



Peninsula local Tanya Carmont from Cromer is a volunteer swimming teacher in Vietnam.



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The volunteer

Swimming teacher Tanya Carmont from Cromer combines her speciality with volunteering – each year heading to Vietnam for around three months to assist a swim charity called Swim Vietnam. Tanya’s role is to work with swim teachers there and help them develop their skills.

“In 2009, I was working fulltime and teaching part time and wanted something else to do and to give back,” she says.

“Working with the Vietnamese swim teachers and helping them develop into fantastic teachers has been the most rewarding aspect of my adventure.

“They are very passionate about what they do and how they can help the terrible drowning statistics in Vietnam.”

Tanya saved around \$5,000 for her first year of volunteering in 2010, which covered food, accommodation, airfares and visas. Now, eight years down the track, she knows how much she needs to ‘survive’.

“You can do it very cheap or a little more upmarket – It depends on your comfort zone really,” she explains. “I’m pretty fortunate I’m able to do this. I’ve funded myself by renting out my house and receive an allowance for rental and living expenses through the volunteer assignment with the Australian government.



“It’s great, and when I’m at home I stay with family and friends, which makes it easy.”

For anyone thinking about volunteering, the peninsula local says, “Take that leap of faith – it’s not as hard as you may think and the experience is incredible. You meet so many interesting people along the way and you really don’t need that much to survive, passion is everything!

“Research where and how you want to volunteer as there are a few traps to be aware of, like orphanages. There are all sorts of opportunities to be had, but do your research and ask lots of questions so you get the best experience from volunteering.”

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