

## Journey-Information

# Goa Volunteer Program for Grown Ups



## **Introduction**

The Indian network for development exchange (IDEX) has been working since year 2002 for promotion of quality volunteer opportunities in India. As our initial venture we have successfully setup and run volunteer programs for young participants from many countries of the world. These programs are presently being run in the states of Rajasthan, Himachal Pradesh and Goa.

After setting up the youth programs successfully and receiving increasing number of applications from more "mature" people in the age group of 30 to 65 years, we decided to setup a separate program for this segment that would cater especially to this segment of people. With a successful running of the program since 2006, we intend to start offering the program for interested participants in Goa for the year 2010 in addition to the states of Himachal Pradesh and Rajasthan.

With our commitment to continuous improvements in the program setup, information and delivery, the "30+ volunteer program" is guaranteed to offer many opportunities of meaningful voluntary work and an unforgettable cultural experience.

## **Duration:**

Keeping in mind the high demand of longer duration stays in the Goa program, a standard of 4 and 8 week programs would be offered in Goa. 1,2,3 or 4 weeks can extend these durations.

The starting 7 days of the program would include relaxing, adventure activities (including trekking) and an Ashram visit, allowing a total of 3 effective weeks of volunteer work.

## **Location:**

The state of Goa is India's most well-known beach destination. This former Portuguese colony with its many fabulous beaches offers a distinct cultural experience with its music, food and climate. The IDEX home base in Goa is situated on the Colva beach in southern Goa. The 30 km long beach is known for its palm trees and silvery sand and is one of the best yet less explored regions.

Unlike Himachal Pradesh and Rajasthan the Grown up program will be offered in the same campus as the young participants.

Colva is the oldest, largest and the most spectacular of south Goa beaches. It lies about 6 Kms to the west of Margao. The beach consists of about 25kms of the finest powder white sand and is lined along its shore by coconut palms extending to Bogmalo in the north and Cabo de Rama in the south along south Goa's coastline. In the colonial days it used to be the retreat for Margao's high society, who would come to Colva for their "Mundanca" or change of air. Today the area that is reminiscent of this age is the beautiful houses or villas that dot the village.

## **Volunteer activities:**

In year 2010, the activities in the Idex Goa program would be distributed as per the duration of stay of the volunteers. This is because of some types of work requiring a more sustained volunteer presence than the others.

Broadly speaking the work division would look as follows:

### **Activities possible for participants staying shorter than 8 weeks:**

- a. Day care centre work with children
- b. Special education camps and bridge courses to children of immigrant and slum dwelling families
- c. Computer education to the children for a variety of population segments which may include orphanages, groups of local women and adolescent girls.

*Please note that exact segment of the population to be targeted at various times of the year would be communicated to you periodically as we finalise our plan for social involvement in the various project areas.*

### **Activities for the 8 week participants only:**

*Note: 8 week participants can also take up all the activities that are mentioned above for the "4 weekers"*

- a. Teaching in schools
- b. Working in the ASRO HIV home
- c. Working in the school for mentally challenged.
- d. Old Age Home, Margao

*Note: In case of inadequate number of 8 week participants, shorter duration participants can also be engaged in these work areas, as per their interest.*

## **Descriptions of certain project activities:**

### **Teaching:**

Volunteers' teaching local students has been one of the most successful interventions of Idex and the most popular activity amongst volunteers. Volunteers participate in educational enhancement for students of local communities specifically in the areas of English, Math and enhancing creativity. In order to promote participation of more and more volunteers in this activity, we provide detailed workbooks and guidelines for teaching. This is done to ensure that those participants that have no formal education or practical experience in teaching can also carry out this activity comfortably with the help of aid provided by us.

The volunteer activities in the field include:

1. Regularly teaching children English and Mathematics in the schools.
2. Teaching children of migrant communities and child labours.
3. Conducting bridge courses for school drop-outs or slower learning children
4. Creating a playful environment and enhance the creativity of the children through painting, playing games, singing etc.
5. Working with local teachers in creating low cost teaching material and to train them in making education more fun for the children.
6. Ensuring regular health check ups of the children in each school through cooperating with the local doctors and hospital staff.
7. Creating basic hygiene awareness amongst children on a regular basis

### **Child Care related:**

In addition to our attention to schools, early childhood care and education is an area of critical need in rural areas.

It is important to inform the participants that a childcare centre is a facility that established over a certain population for ensuring healthy growth and stimulation of children in rural areas. At such centre health monitoring, improvement of motor skills, nutritional supplements, vaccination etc. are provided for children from poor or uneducated families.

Drawing upon our experience we have also taken up the responsibility of maintenance and care of local childcare centres. Also called "Anganwari", these centres carry out holistic childcare in the area. In line with the expected activities of such institutions, the volunteer activities include:

1. Ensuring maximum attendance by the children of the area to these centres through awareness building in the community.
2. Personal attention and care to the children coming to the centre everyday.
3. Assistance to the local worker for record maintenance for each child based on health, vaccination, growth and nutritional condition.
4. Making and feeding the children a specially prepared nutritious meal everyday with the help of a local worker.
5. Continuous survey of all pregnant women and newborn babies in the area for regular health check ups and vaccination.
6. Creating a colourful and enjoyable environment for the children with games, stories and other creative activities (all material support and training for such activities would be provided by IDEX)
7. Developing the motor skills of the little children by making them use their body parts in various games etc

## **ASRO-Shelter for HIV/AIDS affected patients**

ASRO is a Community Care and Support Centre (CCSC), for People living with HIV/AIDS. As transitional Shelter for AIDS patients, ASRO acts as a bridge between health care institutions and patients' families to create awareness in the community.

Volunteer intervention (limited placements, for longer term volunteers only) is required and very welcomed at the institution to help in care for the patients who have often been left out of the social circle due to their condition. The volunteer activities would include:

1. Everyday care for the patients and assisting nurses in the centre
2. Helping the resident children with homework and providing them general care.
3. Maintenance of the facilities for the patients.
4. To improve and look and feel of the centre through decorations etc.
5. To take up small-scale awareness building about HIV/AIDS through community visits.

### **School for Mentally challenged children, Madgaon:**

Since April 2006, a new activity has been added to the Goa project, which involves work of the volunteers in the special school for mentally challenged children. Volunteers' intervention is required for general help, care and special attention to each of the approximately 40-odd students enrolled in the school.

IDEX plans to support the school with material support and full time engagement of volunteers during the Goa program in 2010. The volunteer activity in this institution would include:

- Teaching children based on instruction and advice of local teachers
- Helping the students in completing study assignments.
- Organising education and fun activities for the children
- Visiting students' homes for sensitization of the family towards their children with special needs.

## **“Full” and “Basic” versions:**

From year 2010, the Goa 30+ program is being offered in 2 different options. The first option (named as “Full” option) will start in Mumbai, with one week spent in Mumbai and Lonavla, and includes adventure/trekking and yoga/meditation in the beginning of the program. This option will also end in Mumbai. The 2nd option (named as “Basic” option) will start with arrival in Goa and will require participants to arrive at the Goa international airport (airport code: GOI) and depart from there at the end of the program.

For the sake of operational ease, the starting and ending dates of both the programs will be the same, even though the airport arrivals and departure is will be different.

## **Program Price:**

### **“Full” service option:**

**EUR 1.489,- per person for the 4 week program.**

**EUR 2.306,- per person for 8 week program**

*(Please note that service tax of 4.94% is included in the above prices. Prices may slightly change due to the service tax component, which would be announced in March 2010.)*

### **Price includes**

1. **Pickup at the Bombay airport** and one night on arrival and before departure.
2. **All transfers** by dedicated or public transport required by the program including:
  - a. For orientation program
  - b. All excursions/special activities included in the program.
  - c. Local transport at project locations.
  - d. Airport and train station transfers on arrival and departure.
3. **Overnight train journeys** at the start and the end of the program.
4. **Orientation and special lectures** at the IDEX Goa camp for 2 days including a “Bollywood” film show and talks on various subjects of relevance to volunteers.
5. **A 2-day course at an “Ashram” for learning yoga and meditation.**

*Note 1: It is also possible for participants to enrol in spiritual lectures and natural relaxation practices from the ancient Indian culture, if they so choose. This is subject to availability and is optional on the program. (This treatment is on chargeable basis).*

*Note 2: For these 2 days accommodation may be offered at an ashram, where participants will not have the possibility to smoke, consume alcohol or have access to non-vegetarian food.*

6. **A 2-day adventure program including trekking through an unexplored area, climbing hills and rocks.** This adventure program would also include one or more night's stay in an Indian village.

*Note 1: The adventure program will not be a continuous trek but would include a mix of hiking, visiting villages en route and practicing of adventure techniques like rappelling, valley crossing etc.*

*Note 2: It is advisable for participants to bring their own sleeping bags for the Goa program, as has been expressed as a necessity by some of our volunteers, expressing their suspicion about hygiene. IDEX would however, provide clean sleeping bags to participants as a part of the adventure trek.*

7. **Accommodation at the IDEX accommodation facility in Goa** with maximum 2 participants per room.
8. **Transport** during the working days for local use throughout the program.
9. **All meals** during the working days, orientation days (*Please refer to the sample schedule for an exact meal plan*)
10. Dedicated on-site assistance of an **English-speaking translator** and helper for the first four weeks of the program (including the days of orientation program).  
  
*Note: In case of availability of a local English-speaking person at the project site (like teacher or doctor), the same may be engaged instead of an in-house translator from IDEX.*
11. **All material required** for various activities during the volunteer work like colour pens, paper, sports equipment etc.
12. Assistance in **setting up local support** for the volunteers' activities in coordination with the local NGOs
13. **Extensive pre-departure information, port-arrival printed material, regular training and support by IDEX** for preparing the volunteers for their experience.

## Program Extension for "Full" Program:

Enhancing flexibility in the program offer, in 2010, participants can extend the Goa program for 1,2,3 or 4 weeks. During the extension they continue to work at their work locations and would have the possibility to enjoy proximity to the beautiful beaches of Goa and take up independent travel excursions during the weekend.

1 week	2 weeks	3 weeks	4 weeks
EUR 303,-	EUR 506,-	EUR 710,-	EUR 816,-

*(Please note that a recently added service tax of 4.9% is included in the above prices. Prices may slightly change due to the service tax component, which would be announced in March 2010.)*

*(Please note that there may not be an accompanying IDEX representative for people choosing any extension length, except for those choosing 4 weeks, on the journey back to Mumbai. It would, however, be ensured that the participants are booked in safe and comfortable air-conditioned class train and arrangements for all transfers and accommodation in Mumbai would be made)*

### The extension price includes:

1. **Overnight train journeys** at the end of the extension from Goa to Mumbai in air-conditioned class. *(The participant is likely to do this overnight journey alone, unless accompanied by another participant returning on the same day)*
2. **Specially arranged transfer** upon completion of program to train station and assistance at the train.
3. **Airport transfers on departure**, if required by participant.
4. Continued **accommodation** at the IDEX accommodation facility in Goa with maximum 2 participants per room for the duration of the extension.
5. Assistance and transfer from Mumbai train station to hotel for last night's stay.

6. Dedicated transport during the working days for local use during the extension.
7. **All meals** during the volunteers' presence at the Idex camp.
8. **On-site assistance** by English speaking translator on need basis.

## Program Price:

### “Basic” service option:

**EUR 1.238,- per person for the 4 week program.**

**EUR 2.055,- per person for 8 week program**

*(Please note that service tax of 4.94% is included in the above prices. Prices may slightly change due to the service tax component, which would be announced in March 2010.)*

### Price includes

1. **Pickup at the Goa airport** at the beginning of the program.
2. **All transfers** by dedicated or public transport required by the program including
  - a. For orientation program.
  - b. Local transport at project locations.
  - c. Airport and train station transfers on arrival and departure.
3. **Orientation** at the IDEX Goa camp for 2 days including talks on various subjects of relevance to volunteers.
4. Accommodation at the **IDEX accommodation facility in Goa** with maximum 2 participants per room.
5. **Transport** during the working days for local use throughout the program.
6. **All meals** during the working days, orientation days *(Please refer to the sample schedule for an exact meal plan)*
7. Dedicated on-site assistance of an **English speaking translator** and helper for the first four weeks of the program (including the days of orientation program).

*Note: In case of availability of a local English-speaking person at the project site (like teacher or doctor), the same may be engaged instead of an in-house translator from IDEX.*

8. **All material required** for various activities during the volunteer work like color pens, paper, sports equipment etc.
9. Assistance in **setting up local support** for the volunteers' activities in coordination with the local NGOs
10. **Extensive pre-departure information, port-arrival printed material, regular training and support by IDEX** for preparing the volunteers for their experience.

## **Program Extension for "Basic" Program:**

Enhancing flexibility in the program offer, in 2008, participants can extend the Goa program for 1,2,3 or 4 weeks. During the extension they continue to work at their work locations and would have the possibility to enjoy proximity to the beautiful beaches of Goa and take up independent travel excursions during the weekend.

<b>1 week</b>	<b>2 weeks</b>	<b>3 weeks</b>	<b>4 weeks</b>
<b>EUR 245,-</b>	<b>EUR 449,-</b>	<b>EUR 653,-</b>	<b>EUR 816,-</b>

*(Please note that a recently added service tax of 4.9% is included in the above prices. Prices may slightly change due to the service tax component, which would be announced in March 2010.)*

### **The extension price includes:**

1. Continued **accommodation** at the IDEX accommodation facility in Goa with 2 participants per room for the duration of the extension.
2. **Dedicated transport** during the working days for local use during the extension.
3. **All meals** during the volunteers' presence at the IDEX camp.

4. **Continued local support** for the volunteers' activities in coordination with the local NGOs.

## **Program Dates for the Goa Volunteer Program 2010 to 2011**

**Please note the following important details about booking flights for the arrival/departure dates and times of volunteers:**

1. The program starts on every 4th Monday (with some exceptions) where volunteers are expected to use flights that arrive between 10 AM on Monday to 10 AM on Tuesday (Day 2).
2. In case that a participant has to arrive outside these times, extra airport transfer and hotel nights may need to be booked, requiring additional charges.
3. At the end of the program (4 week or 8 week), volunteers arrive back in Mumbai for their flight our latest by 3 pm on a Sunday (Day 28 or Day 56).
4. ***It is therefore advisable that the return flight be booked for the volunteers between 8 pm of Sunday or sometime on Monday.*** Accommodation for the night between Sunday (Day 28 or 56) and Monday (Day 29 or 57) is included in the program price.
5. We strongly recommend that arrival flights after 10 AM on Day 2 (Tuesday) and departure flights before midnight on Sunday (Day 28 or Day 56) not be used as these can cause significant disturbances to the program schedule and are likely to cause additional expenses.
6. ***Volunteer will be provided drop to the airport until 10 AM on the day after the last night of the program. Volunteers wishing to arrange a transfer after this time will have to make arrangements on their own.***

<b>Goa program 2010 to 2011 – Dates for “Full” and “Basic” Program</b>	
<b>4 week Program</b>	<b>8 week Program</b>
<b>Starting Date – Departure Date</b>	<b>Starting Date – Departure Date</b>
April 5 – May 2, 2010	April 5 – May 30, 2010
May 3 – May 30, 2010	May 3 – June 27, 2010
May 31 – June 27, 2010	May 31 – July 25, 2010
June 28 – July 25, 2010	June 28 – August 22, 2010
July 26 – August 22, 2010	July 26 – September 19, 2010
August 23 – September 19, 2010	August 23 – October 17, 2010
September 20 – October 17, 2010	September 20 – November 14, 2010
October 18 – November 14, 2010	October 18 – December 12, 2010
November 15 – December 12, 2010	November 15, 2010 – January 9, 2011
December 13, 2010 – January 9, 2011	December 13, 2010 – February 6, 2011

***Important Note: Please ensure that the participants joining the program in arrival dates in the months of June, July, August and until mid-September are made well aware that there is possibility of monsoon rains during the adventure trek and Ashram stays.***

***However, learning from our experience so far, Idex would make arrangements for all possible protection against rain and for comfortable stay of volunteers during the adventure program. It is also important to note that monsoon rain does not impact any part of the program that is organized in Goa.***

# **Day to day plan Goa Volunteer Program 2010 for "Full" Program**

*(4 week, indicative plan only, some details may change.)*

## **Day 1 (Monday): Arrival in Mumbai**

The Program starts with arrival in Mumbai (formerly known as Bombay), the bustling financial capital of India. After being picked up at the airport you will be taken to our hotel for a comfortable overnight stay.

*(no meals included)*

## **Day 2 (Tuesday): Departure to Lonavla**

Next day, after the breakfast, we depart for Lonavla, a small town near Mumbai. After lunch, relax and information about next 6 days' schedule, visit to the town for phone calls and Internet and some shopping. Overnight at Lonavla.

*(Breakfast, Lunch and Dinner)*

## **Day 3 (Wednesday): Adventure program**

The adventure trek starts today. Overnight at a village or in tents.

*(Breakfast, Lunch and Dinner)*

## **Day 4 (Thursday): Adventure program**

The adventure trek will continue today and will conclude after return to Lonavla. Overnight at Lonavla.

*(Breakfast, Lunch and Dinner)*

## **Day 5 (Friday): Ashram program**

The volunteers will start the day early with Yoga and meditation sessions in the Ashram. Time during the day will be free and an excursion to the nearby caves of religious and archaeological importance will be organized. Those not wishing to join the excursion can spend time at leisure in the hotel or for personal activities.

*(Breakfast, Lunch and Dinner)(Vegetarian lunch as provided at the Ashram)*

## **Day 6 (Saturday): Ashram program-departure for Goa**

Morning and afternoon yoga and meditation. Late evening transfer to Mumbai (Panvel Railway) for boarding train for Goa. Overnight at train.

*(Breakfast, Lunch and Dinner) (Vegetarian lunch as provided at the Ashram)*

**Day 7 (Sunday): Goa arrival**

Late morning arrival in Goa. Transfer to the IDEX camp. Rest of the day to settle into the accommodation and relaxation.

*(Breakfast, Lunch and Dinner)*

**Day 8 (Monday): Goa**

Orientation program and introductory visit to volunteer projects.

*(Breakfast, Lunch and Dinner)*

**Day 9 (Tuesday): Goa**

Orientation and project visits continue.

*(Breakfast, Lunch and Dinner)*

**Day 10 (Wednesday) to Day 26 (Friday): Goa**

Project work in Goa during the week days and taking short travel/relaxing during the weekend.

*(Breakfast, Lunch and Dinner)*

**Day 27 (Saturday): Departure for Mumbai**

Afternoon departure to train station for boarding an overnight train to Mumbai.

Dinner aboard the train.

*(Breakfast, Lunch and Dinner)*

**Day 28 (Sunday): Arrival in Mumbai – Departure**

Early morning arrival in Mumbai and check in into hotel. Day at leisure and transfer to International airport for onwards journey.

*(Breakfast only)*

# **Day to day plan Goa Volunteer Program 2010 for "Basic" Program**

*(4 week, indicative plan only, some details may change.)*

## **Day 1 (Monday): Arrival in Goa**

The Program starts with arrival in Goa. Transfer to the Camp.  
*(Dinner only)*

## **Day 2 (Tuesday): Goa**

Orientation starts.  
*(Breakfast, Lunch and Dinner)*

## **Day 3 (Wednesday): Goa**

Orientation continues.  
*(Breakfast, Lunch and Dinner)*

## **Day 4 (Thursday) to Day 27 (Saturday): Goa**

Work during the week with free weekends.  
*(Breakfast, Lunch and Dinner)*

## **Day 28 (Sunday): Departure**

Transfer to Goa airport for departure.  
*(Breakfast only)*

## **Booking:**

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