

**Journey-Information**

# **Rajasthan Volunteer Program**



## **Introduction**

The Youth volunteer program of IDEX has been operational since year 2002. Started in the desert state of Rajasthan for interested participants.

With the diverse experience, we have made significant improvements in our programs and have hence successfully organized placements, travels and learning opportunities for many volunteers since the start of the programs.

The model of our youth program would have the participants work with the local community for improving the quality of education and care in day-care centres, special institutions and regular schools. IDEX, on its part, would offer support in the areas of placements, monitoring and logistical support. The well-tested approach of many years works well for offering a combination of diverse experiences of working and learning that come with being in a multi-cultural environment.

## **Duration:**

The youth volunteers program in the year 2010 is available for participation with 4 and 8 week options. In 2010, weekly extensions will be possible for our participants.

The program starts on fixed dates, which are joined by participants from many countries. The starting dates of the 4 week and 8 week options are the same and the schedule includes the first one-week as orientation in Jaipur, the "Pink City", IDEX's home base and a very popular destination for national and international visitors.

## **Location:**

Youth volunteer program is presently being offered at north-western India. During the period from August to April, the program is offered in the **state of Rajasthan**, which is well known for its rich history and colourful culture. As the most popular tourist destination in India, Rajasthan offers significant advantages to our participants for exploring the very interesting region during and after the program.

## **Volunteer activities:**

The activities done by volunteers in our projects primarily relate to three broad areas of education, care and empowerment in various institutions that we have identified as appropriate for volunteer and IDEX's intervention. We constantly seek expansion of the positive influence of the programs by including new activities that can engage volunteers in gainfully, for the local population.

While the needs of each region differ due to varied, cultures, climate and social conditions there are some common activities that we offer in both the locations. Details of these activities include:

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

### **Education related:**

Volunteers' teaching in rural areas 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 a. Day care centre work with children

### **Child Care related:**

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

Drawing upon our experience we have 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

## **Afternoon activities**

During our work with volunteers during the last few months we have come to realize that a significant number of volunteer often seek more working hours than have been offered by our projects so far. For this reason, our programs would offer a number of optional afternoon activities that would help the volunteers have a wider impact during their stay.

1. Additional tutoring for slow learning children: With the help of regularly updated records of school children, interested volunteers can take up special classes for children that need more tutoring at their homes. This activity can have the additional benefit of building more confidence in the community about volunteers' work and awareness about the need for regular schooling.
2. Maintenance of institutional facilities: During some afternoons, the volunteers can take up maintenance, renovation and decoration of their various work places like schools, day-care centres etc. Such work will not be available on a continuous basis and hence may be seen as an extra activity that the volunteers would carry out.

## **Women's empowerment:**

Ilex organizes a variety of educational and confidence building activities for the benefit of adolescent girls and women of the local community. These activities are geared towards expanding the horizon of this often-neglected section of the community with the purpose of giving them a sense of self-worth and empowerment.

Volunteers contribute significantly in the areas of:

1. Computer training: In the fact developing world the knowledge of computer can give the students a employability advantage and make it easier for them to access modern means to information and expression. Volunteers can make use of the well-tested and developed modules of imparting basic computer skills to enthusiastic local girls and women.
2. English classes: In an increasingly anilingual world, knowledge of English can make a huge difference to the confidence, employability and social status of an individual. With English not being the first language in the rural areas, people from a vast majority of Indian population miss out on quality opportunities of gaining confidence in the sue of language. Volunteers, with their involvement in teaching English to local women can help the project achieve a multitude of objectives like empowerment and increasing employability.

## Location specific activities:

Specific to Rajasthan project, for the period from September to March, special project activities are being worked upon in Shiv area by IDEX for diversifying the profile of available projects. These activities are based on a short-term approach that will be executed with intensity for maximum benefit to the local people targeted in the program

- a. **Special residential training camps for adolescent girls** will be set up during a certain period by IDEX. The residential camp would be operational for a period of six months and would impart education up to 5th grade to girls that have otherwise never been to a school. The volunteers will take up teaching, sports training, computer education and creativity exercises with the girls participating in the camp.
- b. **Residential training camps for physically disabled children** in the area are also being promoted by IDEX with the local administration where volunteers can help the participants in education, computer training, physiotherapy (limited volunteer positions), and sports activities.
- c. **School for Snake Charmers' children:** Working with this ancient and very interesting nomadic community will be a culturally and socially rewarding experience. Volunteers will be involved in regularly imparting education to the children attending school, spreading awareness about the importance of education amongst community members.

## **“Full” and “Basic” versions:**

From year 2010, the Himalaya and Rajasthan Youth Program is being offered in 2 different options. The first option (named as “Full” option) will start with the one week off cultural orientation while staying with host families. The 2nd option (named as “Basic” option) will start with arrival in Delhi and will bring participants by overnight train to the project area, directly without the one week orientation. Both programs will start with arrival in New Delhi international airport (airport code: DEL).

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 will be different.

While participants of the “Full” program will be able to experience a more rigorous orientation, participants of the “Basic” program will be able to do longer time as volunteers and save money due to the program’s lower fee.

## **Program Price:**

### **“Full” service option:**

**EUR 1.031,- per person for the 4 week program.**

**EUR 1.523,- 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 April 2010.)*

### **Prices includes**

1. **Pickup at the New Delhi airport** and one night in Delhi hotel.
2. **All transfers** by dedicated or public transport required by the program including:
  - a. For orientation program in Jaipur
  - b. Local sightseeing wherever applicable
  - c. All excursions included in the program.
  - d. Local transport at project locations.
  - e. Overnight journeys at the start and the end of the program.
3. **Home-stay with local English speaking families** in Jaipur during orientation.  
*(The home stay would be provided for a total of 4 nights, instead of 3 nights. During the last day, the volunteers will have additional possibility of having time to explore the city of Jaipur or to take an optional visit to the city of Agra for visiting the Taj Mahal.)*
4. **Sightseeing of Amber fort** in Jaipur with Elephant ride.

*(Please note that we would make all efforts to provide the elephant ride, which, however, can not be guaranteed in case of unforeseen circumstances like VIP visits, government restrictions etc. Alternative transfers to the Amber fort would be provided with jeeps, in such cases)*

5. **Accommodation at the IDEX accommodation** facility on sites the basis of **minimum triple occupancy** and maximum 4 people sharing a room.
6. **Dedicated transport** during the working days for transportation between projects and accommodation.
7. **All meals** during the working days, orientation days  
*(Please refer to the detailed meal plan mentioned along with the itinerary in the later sections of this offer document.)*
8. **One-week workshop** for the participants during their stay at the IDEX base, on the following:
  - a. Yoga
  - b. Indian cooking ( for 8 week participants only)
9. Dedicated on-site assistance of an **English-speaking translator** cum helper for the first four weeks of the program (including the days of orientation program). 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.
10. The following, **fully-supported excursions** would be provided as a part of the program.
  - a. **Camel safari** excursion included for the volunteers with overnight camping in the desert, including dinner and breakfast. (This excursion is included for 8 week participants only)
  - b. **Tiger safari** at Ranthambore National Tiger Reserve. For any reason related to weather or particular instances like closure of the National Park, if Tiger Safari is not possible then an overnight Pushkar Excursion will be organised.
11. All material required for various activities during the volunteer work like colour pens papers, 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.

**Other facilities** Provided by IDEX for comfort and recreation of volunteers include:

- a. Amenities like refrigerator, DVD player, television etc.
- b. Video and books library; Board Games.
- c. Information and assistance for independent excursions during the weekends.

## **“Basic” service option:**

**EUR 854,- per person for the 4 week program.**

**EUR 1.336,- 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 April 2010.)*

### **Prices includes**

1. Pickup at the New Delhi airport and one night in Delhi hotel.
2. All transfers by dedicated or public transport required by the program including :
  - a. Local transport at project locations.
  - b. Overnight journeys at the start and the end of the program.
3. Accommodation at the IDEX accommodation facility on site the basis of **minimum triple occupancy** and maximum 4 people sharing a room.
4. **Dedicated transport** during the working days for transportation between projects and accommodation.
5. **All meals** during the working days, orientation days *(Please refer to the detailed meal plan mentioned along with the itinerary in the later sections of this offer document.)*
6. **One-week workshop** for the participants during their stay at the IDEX base, on the following:
  - a. Yoga
  - b. Indian cooking ( for 8 week participants only)
7. Dedicated on-site assistance of an **English speaking translator** and helper for the first four weeks of the program. In case of availability of a local Eng-

lish-speaking person at the project site (like teacher or doctor), the same may be engaged instead of an in-house translator from IDEX.

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

## Program Extension:

	1 week	2 weeks	3 weeks	4 weeks
"Full" Version	EUR 201,-	EUR 323,-	EUR 443,-	EUR 483,-
"Basic" Version	EUR 201,-	EUR 323,-	EUR 443,-	EUR 483,-

*(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.)*

*Volunteers can further extend their stay in multiples of 1-week blocks at the same location. These extensions can also be used for switching the program locations (between Rajasthan and Himachal,) if a participant wishes to do a month of volunteer work, different from the starting location chosen. **A changed location however would call for an additional fee of EUR 170,- (inclusive of taxes) per person** to cover expenses related to specially organized transfers. Interested participants may need to travel unescorted in overnight train journeys. Idex would make arrangements for all transfer and pickups and overnight journeys would be booked in safe and comfortable air-conditioned sleeper class compartments.*

## Optional Taj Mahal Trip

**EUR 117,- per person.**

### Services included:

- Accommodation on triple sharing basis in Agra.
- Transportation to and from Agra
- Guided tour and entrance to Taj Mahal with English speaking guide.
- Breakfast and dinner during the trip.
- All luxury, state and transport taxes.
- Accompanying escort with the participants

*Please note that due to change in the schedule of the first week of the program, all participants will now be able to take the optional Agra extension irrespective of the duration of their stay and extension weeks taken.*

## Volunteer Program Dates

Please note the following dates and details for the program for the year 2010.

1. These include the dates for Rajasthan program.
2. The participants are expected to arrive between 10 AM on the dates mentioned until 10 AM on the next day. If the participants' flights arrive outside these times, then extra accommodation and transport is required to be arranged, hence requiring extra charges.
3. 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>Rajasthan program 2010 to 2011 – Dates for “Full” and “Basic” Programs</b>	
<b>4 week Program</b>	<b>8 week Program</b>
<b>Starting Date – Departure Date</b>	<b>Starting Date – Departure Date</b>
August 9 – September 5, 2010	August 9 – October 3, 2010
September 6 – October 3, 2010	September 6 – October 31, 2010
October 4 – October 31, 2010	October 4 – November 28, 2010
November 1 – November 28, 2010	November 1 – December 26, 2010
November 29 – December 26, 2010	November 29, 2010 – January 23, 2011
December 27, 2010 – January 23, 2011	December 27, 2010 – February 20, 2011

## Rajasthan Volunteer 4 and 8 week Itinerary "Full" Program

Day		Location	Activity	Meal Plan
Mon	Day 1	Delhi	Arrival in Delhi.	No meals
Tue	Day 2	Ranthambore	Afternoon transfer to Ranthambore for Safari. (Overnight at hotel).	B,D
Wed	Day 3	Jaipur	Morning Tiger Safari and later transfer to Jaipur. In evening welcome meeting (Overnight at Host Family).	B,L,D
Thu	Day 4	Jaipur	Morning sightseeing and orientation and evening shopping (Overnight at Host Family).	B,L,D
Fri	Day 5	Jaipur	Orientation and afternoon movie (Overnight at Host Family).	B,L,D
Sat	Day 6	Jaipur/Agra	Orientation in the morning. Afternoon optional Agra trip (for those who interested). Day free in Jaipur for others.	B,L,D
Sun	Day 7	Overnight train	Morning Taj Mahal Visit and later transfer to Jaipur. Same day arrival at Jaipur office and late evening transfer to Railway Station for overnight train to Camp.	B,D
Day 8 to Day 19		Camp	Work area with free weekend.	B,L,D
Sat	Day 20	Camp/Jaisalmer	Camel Safari for 8 week participants (optional for 4 week participants) Weekend free for 4 week participants.	B,L,D
Sun	Day 21	Camp/Jaisalmer	Camel Safari for 8 week participants (optional for 4 week participants)/ Weekend free for 4 week participants.	B,L,D
Day 22 to Day 26		Camp	Work area and weekend departure.	B,L,D
Sat	Day 27	Overnight train/Camp	Overnight train to Delhi for 4 week participants/ Weekend free for 8 week participants.	B,L,D
Sun	Day 28	Delhi/Camp	Arrival in Delhi and transfer for	No

			overnight at hotel or departure for 4 week participants/ Weekend free for 8 week participants.	meal/ B,L,D
Mon	Day 29	Delhi/Camp	Fly out 4 week participants/ Work continues for 8 week participants.	Breakfast only/ B,L,D
Day 30 to Day 54		Camp	Work area with free weekend.	B,L,D
Sat	Day 55	Overnight Train	Afternoon transfer to Barmer railway station to board the overnight train to Delhi.	B,L,D
Sun	Day 56	Delhi	Arrival in Delhi and transfer for overnight at hotel or departure.	No meal
Mon	Day 57	Delhi	Fly out.	Breakfast Only

## **Rajasthan Volunteer 4 and 8 week Itinerary "Basic" Program**

Day		Location	Activity	Meal Plan
Mon	Day 1	Delhi	Arrival in Delhi.	No meals
Tue	Day 2	Overnight Train	Morning is free & evening transfer to railway station for overnight train to Camp.	B, packed dinner
Wed	Day 3	Camp	Arrival in Barmer railway station and transfer to Camp. Welcome meeting and orientation start.	B,L,D
Thu	Day 4	Camp	Orientation continues.	B,L,D
Fri	Day 5	Camp	Work starts.	B,L,D
Sat	Day 6	Camp	Weekend free.	B,L,D
Sun	Day 7	Camp	Weekend free.	B,L,D
Day 8 to Day 14		Camp	Work area with free weekend.	B,L,D
Day 15 to Day 19		Camp	Morning Yoga work-shop and work area with free weekend	B,L,D
Sat	Day 20	Camp/Jaisalmer	Weekend free (optional Camel Safari)	B,L,D
Sun	Day 21	Camp	Weekend free.	B,L,D
Day 22 to Day 26		Camp	Work area with free weekend.	B,L,D
Sat	Day 27	Overnight train/Camp	Overnight train to Delhi for 4 week participants/ Weekend free for 8 week participants.	B,L,D
Sun	Day 28	Delhi/Camp	Morning arrival in Delhi and transfer for overnight at hotel or departure for 4 week participants/ Weekend free for 8 week participants.	Breakfast only /B,L,D
Mon	Day 29	Delhi/Camp	Fly out 4 week participants/ Work continues for 8 week participants.	Breakfast only/ B,L,D
Day 30 to Day 54		Camp	Work area with free weekend.	B,L,D
Sat	Day 55	Overnight Train	Afternoon transfer to Barmer railway station to board the overnight	B,L,D

			train to Delhi.	
Sun	Day 56	Delhi	Morning arrival in Delhi and transfer for overnight at hotel or departure.	No meal
Mon	Day 57	Delhi	Fly out.	Breakfast Only

## Booking:

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