



Climbing for Peace

Volunteering with ClimbAID in Lebanon

February 2022

1. Climbing for Peace

that ClimbAID seeks to address the needs of vulnerable populations in Lebanon. ClimbAID works adolescents and young adults from different backgrounds to help them combat previous and ongoing trauma and depression, while also helping them build resilience and psycho-social well-being through climbing. In addition, our participants get a new perspective and acquire personal and social competencies that are also valuable in everyday life.

More information: www.climbaid.org/ROCK

ClimbAID was founded in September 2016 with the purpose of giving young refugees in Lebanon a new perspective. Since then, ClimbAID has reached more than 2500 refugees and people from other vulnerable populations with its projects in Switzerland, Lebanon and Greece.

2. Volunteering in Lebanon

2.1. What to expect

- The experiences you will have and the relationships you will build with the beneficiaries, the local communities, and the country overall, will be profound and meaningful.
- You will be working five days a week. During the week there's no time for sight-seeing or exploring the country.
- Delivering the sessions and route setting requires frequent heavy lifting. Ensure that you are physically fit to perform heavy lifting duties as required.
- Weekends are reserved for travel and climbing in Lebanon. ClimbAID weekends may not coincide with typical weekend days (i.e., Saturday and Sunday) to accommodate the availability of our beneficiaries.
- Ad-hoc tasks may also be required depending on the evolving objectives e.g., media production, fundraising, concept writing, competition preparation, exploring the area for climbing spots, building a permanent climbing wall, etc.
- In order to guarantee communication between team members in the field, you will be required to buy a local SIM card with data.

2.2. Security Situation

- The social and political situation is tense. Since 17 October 2019 there have been demonstrations, roadblocks and strikes throughout the country.
- Inform yourself about the political situation in Lebanon. We are happy to discuss any questions in the information call.
- Upon your arrival, you will receive a security briefing with detailed information about the current situation in the country and our rules of conduct.
- There will be regular security briefings, and the programmes and projects will be adjusted according to the developing circumstances to ensure the safety of the beneficiaries, staff and volunteers.

- ClimbAID has taken measures to protect the personal safety of its staff. Compliance with these measures is required of all volunteers.
- You are required to inform your country's embassy about your stay in Lebanon.

2.3. Costs and Expenses

- ClimbAID aims to channel most of its funds to its beneficiaries and programmes, and it actively seeks to keep administrative and overhead costs to a minimum.
- Therefore, it is necessary for you to be able to cover your own living costs.
- A budget of \$ 600 to 900 / month should cover your expenses for food and beverages, accommodation, transportation and communication.

2.3.1. Accommodation

- We do our best to provide affordable accommodation for the ClimbAID team. Approximate costs: \$ 5 to 15 / night.

2.3.2. Transportation

- Getting around Lebanon is difficult without a car. A rental car costs around \$ 10 to 20 / day.
- Please be aware that prices are fluctuating a lot due to the economic crisis. This makes it very difficult to give good cost indications.

2.3.3. Food and Beverages

- A good meal costs \$ 5 to 15. Nutritious sandwiches and snacks are cheaper.

2.3.4. Communication

- A local SIM card including a few gigabytes costs about USD 10 / month.

2.3.5. Currency

- The purchasing power of the Lebanese pound has plummeted since October 2019 and banks have been limiting the withdrawal of USDs.
- Bring USD in cash or use Western Union to withdraw money. It is not advised to use your debit or credit card.

2.4. Packing List

2.4.1. Work

- During your work in the field, you will be exposed to high levels of dust and dirt. Bring robust pants, t-shirts, sweaters and headgear (hats, buffs etc). Female volunteers need to wear pants that cover the knees. You will receive a ClimbAID T-Shirt that you are required to wear during the sessions.

- Bring trainers or approach shoes. Wearing open shoes, especially during outdoor bouldering sessions, is not advisable. Your feet will thank you for comfortable climbing shoes for the sessions.
- Be aware that women dress more conservatively in Lebanon and across most Middle Eastern countries. When working with local communities: Keep your shoulders covered, if it's hot wear a scarf and wear loose pants/skirts/dresses well past the knee.
- Important: please bring an international driver's license.

2.4.2. Weekends

- Weekends are usually spent camping and climbing. Bring your own sports climbing equipment. A rope can be borrowed.
- Bring sleeping bag, sleeping mat and a tent.

2.5. Health and Travel Insurance

- You are required to purchase health and travel insurance before arriving in Lebanon. ClimbAID will not assume any liability for any personal or material damages.
- Confirm that your insurance covers Lebanon and specifically the Beqaa Valley.

2.6. Media

- Publishing photos and video material on private social media channels depicting ClimbAID's projects, its participants and activities requires the consent of ClimbAID.
- Do not take pictures of any military personnel or bases or official buildings like municipalities or their staff.
- Do not take pictures in orange zone areas like Shatila in Southern Beirut or any other Palestinian settlements.

2.7. Academic, journalistic projects, etc.

- Get in touch with us if you intend to use your volunteer stay to further your own work, studies or project. We expect full transparency from your side with regards to your motivation for joining the project.

2.8. Getting to Lebanon

- Take a plane to Beirut Rafic Hariri International Airport or inform yourself about the ferry coming from Turkey.
- No specific volunteer visa exists. The tourist visa is valid for up to 3 months.
- You will be refused entry at customs if you have travelled to Israel and have an Israeli stamp in your passport. Watch out for stamps that indicate indirectly that you have been in Israel (exit stamps from third countries into Israel).
- If your flight to Beirut arrives early in the morning or late at night, we can arrange a taxi that takes you directly to the Bekaa.

- Don't take a taxi at the airport. They will rip you off.

3. Next Steps

- Have you read the whole document?
- Do you understand your role and the logistics of being in Lebanon?
- Do you understand all the security risks?
- If you have any unanswered questions please email us at info@climbaid.org.

To be able to coordinate the arrival and schedule of volunteers, please fill in the online application form and send us a message to info@climbaid.org with your name in the subject link.

The following link will take you to the online application: www.climbaid.org/volunteer

We look forward to receiving your application and getting to know you!