



Technology Policy 2023

Disconnect to Reconnect

AMIGOS believes in the extraordinary power of human connection to build communities. As humans, we are wired for social interaction. Through our relationships and interactions, we discover more about ourselves. Part of the AMIGOS experience is developing powerful personal coping skills, making lifelong friendships, and learning the skills to become better communicators. Many young people are digitized out and will greatly benefit from the opportunity to disconnect for a few weeks. This experience allows them to be fully present. The leadership experience allows them to engage more deeply with themselves, in-person friendships, and their surroundings.

Over the years we have seen that volunteers who made the decision to embark on a complete digital detox report overall higher satisfaction rates and deeper connections with their communities and peers. Additionally, volunteers who disconnected reported less instances of homesickness and fewer challenges with mental health. Coupled with emerging research on technology, and our anecdotal experience, AMIGOS has developed the following technology policy:

Technology Policy for Summer Programs

- Volunteers are not permitted to bring Wi-Fi enabled devices to the program, except for a cell phone* to be used *only* during approved travel days. This includes laptops, iPods, iPads, apple/smart watches, tablets, kindles, and any other electronic device. If it can connect to the internet, please leave it at home.
- We will allow and encourage volunteers to use their personal cell phones during days of arrival and departure from the program for travel purposes only. All other devices are NOT permitted.
- Volunteers who chose to bring their personal cell phones or other Wi-Fi enabled devices (smart watches, etc.) will be required to turn in their devices once they have arrived to the project.
- Volunteers will not have access to their phones or any other electronic communications device during their project. Expect no communication from your volunteer unless it is an emergency. No news is good news. Volunteers assigned to a 4–6-week program will have the opportunity to call home mid-way through the program, if desired.
- Volunteers will have the opportunity to use the program laptop and camera at designated times to take videos and make blog posts which will enable our families and friends to follow the group's adventure back at home.
- Volunteers will not be permitted to use their phones to listen to music. A music player and speaker will be provided for volunteers to play their favorite tunes with others during group activities.
- Volunteers who wish to listen to music independently during free time are permitted to use a MP3 player and headphones as long as it cannot connect to Wi-Fi and is not disruptive.
- Volunteers will not be permitted to use their smart phones as cameras, and as such are encouraged to bring their own camera, if desired.

Volunteers who are caught with a second phone on the project may be sent home.



We understand this technology policy may be a challenge, but we believe that volunteers chose AMIGOS because of their drive and desire to connect. AMIGOS is confident that by disconnecting, volunteers will connect with others and themselves in meaningful ways!

Technology Policy for Gap Programs

- Volunteers are permitted to bring Wi-Fi enabled devices to the program, including laptops, iPods, iPads, tablets, kindles, and any other electronic devices.
- Volunteers on the Gap Program may not always have access to wifi, internet, or cellular service.

*NOTE: Volunteers assume sole responsibility for any device they choose to bring with them in-country and AMIGOS is not responsible for replacement or reimbursement of any lost, stolen, or damaged items.