



exchange**dobem**

JAIPUR (India)

Volunteer Program 2018,
And Why everyone needs to do it



WHY A VOLUNTEER PROGRAM?

Volunteering is a beautiful way to travel with numerous benefits that are being enjoyed by tens of thousands of people from all over the world each year.

Following are some of the reasons why Volunteering should be a great form of travel for people whether it is done in Jaipur (India) or anywhere else:

- **Experience the real culture** of your country of your destination – unmatched by even the best trips that money can buy.
- **Be part of the local culture**, interacting with the natives on a day to day basis experiencing their daily life from up close.
- **Make a positive contribution** to a community or environmental project and get their gratitude, smiles and lifelong memories of the local people in return.
- Travel in the **safety of a well organised packaged program**
- **Visit the best and most famous highlights** that the destination has to offer because you need to cover the main attractions for a complete travel experience.
- **Pay fair prices** of the trips that offer lots and lots of great experiences.
- **Be proud** of the fact that you are a responsible, conscientious global citizen, making the world a better place.



WHY INDIA ?

REASONS INDIA SHOULD BE YOUR NEXT TRIP

Vibrant, exuberant, boisterous, chaotic, maddening...it's hard to say what you will think of India. Each experience ends up being completely unique because of how much India has to offer. At the very least, everyone that visits India will be able to say they have been on an adventure. These are the top 6 reasons India is a place you should visit in your lifetime.

PEOPLE: WILL MAKE YOU FEEL AT HOME

The further off the beaten path you travel, the friendlier the locals seem to become in India. You might be invited to partake in children's games on the street, or welcomed for a meal at a local's house. In any case, you are likely to experience the warmth of the people soon after you reach India.

FOOD: YOU WILL NEVER FORGET

The diversity in India is astonishing and, food is pretty high up on the priority list. As a traveler, this means endless local dishes to sample. As you head North, you encounter delicious creamy curries that warm up your stomach. A few must-try dishes are mutton Rogan josh, Parathas, and tandoori chicken.

Southern Indian food makes use of coconut, seafood, and rice. Be careful, the food tends to be spicier in the South than the North. If you are vegetarian, India will be a haven for you as much of the population is Hindu and offers vegetarian options.



WHY INDIA ?

SPIRITUALITY: YOU'LL FIND YOURSELF

If you are interested in religion and spirituality, India is a mecca for all the major world religions. Hinduism, Buddhism, Jainism and Sikhism originated in India and you will experience daily practices regularly. You may find opportunities to take part in a meditation retreat, during which you will live a life like the Buddha. Or you can learn about both the body and mind through yoga.

FOLK ART: LEARN THROUGH ART

The folk art of India is still thriving in the local communities and is slowly making a return to the big cities. Artists often use whatever they have on hand for their creations and most pieces have a story behind them. There is something new to learn in each region, as they all have their own styles and they can offer insight into Indian culture.

GANGES RIVER: MORE THAN JUST A RIVER

The Ganges River runs from the Himalayas all the way to the Bay of Bengal, a distance of 2,525 kilometers. Hindu's rely on the river for fishing, agriculture and industry but it has a meaning beyond practical use. It is considered to be the transporter of prayers of believer to heaven and, if you swim in the river, it is said to purify the soul.

Varanasi is the oldest city in India and this is where Hindu's travel to participate in ceremonies, or cremate bodies along the Ganges riverbed. It is believed that if the ashes are washed away in the river the soul is guaranteed to be transported to heaven, escaping the cycle of rebirth.

THE TAJ MAHAL: ONE OF THE 7 WONDERS OF THE WORLD

One of the most famous monuments in the world, this building is a symbol of India. It was commissioned in 1632 and mostly completed by 1643, although additional construction took place for another ten years. It was built by Emperor Shah Jahan in memory of his favorite wife. It is widely believed to be one of the most stunning architectural wonders ever created. You won't regret visiting this building.

India is a land of wonder. No matter what you choose to explore there, you will find you've learned something about the world and about yourself when you leave.



FEATURES OF THE PROGRAM

There are many features in the program that would allow for a safe, immensely enjoyable and memorable experience for the customers. These are

SAFETY FEATURES

- All services from the time of arrival till departure included in the program. No need for the traveller to organise anything.
- Licenced drivers and registered vehicles used for road transportation.
- Accompanying local staff or representative, throughout the activities of the program.
- High quality, hygienically prepared meals (as included in the itinerary) for health safety.
- Extensive preparation information before departure from home.
- Orientation and training related to responsible behaviour and personal safety.

CONVENIENCE FEATURES

- Accommodation throughout the program. The accommodation can be shared or exclusive depending on what is booked and confirmed as available.
- 3 meals per day as per local cuisine (breakfast, lunch and dinner) for the entire duration of the program. For exact meal plan, please refer to the day to day meal plan.
- "Best available" internet facility in the area.
- Presence and support on site by a English speaking translator and helper to ensure that volunteer work can be carried out effectively by the volunteers on a daily basis.

VOLUNTEERING EXPERIENCE FEATURES

- Complete details of the project where the traveller would be engaged.
- A customised volunteering activity plan for the customer based on the best available project preference.
- Every day support in planning activities and work for the next day at the project.



FEATURES OF THE PROGRAM

TRAVEL AND CULTURAL EXPERIENCE FEATURES

- Excursions- Excursions that the customers can add on the trip (available by choosing Travel Option)
 - 1 night 2 day trip to visit the famous Taj Mahal in Agra.
 - Camel safari and overnight camping in the desert at Pushkar.
- Cultural workshops and activities during the first 2 weeks of the program (subject to schedule changes) on
 - Learning Indian Dance.
 - Indian Cooking demonstration.
 - Henna Painting and Indian dressing workshop.
 - Yoga workshop.
- Local support and information to explore the local areas on your own during free time in the program.

CARE AND SUPPORT FEATURES

Presence of a dedicated program coordinator at accommodation to support, resolve issues and help with regular enquiries



PRODUCT DETAILS

Jaipur (India) Volunteering Program itinerary (day by day)

The following is the itinerary for the Jaipur (India) on a day to day basis. This sample is for a 2 week program and longer programs itinerary can be made available if requested by the customer.

The plan depicts two options of programs – a basic version without any excursions and an upgraded version with weekend excursions pre-included in the programs.

	Day	Volunteer Only Program	Volunteer & Travel Program	Meal Plan
Week 1	Monday	Arrival at Delhi Airport and transfer to IDEX Delhi accommodation		No Meal
	Tuesday	Briefing on Schedule Free time	Afternoon transfer to Agra to visit Taj Mahal	B,D
	Wednesday	Transfer to Jaipur for 5 to 6 hours' journey. Same day arrival and after settle to accommodation after that orientation about <ul style="list-style-type: none"> India & its culture Accommodation facilities How to do volunteer work Project activities Cultural responsibility Personal safety & Code of Conduct Introduction to the volunteering project 	Morning visit to Taj Mahal and later transfer to Jaipur by 5 to 6 hours' journey. Same day arrival and settle at the accommodation. after that orientation about <ul style="list-style-type: none"> India & its culture Accommodation facilities How to do volunteer work Project activities Cultural responsibility Personal safety & Code of Conduct Introduction to the volunteering project 	B,D
	Thursday	Introduction visit to the volunteering project to start the working and also to plan the volunteering activities for the coming days. <ul style="list-style-type: none"> Evening visit and dinner with a local host family. 		B,L,D
	Friday	<ul style="list-style-type: none"> Volunteer work 		B,L,D
	Saturday	Free time	Early morning transfer to Pushkar for 3 hours journey followed by sightseeing of Pushkar followed by camel safari through the desert that ends in overnight stay at tented Accommodation. (PS: In the unlikely event of rain, we will not provide tented accommodation. Instead the Volunteers will stay at a Guest House at Pushkar)	Volunteer Only Program - All Meals / Volunteer & Travel Program - B, D Only
	Sunday	Free time	Morning time to explore the town on your own and afternoon transfer back to volunteer house.	
Week 2	Monday to Friday	Volunteer work as per the indicated daily schedule and afternoon routine of .and participants will also participate in the following cultural workshops <ul style="list-style-type: none"> Henna painting session with sari dressing workshop (one-time activity) Elementary Hindi lessons (one-time activity) 2 Yoga session and (one-time activity) Local Cooking demonstration. (one time activity) 		B,L,D
	Saturday	Free Time		B,L,D
	Sunday	Transfer to Jaipur international Airport		Breakfast

¹Lunch may be offered as packed lunch or lunch at the project depending on different factors such as distance from accommodation and others.

²The scheduled time table mentioned above may change due to the need of the project or any other circumstances.

AVAILABLE VOLUNTEERING PROJECTS IN JAIPUR (INDIA)

The following listed projects are available in our Jaipur (India) location.

- Teaching Project
- Child Care
- Women Empowerment
- Care of Orphans Children

Following is an introduction to various type of projects that are available at Jaipur (India)

TEACHING PROJECT

Volunteers engaged in teaching activities make a direct and long term contribution to the development of students for building their confidence, academic performance and future prospects.

Volunteers work mostly in pairs as teachers or teaching assistants for one or more of the following kind of activities based on the curriculum and academic plans for the educational facility or project:

- Teaching English, Math, Computers / IT and creative subjects.
- Music Lessons and practice.
- Sports instructions and activities.
- Helping with homework
- Supporting teachers with lesson planning or preparations
- Extra classes to students requiring special attention
- Preparation of teaching learning material for joyful learning and activity base learning.

The project activities of the volunteers are designed in such a way that there is no need for previous teaching experience to participate in a teaching project. Teaching material, every day lesson/activity planning and day to day support is provided to volunteers for making most impact in their time at the project.

Specific conditions for this type of project activities

- **Formal education or past experience related to the type of project:** Not required.
- **Language Proficiency:** Basic English
- **Open to which gender of volunteers:** Male and Female
- **Criminal Background check is Mandatory.**



AVAILABLE VOLUNTEERING PROJECTS IN JAIPUR (INDIA)

CHILD CARE

Daily caring for and help with Basic English of children from underprivileged communities is one of the most satisfying and popular of volunteering activities. Overall purpose of these projects is to provide a higher standard of care to infant's children in different public and privately-run facilities by providing hands-on support on a day to day basis.

Volunteering activities on these projects include one or more of activities similar to the following:

- Preparing meals for and feeding children
- Helping the children with bathing, homework etc.
- Other activities as may be need by the institution/facility such as motor skills and preparation for early education, education on health, hygienic etc.

Specific conditions for this type of project activities

- **Formal education or past experience related to the type of project:** Not required.
- **Language Proficiency :** Basic English
- **Open to which gender of volunteers :** Male and Female
- **Criminal Background check is Mandatory.**



AVAILABLE VOLUNTEERING PROJECTS IN JAIPUR (INDIA)

WOMEN EMPOWERMENT

Women empower projects are engaged in a variety on-going and short term activities that help in building the confidence, self-esteem, and abilities of women to lead a better life. Activities of volunteers may be geared towards teenaged girls or adult women and may include one or more of the following:

- Basic education for English literacy
- Income generation skills
- Awareness towards personal health, hygiene, civil rights etc.
- Functional skills such as riding bicycles.
- Confidence building activities such as taking short excursions, personal life story sharing etc.

In many countries, women are the marginalised section of society and these activities are geared towards more opportunities and better quality of life for them. This leads to not just the women being helped with living a better life but also building better future generations.

Specific conditions for this type of project activities

- **Formal education related to the type of project:** Not required.
- **Language Proficiency :** Basic English
- **Open to which gender of volunteers :** Male and Female
- **Criminal Background check** is recommended – not mandatory.



AVAILABLE VOLUNTEERING PROJECTS IN JAIPUR (INDIA)

CARE OF ORPHANS CHILDREN

Working at orphanages is a very rewarding and yet sometimes an emotional experience. While is very satisfying to work with underprivileged children, its only when one meets them to realise that they don't have something very fundamental.

There may be an experience of an intense desire to support these kids with the very best that one can so that they may be ready to face challenges of life. And that is what the volunteers help the orphaned children do through a number of activities, one or more than one may be included in your day to day work at the Orphanage home:

- Helping kids with their homework.
- Preparing food and feeding the kids
- Organising sports, creative learning and other activities.
- Help orphanage authorities organise their activities.

While a one-sided view of western media has somewhat put a negative light on supporting orphanages, make no mistake that the work done by legitimate orphanages and the volunteers supporting them makes world of a difference in the lives of the kids who don't have almost anything to call as their own.



PROGRAM DATES

Following are the program start dates and end dates. Please refer to the arrival and departure policy and procedure for advice on how to book flight details for

Program Start & End Dates 2018			
Start Date	End date - 2 week program	End date - 3 week program	End date - 4 week program
01-Jan-18	15-Jan-18	22-Jan-18	29-Jan-18
15-Jan-18	29-Jan-18	05-Feb-18	12-Feb-18
29-Jan-18	12-Feb-18	19-Feb-18	26-Feb-18
12-Feb-18	26-Feb-18	05-Mar-18	12-Mar-18
26-Feb-18	12-Mar-18	19-Mar-18	26-Mar-18
12-Mar-18	26-Mar-18	02-Apr-18	09-Apr-18
26-Mar-18	09-Apr-18	16-Apr-18	23-Apr-18
09-Apr-18	23-Apr-18	30-Apr-18	07-May-18
23-Apr-18	07-May-18	14-May-18	21-May-18
07-May-18	21-May-18	28-May-18	04-Jun-18
21-May-18	04-Jun-18	11-Jun-18	18-Jun-18
04-Jun-18	18-Jun-18	25-Jun-18	02-Jul-18
18-Jun-18	02-Jul-18	09-Jul-18	16-Jul-18
02-Jul-18	16-Jul-18	23-Jul-18	30-Jul-18
16-Jul-18	30-Jul-18	06-Aug-18	13-Aug-18
30-Jul-18	13-Aug-18	20-Aug-18	27-Aug-18
13-Aug-18	27-Aug-18	03-Sep-18	10-Sep-18
27-Aug-18	10-Sep-18	17-Sep-18	24-Sep-18
10-Sep-18	24-Sep-18	01-Oct-18	08-Oct-18
24-Sep-18	08-Oct-18	15-Oct-18	22-Oct-18
08-Oct-18	22-Oct-18	29-Oct-18	05-Nov-18
22-Oct-18	05-Nov-18	12-Nov-18	19-Nov-18
05-Nov-18	19-Nov-18	26-Nov-18	03-Dec-18
19-Nov-18	03-Dec-18	10-Dec-18	17-Dec-18
03-Dec-18	17-Dec-18	24-Dec-18	31-Dec-18
17-Dec-18	31-Dec-18	07-Jan-19	14-Jan-19
31-Dec-18	14-Jan-19	21-Jan-19	28-Jan-19

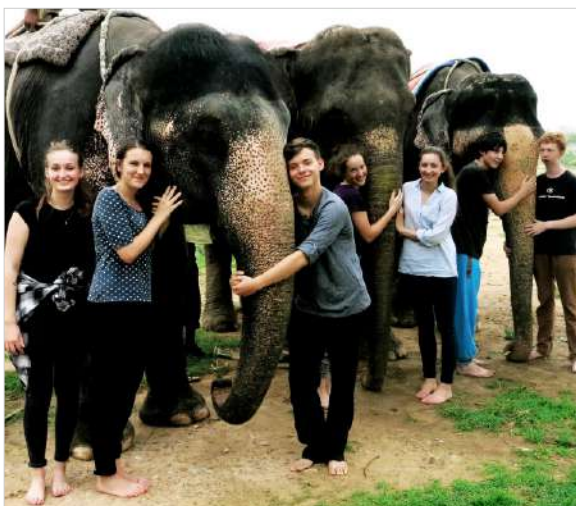


SERVICES INCLUDED IN THE PRICE

- Number of nights stay depends on the duration booked.
- Accommodation on sharing occupancy basis.
- All transfers and sightseeing by vehicle.
- Check-in time is 2 p.m. and check-out time is 12 noon for most of the hotels (but we can usually arrange earlier check-in).
- Meals as per itinerary.
- Culture activities as below: -
 - Get involved yourself in local culture by learning local language – Hindi.
 - One dinner with local Indian Family.
 - One cooking demonstration.
 - 02 Yoga sessions.
 - Learn the typical & traditional dress styles of India by the instructors.
 - Learn the famous Indian art of "Henna making" by local experts.
- All Volunteer work activities as per itinerary.
- All currently applicable taxes
- The following excursions are included in the Volunteer and Travel option
 - One Camel safari in Pushkar.
 - Visit Taj Mahal in Agra
 - Entrance fees to monuments as per itinerary.
 - Services of an English speaking guide as per the itinerary.
 - Representative for assistance on all arrival and departure transfers.

SERVICES NOT INCLUDED:

- Any personal expenses such as tips, laundry and drinks.
- Any extra meals (other than those specifically laid down).
- Personal Travel Insurance, visa etc.
- Camera fees (both still and video).
- International flight ticket.
- Miscellaneous.
- Donation to project.



WEEKEND EXCURSION AVAILABLE AT JAIPUR (INDIA) PROGRAM

For people choosing Jaipur (India) volunteer Program, below weekend trips can be added to the program by travellers either by upgrading the trip to a Volunteer and Travel combination program.

1 night, 2 day excursion to Agra

Two great Mughal monarchs, Akbar and Shah Jahan, had transformed the little village of Agra into a befitting second capital of the Mughal Empire. In Agra, you will be caught up in a world of contrasting edifices, of red sandstone and white marble, narrow galleys and quaint buggies, as well as the city's irresistible charm. Unsurprisingly, modern Agra has held onto its Mughal heritage so that the modern city is blended with old and beautiful monuments.

Detailed itinerary

Tuesday: Delhi - Agra

Check out of your accommodation after breakfast and set off for the lovely drive to **Agra**. The journey will take around four & half hours.

Arrive at Agra and check in to your hotel before visit the local market of Agra.

Evening free to visit the local market

Overnight stay at hotel in Agra (Meals- Breakfast & Dinner)



WEEKEND EXCURSION AVAILABLE AT JAIPUR (INDIA) PROGRAM

Wednesday: Agra – Jaipur

Early morning – visit the magnificent **Taj Mahal**, a pristine white marble mausoleum built by Emperor Shah Jahan in memory of his wife – Mumtaz Mahal. One of the Seven Wonders of the World, it took 20,000 workers from neighboring Islamic countries, 22 years of ceaseless toil to create this exquisite white marble monument upon which people have waxed eloquent throughout the world. Experience a splendid sunrise viewing of the Taj Mahal and the return to your hotel.

After breakfast - check out from your accommodation and drive down to Jaipur. The journey will take around four & half hours.

Arrive at Jaipur and check into your accommodation.

JAIPUR, The origins of the beautiful city of Jaipur can be traced back to the eighteenth century, during the reign of Jai Singh II who ascended the Amber throne in 1699. Jaipur today, epitomizes the spirit of Rajputana. In spite of growing into a bustling metropolis, it still retains its character and history - A beautiful fusion of the yesteryears and modernity. Jaipur is popularly known as the Pink City because of the extensive use of the locally abundant pink plastered stone, painted so in honor of the visit of the royal consort of Queen Victoria. Jaipur thrills the soul with its massive forts, magnificent palaces, exquisite temples and lush gardens.

Later on - welcome Meeting, with Tika, Traditional Thread (Molli), Orientation on IDEX and IDEX's Project. Presentation on India & Indian culture, Dos & Dots of the program, Accommodation facility, Project activities, COC, Personal safety etc. you will get detailed information about Volunteering Project & the work areas. Overnight stay at accommodation, Jaipur (Meals- Breakfast & Dinner)



1 NIGHT, 2 DAY EXCURSION TO PUSHKAR

Detailed itinerary

Pushkar – one of the holiest pilgrimages for Hindus and the only place in India where you will find the temple of the 'Creator' God, Brahma. Upon arrival in Pushkar we take on another form of travel, more suited to the desert, Camels!

Saturday: Jaipur - Pushkar

After breakfast – drive to Pushkar the journey will take around 3 hours. Arrive at Pushkar and check into your accommodation.

We take a **camel safari** atop the "ship of the desert" going through sandy ravines, local villages where we can absorb the harsh yet colourful landscape of the Thar Desert. Our safari concludes in a tent camp. After sunset, we can enjoy a clear view of the star-lit night sky Dinner.

Overnight stay in Tent, Pushkar (Meal – Breakfast & Dinner)

(PS: In case of rain, we will not provide tented accommodation. Instead the Volunteers will stay at a Guest House at Pushkar)

Sunday: Pushkar - Jaipur

After breakfast return to Pushkar & later a leisurely guided tour of the Pushkar town with its small lanes, colourful markets, but most importantly, the steps to the Holy Lake and about 500 temples. Our tour would conclude a visit of **Lord Brahma' temple**, the creator God for the Hindu's.

Late on - visit some of the many **temples & Ghats**, where pilgrims bathe in the sacred waters of the Lake.

Afternoon – drive back to Jaipur. Arrive at Jaipur and check into your accommodation.

Overnight stay at accommodation, Jaipur (Meal - Breakfast & Dinner)





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VOLUNTEER HOUSE IMAGES

