-largest economy in South America, after Brazil. It is known for its rich natural resources, strong agricultural exports, and diverse industries, including manufacturing, technology, and services. The country has a highly educated population and a strong cultural and scientific background, making it a key player in the region.

However, Argentina's economy is highly volatile. The country has experienced periods of strong growth, followed by deep recessions. A major challenge is inflation, which has been a persistent issue for decades, often reaching double digits annually. This affects the cost of living, wages, and the value of money over time.

Another key aspect of Argentina's economy is its foreign exchange market. The country has multiple exchange rates, including the official exchange rate set by the government and various parallel market rates (often higher) used for informal currency exchanges.

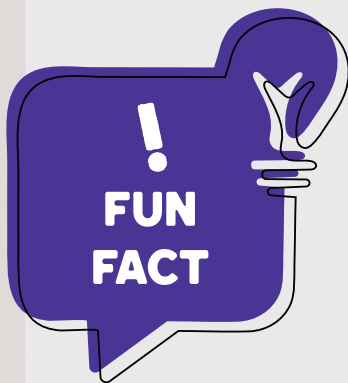
Despite these challenges, Argentina remains a country full of opportunities, with a dynamic economy, strong cultural industries, and a passionate entrepreneurial spirit.

Culture and Identity



Argentina is a country of cultural diversity and deep-rooted traditions, shaped by a mix of European, Indigenous, and African influences. This fusion is reflected in music, politics, family life, and social interactions.

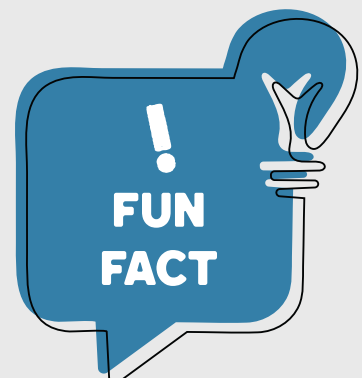
Tango is one of the country's most iconic artistic expressions, but Argentina is also known for its rich rock and folklore music scenes. Artists like Charly García, Luis Alberto Spinetta, Los Redonditos de Ricota and Soda Stereo revolutionized Argentine rock, while Mercedes Sosa, known as “the voice of Latin America,” brought folklore to the world with her powerful songs rooted in social justice and cultural heritage. Traditional folklore music, including zamba and chacarera, remains a vibrant part of the country's identity, especially in northern and rural regions.



Samba, which means ‘Brazilian popular music and dance’, should not be confused with zamba, which means ‘Argentine popular music and dance’.

Beyond music, football (soccer) and politics are two great passions that fuel intense debates everywhere, from cafés to family meetings. Argentines are deeply engaged in political discussions, reflecting a history of activism and social movements that have shaped the nation.

Football (soccer) is more than just a sport in Argentina—it's a national obsession. Fierce rivalries between clubs like Boca Juniors and River Plate ignite intense passion among fans, while the country takes great pride in its international achievements, including multiple World Cup victories.



Family and friends play a central role in Argentine culture. Reunions with relatives are frequent and highly valued, whether it's a Sunday meal, a birthday, or simply an excuse to spend time together. These traditions are a key part of the Argentine way of life, where conversation, laughter, and shared experiences strengthen social bonds.

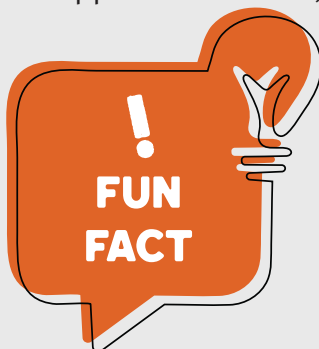
Traditional Food



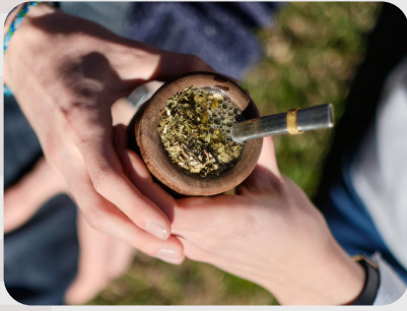
Argentina is famous for its rich culinary tradition, shaped by a mix of influences, especially Italian and Spanish, and indigenous roots. One of the most iconic dishes is **asado**, the Argentine barbecue, which is much more than just a meal—it's a social event where friends and family gather around the grill. Other favorites include **empanadas**, delicious pastries filled with meat, cheese, or vegetables; **milanesa**, a breaded and fried meat cutlet similar to a schnitzel; and **choripán**, a simple yet irresistible sausage sandwich.

Although there is a greater awareness of meat consumption and vegan and vegetarian food proposals are gaining ground, meat (chicken, beef or pork) is central to the meals. Fish in smaller proportions.

Thanks to Italian immigration, **pizza and pasta** have become staples of Argentine cuisine, but with a unique local twist. Argentine pizza is known for its thick, fluffy dough and generous amount of cheese, with popular varieties like fugazza, a pizza topped with onions, and fainá, a crispy chickpea flatbread often served alongside.

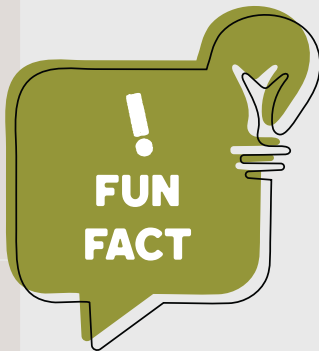


Pasta, from ravioli to tagliatelle, is a Sunday tradition, paired with rich sauces. Eating gnocchi on the 29th of each month is for good luck (even more so if you put money under the plate).



No introduction to Argentine food is complete without mentioning mate, a traditional herbal tea made from yerba mate leaves. It's not just a drink but a ritual, often shared among friends and family at any time of the day.

If you're visiting Argentina, get ready for a diet full of meat, bread, and flour. If you love barbecue and fresh-baked goods, you'll feel right at home. And if you're vegetarian, don't worry—there are plenty of delicious options for you too!



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.

Languages

Spanish is the official and most widely spoken language in Argentina. However, the Argentine variety, known as Rioplatense Spanish, has a distinctive accent and vocabulary, particularly in Buenos Aires. One of its key features is “voseo”, the use of “vos” instead of “tú” for the informal “you.”

In addition to Spanish, several indigenous languages are spoken by native communities, including Quechua, Mapudungun, and Guaraní. English is also widely taught and commonly spoken in urban areas and business settings.

Religion

Argentina is predominantly Roman Catholic, with around 76%² of the population identifying as Catholic. However, religious freedom is enshrined in the country's constitution, and there are growing numbers of people who identify as secular, agnostic, or atheist. Additionally, there is a significant presence of other religions, such as Protestant Christianity, Judaism, Islam, and indigenous spiritual practices.

² Source <https://chequeado.com/hilando-fino/cuantos-catolicos-hay-en-la-argentina-papa-francisco-chile/>

Local Concept of Volunteering

In Argentina, volunteering is generally seen as an important way to contribute to community development, especially in marginalized areas. Many volunteer organizations focus on social causes such as poverty alleviation, education, human rights, environmental conservation, and health care. Volunteering in Argentina is often seen as a community-oriented activity rather than an individualistic pursuit, with an emphasis on collaboration and solidarity. In recent years, there has been an increasing interest in international volunteering and opportunities for foreign nationals to engage in local causes.

National Holidays

Argentina has several **national holidays** that celebrate both its history and cultural heritage:



- **January 1st – New Year’s Day:** A time for celebration and family gatherings.

- **February/March – Carnival:** Celebrated in many regions with parades, music, and dancing.

- **March 24th – National Day of Memory for Truth and Justice:** A day to remember the victims of Argentina’s last dictatorship.



- **April 2nd – Malvinas Day:** Honoring the soldiers who fought in the Falklands War.

- **May 1st – International Workers’ Day:** Celebrating labor rights and workers’ contributions.



- **May 25th – Revolution Day:** Commemorating the May Revolution of 1810, which led to Argentina’s independence process.

- **June 17th - National Day of Latin American Freedom.** This date was established in honor of the passing of General Martín Miguel de Güemes. MUERTE GÜEMES.



- **June 20th – Flag Day:** Honoring Manuel Belgrano, the creator of the Argentine flag.

- **July 9th – Independence Day:** Celebrating Argentina’s independence from Spain in 1816.

- **August 17th – San Martín’s Day:** Remembering General José de San Martín, one of the country’s liberators.
- **October 12th – Day of Respect for Cultural Diversity:** Reflecting on Argentina’s Indigenous heritage and cultural diversity.
- **November 20th- National Sovereignty Day.** Commemorates the Battle of Vuelta de Obligado.
- **December 8th – Immaculate Conception Day:** A religious holiday widely observed in Argentina.
- **December 25th – Christmas:** A festive time of family reunions, meals, and celebrations.

Additionally, Argentina celebrates Christmas and Easter each with local traditions, including parades, music, and food.



02. Information on the National Committee (NC)



About ICYE Argentina/ Fundacion SES

Fundacion SES is an Argentine NGO which, since 1999, works for the educational, economic, labor and social inclusion of youth in Argentina and around Latin America and the Caribbean. SES actions seek to become internationally recognized for technical and political capacity to respond to the restitution of vulnerated youth rights, developing scalable, context-adaptable methodologies and strategies that focus on establishing public policies. We believe in the power of civic cooperation and solidarity. Therefore, we articulate our programs through grassroots and local organizations.

Fundación SES is also a member of international networks such as **ICYE** and **CCIVS**, working in collaboration both globally and with local organizations.

Subir al Sur (SAS) is the SES intercultural volunteer program that fosters youth participation and intercultural learning as a way to promote Peace and social justice.

SAS works 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, promote new experiences and be part of social change.

Who is Who in Subir al Sur

The team is organized to ensure that every aspect of the project runs efficiently, providing volunteers with a positive and enriching experience. Each team member plays a key role in the program:



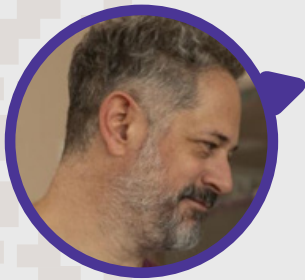
- **Mariela (Coordinator):** Mariela is the team leader and is responsible for the overall supervision of all activities. Her role is to ensure that each area functions properly and that the program objectives are met. Mariela is part of the management team of SES, so she works closely with Directives of SES. Contact: marielaortizsuarez@fundses.org.ar



- **Barbara (Focal person for the exchange programmes):** Barbara is responsible for the administrative side, managing all the paperwork prior to the arrival of the volunteers. This includes organizing the necessary documentation, managing records, and coordinating registrations and contracts. His role is to ensure that all bureaucratic aspects are completed on time so that the volunteers can start their experience efficiently. She is the key person who coordinates the work with partner organizations within the framework of exchange programs. Contact: incomingargentina@fundses.org.ar



- **Juan Cruz (volunteer group coordinator):** Juan Cruz is the first point of contact for volunteers upon arrival. He is in charge of making them feel welcome, familiarizing them with the house, the rules and the activities. Throughout the volunteering, his role also includes closely monitoring the well-being of the volunteers, following up on their volunteering, communicating with the different organizations making sure they have everything they need to perform their tasks effectively and that they feel supported in their process. In addition, Juan Cruz gives a weekly seminar on various topics related to the history, culture and politics of the region, with the aim of promoting interculturalism among the volunteers. This activity seeks to enrich their experience and foster a greater understanding of local realities, creating a space for reflection and shared learning.



- **Martín (House Manager):** Martín is responsible for the proper upkeep of the house where the volunteers live. His task includes the management of repairs, maintenance of the facilities, and supervision of the good condition of the common spaces and rooms. In addition, he works closely with the rest of the team to ensure that the environment in the house is safe, clean and comfortable for all members of the community.

Our support for your well-being and safety

The program is supported by a team of committed professionals who ensure the successful development of the experience. There is one person responsible for the overall coordination of the volunteers, and the program also receives valuable support from national volunteers, who act as mentors,

providing guidance to international participants.

Additionally, the program includes a **weekly seminar** designed to offer spaces for training, learning, and reflection on volunteering and local culture. In the frame of the seminars we work on workshops, visit different places like other organizations or museums, and we also invite various experts to work on diverse topics, enriching the experience and knowledge of the participants. Through practical activities and local experiences, participants will experience complete cultural immersion, gaining a better understanding of society, customs, and local reality. This comprehensive approach aims for the volunteers to not only contribute through their work but also take with them a unique experience that allows them to grow both personally, as a group and professionally.

Work placements (projects)

Below, you can have a first approach to SAS's projects. To have more and detailed information about each of them, we invite you to check out our [Volunteering Profile](#).

SAS works with 8 projects which can be define in 5 fields of work:



Community and social inclusion: In this field we have 3 available projects: FREIRE, La Sartén por el Mango and La Flecha. From different perspectives (art cooking or popular education) they work with children, youth and families.



Health projects: In this field we can offer two projects. One of them, CIVHA, is a network of 90 hospitals in Argentina which works with a hospital volunteer system and permits international volunteers to be part. In turn, Tierra Salud is a project that integrates environmental care and labour skills for people who have mental health issues.



Biodiversity conservation and preservation: Bosque Urbano is an urban reserve which works on cultivating native plants, bio-construction techniques, and social economy.



Art and Inclusion: Engranajes is a social project that works at the intersection of art and social inclusion. As part of its approach, it uses artistic expression as a tool to promote participation, belonging, and inclusion among young people. The project offers workshops in music, visual arts, theatre, dance, and photography, creating spaces for creativity, learning, and community engagement.



Educational: Pilarcitos is a communitary kindergarten, it was created by the community and has a significant task.

03.

What you need to know before arriving



Medical system

In Argentina, the healthcare system is public and free, ensuring access to medical care for both residents and visitors in case of emergency. If assistance is needed, contact numbers can be found at medical facilities. It is important that, before your arrival, you request the COVID-19 vaccination certificate and travel medical insurance. This will ensure you have the proper coverage during your stay. Additionally, we recommend that you review the guidelines established by the National Immigration Office before traveling, particularly regarding the importation and transport of medications, to ensure compliance with current regulations.



Accommodation

Casa Subireña is the heart of Subir al Sur, the shared home where all our volunteers live. More than just a place to stay, it is a space designed to foster coexistence, respect for diversity, and meaningful communication beyond language barriers.

Located in the Floresta neighborhood, between Monte Castro and Villa Santa Rita, Casa Subireña offers easy access to all parts of Buenos Aires thanks to its proximity to the Metrobus. The house can accommodate up to 12 people, providing a comfortable and well-equipped environment. Each shared room has its own bathroom, ensuring privacy and convenience for its residents. Additionally, the house features a fully equipped kitchen, 4 bathrooms, a spacious dining area, and a terrace with a barbecue area, perfect for social

gatherings and cultural exchanges.

At Subir al Sur, we believe that coexistence is part of the learning experience. That's why many household responsibilities, such as cleaning and organizing, are shared among volunteers as a way to promote cooperation and community living. Maintaining cleanliness and order is an essential requirement of the program, and to support this, we also have a maintenance staff member who ensures the proper care and upkeep of the house.

In that sense, to ensure a harmonious and enriching experience, we have created a Good Practices Manual for Coexistence, which serves as a guide to daily life in the house.

Casa Subireña is more than just a residence—it is a place where young people from around the world come together to share experiences, embrace new perspectives, and build lifelong friendships.



Transportation and travel

Buenos Aires has an extensive and diverse public transportation system, allowing both residents and visitors to move efficiently across the city and its surrounding metropolitan area. The network includes subways, colectivos (buses), trains, and the Metrobus, providing multiple options for getting around. While the infrastructure and fare system are relatively accessible, common challenges include congestion, delays, and occasional maintenance issues.

The SUBE card is required to use transport. This card can be topped up at a charging station or via the app. It has a very limited amount of charge so you have to charge it often if you travel a lot.

For volunteers commuting to their projects, travel times typically range from 45 minutes to an hour using public transportation inside the city. In some cases (generally out of the city), they may need to take more than one type of transport, which can extend their journey. Buenos Aires is a vast city with long distances between neighborhoods, making commuting an essential part of daily life.



Monetary system

The official currency in Argentina is the peso. However, withdrawing money from ATMs can be difficult due to economic restrictions. The second most used currency is the U.S. dollar, and there are plenty of exchange stores where you can trade them for pesos.

It's important to check the different exchange rates, as they change daily—sometimes even hourly—due to inflation. Additionally, Argentina has multiple

exchange rates: the official dollar rate and the blue dollar rate, the latter being the rate commonly offered at exchange houses and usually the most convenient for visitors.

Another option for handling money is Western Union, which has many locations throughout the country, allowing you to send or receive money from anywhere in the world.



Plug type and electricity

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

Practical experiences and expectations

Volunteers in an international volunteer program are expected to act with commitment, respect, and openness to different cultures. They should be proactive, eager to learn, and adaptable to new environments, as well as collaborate effectively with other volunteers and members of the local community. Empathy and teamwork are essential, along with a responsible and ethical approach to all assigned tasks. Flexibility and a genuine desire to make a positive impact are fundamental to a successful volunteering experience.

Since our approach is centered on intercultural exchange, we encourage volunteers to expand and challenge their perspectives, reflect deeply, and broaden their understanding of topics that interest them. We value curiosity and open discussions, even on complex or controversial subjects. To facilitate this, we offer weekly seminars with a flexible agenda that adapts to the interests and needs of our volunteers.

We believe in giving volunteers autonomy and the ability to shape their own intercultural experience by focusing on areas that resonate with them the most. Additionally, we provide opportunities to engage in alternate projects, allowing volunteers to face different challenges and immerse themselves in diverse social environments.

What to bring

Copies of Important Documents – Bring copies of your visa and passport. Keep the originals safe at home once you arrive.

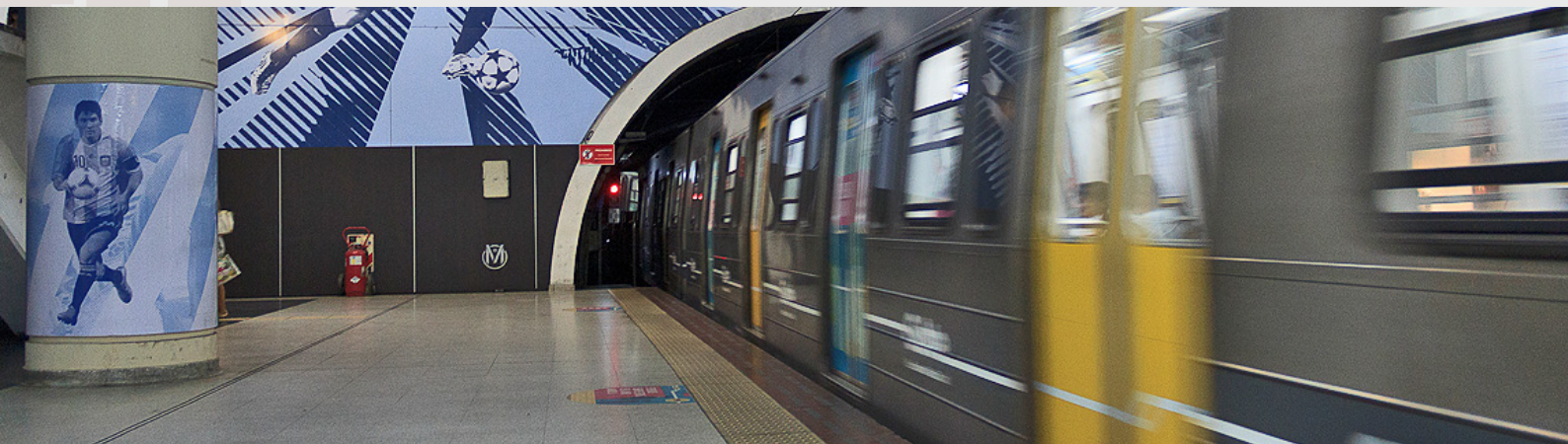
Travel Insurance Info – Have your insurance details easily accessible in case of emergencies.

Medication – Bring any prescribed medication you need.

Credit Card Activation – Contact your bank to enable your card for international use before traveling.

Clothing for All Weather – Mornings can be cold, but days can get hot and humid. Pack both warm clothes and light summer outfits.

Bedding & Towels – The house provides blankets, but it's recommended to bring an extra set of bed sheets. You must also bring your own towels for personal use.



04. Important regulations and our policies



Most countries do not require complex visas to enter Argentina. Tourists are allowed to stay for up to three months, and for longer stays, a visa application must be processed before arrival, preferably at least two months in advance. You can check the [official website to see if your country requires a special visa.](#)

Visa Requirements

- A valid passport with at least six months of validity from the date of entry and at least one blank page available.
- Two recent passport-size photographs (4x4 cm, front-facing, in color, with a white background).
- A completed and signed visa application form (preferably filled out electronically).
- Proof of financial solvency, such as a recent bank statement.
- Round-trip ticket reservation.
- Hotel booking or a letter of invitation, along with a tourist itinerary.
- Payment of the consular fee: \$150 (in U.S. dollars or euros).
- A consular interview.

For a smooth entry process, it's always advisable to check for any updates in visa policies and ensure all documents are in order before traveling

Specific government regulations

Argentina allows a stay of up to 90 days when entering as a tourist.

Volunteers planning to participate in programs lasting longer than three months must apply for special visas. Please consult the Incoming team for specific requirements.

Local rules

Buenos Aires is a dynamic and culturally rich city, where understanding and respecting local customs will make your experience much more enjoyable. While the city is known for its warm and welcoming atmosphere, it's important to be mindful of personal safety—especially on public transportation and in crowded areas. Keep an eye on your belongings, avoid displaying valuables in public, and be cautious when using your phone on the street.

We wanted to share some basic safety tips for Buenos Aires. Like any big city, it's best to stay in well-lit and busy streets, especially at night:

- When going out late, it's recommended to walk in groups of two or three people.
- Also, be mindful of your phone and personal belongings in public spaces, particularly in crowded areas.

Taking these simple precautions will help ensure a safe and enjoyable experience.

Beyond safety, adapting to local customs will help you integrate more smoothly. Latin Americans are naturally friendly and social; we love making new friends and engaging in lively conversations. In Argentina, it's common to greet people with a **kiss** on the cheek, even when meeting for the first time, and **hugs** are a frequent sign of affection among friends. Don't be surprised if people stand close while talking—personal space tends to be smaller here than in other cultures.

Meal times are later than in many other countries—lunch is usually around 1 or 2 PM, and dinner often starts after 9 PM. If you're invited to someone's house, it's polite to bring a small gift, such as wine or sweets, as a token of appreciation. Porteños (Buenos Aires locals) value courtesy and kindness, so a friendly attitude and respect for social norms will make your experience even more fulfilling.

ICYE policies

Fundación SES is a partner organisation of the international volunteer networks ICYE and CCIVS. In accordance with its status it adheres to policies and procedures that both networks promote in favour of the rights of volunteers and enhance the quality and service of volunteer programmes. Specific policies and documentation are provided from Subir al Sur and allows volunteers to be well-prepared regarding expectations, rules, and procedures. The following documentation is required to participate in the volunteering program:

1. Signed contract with Subir al Sur: [\[link\]](#)
2. Completed personal information Google form: [\[link\]](#)
3. Passport photos
4. Flight ticket
5. Signed “Safer Together” code of conduct: [\[link to document\]](#)
6. Liability release forms (only for volunteers participating in the Hospital Volunteering Network)

Please ensure all the necessary documents are submitted before your volunteer start date.

