



Volunteering and Internships in Ireland



Tel: +353 86 737 7994
Email: anton@ctlireland.org
www.ctlireland.org

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 and Internship 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.

High School and Group Programmes staff:



Chloé Lefebvre Bolger
Programme Manager High
School and Groups



Fiona O'Leary
Programme Manager
Groups



Dearbhla Molloy,
Programme coordinator
Groups

Why Ireland?

Ireland is a wonderful country — **safe**, welcoming, and rich in heritage, history, and culture. From **vibrant cities** to **breathtaking landscapes**, it offers a truly memorable experience for visitors. It is also an ideal place to stay, explore, and fully **immerse yourself in local life**.

One of the most rewarding aspects of spending time in Ireland is connecting with its people. Visitors consistently describe the Irish as **friendly, open, and genuinely supportive**.

Ireland also has a strong sense of community, with countless initiatives taking place at local level. CTL carefully selects **community-based projects** that provide participants with authentic, meaningful, and rewarding experiences. We are proud to promote Ireland internationally as a dynamic, beautiful, and welcoming country, as well as an exceptional destination for learning, cultural exchange, 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 which include a simple **CV**, a **short motivation** letter and a **medical form** signed by a doctor. Applicants should indicate if they have any preference in relation to the specific projects.

The selection process must include a **video interview** conducted by either the sending organisation or by CTL. This is to ensure that we can match the participant with the best possible project and host community.



CTL will then confirm acceptance on the programme by sending **Enrolment Confirmation Form** with further details on the programme that can be forwarded to the participant. For placements involving host families, host family information is usually shared later in the process, typically between two and four weeks before arrival.

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
- **Medical Form** signed by the doctor is required (either CTL medical form or sending organisation's form)
- 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
- Any current or previous mental health conditions, emotional, eating, or attention disorders (including 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 which is the case for vast majority of applicants.

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 • 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 • 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 • Introduction to volunteer work with project mentor • All meals included
Day 4 to the last Friday	Volunteer work and free time • 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 • 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 on Cork City and County](#)

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 Host Community

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. For participants going to the Eco-Centre in the North of the country, the transfer can only be done the following morning, after a second night in Cork city.



Orientation workshop

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 or www.citylink.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: www.satellitetaxi.ie/.

Participants can use their free time to explore Cork city or they may want to choose to do one of the day trips organised by Paddy wagon (cliffs of Moher, Ring of Kerry etc.): [Paddy wagon Trips from Cork](#). 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 vibrant and welcoming country with a huge variety of experiences to enjoy during your free time. From **lively cities** such as Dublin, Cork, Galway, and Belfast to the **breathtaking landscapes** of the Wild Atlantic Way, there is something for everyone to discover.

Well-known highlights include world-famous destinations such as the **Cliffs of Moher**, the **Ring of Kerry**, the scenic region of **Connemara**, the rugged beauty of **West Cork**, and cultural attractions like the **Guinness Storehouse** in **Dublin**. Beyond the main tourist sites, Ireland also offers countless hidden gems and authentic local experiences, including coastal walks, traditional villages, and unique activities such as whale watching in County Cork.



Participants have plenty of opportunities to explore, travel, and meet other volunteers from around the world. There is the option to travel independently and stay overnight in **hostels** when exploring different parts of the country. Volunteers may also choose to take surfing lessons along the west coast, one of Europe's best-known **surf** regions.

Popular activities include going out together to experience Ireland's famous pub culture, attending local music sessions, or simply enjoying the friendly and social atmosphere that Ireland is known for.

For those looking for organised travel, day trips and tours are easily accessible, including well-known operators such as [Paddywagon Tours](#), which run excursions from Dublin, Limerick, and Cork to major attractions across the country.



During weekends and free days, participants can also take part in local **community life**, such as attending sports matches, visiting local fairs and festivals, or joining cultural and seasonal events in their host towns.

CTL staff and local coordinators are available to provide advice, recommendations, and practical support to help participants plan their free time and make the most of their experience in Ireland. During the orientation and in the welcome pack, participants receive further information on travel ideas, excursions, and local activities.

Must-sees places to discover in Ireland during free time



County Clare: the Burren and the Cliffs of Moher



County Kerry: Killarney National Park, the Ring of Kerry, Dingle peninsula



Dublin: Trinity College, Guinness Storehouse, Temple Bar

Host Communities

Volunteers are placed in various host communities including: **Ennis, County Clare; Castleisland, County Kerry; and Clonmel, County Tipperary**. Each location offers a different experience of Ireland, from Atlantic landscapes and traditional culture to lively town centres and beautiful countryside.

Living in an Irish town allows volunteers to experience everyday life beyond the typical tourist destinations. You'll have the chance to meet local people, take part in community activities, discover Irish culture, and explore some of the country's most spectacular scenery.



County Clare – Ennis

Ennis is a lively and friendly town and the county town of Clare. With a vibrant town centre, cafés, shops, traditional Irish music, sports clubs, and plenty of local activities, it is an excellent base for young adults looking to experience Irish community life.

Ennis is also ideally located for exploring the west coast. **Lahinch**, famous for its surfing and beautiful beach, is within easy reach, while the **Cliffs of Moher**, **the Burren**, and the spectacular Atlantic coastline offer unforgettable opportunities for day trips and outdoor adventures.

For volunteers, Ennis combines the energy of a busy Irish town with easy access to some of Ireland's most iconic natural landscapes.





County Kerry – Castleisland

Castleisland is a welcoming town with a strong community atmosphere and plenty of opportunities to get involved locally. Volunteers can enjoy a range of sports and activities, with facilities including a gym and athletics track, as well as local sports clubs.

Castleisland is surrounded by the beautiful landscapes for which **County Kerry** is famous. Volunteers can explore **Killarney and Killarney National Park**, discover the spectacular **Ring of Kerry**, and enjoy the mountains, lakes, and coastline that make the region so distinctive.

The location also provides opportunities to visit **Cork city**, giving volunteers the chance to experience both small-town Irish life and a larger Irish city.



County Tipperary – Clonmel

Clonmel is a lively town situated in the heart of County Tipperary, surrounded by beautiful countryside and the foothills of the **Comeragh Mountains**. With shops, cafés, restaurants, sports clubs, cultural activities, and a range of local amenities, Clonmel offers plenty for young adults to enjoy outside their volunteering experience.

The town has a strong sense of community, making it easy for volunteers to meet people and become part of local life. The surrounding countryside also provides opportunities for walking, exploring, and enjoying Ireland's natural beauty.

Clonmel is well placed for exploring further afield, including trips to **Kilkenny**, a historic city famous for its medieval character, castle, culture, and lively city centre.

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 by food collectively.



Host Family (up to 16 weeks)

Staying with a host family gives participants the opportunity to fully immerse themselves in Irish culture and everyday life. CTL has developed a trusted network of host families across different regions of Ireland, supported by local coordinators who work closely with families to ensure a positive experience for both hosts and participants.

All host families go through a careful selection process to ensure they are welcoming, safe, and supportive. Families come in many forms, including parents with children, single hosts, and retired couples, all offering a friendly and inclusive home environment.



Living with a host family provides participants with an immediate support system, helping them settle in, improve their language skills, and gain a deeper understanding of Irish culture and daily life. At the same time, participants enjoy a good level of independence and freedom to explore their surroundings, socialise, and experience life in Ireland at their own pace.

Most participants are provided with a private single room, although in some cases a room may be shared with another participant of the same gender. Host families are often located within walking distance of the project, while others may be slightly further out of town. In these cases, participants may use bicycles, local transport, or occasionally receive lifts from their host family.



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).

Volunteer Projects

We carefully select host projects that offer meaningful, engaging, and challenging volunteer opportunities. All placements are well-established organisations with a strong track record of successfully welcoming and supporting volunteers.

Upon arrival at their host project, participants are introduced to their mentor and familiarised with the project facilities. An introduction to the volunteer role and daily tasks takes place during the first few days.

Participants are expected to volunteer **five days per week**, for **5–7 hours per day** (up to **35 hours per week**), with **two free days each week**. The project mentor provides ongoing guidance and support throughout the programme. CTL staff also maintain regular contact with both mentors and participants to ensure a positive experience. Should any support needs or issues arise, CTL staff respond promptly and provide appropriate assistance.

Our projects are located throughout Ireland, including Counties **Cork, Tipperary, Kerry, Clare**, and other regions. Most programmes that include host family accommodation are based in small, medium, and larger towns known for their friendly atmosphere and strong community spirit.

Applicants are encouraged to choose one or more project categories described in this brochure and to remain open-minded regarding their final placement. Participants may indicate preferences for specific projects, and we will match them with a placement that best suits their profile, interests, and skills. More detailed information about individual projects is available upon request.

Here are the 8 project categories we currently work with:

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



1. Animal Rescue Projects - Host Family

CTL collaborates with non-profit organisations across Ireland that rescue, rehabilitate, and care for sick, injured, and orphaned animals. These projects are ideal for hardworking animal lovers who are comfortable with physical work and are not afraid to get their hands dirty.

Volunteers can take part in a variety of practical activities, including feeding animals, assisting with cleaning duties, and supporting general maintenance work. The animals cared for in these projects include primarily dogs, as well as cats, horses, pigs, and other rescued animals.

Please note: volunteering in this project requires a good level of energy and adaptability. The working environment can be busy and noisy, particularly due to dogs barking. To maintain a sustainable level of engagement and commitment, participants volunteer at the animal shelter **three days per week** (currently Mondays, Wednesdays, and Fridays). On the remaining two weekdays, volunteers participate in less physically demanding placements such as charity shops, community sports centres, or community clean-up initiatives.

Minimum commitment: 3 weeks

(For participants joining a 3-week programme, volunteering at the shelter will begin with two days during the first week.)

Typical volunteer tasks include:

- Feeding and caring for the animals
- Walking dogs
- Cleaning animal cages and enclosures
- Assisting with general maintenance tasks (tidying, painting, fencing, etc.)
- Socialising and playing with the animals — including plenty of time with puppies!



2. Charity Shops - **Host Family**

CTL places participants in local charity shops across the country. These shops are operated by non-profit and charitable organisations to generate income that supports their core activities, such as assisting vulnerable individuals and delivering educational programmes for children and young people.

The shops rely on donations from the public, which are then sold to support these services. They are managed by professional staff and supported by dedicated local volunteers.

Charity shops play an important role in promoting sustainable living by encouraging **recycling, reducing, and reusing**. They also contribute significantly to community life by fostering social inclusion, creating volunteering opportunities, and strengthening social connections among community members who regularly visit and support the shops.

Our placements are based in welcoming towns and communities throughout the country.

Minimum time of commitment: 3 weeks

Typical volunteer tasks include:

- Assisting customers and providing sales support
- Sorting donated items for recycling or shop stock
- Steam-cleaning and preparing clothing for sale
- Moving, cleaning, and restoring donated 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



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

CTL places international volunteers in a variety of projects supporting children and young people across Ireland, including afterschool services, playschools, summer camps, schools, and youth organisations.

Afterschool Clubs, Playschools and Preschools

We collaborate with community-focused playschools, Afterschool clubs and preschools throughout the country. These projects provide a wide range of activities for local children. During the school year, volunteers assist with sessions for pre-school and primary school children. Volunteers work alongside experienced staff members, helping to organise activities for children aged **3 to 12 years**.



Summer Camps

CTL partners with a variety of summer camps located in towns across Ireland. Some camps focus on sports and fitness, while others offer a broad programme of activities such as arts and crafts, games, outdoor activities, and creative workshops.

Primary and Secondary Schools

Placements are available in local primary and secondary schools for participants aged **20 years and over** who are studying to become teachers. Volunteers support classroom activities as teaching assistants and help facilitate educational and extracurricular activities within the school environment.

Youth Clubs

We also collaborate with youth organisations working with young people from disadvantaged backgrounds. These placements are available for participants aged **20 years and over** who are studying social care or related fields. As these projects typically involve participation in specific weekly sessions, they are usually combined with another placement to provide a full-time volunteer schedule.

Volunteer Profile

These projects are seeking friendly, energetic, outgoing, open-minded, and team-oriented volunteers with a genuine interest in working with children and young people. As this work can be physically and emotionally demanding, volunteers should be self-motivated, responsible, and enthusiastic.

Most placements require previous experience working with children. Volunteers should also have at least an **intermediate level of spoken English** to communicate effectively with staff and participants.

Minimum commitment: 3 weeks

Typical volunteer tasks include:

- Assisting staff in preparing and delivering activities (games, sports, creative activities, homework support)
- Supporting children and young people during daily activities
- Helping with tidying, cleaning, and preparing snacks or meals

4. Community Development Programme – 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:** heritage promotion association, 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



5. Arts Projects - Host Family

CTL collaborates with community arts organisations across Ireland, including arts centres and arts festivals, which welcome international volunteers to support their activities throughout the year.

Arts centres present a diverse programme of visual arts exhibitions within their gallery spaces and create opportunities for children, young people, and adults to engage with high-quality arts programmes through creative workshops, classes, and community events.

Arts festivals in Ireland come in many forms and play an important role in establishing the country as a vibrant cultural hub. These festivals present and produce programmes across a wide range of artistic disciplines, including theatre, music, film, visual arts, opera, street performance, and dance.

Volunteers from a wide range of backgrounds are welcome, and an artistic background is not essential.

Typical volunteer tasks include:

- Providing administrative and marketing support
- Assisting with event planning and organisation
- Supporting the facilitation of workshops and public activities
- Helping with the delivery of arts and community events



Please note: Arts projects operate at specific times of the year, primarily during the **spring and summer seasons**.

Minimum commitment: 3 weeks



6. Environmental and Sustainable Living Projects – Shared House and Residential

CTL collaborates with two Eco-Centres which are non-profit organisation focusing on ecology and sustainability. One of the project 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 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

Typical volunteer tasks include:

- Gardening and outdoor work
- Assisting with general facilities maintenance
- Providing administrative support
- Help in the shop and café
- Helping with cooking and kitchen duties



7. Organic and Educational Farms - Host Family

CTL collaborates with two organic farms that are deeply committed to the principles of sustainable and environmentally responsible food production. Both farms place a strong emphasis on biodiversity, conservation, and enhancing the natural habitats surrounding their land.

Located in the beautiful rolling Irish countryside — with one of the farms situated close to the coast — these placements offer participants a unique opportunity to experience rural life in Ireland while learning about organic farming practices and sustainable living.

One of the farms also places a particular focus on community engagement, regularly involving visitors, schools, and local community groups in farm activities and educational initiatives. Participants can expect a hands-on and rewarding experience, with the opportunity to contribute to meaningful projects while enjoying the peaceful and inspiring natural environment.



Minimum time of commitment: 3 weeks

Typical volunteer tasks include:

- Gardening and outdoor work
- Tending to and caring for animals
- Assisting with planting, harvesting and seasonal farm activities
- Preparing and maintaining shared spaces and facilities



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

CTL collaborates with a well-established organisation that operates more than 20 centres across Ireland, supporting people with special needs. The organisation provides a wide range of services for individuals with both physical and intellectual disabilities, as well as mental health needs. Its mission is to deliver high-quality, person-centred services that empower people with disabilities to live independent and fulfilling lives of their own choosing.

The atmosphere within the centres is warm, welcoming, and family-oriented. Volunteers play an important role in supporting service users and helping to create an enjoyable and engaging environment during their stay. Volunteers are typically provided with comfortable, spacious private rooms. The project seeks friendly, open-minded, and team-oriented volunteers who have a genuine interest in supporting adults with disabilities.

Minimum time of commitment: 8 weeks

Typical volunteer tasks include:

- Spending time socialising and engaging with service users within the centre
- Accompanying service users on outings and activities (cinema visits, restaurants, shopping trips, etc.)
- Assisting service users with computer use and digital activities
- Playing games and supporting recreational activities

Optional tasks:

- Assisting staff with light personal care support (where appropriate)
- Helping with cooking and light household duties such as cleaning



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



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



Testimonials from past participants

As a 19-year-old student, this was my first volunteer experience abroad, and I wasn't disappointed. It was very enriching; I met lots of wonderful people and loved living and working with them. To work at the animal shelter, you need to be sure you love dogs (which I do, and it was very hard to leave them at the end). It's also a great opportunity to practice your English. I recommend it 100%.

Hugo, Volunteer in the Animal Rescue Centre

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

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