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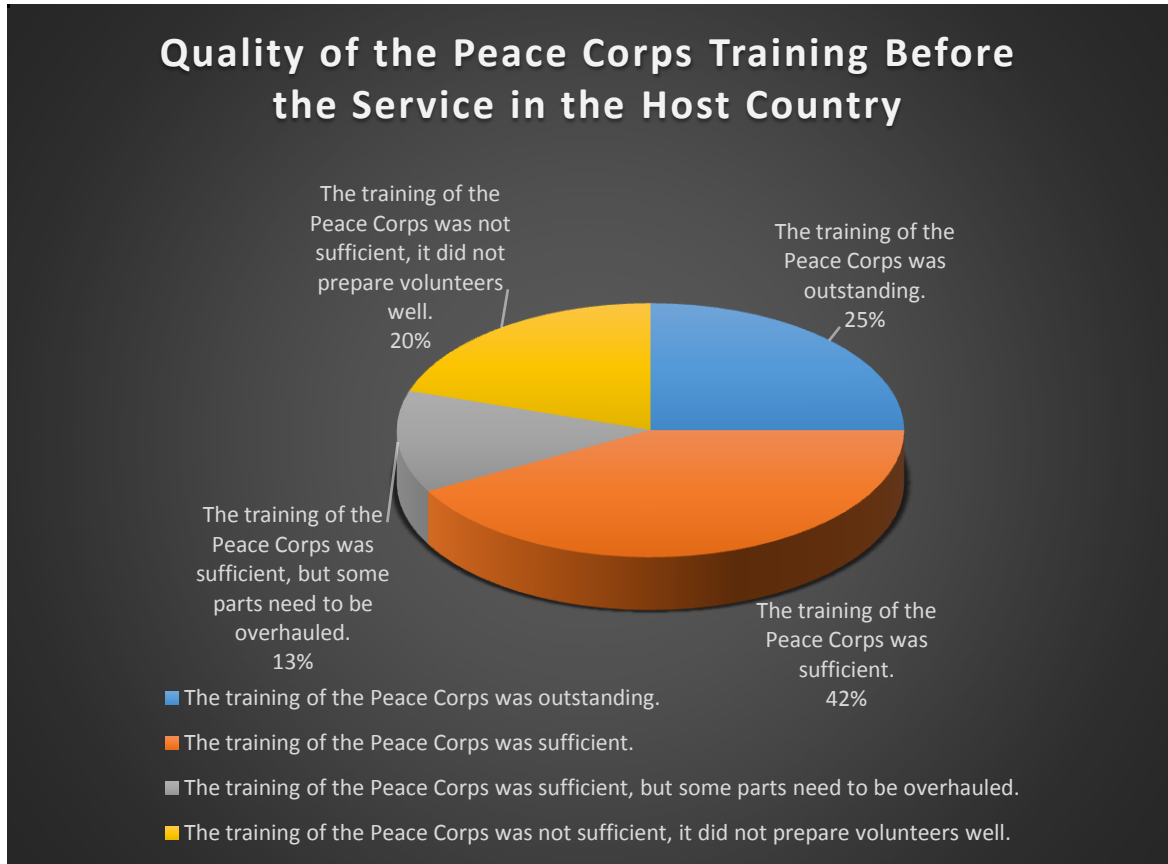
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## Appendices

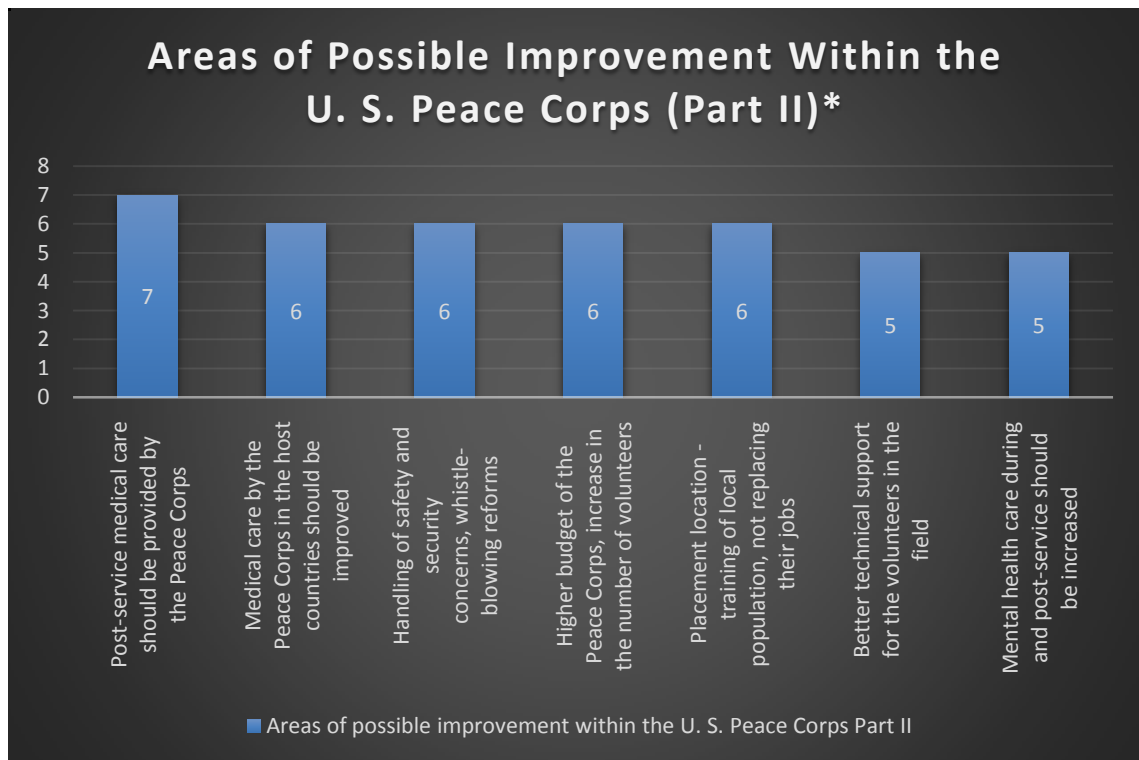
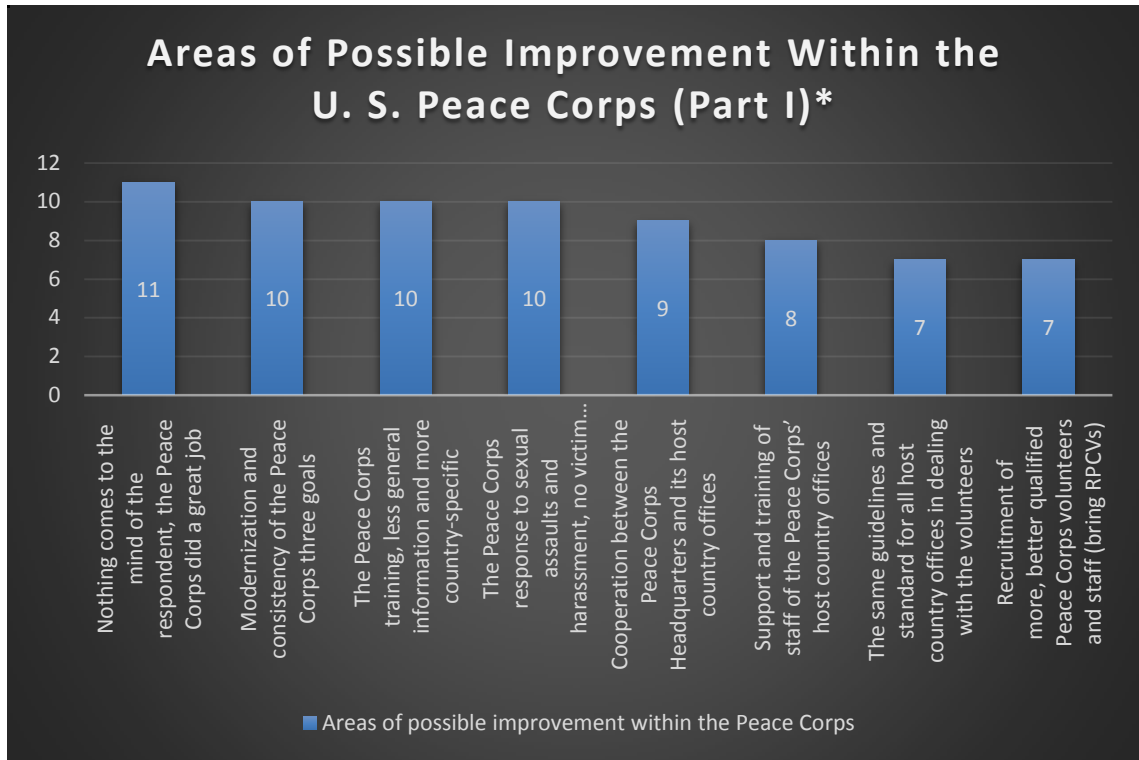
### Appendix No. 1: Expectations of the Peace Corps Volunteers (graph)

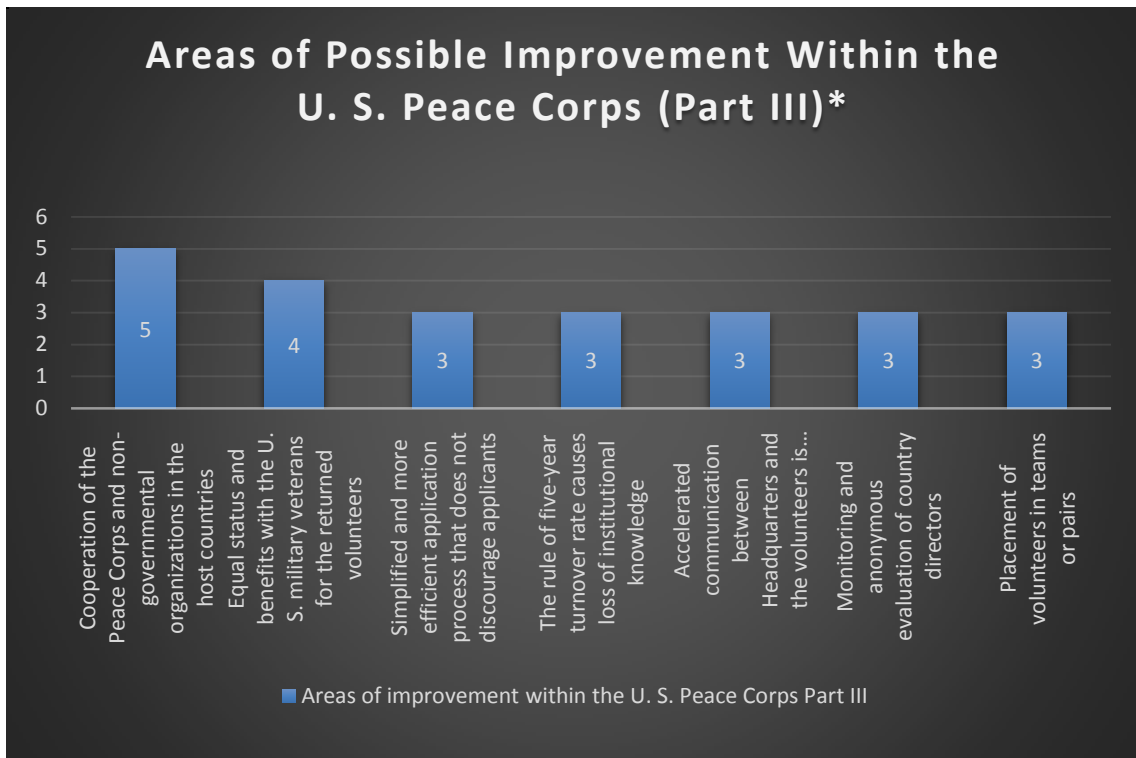


**Appendix No. 2: Quality of the Peace Corps Training Before the Service in the Host Country (graph)**



**Appendix No. 3: Areas of Possible Improvement Within the U. S. Peace Corps  
(Part I-III) (graph)**





\*One point corresponds to one percent.

#### **Appendix No. 4:**

##### **1.1. *The Main Motivation of the Volunteers to Join the Peace Corps***

The author made an analysis of all of the questionnaires and counted on how many individual questionnaires was mentioned particular reason that motivated volunteers to join the organization in order to serve in host countries. The majority of the responses contained more than only one reason for joining; there are altogether thirty-four different reasons. As a consequence of that, there are more references to individual reasons than is the number of respondents. The author begins the analysis with the most common reasons and continues to the less common ones. The analysis is finished with reasons that enjoyed very minor representation in this survey.

The leading reasons were that volunteers desired to offer their service and help to other people that are in need (with twenty-eight references) and that they wanted to

travel around the world and get foreign experience while living abroad (with twenty-four references out of which five respondents stated that they did not dispose of sufficient financial reserves and, therefore, was the opportunity to enjoy travel on U. S government expenses an ideal solution for them). The top two leading reasons are followed by the desire to learn about another culture (with twenty references), the need to experience working in the field of their study and by that to build the volunteer's resume (with fourteen references). The next thirteen references were dedicated to the possibility of the volunteers to work in the area of international development and in developing countries, followed by twelve references in which volunteers mentioned that they needed to experience personal growth, challenge themselves and to be out of their comfort zone. The thrill of adventure attracted eleven of all one hundred respondents. The last three reasons that are still part of the leading group are the following ones. Nine respondents mentioned that they wanted to do something positive, meaningful or in other words real and useful; one person also stated that he or she was surrounded by a lot of negativity in his or her life at the time he or she decided to do something positive. Next reason that achieved identical quantity of votes, being nine, is passion for linguistics and the desire to learn another language or gain fluency in it. Last but not least eight different respondents claimed that they wanted to make difference in the world and make it a better place.<sup>1</sup>

The next paragraph is dedicated to all of the reasons that were mentioned by the volunteers ranging from six references to three references. Two types of answers were both mentioned six times. The first one is the desire to build relationships and make deeper cross-cultural connections, while the second one was the reason that the respondents had the spirit of volunteerism and appreciated its ideals. The following three reasons were each referred to five times. The first one is the desire of the volunteers to give back to the world, the second one is represented by the intention to get to the grassroots, being followed by the third reason that the volunteers felt that the service was a call and that they had a strong feeling of being pulled to it. Then, there are

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<sup>1</sup> "Interviews with the U. S. Peace Corps Volunteers (collected by Aneta Firytová)," Website Peace Corps Interviews Wordpress, <https://peacecorpsinterviews.wordpress.com/interviews-with-the-u-s-peace-corps-volunteers-collected-by-aneta-firytova/> (created June 18, 2016), Question 1.

reasons that were mentioned four times each, there are five of them. Firstly, it was a life goal for some since childhood or since college years; both of the reasons achieved two references, making them altogether reach four references. Secondly, volunteers signed up for their service in order to learn about themselves. Thirdly, the volunteers wanted to find out whether they enjoyed working hands-on in the area of international development. Fourthly, four volunteers expressed as a reason their passion for education and wanting to pass their knowledge further, while the last group of four references was devoted to the desire to serve their own country and represent it well abroad. The last group of references in this paragraph is the reasons that were mentioned three times, there are four of them. Firstly, they mentioned that this was to be their experience of a lifetime, and as one of the volunteers puts it bluntly, they wanted to get away from the prescribed life of school, job, marriage, family and death. Secondly, another reason was simply altruism being followed by the third reason that was the need of person to person direct approach in order to change something. Last reason that was mentioned three times was the need of a career change.<sup>2</sup>

The last group of responses consists of references that were mentioned only twice or once from all of the respondents. These represent quite minor reasons for joining the U. S. Peace Corps, but it is quite important to include them into this analysis as well. There are five reasons that were mentioned twice, the first one is to spread world peace. Secondly, to gain another person's perspective or to walk in somebody else's shoes. Thirdly, the reason of the volunteers was that they felt to be global citizens; while fourthly, they wanted to help discourage ignorance and promote understanding. The last reason that was mentioned by two respondents is that they joined because of their master specialization and master research for the master thesis; the Peace Corps experience would help them to conduct it accordingly. Then, there are also five responses in the group mentioned only once. These are that the volunteer wanted to make a difference for children who are the ones most in need in the first place. Secondly, the volunteer wanted to make use of the help with funding of the graduate school after completion of the service. The third reason was that the volunteer's mother served in Peace Corps herself before she had her children and it influenced the volunteer

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<sup>2</sup>Ibid., Question 1.

in a positive way of knowing that one day he or she would like to serve as well. The fourth reason was that the respondent was not able to find a job in Washington, D. C. for two years, while the last reason was that the person was looking for the right career direction.<sup>3</sup>

## **Appendix No. 5:**

### **1.2. *The Expectations of the Volunteers Before the Service and the Outcomes After or During Their Service***

Responses to the question "What were your expectations and were they met?" varied greatly, but the author of the thesis was able to find five major categories into which could be the responses categorized. These were:

1. My expectations were met (47 respondents)
2. My expectations were met only partly (16 respondents)
3. My expectations were not met (11 respondents)
4. I had no or very limited expectations (21 respondents)
5. I cannot remember my expectations (5 respondents)<sup>4</sup>

The highest number of respondents, forty-seven which corresponds to forty-seven percent of all respondents, answered that they had certain expectations and that they were all met during their Peace Corps service. Majority of the respondents in this group even noted that their expectations were not only met, but a way exceeded. On the other hand, twenty-one respondents stated that they had no or very limited expectations before their service. Majority of them tended to find this quite useful as they find it nearly impossible to be prepared for what the service has to offer in a realistic way, but many noted, at the same time, that it was more than they could have ever imagined. The following group of answers was respondents who stated that their expectations were met only partly. There were sixteen responses that belong to this group. However, it is

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<sup>3</sup>Ibid., Question 1.

<sup>4</sup>“Interviews with the U. S. Peace Corps Volunteers (collected by Aneta Firytová),” Website Peace Corps Interviews Wordpress, <https://peacecorpsinterviews.wordpress.com/interviews-with-the-u-s-peace-corps-volunteers-collected-by-aneta-firytova/> (created June 18, 2016), Question 2.



important to specify that partly met means in all of the cases that majority of them was met, while one or two of the expectations was not. Moreover, eleven people stated that all of their expectations were not met while five returned or current volunteers cannot remember what their sincere expectations were.<sup>5</sup> The results of the analysis of the responses are illustrated in Appendix No. 1.

The following paragraph will deal with the types of expectations that were mentioned that were rather met by the volunteers. Volunteers expected to serve in rural Africa, experience adventure, fun, learn another language and experience another culture, make new friends, serve others and help the community with their goals. Other expectations were to integrate into a new community, work on projects benefiting the community and to see more of the world in a deeper way than travel. Other expectations that were met were to be taken care of and provided with good training, to teach appreciative students, to work hard. Volunteers also mentioned they expected to learn how to sustainably make the world more equitable, to live in a small remote village, and work with youth. Other expectations that revealed to be true were feeling sad to miss things in the lives of the friends and family at home, the service to change the volunteers' lives, to be mentally, physically, socially, and emotionally challenged. They also expected to be uncomfortable and to change some of their outlooks on life. Another expectation that was met was to find warm, open, loving people who would be happy to have the volunteers working with them. Last but not least, volunteers also expected a lot of heat in their host country and to get sick.<sup>6</sup>

On the other hand, this paragraph will discuss the types of expectations that were mentioned that were rather not met by the volunteers. They expected to be welcomed with open arms by their village, people wanting to learn English, to be safe or to have the opportunity to start programs in the community. Other expectations that were not met were to be supported by the Peace Corps staff and to be treated with respect, to serve for a minimum of twenty-seven months. Another expectation that was not met

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<sup>5</sup>Ibid., Question 2.

was support by the Peace Corps as working in a rural community presents a lot of emotional challenges. Idealistic expectations were obviously also not met such as getting along with the villagers, easily and successfully, easily developing teaching skills. Furthermore, expectations about the Peace Corps being a competent organization, other volunteers being competent and there to be in place a well-rehearsed system to deal with problems were not met for some either. Other volunteers who expected to feel as if they were making a huge difference were not satisfied with the outcomes of their service and the extent to which they could change the world either. Some respondents also stated to expect the U.S. government to act with more integrity. Further expectations that were not met were to see a lot of poor people and huts. Another unfulfilled expectation was to receive more hands-on training and more information about the volunteer's community before beginning the work.<sup>7</sup>

#### **Appendix No. 6:**

### ***1.3. The Quality of the Peace Corps Training Before the Service in the Host Countries***

Responses to the question "Was training by the Peace Corps before your assignment sufficient?" can be categorized into four groups. These are:

1. Yes, it was outstanding. (25 respondents)
2. Yes, it was sufficient. (42 respondents)
3. Yes, but some parts of the training need improvement. (13 respondents)
4. No, it did not prepare me for the service. (20 respondents)<sup>8</sup>

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<sup>7</sup>Ibid., Question 2.

<sup>8</sup>“Interviews with the U. S. Peace Corps Volunteers (collected by Aneta Firytová),” Website Peace Corps Interviews Wordpress, <https://peacecorpsinterviews.wordpress.com/interviews-with-the-u-s-peace-corps-volunteers-collected-by-aneta-firytova/> (created June 18, 2016), Question 3.

There were exactly twenty-five respondents who answered that their Peace Corps training was outstanding and prepared them very well for their service. However, the highest number of respondents, forty-two which corresponds to forty-two percent of all respondents, answered that their Peace Corps training was sufficient and prepared them well enough for their service. Thirteen respondents evaluated the training provided by the Peace Corps as sufficient, however, some parts of the training need improvement according to them. On the other hand, twenty respondents stated that the training before their assignment was not sufficient and did not prepare them for the service.<sup>9</sup> The results of the analysis of the responses are illustrated in Appendix No. 2.

There were nine respondents who stated that the language training was excellent. At the same time, there were complaints that female volunteers in French-speaking host countries had to focus on French primarily and only after achievement of certain intermediate knowledge of it, they could learn the local language that is spoken by the women in their community. This fact resulted that many female volunteers were not able to communicate with women from their community well and had to rely on communication with men. This was not very fortunate in many cases as it caused certain tensions as men tried to flirt with the volunteers.<sup>10</sup>

Nevertheless, many volunteers mentioned that it is impossible to expect even the best training preparing them accordingly for their real service on their site. They even mentioned that Peace Corps service is an on-the-job-training type of work. With this aspect in mind, the figures look very well for the Peace Corps, its training is quite successful. One respondent with very rich background in education praised cross-cultural training of the Peace Corps as the most advanced, modern and progressive he or she has ever seen. As quite useful and handful were labeled all resources and study materials provided by the Peace Corps to the volunteers. Some five respondents felt that the technical training was not sufficient and as a result of that they did not feel qualified to train farmers who had been farming their whole lives. Last but not least, volunteers

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<sup>9</sup>Ibid., Question 3.

<sup>10</sup>Ibid., Question 3.

noted that there is quite a steep learning curve during the training and an enormous volume of materials from the Peace Corps Headquarters in Washington D. C. that is not necessarily relevant to the position that the volunteer is assigned for.<sup>11</sup>

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<sup>11</sup>Ibid., Question 3.

## Appendix No. 7:

### **1.4. *The Positive Impacts of the Peace Corps Service on the Volunteers' Lives***

This chapter deals with the topic of positive impact of the Peace Corps service on volunteers and their life, more precisely it analyzes responses to the question "Could you please list some of positive impacts of your service on your life?". There were one hundred responses in total that could be divided into three main groups. However, the majority of responses contained more than one positive impact. The first group consists of answers that were mentioned mostly, ranging from thirty-six references to ten references. The second group of less common responses consists of answers mentioned between nine and three times, while the last group consists of minor impacts that were mentioned by the respondents in only one or two cases. These answers represent the most unique viewpoint at this particular topic.<sup>12</sup>

The most referenced positive impact that was mentioned thirty-six times was that the volunteers found amazing lifelong friends, both from their fellow Peace Corps volunteers group and from the host country nationals. Respondents appreciated a special kind of bond that cannot be explained or broken that was created during their service with people around them, both like-minded and those with different world views than the respondents'. The following type of positive impact was mentioned twenty-two times and it was the appreciation of broad and in-depth experimental knowledge of a quite different culture, the respondents began to understand and value other cultural attributes and ethnicities while being comfortable with them. There were two types of positive impacts that were mentioned nineteen times. The first one was that the respondents got to know and understand themselves; they became aware of their strengths and capacities and started to be proud of themselves. The second one was that the respondents learned new language (either local minor African language or French)

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<sup>12</sup> "Interviews with the U. S. Peace Corps Volunteers (collected by Aneta Firytová)," Website Peace Corps Interviews Wordpress, <https://peacecorpsinterviews.wordpress.com/interviews-with-the-u-s-peace-corps-volunteers-collected-by-aneta-firytova/> (created June 18, 2016), Question 4.

or improved their existing knowledge and fluency in French (for those in French-speaking African countries) while some of them broadened their linguistic capabilities as well. Moreover, there were two types of positive impacts that were mentioned seventeen times. The first one was devoted to volunteers stating that they became much more open-minded and active people. They claimed that they became much more flexible, adaptable, outgoing, and talkative and that they like to explore and go out much more than before their service. The second type mentioned that they have much better understanding of the world, they learned how the world works and how it does not work, in other words, their service raised their global awareness and changed their world views. Furthermore, there were two types of positive impacts that were mentioned fifteen times. The first one was that the Peace Corps service represented for the respondents quite unique and original experience while living in a developing country. On the other hand, the second one dealt with the achieved ability of the volunteers to see someone else's perspective, see the world in a new perspective and they also gained the ability to view America as well as Americans through this new perspective. However, fourteen volunteers appreciated that they became stronger and tougher people who were able to handle unknown situations and stress much better than before their service. The respondents also stated that they became self-confident, self-motivated and independent. Furthermore, there were two types of positive impacts that were mentioned twelve times. The first type caused that volunteers know what they want out of life, the service has changed and shaped their perspective and priorities. Many changed their perspective on their personal life and goals, they started to see the value of family relationships over money and material items while others' priorities shifted towards what they want not what social norms guide them to. The second type dealt with the fact that the respondents became more patient and understanding, many of them also expressed being humble and not judgmental at the same time, they found themselves better at "going with the flow". Eleven respondents mentioned that they developed their professional skills thanks to their service. The types of skills ranged from teaching, health care, project management, organizational skills to grant writing and many more. The last two positive impacts from this group reached both ten references. The first one was that volunteers developed greater compassion and more empathy for the lives in the Third world thanks to their international development experience. They also acquired better understanding of deep-rooted challenges that

developing economies are facing. Last but not least, the second one is represented by a very good cross-cultural understanding that was enriching for both sides.<sup>13</sup>

The following group of references ranges from nine to three references. There are two references that were mentioned nine times both. The first one is that the service refocused the career of the respondents and their personal goals while they discovered passion for particular type of work that they pursued during their Peace Corps service. The second type is represented by the better appreciation of all the blessings that volunteers have in the United States and other people in developed world as well. These are represented by both tangible and non-tangible advantages, higher standard of living as well as real religious and political liberties. Three different positive impacts were mentioned seven times each. The first one was that seven volunteers found their husband or wife during their Peace Corps service, some of them got married during their service already. Therefore, they claimed that their Peace Corps service had really a huge lifelong positive impact. The second impact was that the Peace Corps service helped the volunteers upon their return to the United States to get into a graduate school and win respect of others and receive a fellowship. The third impact is that the volunteers comprehended the universality of human nature and oneness of all humans. Some respondents even stated: "We are more alike than different." Moreover, there are three references that were mentioned six times. The first one is that the volunteers had the opportunity to travel and discover foreign countries while living in them. They did not have to spend a lot of money for the travel as this was a part of their Peace Corps service, they also became comfortable while traveling in foreign countries all over the world upon their return back home. Many fulfilled their lifelong dream of travel to Africa. Secondly, volunteers became much more selfless and generous while at the same time they became more sensitive to the needs of others, they learned how to listen to others. One respondent clarified that he or she became more patient in matters involving himself or herself, and much less patient in matters involving others. Thirdly, volunteers appreciated that they learned how to live in a community and to collaborate and share with other members of the community even without the need of full communication due to a language barrier. Furthermore, there are five types of positive

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<sup>13</sup>Ibid., Question 4.

impacts that were all mentioned four times. The first one is that four volunteers valued that they found a new family in their host country. Secondly, volunteers claim that they acquired continued inspiration to serve the world. The third positive impact for other four volunteers was that their Peace Corps service experience got them several jobs that were focused internationally. The fourth impact that the respondents stated was that they developed working-with-youth skills and they were very proud of their young students. Fifthly, four volunteers decided to do teaching "for real" upon their arrival to the United States as they developed a passion for education. Then, there are two types of positive impact that were mentioned three times by the volunteers. The first one was that the respondents learned to live in isolation and to work and live alone. While the second type represented that the volunteers were able to see the changes in the lives of others and they saw that they are able to help with very few funds to make the life of the community better.<sup>14</sup>

The last group of types of positive impact is the group that represents minor impacts reaching between two and one references. There are eight references that were mentioned twice. The first one of them was that the service helped the volunteers experience personal growth and to grow up. Secondly, volunteers learned what was important in life and they learned to differentiate between a problem and an inconvenience. Thirdly, they learned that helping others might have benefited the volunteers more than the people they came to help. Fourthly, two of the one hundred volunteers stated that they felt very rewarded and gratified that they could be part of such a great project. Fifthly, the volunteers developed practical life skills such as cooking, gardening or communication skills. Sixthly, two Peace Corps volunteers became better stewards of world's scarce resources and became more conscious of how much are Americans and the rest of developed world wasteful. Seventhly, two volunteers expressed the gratitude that it was quite useful that they could experience as white Americans what it feels like to be a minority or a part of discriminated culture. Last but not least, eighthly, the respondents have very fond memories of their Peace Corps service and they have good stories to tell thanks to that. On the other hand, there were sixteen responses that were mentioned only once. One volunteer realized that there

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<sup>14</sup>Ibid., Question 4.



are things to be learned from all cultures, even from the poorest ones (economically speaking). Another volunteer realized that poor people are not sad, while other came to a conclusion that the best people to help Africa are Africans themselves, the volunteers can work as a catalyst, but the ideas and solutions have to come from Africans in order to be well accepted and implemented. Another volunteer learned how to take time with other people, not doing anything in particular, while other respondent enjoys that the Peace Corps slowed his or her life down for him or her as he or she discovered the beauty of lazy morning coffee, spending three hours eating lunch by neighbors or devoting time to hobbies. Furthermore, another volunteer gained the ability to deal better with stress, while other acquired a new sense of humor and the ability to laugh at himself or herself. In contrast, there was one volunteer who could list not even one positive impact of the service on his or her life as it was purely negative experience for him or her while another volunteer learned thanks to his or her service to respect fellow Americans as he or she has been for some years abroad before joining the Corps. Another volunteer stated that he or she was less prone to fear that American politicians like to push after his or her service, while other volunteer used the opportunity to contribute to his or her PhD dissertation thanks to the service. Moreover, another volunteer lives abroad now because of his or her experience with the Peace Corps service while other volunteer adopted two boys from Africa because of his or her service. Last but not least, the following three volunteers shared their positive impacts as deepening and strengthening of his or her marriage (as he or she served with his or her spouse during the service), learning how to parent from Togolese mothers (specially to wear babies, co-sleep with them, nurse them on demand and treat babies as babies, not small adults as is according to the respondent done in the USA) and the experience of living and working with some of the most kind, generous, funny and humbling people.<sup>15</sup>

### **Appendix No. 8:**

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<sup>15</sup>Ibid., Question 4.

## **1.5. *The Negative Impacts of the Peace Corps Service on the Volunteers' Lives***

The following chapter deals with the topic of negative impact of the Peace Corps service on volunteers and their life, more precisely it analyzes responses to the question "Could you please list some of negative impacts of your service on your life?" This chapter is divided into three parts. The first part deals with the negative impacts that occurred mostly in the responses and that range from twenty-two references to eleven references. The second group is dedicated to negative impacts that achieved from ten to three references by the volunteers, while the last group consists of minor answers that were mentioned once or twice.<sup>16</sup>

The leading number of the respondents, being twenty-two, stated that the service left negative impact on their life in the form of continued health problems, residual health effects or long-term illness. Hereinafter is provided a list of illnesses that the volunteers stated to have due to their Peace Corps service. Four volunteers suffer or suffered from chronic gastrointestinal distress, three volunteers from rapid weight loss and another three volunteers experienced lasting impact of intake of anti-malarial medication for the length of their service (among other lasting impacts volunteers experienced temporary psychosis and persistent anxiety as a consequence of this medication). These illnesses were all mentioned by two different volunteers: giardiasis, parasitic illness, autoimmune disease, exposure to tuberculosis. The following illnesses or negative health effects were all mentioned by different volunteers once: schistosomiasis (snail fever), leishmaniasis, blastosemiasis, malaria, insomnia, vitiligo, amoebas, weakened immune system, diarrhea (a lot of), wrongly set broken bone, a lot of scars, several cracked teeth requiring crowns.<sup>17</sup>

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<sup>16</sup> "Interviews with the U. S. Peace Corps Volunteers (collected by Aneta Firýtová)," Website Peace Corps Interviews Wordpress, <https://peacecorpsinterviews.wordpress.com/interviews-with-the-u-s-peace-corps-volunteers-collected-by-aneta-firytova/> (created June 18, 2016), Question 5.

<sup>17</sup>Ibid., Question 5.

Moreover, one volunteer stated that they both felt very sick post-service with a spouse that was also serving with the Peace Corps. The experience was according to them awful, unexpected, and they had no warning or support in dealing with it. It took about six months before they both felt normal again and, therefore, it was a very frustrating experience for both of them. Moreover, twenty respondents stated that due to their Peace Corps service they found themselves to be without sufficient funds upon their return to the United States, they were away from gaining work experience; they experienced delay in paid career development and delay in paying back debts or student loans. Another disadvantage that was mentioned was that the volunteers did not contribute to their retirement during their service. All of these circumstances left many volunteers with financial burden. Sixteen volunteers claimed that it was extremely hard for them to be away from their family and friends for such a long period of time. Majority of them stated that it was much harder than they could ever have imagined. Volunteers missed out on really important life events of their family and friends such as weddings, newborn babies, spending holidays together, funerals, etc. Their service took according to them an emotional toll while feeling lonely during difficulties and struggles as well. There were two types of negative impacts that were mentioned eleven times. Firstly, eleven respondents stated that it was quite difficult to readjust to developed-world life and their own culture on return. It was not easy to find a job for many of them and some of them had mixed feelings when they found the job as they felt financially secured but, at the same time, they felt as if they were not meant to have any more real impact by their activity. Some of them even felt as unrelatable outsiders to their own culture. Secondly, other eleven volunteers were injured or seriously injured, ranging from being hit by a motorcycle and needing a surgery, being hit by a drunk car driver or being involved in a car accident and as a consequence being in coma and suffering severe brain damage and lastly, being in quarantine. They were not able to work upon their return to the United States.<sup>18</sup>

The following paragraph is dedicated to the negative impacts that were mentioned between ten and three times. Ten volunteers reported that they struggled and the service was quite challenging, but it had no long-lasting negative impacts on their

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<sup>18</sup>Ibid., Question 5.

life, in contrast it shaped them. Their living conditions were hard. Having no electricity, running water or cell phone service was challenging for them. Many lived in a thatched roof huts and were always battling insects and rats. They accessed water from an open well as everyone else in their community did. Not being around anyone of their own culture who spoke their language was also challenging at times. With that being written, they lived exactly the way other people from their community lived. On the other hand, there were ten volunteers who claimed that their service had no negative impacts and that they cannot think of any. Another ten volunteers had to leave earlier from their country post due to different reasons. Reasons ranged from evacuation from Mali for four of them and medical reasons to a reason that the volunteer realized that Peace Corps might actually cause more harm than good in the host countries. The volunteer stated that the Peace Corps reinforced negative social stereotypes, such as single mothers need to be shunned and that all Americans are wealthy. As a consequence of that, some had a sense of failure; others regretted that they did not qualify for non-competitive eligibility. Moreover, there were five volunteers who started to expect others not to be wasteful and be appreciative. They did not agree with people who live with a lot of material possessions and spend time and money on themselves. As a consequence of this, they were angry on their friends and family or at least annoyed. It also made them eschew the private sector and consumerism. Moreover, five different types of negative impacts were each mentioned four times. Firstly, physical and mental health of the volunteers declined during the service. Secondly, four volunteers developed depression during their service. Thirdly, another four felt frustration and anger at the health system of the Peace Corps and host countries and many of those who work within it. Peace Corps medical staff was seen as inadequate and to have a tendency to be dismissive of volunteers' health concerns. Fourthly, four volunteers complained about poor nutrition or malnutrition for their entire service. Fifthly, four volunteers developed persistent anxiety, they became suspicious and distrustful. These volunteers became jumpy and always worried. One of them stated that living in a constant state of fear has changed him or her and that there is nothing good to say about his or her time in service and that the negative impacts are immeasurable. Last but not least, there were five types of negative impacts that were mentioned three times. Firstly, volunteers have learned that power, corruption and greediness are real problems both in the host countries and the USA, and that it is extremely difficult for them to work around these sometimes. Secondly, evacuation was negative and traumatic event

for volunteers serving in Mali. The volunteers felt that their life was thrown to the wind. Thirdly, three different volunteers have a negative feeling about Peace Corps as a whole because of the staff from top management to the one at their country post. The issue was that they were not getting support from the staff. Fourthly, their experience made volunteers cynical and jaded with international aid, development projects and charity. Fifthly, the great distance from family and friends made it difficult to maintain important relationships and many people that the volunteers were once close to became estranged simply due to the distance and difficulty to communicate.<sup>19</sup>

This paragraph is dedicated to the minor negative impacts, more precisely to those that were mentioned once or twice. There were seven types of negative impacts that were mentioned twice. Firstly, volunteers realized that they might not have big of an impact on their community as they believed they would. Secondly, the volunteers became more jaded and gained cynical world view. Thirdly, volunteers realized that bureaucracy ruins everything and that while volunteers went to their host countries to help, they felt that their country sent them there for good public relations reasons and they started to hate U. S. politics as a consequence of that as the fourth impact. Fifthly, volunteers suffered from physical ailments from high long-term exposure to stress. Sixthly, the volunteers fight anxiety stemming from sexual harassment and they have assumption that every man near them will say or try something on them. Last but not least, seventhly, two female volunteers were sexually assaulted, one of them by a fellow Peace Corps volunteer, the other one by a host country national. Both of these cases were not handled by the Peace Corps properly according to them. One of them stated that her actions leading up to the attack were questioned by the Peace Corps and that it was an example of victim blaming. The investigation made her to question herself and how she presented herself as a female. The volunteer stated that her experience was one of the many inspirations for the Peace Corps reforms initiated by the Mr. and Mrs. Ludlum. Furthermore, there are twelve types of negative impacts that were mentioned once. The first and the second one were frustration of the volunteer with host country nationals when working on projects with them and being disappointed with people who are not "go-getters". The third, the fourth and the fifth one were the loss of equilibrium,

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<sup>19</sup>Ibid., Question 5.

traumatic after-effects (terrifying flashbacks) and seeing everything in a much darker, negative perspective. The sixth and the seventh one were having a greater sense of world that makes a volunteer feel like a preacher and the fact that a volunteer had to hide certain facts (such as the Ebola outbreak in the host country during the service) from people in the United States in order to avoid stigmatization. The eighth and the ninth impacts were that it did not help the volunteer start a career as the work experience during Peace Corps was not good and another volunteer notices race so much more than before (after spending two years in South Africa, a country that only talks about racial issues). The tenth and the eleventh impacts were that the volunteer thinks over a bit more than needed what to say (so that he or she does not offend anyone) and being depressed to see the impact of the corruption in the host country on educational system and infrastructure, that felt at times that the volunteer's efforts would amount to nothing or at most very little, only because the system was not in favor of the students advancing in school, going to a college, and getting a job beyond farming or trading. Last but not least, one volunteer developed bipolar disorder and was medically separated and is, therefore, required to take medication for the rest of his or her life, it is connected with struggles with mania, depression and inappropriate actions.<sup>20</sup>

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<sup>20</sup>Ibid., Question 5.