



## What you will need in Setrawa

1. Scarves/pashminas- something to cover your décolletage area. Everyone here is quite traditional and old-fashioned that way, and you will get attention you don't want if you don't. You can buy these cheaply in Jodhpur, but of course bring some if you have some.
2. Body moisturizing lotion- sounds silly to mention, but this is the desert. Your feet will crack and you'll never have been this dry ever before.
3. One old outfit you don't mind getting destroyed- you will probably do a lot of painting of the school.
4. Toilet shoes- just simple basic flip flops. If you have the luxury of a toilet (you might not) they're still quite different to what we're used to, and will take some time to adjust to. They are 'eastern' toilets, which means squat toilets, and no paper. In some ways, it's actually more hygienic than our western toilets, as you wash yourself with a bucket and water each time. Some volunteers before also brought towels to dry yourself afterwards. However, I would also bring-
5. antibacterial gel- just so you can disinfect your hands afterwards.
6. disposable Ziploc/ sealable bags, as like I said, nothing can go down the toilet. This does pose a problem for periods as well, and my suggestion is you just collect your waste, put them into these bags and dispose of them when you can. I know it's hard, but people here do not use tampons, they use cotton that they rewash, and unless you want to try that, I think this is probably the best option.
7. emergency rations for yourself- your favourite chocolates from home, photographs, books. You will find it overwhelming here at times, it is very different and you're constantly in the limelight. These will keep you sane. ☺
8. Perhaps, as an idea, a small sweet from home or something for your family to try? We're not supposed to give gifts, but I know my host family treated me to some Indian delicacies and it would've been nice if I could show them *something* from home, even if it's tiny.
9. Washing powder to wash your clothes with, again you can probably buy here in Setrawa, but if you want to be prepared or have a favourite brand at home.
10. your camera- this place is unforgettable!
11. Hindi book- learn as much as you can now! It is extremely isolating not understanding what everyone here speaks, and no one (but me) speaks fluent English. At the same time, you will pick it up fast, but bring a book with you.
12. a sponge, as your shower will be a bucket at it makes the water go a long way!
13. Rehydration sachets- unfortunately, as your bodies adjust, you might get the inevitable diarrhoea, and these are godsend.

Do not worry too much about the culture shock, or change of environment- yes, it is different, but it's just as different as you're expecting, and you'll be prepared for it. Indian people are incredibly generous and loving, and will all want to get to know you. You will get as much out of Setrawa as you put into it.

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