



## Volunteer Opportunities

*Lacrosse the Nations is currently recruiting volunteers! Whether you're driven by wanderlust, a career change, or looking for your calling after graduation, there are several ways to get involved with LtN.*

### The Experience

Lacrosse the Nations (LtN) is a sports-based youth development organization that unifies the lacrosse community in order to sustainably improve education and health while creating opportunity and hope for children across the world. Volunteering and working with LtN is a unique experience that:

- Is independently driven by your personal skill sets and motivators
- Provides hands-on experience teaching and coaching youth
- Creates lasting relationships with students, families, and volunteers from around the world
- Will give you invaluable nonprofit experience in some of the most beautiful places in the world

Find out more about Lacrosse the Nations by visiting [www.lacrossethenations.org](http://www.lacrossethenations.org).

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## Volunteer Positions Available

**Long-Term Volunteers (Program Directors)** oversee LtN program implementation, help with LtN curriculum development, assist with metrics and evaluation, provide logistical support for Team Trips, create content for our website and social media channels and assist in volunteer recruitment. The ideal candidate should have strong Spanish skills and be a recent college graduate.

**Bocas del Toro, Panama:** PDs in Panama must commit for a minimum of 3 months (ideally 6+ months). Applications must be filled through the LtN website.

**Short-Term Volunteers (Interns)** play an integral role in the planning and execution of our daily programs & activities. Short-term volunteers are college-aged and ready to utilize their energy, enthusiasm, and skill-set to contribute to the on-going development of LtNs programs.

**Bocas del Toro, Panama:** can apply through our website for a 1 to 3-month session. Start and end dates are more flexible but we ask for a minimum 4-week commitment.

*To learn more or apply, go to <http://www.lacrossethenations.org/volunteer-1>*