



सम्भाली TRUST

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ORIENTATION PAPER

VOLUNTEER GUIDELINES AND INFORMATION ABOUT SAMBHALI TRUST PROJECTS

Welcome to Sambhali!

Empowerment Center Jodhpur:

Sambhali Trust is placed at Durag Niwas Guest-house in Jodhpur. The classroom is upstairs and bases the working area for the Empowerment Center Jodhpur. Sambhali works to empower women and children with a difficult social and economic background.

For volunteers, one month accommodation including food is Rs 8500.

Empowerment Center Setrawa:

Setrawa is a small village situated 110 kilometers West from Jodhpur. Setrawa has a population of around 3000 people. The project has 81 participants aged 4 to 70. The project was started to provide basic education for girls and women who can't afford normal school. In Setrawa students are taught in basic English, basic math, arts and craft and practical topics like health and hygiene.

One month accommodation is Rs 5000.

As one of our volunteers, we request you to follow three principles:

MODIFY YOUR BEHAVIOR:

Always ask yourself whether what you are doing is in the best interests of the girls and women who are Sambhali's participants. Your "behavior" in this case includes how you dress, how you use your mobile phone, how you behave in the market and how you interact with new "special" Sambhali friends.

Do not bare your bosom, back, shoulders belly or knees while staying at our projects. For example shorts and tank tops are not appropriate. You can stay cool and comfortable if you dress and decorate yourself with the attractive clothes that Rajasthani men and women are already using. These are inexpensive and we can help you to find them easily.

Do not smoke, drink, hug or wear revealing clothes while volunteering.

Do not offer or accept presents, money, food or other gifts to any participant unless you describe it to us first.

BE AWARE OF YOURSELF:

Our students and participants are more experienced in human relationships than they might first appear. We find that they are frequently reading your feelings from your face and your eyes more than you are able to read theirs. The best way to provide what the women and girls are entitled to receive from Sambhali is to be thoughtfully aware of yourself just much as you are trying to be thoughtfully aware of them.

Do not ever start any local romantic relationship while you are a volunteer for Sambhali. Our community is socially conservative and the rules governing "romance" are more complex and strict than you are likely to imagine.

TALK TO US:

Talking over what happens to you each day with other volunteers and with Sambhali staff will help you stay orientated so that the girls and women receive the most benefit from you. Sambhali requests every volunteer to fill out the submitted "work plan". A daily log, weekly report of our participation, as well as an overall final report explaining your achievements when you leave is requested.

FURTHER DETAILS

At Jodhpur, you will have a choice of simple breakfast foods but for lunch and dinner you will be served a proper Indian meal that is eaten by your hosts as well. If you are sick with digestive problems we will provide food desired by you if available.

At Setrawa, you will have to make your own food arrangements, there is a simple kitchen and fresh vegetables, milk and bread are available locally.

We will help you find a phone sim card, it is requested that you have one for the time you spend with the project, and this will give you a private number on which your family can contact you directly. Incoming SMS and phone calls are free and outgoing international calls are Rs 9 a minute and Rs 5 for a SMS and Rs 100 monthly rental for the card to the retailer and extra charges for extra talking time beyond what is originally on the card.

Volunteers are strongly encouraged to bring their own laptop, if possible. The Guesthouse currently has only one computer which is frequently in use by other volunteers and tourists. With your own laptop internet is available via wi-fi.

For long term guests at the Jodhpur accommodation building internet is free for one hour per day and apart from that available for Rs 40 an hour.

In Setrawa the volunteer can use a computer and the plug-in USB stick for using internet. The monthly charges will be paid by Sambhali, the user charges by the volunteer.

At Jodhpur, packaged drinking water will cost Rs. 120 for 12 bottles. There is a department store close to our building where you can buy many kinds of food, drinks and hygiene products. Bottled water is readily available at Setrawa as well, at the same price. An overhead tank with a water pump has been provided for volunteer use. Please fill it regularly. The volunteer is requested to bring water purification medicine to Setrawa or boil water before consumption.

Reasonably-priced laundry and medical services are available upon request at Jodhpur; however at Setrawa you do your own washing, cleaning, gardening, garbage disposal, recycling and cooking. There are local doctors and pharmacies if needed.

Besides, please make sure that the gates, all doors and windows are closed before you leave the accommodation in Setrawa.

From Setrawa a bus goes every hour starting at 7.00 am; last bus goes at 5.00 pm Monday to Sunday. It costs Rs 40 one way Jodhpur-Setrawa or Setrawa-Jodhpur.

We suggest that you come by air directly to Jodhpur first without touring in Delhi or Mumbai because life in those cities can give a very different impression about India and Indians. If you start your experience in either our Jodhpur or Setrawa village programs, we feel that your subsequent travel in India will be enhanced. We can arrange to have Jodhpur flight ticket emailed to you if you like.

Your Indian air, bus, hotel and taxi arrangements can be arranged by us at Jodhpur, where Yoga, Meditation and professional Massage at reasonable prices are also available. Money exchange and ATM Machines are within walking distance from our Jodhpur guesthouse, but not easily available at Setrawa.

Please do not be restrictive for what you would or would not do for the trust, when it's not about you but about the participants and the NGO.

After all - volunteering isn't a holiday, it's about helping people. It's very important that volunteers have the right expectations about the volunteering experience - otherwise it could be a difficult/disappointing experience for everyone involved.

Come with an open mind, for your knowledge and your expectations we have provided tons of information on the website, reports, annual report, the blog etc.

Think of: How can I be useful? What can I contribute? What will they need from me?

It is best to come in with no expectations and an open mind and be ready for whatever experience is presented to you.

We expect you to volunteer 6 days/week. We are always flexible about volunteers traveling, and we are in charge, you should not set the expectation. If you are more interested in the traveling, then maybe you should not volunteer as long as you had planned. (i.e. maybe 2 weeks, instead of one month).

We request our volunteers to meet us every weekend in Jodhpur while working with us at the project to discuss issues and meeting on developing the Sambhali Trust.

We are always open to your ideas and advice and we hope that you will contact us for information you may require.

Thank you very much for selecting this project and for making a difference in lives of the people participating with the Sambhali Trust.

Read and accepted by:

Name in block letters

Signature

Date