



Disconnect to Reconnect

We believe in the extraordinary power of human connection to build communities. During our programs, we have seen volunteers engage more deeply with themselves, their surroundings, and create deeper relationships in their host communities. **Our research shows that volunteers who take on a “digital detox” have a better AMIGOS experience overall.**

Technology Policy

Summer Programs: Volunteers are not permitted to use Wi-Fi enabled devices during the program. Volunteers may use their phone on travel days only and are not permitted to bring any other device.

Gap Programs: Volunteers may bring and use Wi-Fi enabled devices throughout their program, though access to Wi-Fi is not always guaranteed.

“I would highly recommend AMIGOS. The no phone policy is rough for the first couple of days, but it allows you to fully see and experience every moment available.” –2022 Volunteer, Costa Rica

“My favorite part is the immersion. I loved not having my phone and being fully present all the time.” –2022 Volunteer, Ecuador

[Read the full technology policy here.](#)