

Contents

<i>Acknowledgements</i>	<i>xi</i>
<i>Foreword</i>	<i>xvii</i>
Introduction	1
Why Volunteer?	5
In the Beginning	29
Higher Learning: University	45
The Real World	61
Career Shift and the Ski World	81
Rotary and beyond: An opportunity to do good	101
India: It's about the people	123
Hope: Heading south then east	141
Tanzania: Getting there at last	175
Malawi: AIDS, abject poverty and caring	207
Cambodia: The aftermath of war	239
First Peoples in Canada	265
It's about the money	297
Boards, committees and other experiences	313
Family	335
Staying motivated and becoming a volunteer	349
<i>Epilogue</i>	<i>357</i>
<i>Appendix 1: Charitable Organizations</i>	<i>361</i>
<i>Appendix 2: FAQs</i>	<i>367</i>
<i>Appendix 3: Thanks from Burkina Faso</i>	<i>370</i>
<i>Appendix 4: Reading List</i>	<i>371</i>
<i>Appendix 5: Sweat Equity Team Participants</i>	<i>375</i>
<i>Appendix 6: How individuals and organizations can reduce poverty in the developing world</i>	<i>378</i>
<i>About the Author</i>	<i>385</i>