



Ladakh-Hilfe e.V./REWA Society

kinder@ladakh-hilfe.de

Information for the assignment as a volunteer with REWA Society in Ladakh

We thank you for your interest in our development-aid-project “Ladakh-Hilfe/REWA Society” in Ladakh. With this catalogue we would like to present to you information concerning the requirements and preparation for the work in Ladakh.

The association Ladakh-Hilfe e.V. was founded in 2003 by Karola Wood. The actual program is to give medical development aid by sending physiotherapists, occupational therapist and speech therapist to Ladakh, so that they assist the local staff of the NGO REWA Society as a volunteer with disabled children for a minimum of three weeks with their skills.

As of 2014 we are also looking for professional volunteers (Special education) to assist with our special children in Kargil. We need you to help the teachers and the children to adjust to the new challenge. Special education teachers

You will find further information about this work in our homepage: www.rewa-society.in

The project coordinator **Karola Wood** (Physiotherapist and Director of Ladakh-Hilfe) is head of operation concerning human resources, finances, sponsoring and the feed and design of the homepage. The quality commissioner is **Barbara Forst** (Physiotherapist), responsible for professional mentoring and preparation of physiotherapists and occupational therapists. Local manager and physiotherapist **Tsering Dorjay** is responsible for all affairs including Leh and Kargil. Locally you answer at all times and in all questions manager **Tsering Dorjay** since he carries local responsibility.

How to apply:

Short curriculum vitae

Photo (will not be returned)

Information about previous work and experience, hobbies, travel.

Possible time-periods for the voluntary service

Duration of the stay

Please send to: Karola Wood, e-mail kinder@ladakh-hilfe.de

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01.2 Information for volunteers

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Goals of the project:

- Promote/support the local staff with the treatment and schooling of children and adults with special needs in the whole region of Ladakh in cooperation with our partners in Leh and Kargil as well as special operations in remote areas
- Education and guidance of the parents/families and staff members of the institutions for the handicapped about diseases/disability and the possibility of treatment of their children
- To maintain a high quality of standard in treatment, teaching and operations by following professional guidelines and international standards.

1. Tasks of our volunteers

- a) Assisting the local staff with the treatment and teaching of children with special needs (lots of them severely handicapped) and their parents in different institutions in Ladakh.
- b) Education of the parents/families/workers and introduction into therapy
- c) Production of and distribution of specially and individually adapted aids
- d) Participate in field trips in the remote areas, and help with surveys
- e) Writing assessments to maintain good patient records
- f) Writing of reports of their work for the homepage.
- g) Always follow the local managers instruction
- h) Local security in charge will be the manager. Volunteers have to inform to the manager during your volunteer period.
- i) Special education teachers will coordinate their work with Manager Dorjay and Mr. Gulzar Munshi

2. Conditions for the volunteers

Volunteers/Interns who want to work with our projects have to be registered with the program of Ladakh-Hilfe e.V. They must agree with our contract and sign it accordingly. The contract form can be downloaded from our website in the column "About us".

After sending in the application and being accepted for our program the volunteer is asked to inform us by e-mail about the exact dates of the arrival in Leh (day, hour, flight nr.) and the day of departure. You are expected to stay a minimum of three weeks. We will send the volunteer a list of contact addresses of the therapist working up in Ladakh during the time frame. The volunteer will also have to inform the local manager in Leh, Ladakh about the arrival-time so that they can come to pick you up. If you are not registered with our project and travel to Ladakh on your own you will not be able to participate in our project. We emphasize attentive and careful cooperation with the locals whom we are supporting and fostering.

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If you want to bring assistive technology/aids with you it should be planned in agreement with Ladakh-Hilfe e.V./REWA Society.

The voluntary service is done on your own risk and responsibility. The association REWA Society cannot assume liability neither for health nor for personal matters.

To know what you have to expect is very important. Your preparation requires studying the information in our website very carefully and by reading suitable literature

External conditions

Ladakh is one of the highest inhabited regions of the world. The valleys and the capital city are situated on an average altitude of 3500m.

This altitude can cause strong headache, sleeplessness, exhaustion, nausea and palpitations so that a short period (3-4 days) of acclimatization has to be considered.

To reach some of the villages in rural areas passes with an average of 5200m have to be crossed.

Geographically Ladakh is situated in a continental high mountain desert. The temperature shows extremely fluctuations. The summer is short, very hot with strong sun and the nights might get quite cold. The winter is long and very cold with nightly temperature < -35 degree in the period from December until February.

Therefore it is very important to take the appropriate equipment along (see below).

Because of the extreme aridity it is very important to drink a daily amount of at least three litres of fluid.

Precondition for the voluntary service are therefore:

Health check-up, vaccination status (further information in every tropical institute)

Further preconditions:

Completed professional training as physiotherapist, occupational therapist, special educator or similar with a minimum of two-year work experience.

Experience in the treatment of children and/or neurological experience are absolutely necessary. If you do not have adequate experience we suggest volunteering and training in an institution handling disabled children, preferable with spastic problems (CP) for at least one week!

We have set up guidelines, expectations and quality standards we will send to you if you are interested in volunteering with us.

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You will be the one who teaches the locals. That is why a solid professional experience is necessary. You do not come for holiday in Ladakh. You come to help and work.

All volunteers will be required to sign a Data Protection Agreement as of May 2018

Staff: Information about our current staff you will be working you will find in the homepage

We expect of you:

- Willingness to be open towards a completely different culture and religion and to adapt oneself to some local customs (like dress code etc.)
- Excellent knowledge of English, especially the medical vocabulary
- Abdication of comfort (often electrical power outage, no hot shower, etc.)
- Minimal duration of stay: three weeks or more (or according to agreement)
- Ability to work in a international team (there will be volunteers from all over the world)
- Flexibility in the way of assignment and tasks
- Respect for the experience of our Ladakhi staff members and the parents. Gentle behaviour towards them. Acceptance of the parents' attitude in taking care of their children.
- A valid mail-address and the willingness to communicate. The contact with the director and coordinator (Karola Wood) of the association will be by E-mails only.

3. Boarding/Lodging/Finances/Working conditions

Board and lodging

We have rented staff accommodations in Kargil, in Leh you will be put up in a guesthouse. All necessities like rent, gas, water, phone, etc. will be paid for by the association. We only ask you for a small fee to help with the expenses. You will have to carry the expenses for your food.

While working in Leh at the RAC-Therapy Center a lunch is provided by our house keeper Thugjay. In Kargil the center was completed in 2015, we do offer a small lunch there. The volunteers/interns must care of this matter themselves until further notice.

During fieldtrips and extended home visits all expenses for travel, food and lodging will be taken care of by REWA. The fare for trips to Kargil and back to Leh will be paid for by our NGO.

Finances

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The expense for flight, vaccinations, health- and other insurances must be organised and paid for by the volunteer. Many volunteers succeed in collecting funds to support their trip before going to Ladakh by different campaigns such as posting articles in the local newspapers, performance/report, advertisement etc. For this case pictures and texts may be downloaded from our homepage.

Compared to Europe costs of living in Ladakh is very much cheaper.

Suggestion to cheaper travel: You may take bus from Delhi to Leh, it is much cheaper but it takes longer. You may also fly to Srinagar and take shared taxi to Kargil, instead of taking expensive flight to Leh, if your assignment is in Kargil.

Working Conditions

In Ladakh we usually work six days per week. Sunday is officially a holiday. For our staff and volunteers/interns it is expected to work 6 days a week. The coordination of these off days should be in arrangement with the other staff members and volunteers. During the trips to the remote areas you cannot take your holidays, but they can be taken afterwards.

The working hours per day depend on the demand/need for the treatments, teachings, lessons, etc., with a minimum of six hours per day.

Certificate

Certificate will be issued by manager of REWA Leh, Tsering Dorjay on demand only! Please contact him for certificate if you need one.

4. Trekking and Holiday

The costs for board, lodging, food etc. during trekking and trips which are done privately must be paid for by yourself. Neither equipment nor our vehicles or the service of our staff members and partners may be used. The expenses involving the pursuit of private interests should be carefully separated from the voluntary service. The resources for our actions are limited (remember that the work is financed by donations). Our cooperation-partners should not be used for personal needs. On the contrary, we should support them wherever we can.

To provide a continuous presence of our therapists you should consider taking private treks, lasting several days and more, before or after the voluntary service

Further expectations:

Personal presents (money, objects) for locals and staff members:

Corresponding to our experience in the last years, where gifts from the volunteers to your local employees had often been disproportional compared to the local conditions we had to set up some

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rules. The gifts caused high expectations of the locals; therefore, personal donations should just be given to our association in Germany, Ladakh-Hilfe e.V. or to our local NGO, REWA. This way the funds may be used according to our common goals.

Please do not give money or other presents to our staff members to distribute among the poor people. This does not function well and causes discord and envy among the locals. You are responsible also to carry on the excellent reputation our organisation has in Ladakh, so please stick to those rules.

Contact with Karola Wood, Director of Ladakh-Hilfe

During your service, it is very necessary to keep contact with the person in charge of certain aspects of REWA in Germany, Karola Wood. We expect a short report with some pictures biweekly and/or at the end of your stay as a summary for the homepage/social media. With your kind information, reports and pictures you will help us raise funds for the work of REWA. The contact e-mail address is:

kinder@ladakh-hilfe.de

Quality commissioner Barbara Forst

After you have been registered with Ladakh-Hilfe/REWA Society by Karola Wood, Barbara will contact you concerning all teaching and professional issues if you are a Physiotherapist or an Occupational Therapist. She will send you our standards and get in discussion with you about your qualifications and what you could introduce to our teams in Ladakh. Barbara Forst is also responsible for taking care of the sponsoring of our special children in Ladakh. She contacts the sponsors in Europe and keeps them update as to the status and progress of the children.

Manager Tsering Dorjay

Responsible persona in Ladakh is manager Tsering Dorjay. When you are in Ladakh you may contact Dorjay concerning all issues and questions. He is responsible for Leh and Kargil and will have many talks with you. He is your liason person and you will get feedback from him as to your work. You will have a last talk with Dorjay where you may give your feedback also.

5. Preparation (for volunteers outside of India)

The flight from your country -Dehli /Dehli-back home- should be booked well ahead of time since you need to get a visa also.

The limit for luggage depends on the company. You should lock your luggage additionally with a lock.

Currency may be changed at the International airport. You will find two banks which are open 24h.

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In Leh you can get money from ATM very easily. You may also change money safely in the local banks.

Traveller checks are also very useful.

For your flight back home (Leh-Delhi) you should plan some extra days in Delhi. The flights from Leh are sometimes delayed because of the weather and you might miss your international flight.

If you don't want to take the plane, you can also go by bus from Delhi to Leh, but it takes much longer. This way will make it easier for to acclimatize to the high altitude.

You need a tourist visa for India, which is valid for 6 months

Your passport also must be valid for at least 6 months.

You should make copies of the flight tickets, passport and visa and carry them separately from the originals. They can also be scanned and kept in your e-mail account.

In case you change your money in Delhi you should keep the receipt, so that you will be able to change into your currency on your way back home.

6. Packing list (optional)

Sleeping bag (until -5 °C) MANDATORY!

Sun cream (SPF 40 or more), sun glasses, Head dress against the sun, Flash light

Drugs for: diarrhoea, pain, fever, cold, antibiotics, disinfections treatment, vitamin and mineral pills (most of those things are cheap and easy to get in Leh, but for special medications it is suggested you bring your own)

Long trousers only! (you should never wear short trousers), shirts with long sleeves as protection against the sun. Shirts without sleeves (like tank-tops) should not be worn (not even by males)

T-shirts (you won't need many, in the summertime they will dry quickly), light and waterproofed hiking shoes, sneakers, wind- and waterproofed coat (Goretex), warm pullover and vest (fleece)

Small Daypack (Backpack), camera , photos of your family to show (optional), money and money-bag

7. Literature

- www.ladakh-hilfe.de
- The homepage of www.rewa-socitey.in
- Jutta Matthausch "Ladakh and Zanskar"

Please „google“ Ladakh and get lots of information about the country before you come

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