

# CODE OF CONDUCT

***IF YOU ARE UNSURE OR CONCERNED ABOUT ANY OF THE POINTS BELOW, PLEASE DO NOT HESITATE TO TALK TO YOUR TEAM LEADER.***

## **1. SMOKING**



- No smoking on (or within sight of) any of the project premises. (Both indoors and outdoors.) This includes your accommodation.
- No smoking in front of any of the children/young people, staff/family or the government officials.
- Smoking is only permitted in designated areas. Please ask your team leader for these designated areas.
- We realise that this rule may seem strict, but your team leader will be more than happy to go through the reasons for why we feel it is necessary.

## **2. ALCOHOL**

- The legal drinking age in most countries is 18 years old. Most countries treat underage drinking in a much more stringent fashion than the authorities do in the UK. If you break the law we can't help you!
- If you are over 18, we strongly suggest you drink as if you were driving home as you will be under scrutiny from the local inhabitants. You also won't have time to nurse a hangover!



## **3. SWEARING/BLASPHEMY**



- Please refrain from using expletives and blasphemous language.
- Remember that you will be surrounded by children most of the time.
- Most of the countries we work in are predominantly Orthodox or Catholic and we ask you to respect their religion and the faiths held by many of our volunteers.

#### 4. INAPPROPRIATE RELATIONSHIPS



- Please be sensitive to your other team members. Due to the nature of this work, many people become very close – indeed life long friends.
- You should not act in a way which isolates you from your team or makes others feel uncomfortable.

#### 5. CLOTHING

- Please do not bring any provocative or very revealing clothing.
- Within strong Orthodox and Catholic countries, scantily dressed tourists are often frowned upon. Many of the older people you will be working with will hold traditional values. Please respect them.
- If you have any queries as to what constitutes indecent clothing, please contact your team leader before your trip, so that you can pack appropriately.
- You need sensible, comfy, clothes and lots of layers in the winter months in Eastern Europe.



#### 6. RESPECT YOUR ACCOMMODATION



- Please appreciate that a lot of work has gone into making your accommodation as comfortable as possible so please look after it.
- Please treat it as if it were your home.
- If you break anything, please tell your team leader. You may be asked to replace the object if it cannot be repaired.
- Please remember that most volunteer accommodation is situated near many of the homes of many of the children and young people that we support. Therefore, please try to give the best possible impression at all times.

#### 7. LOOK AFTER YOURSELF!

- We really want you to enjoy your work. If you encounter any problems before, during, or after your trip, please do not hesitate to talk to your team leader.
- Remember to get enough sleep, food, and fluids.
- Not only do the children benefit from your trip, you do too! You will get a lot out of the project if you put your heart and soul into it as so many amazing people do each year!

