

## Helpful information for volunteers and co-workers

### For volunteers from abroad:

**Visa.** Depending on the period you plan to spend with us, you would have to apply for a 6 months' **tourist visa** which is very easy to get from the Indian Embassy/Consulate closest to your hometown. In most cases it is issued within a day. If you come for one year you would have to apply for an **Employment Visa (E-Visa)** with a special endorsement saying: "Volunteer with NGO Friends of Camphill India". For this you would need an invitation letter from us. Do not apply for your visa too early, as it is valid from the date of issuing.

**Vaccination.** No vaccinations are compulsory for your entry into India, but we advise you to take a booster dose of DTP (Diphtheria, Tetanus, Polio), and get vaccinated against Typhoid and Hepatitis A and B. We do not have Malaria in our region, but if you plan to travel to the interior, a Malaria Prophylaxis might be advisable.

**Money.** You may want to change your currencies in to our Indian Rupees and there are different ways to do this.

1. Most ATMs accept international bankcards, like Visa, Master, Maestro, Plus, etc. The disadvantage is that you would have to pay bank charges.
2. You can bring cash and exchange it at the airport or at any of the moneychangers in town (Thomas Cook, etc.)
3. You can carry traveller's checks, which are safer than cash in case you lose them, and which can also be encashed easily.

**Medicines.** Don't carry medicines with you, unless you have to take something specific for a particular illness. All medicines are available here and they are probably much cheaper than in your country.

Some of our co-workers leave their medicines behind when they depart and this causes problems for us, as we have to dispose them.

**Clothes.** Bangalore enjoys a nice warm climate through most of the year, so it is best to wear cool cotton clothes. One sweater is enough for the cooler winter days. Our volunteers like to buy the colourful Indian clothes that are available in plenty here, so don't load your suitcase with too many clothes. Since we live in a rural setting, we prefer our women volunteers to be decently dressed - so please avoid shorts, mini-skirts and sleeveless tops.

**General.** If you play a musical instrument, do bring it along. For battery-operated gadgets take rechargeable batteries with you. It is a problem to get rid of old batteries. Try to bring the absolute minimum of electronic gadgets; there are two good Cyber Cafes in the Village close by. Avoid aerosol cans, sun lotions and other items

that are difficult to dispose of. A sleeping bag and mosquito net might come in handy, especially if you plan to travel. However you can also buy a net at the local market.

**Some information about your life and work here.**

**Holidays.** Volunteers who stay with us for 1 year will have 5 weeks of vacation: 2 weeks during the Summer vacation (April/May) and 3 free weeks after Christmas.

**What we offer you.** Your boarding and lodging with us will be free. You would have to share a room with one or more volunteers. You will get pocket money of Rps. 300.00 per week towards your expenses on your weekly day off.

**What we expect from you.** You are joining a residential community with adults in need of special care and your activities will involve the care of our special friends, helping with housework, work in the garden or workshops. Another activity will be the social and cultural life shared with all the other community members.

Our days begin at 6.30 in the morning and closes around 8.30 in the evening with 2 hours' break after lunch.