



2023
INDIA
Dental Outreach Relief Foundation

Volunteer Handbook



**DENTAL OUTREACH
RELIEF FOUNDATION**

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Introduction

Have you ever wanted to make a difference while expanding your horizons and seeing new corners of the world? This is your opportunity!

This handbook outlines all you need to know as a Dental Outreach Relief Foundation volunteer. It's perfect for those who have already committed and will provide valuable information if you are considering becoming a participant. This handbook will review all the necessary information needed to help you decide if volunteering in India is right for you AND provide you with all the necessary information to help you plan and prepare for this amazing and rewarding adventure.

Read on to find:

Timeline and preparation for the 2023 volunteer trip

Trip itinerary

Information regarding local customs in India

Basic safety tips

Travel information

Packing list and items to bring

Estimated cost breakdown

Other useful information

For any questions about this booklet or the humanitarian trip in general, please email: contact.dorf@gmail.com

We hope you'll decide to join us on this life changing experience!



Pre-Trip Volunteer Checklist

Thank you for being a **DORF (Dental Outreach Relief Foundation)** volunteer! Here are the things you need to do before you depart for India.

READ THIS HANDBOOK. If you have any questions that are not covered in this handbook, please ask us.

EACH VOLUNTEER MUST SUBMIT AN APPLICATION. Our mission coordinator will review your application and notify you if you are accepted for this mission. There is limited space for participants, so **APPLY EARLY!** (Application along with the Terms and Conditions are included at the end of this manual)

PRINT OR SAVE THIS HANDBOOK. One way or another, take this handbook with you to India and have it as a reference.

OBTAIN TRAVELER'S INSURANCE. You have the choice to seek your own insurance or purchase it from our preferred insurance agency.

GET YOUR PASSPORT. *Get a passport as soon as possible.* You should apply for passport **NO LATER** than 3 months before our departure date, and if possible, have expedited. If you already have one, check the expiration date; your passport must be valid for a minimum period of 6 months from the date of entry into India.

OBTAIN A INDIAN eVisa This is a fairly easy process.

Visit <https://indianvisaonline.gov.in/evisa/Registration> to apply (Details on this process are contained in a later section). Once you have obtained your eVisa, please make a copy and email to DORF: info.dorf@gmail.com

OBTAIN TRAVEL VACCINATIONS. All travelers should preferably be Fully vaccinated and are recommended to provide a COVID-19 vaccination certificate before traveling to India.

In addition to routine childhood vaccinations, the CDC recommends you obtain the following vaccinations:

- Covid-19
- Yellow Fever (Good for lifetime)

- Typhoid
(good for 2 years)
- Obtain RX for malaria (Most of these medications need to be started before your trip, so consult with your doctor early and follow the administration recommendations before and after your trip)

We strongly recommend you review other CDC guidelines and recommendations for vaccinations when traveling to India, these can be found at:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>

BOTTOM LINE: get in touch with a travel clinic or your doctor at least 3 months before departure so that you can time your medications and vaccinations appropriately.

PACK APPROPRIATELY. There is a suggested packing list in this booklet.

PAY YOUR PROGRAM FEES. The breakdown of costs for your trip to India is outlined in a later section of this handbook. Please note the deadlines for payments!

COMPLETE TEMPORARY LICENSING APPLICATION AND SUBMIT ALL ITEMS REQUIRED FOR LICENSING DIRECTLY TO DORF. This is required for ALL dentists. *Please do not procrastinate preparing your application and gathering the required documents.* The application for a temporary license is included in your Mission Trip application. Please note the additional items needed for the application. Submit your completed application along with all supporting documentation to DORF. DORF will provide the letter summary as well as the Indian Host letter that your application requires.

India Mission Overview

Dental Outreach Relief Foundation's mission is two-fold:

- 1) *To relieve pain and suffering from untreated dental conditions in remote communities where access to dental care is difficult.***
- 2) *Provide education and prevention supplies to school children in remote areas of the world***

Accordingly, you will be volunteering at a temporary dental clinic in a local school/community center where you will provide pain relief from both acute and chronic dental conditions. Treatment will mainly consist of extractions, some restorative options and providing RX's for pain relief and infection. As a reminder, DORF is a grassroots organization. Part of your responsibilities will include clinic site set-up and equipment management.

Furthermore, you may also choose to spend some of your time in the local schools providing basic hygiene and oral healthcare practices to schoolchildren and give out basic hygiene products, i.e. toothbrushes, toothpaste, soap, hand sanitizer, etc. As such, you will be expected to adhere to DORF's Code of conduct, as stated in the Volunteer application.

Who Can Volunteer?

1) Dentists:

- Must have a valid Dental license in any of the 50 United States
- Must have current malpractice coverage

2) Dental Assistants and Support Staff:

- 18 years of age or older (*If younger than 18, must be accompanied by parent or legal guardian, who must all meet these criteria*)

Code of Conduct

As a volunteer, you must agree to abide by the code of conduct (as presented in your volunteer application and as outlined below) at all times and in all places throughout the entire period of your volunteer experience.

No alcohol*

No illegal drugs*

No tobacco*

No profanity*

No marijuana*.

No pornography*

No prescription drugs without a prescription*

No vulgar language

* If you violate any of these details of the volunteer code of conduct, you will be removed from the volunteer program and asked to immediately leave the volunteer sites, and you will bear the financial burden associated with such removal, including, but not limited to, hotel costs, transportation costs, and itinerary change fees.

Furthermore, DORF volunteers are to remember that we are guests in a foreign country. As such we are to represent ourselves and DORF with kindness, respect and responsibility at any time in the temporary clinics or in the schools.

Temporary Dental Clinic

The India mission trip is a “grassroots” project. This means that we will be setting up and supplying our own temporary dental clinic. The temporary clinic will be set-up on the grounds of a local school for the poor and displaced. Treatment will be offered for adults and children. Volunteers will assist in setting up of this clinic at the start of the trip and help take it down at the end of the trip. DORF will most, if not all, of the necessary clinic equipment and dental supplies.

Features of the temporary dental clinic:

- 4-6 patient chairs. These are very basic reclining camp chairs. Treatment will be offered in the reclining position, or sitting up in a regular chair.
- Very basic suction will be available. It is important to understand that these suction devices are not as strong or as reliable as modern western dental vacuums and compressors.
- There will be up to four portable dental units to allow for handpiece usage when needed, along with water irrigation.
- Portable autoclaves will be available for proper infection control protocols

- X-ray equipment may or may not be available, but every effort will be made to secure a portable x-ray tube.

Dental treatment provided will consist mainly of extraction and pain relief procedures. All necessary extraction and surgical equipment will be available. In some cases, there may be opportunities for ART (Atraumatic Restorative Treatment) procedures. More details will be given onsite once the temporary clinic has been established.

Working in the Local Schools

DORF seeks to address the deficiencies and disparities that school children in India face when it comes to basic hygiene and oral healthcare. If you choose, you may participate in excursions to local schools as part of your mission trip experience. You will teach and demonstrate proper oral hygiene and other personal cleanliness practices. These may include toothbrushing, handwashing, proper diet, etc. A rewarding and exciting part of these school visits will be to present school children with their own hygiene products, i.e., toothbrushes, toothpaste, hand sanitizer, etc. One of the major goals at DORF is to prevent oral disease through proper homecare practices.

It is very important, that you remember the previously outlined code of conduct when you are a guest in the local schools. A few rules **MUST** be adhered to when visiting the schools:

- Stay with the group and do not wander around alone in the schools or on school grounds.
- **NEVER** be alone with a child at any time, always have a school official or fellow team member with you.
- Show respect to the teachers and wait for their introduction and instructions when in the classroom

Accommodations

For the India 2023 trip, accommodations will be at **The LaLit Ashok, Bangalore**. This **historic resort** is located approximately 25-25 minutes from the Clinic site. Nestled in an oasis of 10 acres of sprawling landscape and manicured lawns, The LaLiT Ashok is one of the finest five star hotel amongst all Bangalore luxury hotels. This 5 star hotel in Bangalore is strategically located in the **highly secured diplomatic enclave**, while **sharing its wall** with the **Chief Minister's house** and offers a lovely view of the sprawling Bangalore Golf Club. In **1927, Mahatma Gandhi** during his visit to Bangalore conducted a public meeting in the area, now known as Kumara Krupa Road, Kumara Park East. A **memorial** was built at the same place where now The LaLit Ashok stands! Recovering from a brief period of illness, Gandhi stayed at the Kumara Krupa Guest House between June 1927 and August 1927,

perhaps the longest stay in any city in India. All through his stay, Gandhi held prayer meetings under a tree in the middle of an orchard attached to the guest house.



The Lalit Ashok, Bangalore



Memorial of Mahatma Mohandas Karamchand Gandhi prayer meeting place in The LaLit Ashok hotel premises, Krmara krupa road in Bangalore.

Please indicate on the application form if you would like to share a room with another volunteer (You can also indicate who you would like your roommate to be). Please note, that based on availability if you do not choose a roommate, one maybe assigned to you.

Although our accommodations will be safe, *it is NOT recommended for westerners to leave the facility without a local Indian guide, especially at night.*

You can view more about the accommodation by visiting their website:

<https://www.thelalit.com/the-lalit-bangalore/>

Meals

The LaLit Ashok, Bangalore provides “Full Board” accommodations, which means they will provide three meals per day. Each morning, breakfast will be available at the property before departing for the volunteer sites. Furthermore, they will serve dinner upon return to the property each evening. Lunch will be provided by the lodge in the form of Box lunches and will be delivered to the volunteer site each day. You can read more about Indian cuisine and food staples in the “Getting to know India” section of this manual.

Although a variety of cuisines will be available and there are supermarkets in the vicinity, We strongly suggest that you bring an ample amount of snacks from Home (Protein/granola bars, trail-mix, jerky, dried fruit, candy, etc.)

Travel to India and local transportation

All Volunteers will be responsible for purchasing and booking their OWN airfare. **You must arrive in Bangalore no later than July19, 2023.** Once their, all other costs, transporation and meals are covered by your program fee. The airport to fly into is Kempegowda International Airport (Airport code: BLR)

Once in India, all transfers to and from the housing facilities and temporary clinic site will be by a team bus.

Electricity and Voltage in India

In India the power plug sockets are of type C, D and M. All power sockets provide a standard voltage of 230V with a standard frequency of 50Hz. The standard electrical outlet in Bangalore is 230 volts. The standard electrical outlet in the US is 110-120 volts. Before plugging anything in an Indian outlet, be sure that whatever it is you are plugging in can handle up to 220-240 volts. If not, you will need a converter/transformer to step down the voltage. We recommend you bring a voltage/power adapter with you for your personal devices.



(Voltage adapters for India electrical plugs)

Getting Recognized for Your Work

Making the decision to travel abroad and volunteer is never easy. Many people think of volunteering abroad as an option at some point during their lives but often are not able to follow through with this. By letting others know of the trip you are embarking on, you can highlight the work you will be doing and inspire others to get involved as well. We encourage you to contact your local newspapers and media sources to let them know of your pending adventure. Our experience is that most newspapers find the stories very interesting and will give some recognition and coverage.

Program Cost

DORF's program fees will be all-inclusive (with the exception of passport fees, licensing fees, vaccination fees and spending money). DORF has the ability to obtain special prices for airfare and accommodations due to our humanitarian efforts and size of our group. Cost listed below is approximate.

India 2023 Program Dates:

21-29 July 2023*

* Must arrive prior to July 21

India 2023 Program Costs:

1) Program Cost*		*1,950
*Includes:		
Accommodations		
Local transportation within Uganda		
All Meals		
Supplies and equipment		
Cultural and entertainment night		
2) eVisa	\$43	
3) Vaccinations	\$350-\$450	
Total Additional Costs:		\$393-\$493

Optional Costs

1) Saturday Cultural Tour	\$100 (All-inclusive)
2) Spending Money	\$500 (Recommended)

Payment Deadlines

1) \$500	At application submittal
2) \$1000	May 1 st , 2023 (\$1500 if deposit was not made prior)
3) \$450	June 1st, 2023

Your Volunteer Costs are Tax Deductible! DORF is a 501(c)(3) organization, and your travel costs and program fees are tax deductible. The IRS says it this way:

Do you plan to travel while doing charity work this summer? Some travel expenses may help lower your taxes if you itemize deductions when you file next year. Here are five tax tips the IRS wants you to know about travel while serving a charity.

1. *You must volunteer to work for a qualified organization. Ask the charity about its tax-exempt status. [GMAD is a tax-exempt organization]*
2. *You may be able to deduct unreimbursed travel expenses you pay while serving as a volunteer. You can't deduct the value of your time or services.*
3. *The deduction qualifies only if there is no significant element of personal pleasure, recreation or vacation in the travel. However, the deduction will qualify even if you enjoy the trip.*
4. *You can deduct your travel expenses if your work is real and substantial throughout the trip. You can't deduct expenses if you only have nominal duties or do not have any duties for significant parts of the trip.*
5. *Deductible travel expenses may include:*
 1. *Air, rail and bus transportation*
 2. *Car expenses*
 3. *Lodging costs*
 4. *The cost of meals*
 5. *Taxi fares or other transportation costs between the airport or station and your hotel*

To learn more see Publication 526, Charitable Contributions. The booklet is available at IRS.gov or by calling 800-TAX-FORM (8008293676).

Program Itinerary

ITINERARY

March 10	Friday	Depart USA
March 11	Saturday	Late Night arrival to Nairobi, overnight in hotel near airport
March 12	Sunday	Morning: Breakfast at Hotel, optional church attendance Mid-Morning: Depart for Makueni County Early Afternoon: Arrive at accommodations, lunch Afternoon: Set-up Clinic, organize supplies and equipment Evening: Dinner and rest-up

March 13-16 Monday-Thursday

Daily Schedule:

6:00 AM: Arise, Breakfast and ready for the day
7:00 AM: Depart for clinic
8:00 AM-Noon: <u>Team A</u> -Treatment in temporary clinic <u>Team B</u> -School Visits
12:00-1:00 Lunch Break
1:00 PM-5:00 PM Both Teams-Treatment in temporary clinic
5:00 PM: Clean-up prep for next day
5:30 Depart for Hotel
6:00 Dinner at Hotel
7:00 Cultural events (on select nights)

March 17-18 Friday-Saturday

Optional Safari trip all-inclusive

March 19 Sunday

Rest and Church

March 20-23 Monday-Thursday Repeat daily schedule as week before

March 24 Friday

Clean up clinic, pack materials, depart for Nairobi Airport, late night flight to US

March 25 Saturday

Arrive back in US

Required Documents for Travelling and Volunteering in India

- 1) **Valid Passport.** You should apply for passport NO LATER than 3 months before our departure date, and if possible, have it expedited. If you already have one, check the expiration date; your passport must be valid for a minimum period of 6 months from the date of entry into India.

- 2) **Indian eVisa** (All volunteers). All individuals age 16 and over are required to obtain a Indian eVisa to enter India. This process is very quick and simple. The turnaround time is only a few days. But you must apply NO EARLIER than 2 months prior to your tip, as the eVisa is only valid for 3 months from issue. Please NOTE: you will be asked for the following documents during application: 1) a square, passport style digital photo of yourself, 2) a photo of the info page of your passport, and 3) Proof of your accommodations or hotel reservation. These photos must be free of glare and shadow, please follow the instructions on the application so that you can avoid a delay during processing. DORF will provide you with the document for proof of hotel stay.

- 3) **COVID19 Vaccination certificate or proof of a negative Covid-19 test.** Government of India Ministry of Health & Family Welfare has issued 'Guidelines for International Arrivals' in context of COVID-19 pandemic and updated the same from time to time.

The present guidelines have been revised in light of declining trajectory of COVID-19 cases globally, which states that;

- All travellers should preferably be fully vaccinated as per the approved primary schedule of vaccination against COVID-19 in their Country.
- All other travellers to India are advised to carry a copy of their vaccination certificates.
- Additionally, two percent of all international passengers will be selected for random RTPCR testing upon their arrival to India.

We strongly recommend all volunteers obtain the Covid-19 vaccination. Finally, you may void your travel insurance if you have not received all vaccinations and medicines as recommended by the CDC.

**NOTE: Vaccination and testing requirements/recommendations by the Republic of India are accurate at time of printing of this manual, Government requirements and guidelines could change at any moment.*

Travel Insurance and Vaccinations

Travel Insurance. All DORF volunteers are required to purchase and have Traveler's insurance. If you get sick or have an emergency at home, the cost of medical care and repatriation can be extremely costly. For this purpose, and to make for a "worry-free" experience, you are required to have the following coverage with your travel insurance:

- A) Medical Coverage
- B) Accidental Death and Dismemberment
- C) Repatriation

Vaccinations: It is preferred by the Govt. of India to be fully vaccinated and your travel insurance will most likely require vaccinations. In addition to routine childhood vaccinations, the CDC recommends you obtain the following vaccinations:

- Covid-19 (If not currently vaccinated, you will need to provide a negative COVID-19 test, administered within 72 hours prior to arrival)
- Yellow Fever (Good for lifetime)*
- Typhoid (good for 2 years)*
- Obtain RX for malaria (Most of these medications need to be started before your trip, so consult with your doctor early and follow the administration recommendations before and after your trip)

Malaria is common in India. Humans get malaria from the bite of a malaria-infected mosquito. Symptoms of malaria include fever and other flu-like symptoms including shaking chills, headache, muscle aches, and tiredness. Nausea, vomiting and diarrhea may also occur. If not promptly treated, malaria has the potential to cause kidney failure, seizures, mental confusion, coma, and death. Malaria can be cured with prescription drugs. The type of drugs and length of treatment depend on which kind of malaria is diagnosed, where the patient was infected, the age of the patient, and how severely ill the patient was at the start of treatment.

We strongly recommend you review other CDC guidelines and recommendations for vaccinations when traveling to India, these can be found at:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>

**NOTE: Vaccination and testing requirements/recommendations by the Govt. of India are accurate at time of printing of this manual, Government requirements and guidelines could change at any moment.*

Getting to Know India

Ethnic Groups and Languages Spoken. The official languages of India are Hindi and English. Although most people speak some English, a little effort at learning some basic Hindi phrases can go a long way in forming relationships and trust with the Indian people. Below are some common phrases in Hindi that would be good to become familiar with.

- Hi - Namaste
- What's your name - ***Aapka naam kya hai?***
- My Name is xyz - ***Mera naam xyz hai.***
- What - ***Kya.***
- Why - ***kyu.***
- Where - ***kaha.***
- How - ***kaise.***
- Ok - ***Thik hain.***
- Stop - ***Rukiye***
- Yes - ***Haa.***
- No - ***Nahi.***
- Let's go - ***Chalo.***
- Help me - ***meri madad karo***

India is ethnically diverse, with more than 2,000 different ethnic groups. There is also significant diversity within regions, and almost every [state](#) and several [districts](#) have their own distinct mixture of ethnicities, traditions, and culture. Throughout the history of India, ethnic relations have been both positive (as with mutual cultural influences) and negative (as with discrimination against other ethnicities).

Peoples Linguistic Survey of India identified 780 languages of which 50 got extinct in past five decades. Officially there are 122 languages but 22 languages in the Eighth Schedule of the constitution give cultural pockets like Assamese, Gujarati, Konkani, Maithili, Manipuri, Oriya, Tamil, Telugu etc.

Religious diversity: According to the data on Population by Religious Communities of Census 2011, Hindu 96.63 crores (79.8%); Muslim 17.22 crores (14.2%); Christian 2.78 crores (2.3%); Sikh 2.08 crores (1.7%); Buddhist 0.84 crores (0.7%); Jain 0.45 crores (0.4%) are dispersed all over the nation forming cultural pockets.

Family Life. The concept of family extends beyond the typical nuclear unit to encompass the wider family circle. In many parts of India, it is common to find three or four generations living

Cultural Do's and Don'ts. As with all cultures there are basic behaviors that are considered acceptable and encouraged and those that are not. The following is a basic list:

Do's

- A traditional way of greeting and bidding farewell is the warm salutation namaste or the more formal namaskar.
- Men and women do not typically touch, so avoid shaking hands unless the person you greet offers first. • “Hello” is an increasingly common informal greeting in urban areas, though “goodbye” is generally considered too final, as if asking the person for permission to leave. Using language along the lines of “see you later” is preferred, or simply namaste.
- Elders should be treated with marked respect. Most Indians informally attach the term “Ji” as a gender-neutral honorific suffix to the elderly person’s last name, or use simply Ji alone, if they do not know the person’s name.
- When a person gives a headshake or bobble, tipping the head from side to side, this often means “yes” or “good.” It is also meant as an encouraging gesture while listening and means “I understand.”
- People may not be strictly punctual when visiting someone’s home. Arriving 15 to 30 minutes after the designated time is appropriate.
- Remove your shoes before entering someone’s home.
- Indian food often does not require utensils to eat. Therefore, there are various forms of eating etiquette relating to the use of one’s hands. Everyone normally uses their right hand to serve themselves, scooping with the fingers or with a serving spoon.
- Some Indians may have dietary restrictions based on their religious faith. For example, practicing Muslim Indians do not consume pork. For many Hindus, cows have sacred religious connotations, and the consumption of beef will be avoided.
- In India people bargain everywhere—even on the price of the eggs in the grocery store. Here in America, prices are typically fixed, but [everything is negotiable in India](#).
- Since the left hand is considered unclean (don’t offer it or accept anything with your left), we’re sharing a few tips to keep you on the right side of India’s cultural norms.
- More often than not, a tip-in India is money paid to get things done and not for something well done! In most restaurants a service charge is included; where not, a 10% tip is fine, and 15% is considered generous.
- Show respect when photographing people and ask for permission first. Some people may feel comfortable having their photo taken, while others may not.

Don'ts

- Public displays of affection are discouraged, though you may see members of the same sex holding hands in a friendly manner.
- “Eve-teasing” is the Indian euphemism of sexual harassment. Essentially, this means that

Indian men openly stare at female tourists, especially if they are dressed in revealing clothing. To minimize this occurrence, take the normal precautions such as looking after yourself in crowded, public places and, avoid exposing too much flesh.

- Leather articles such as wallets, belts and bags are prohibited inside many Hindu temples.
- Feet and shoes are considered dirty. Never touch anything with your feet, and don't point the bottom of your feet at religious altars or toward people. To avoid this, sit cross-legged or kneel on the floor while in a temple or holy place. If you must extend your legs, point them away from sacred icons. Never turn your backside to a religious statue. • Note that when you are a guest in someone's home, your hosts may sit and watch you eat. Accept food when it is offered, though you are not required to finish your plate.
- Don't feel offended if you are asked personal questions, such as "How much do you earn?" "Are you married?" or "Do you have kids?" Questions like these are considered common conversation.
- Never give money to begging children and women. If you give even a small coin, many more people will instantly materialize and can aggressively follow you. In addition, be aware that holy men near temples and sacred rivers may ask for compensation after tying a dyed red-and-yellow thread around your wrist and pressing a dot of red turmeric on your forehead.

Geographical Information. India, officially the Republic of India ([Hindi](#): Bhārat Gaṇarājya), is a country in South Asia. It is the most populous democracy in the world. Bounded by the Indian Ocean on the south, the Arabian Sea on the southwest, and the Bay of Bengal on the southeast, it shares land borders with Pakistan to the west; China, Nepal, and Bhutan to the north; and Bangladesh and Myanmar to the east. In the Indian Ocean, India is in the vicinity of Sri Lanka and the Maldives.



Weather in Bangalore. Bangalore has a pleasant climate throughout the year, with its parks and green spaces earning it the reputation as the "Garden City" of India. Typical temperatures range from 70's 90's throughout the year, usually with the hottest and most humid months in the summer months.

Currency. The Indian rupee (INR) is the official currency in the Republic of India. International credit cards are widely accepted in India and withdrawal of cash can be made via ATM's which are available everywhere in all locations. Be sure to contact your bank before leaving to discuss exchange rates and their policies of withdrawing foreign currency.

Volunteer Safety

There are many risks associated with traveling abroad. To make sure you understand these risks, you are required to read *Statistical Report of Crimes against Volunteers* published by the Peace Corps. The website for this resource is located in the application section.

Here are some general safety tips:

- Do not wear much jewelry on the streets. Especially do not wear gold neck chains or items that would be appealing to would-be thieves.
- Handbags are always a temptation. However, if you must carry one, keep it in front of you. A backpack is better. . Be alert.
- Be cautious of street kids, beggars or crowds. Incidents of theft often occur when there are crowds and confusion to distract you.
- Always try to know where you are going before you attempt long journeys. Be especially careful at night.
- Use taxi drivers you know or those who are connected to your volunteer organization or to places you have already been. Keep the cell phone number of trusted taxi drivers handy.
- Do not go on excursions alone. Go with other volunteers, day or night. Even when in groups, don't stray far away, and don't walk alone along dark or empty streets. If possible, after dark use door-to-door transportation.
- Tourist areas can be high risk areas for pickpockets and thieves. Leave your valuables in a secure place at the children's home.
- For traffic safety, stop, look and listen A LOT. Most likely, the traffic rules in India are very different from the rules in your home country.
- Do not accept drinks from strangers, and always keep an eye on your drinks when you are out socializing.

India is a relatively safe country (see the attached *Statistical Report of Crimes against Volunteer* published by the Peace Corps). Nevertheless, keep your valuables safe in the housing accommodations or on your person where you can feel them at all times. Always remember that while Indians are generally very friendly people, you are far richer than most, making you a tempting target for pickpockets, thieves and generally honest people who may be in a desperate position. Most tourists in India never experience any trouble, and as long as you stay alert and use common sense, you should not have any problems.

Volunteer Health

There are many health and disease risks associated with traveling to India. To make sure you understand these risks, you are required to read "[Health Information for Travelers to India](#)" published by the U.S. Centers for Disease Control and Prevention. The website address for this is listed in the application section.

Dengue is a risk in many parts of Asia and the Pacific Islands. Some countries are reporting increased numbers of cases of the disease. Travelers to Asia and the Pacific Islands can protect themselves by preventing mosquito bites. Because dengue is spread by mosquito bites, all travelers to risk areas should [prevent mosquito bites](#) by using an [EPA-registered insect repellent](#), wearing long-sleeved shirts and long pants when outdoors, and sleeping in an air-conditioned room or room with window screens or under an [insecticide-treated bed net](#). As noted in the referenced "Health Information for Travelers to India" published by the U.S. Centers for Disease Control and Prevention (website located in the application section of this manual), other diseases carried by insects in India include Chikungunya, Crimean-Congo Hemorrhagic fever, Leishmaniasis and Zika. Protecting yourself against insect bites will help to prevent these diseases.

Visit with a travel medicine doctor/nurse You should see a nurse/physician 2-3 months before traveling to India for any necessary vaccinations and a prescription for an antimalarial drug. Both the Country of India and your travel insurance will require vaccinations. There are several antimalarial drugs on the market, and some affect people quite differently, and each has its own benefits and drawbacks. Whichever medication you choose, it is essential that you use it correctly.

In addition to routine childhood vaccinations, the CDC recommends you obtain the following vaccinations:

- **COVID-19 vaccination** As per Government of India Ministry of Health and Family Welfare Guidelines for International Arrivals; All travellers should preferably be fully vaccinated as per the approved primary schedule of vaccination against COVID-19 in their country.
- **Yellow Fever** (Good for lifetime)
- **Typhoid** (good for 2 years)
- **Obtain RX for malaria** (Most of these medications need to be started before your trip, so consult with your doctor early and follow the administration recommendations before and after your trip)
- **Traveler's diarrhea RX** We recommend that you consult with your travel doctor about a prescription for traveler's diarrhea.

Other generally recommended immunizations include:

- Hepatitis A
- Diphtheria/Tetanus
- Typhoid
- Hepatitis B
- Tuberculosis (when epidemic)
- Cholera (when epidemic)

We strongly recommend you review other CDC guidelines and recommendations for vaccinations when traveling to India, these can be found at:

https://wwwnc.cdc.gov/travel/destinations/traveler/none/india?s_cid=ncezid-dgmqtravelsingle-001#vaccines-and-medicines

Getting the most from your volunteer experience

There are different ways to look at volunteering abroad. We recommend that you view it as a win-win situation, a mutually rewarding and positive arrangement. Give yourself wholly to the work, but don't forget *that the people of India have much to teach and give to you.*

Whether you are volunteering to take a break, to change directions, or to give something back, the more you give of yourself, the more you will enjoy your trip.

Volunteering is an extremely rewarding and challenging way to travel and see the world. Whether you are volunteering for 2 weeks or 3 months, you will experience elation, disappointment, sadness, helplessness, joy, satisfaction and love. Most of our past volunteers, both young and old, rate their volunteer experience in Ghana as a major highlight in their life.

You reap what you sow. Do what you can whenever you can. Do not weary in doing good, no matter how trivial your good actions may seem to be. Here are a few ideas from past volunteers from other humanitarian missions that will help you get the most out of your volunteer experience:

BEFORE

- Take time to prepare
- Clarify your motives
- Set goals
- Make commitments
- Don't procrastinate

DURING

- Work hard
- Take advantage of every day
- Don't complain
- Be flexible and open-minded
- Give and Teach
- Receive and learn
- Look for things to do
- Ponder and meditate
- Keep a journal
- Interact with others

AFTER

- Stay involved
- Stay connected
- Set Goals
- Make Commitments
- Read your Journal
- Ponder and Meditate

So, how are YOU going to get the most from YOUR volunteer experience?

The answer to this question is entirely up to you. One thing to remember before you go is that volunteering is never easy. You will have difficult moments and days that make you question your effectiveness. Making the most of the time you have is a key ingredient to being a good volunteer. To be an effective volunteer, you must have self-direction, be able to show initiative, have patience, and most importantly be self-motivated. While you may not *change the world* you can absolutely make a difference in the world.

As you work and serve each day, remember the story of the starfish:

Two men were walking toward each other on an otherwise deserted beach. One man was in his early 20s, the other obviously much older. The smooth damp sand was littered with starfish, washed onto the land during high tide. Thousands of starfish were doomed to die in the warm morning sun. The younger man watched the older man pick up starfish one at a time and toss them back into the ocean, giving them a chance to survive. The young man thought, "Why is he doing that? How foolish. He can't save all those starfish."

As they came near one another, the younger one felt compelled to point out to the older man the futility of his actions. "You know," he said, "you can't save all of these starfish. They're going to die here on the sand. What you are doing isn't really going to make a difference." The older man studied the young man for a moment. Then he bent down, picked up a starfish and tossed it into the water. He smiled at the young man and said, "It made a difference to that one." Then he walked on, picking up starfish and tossing them back into the sea.

Finally, the best way to memorialize your volunteer experience is to stay involved. Whether you sponsor a child's education, fundraise for a project you worked on, or create a local humanitarian club in your hometown, we hope you will choose to stay involved.

Cultural day

The LaLit offers different sets of tour packages to experience Bangalore.

Some of the tour packages include:

- The LaLit Historical experience – ideal for people seeking to get a glance of Bangalore’s antiquity and cultural richness.
- The LaLit Religious experience – Bangalore is a popular religious and immigrant center, essentially known for its noble carvings and sculptures.
- The LaLit Natural experience – Known for its large parks and tree-lined avenues, Bangalore is called ‘The Garden city of India’.
- The LaLit Heritage experience – The 500-year old city offers an abundance of heritage and culture along with a blend of modernism.

For an additional fee (see cost breakdown), DORF will arrange for interested volunteers to go on these tours.



What to bring

Most airlines will allow you to check two 50-pound bags for no extra charge, in addition to your carry-on luggage. DORF requires all volunteers to transport supplies for the mission trip. We have many supplies that have already been donated for use in India, and we just need your help to get them there. We will work with you to coordinate getting these supplies to you before you depart to India.

Packing List

- Basic Medical/Care Kit: acetaminophen/ibuprofen, antihistamine for relief from allergies and bites, diarrhea medicine, band aids, sunscreen, lip balm and insect repellent
- Toiletries and personal medications
- Your cellphone and charger. Voltage adapter
- Sandals (thick-soled such as Keens, Chacos or similar)
- Trainers / court shoes for working in the bush, for playing basketball or soccer, or for comfort and variety. Flip Flops for indoor use
- Clothing
 - Scrubs: You will be working in the temporary clinic for 8 days
 - Additional clothing. Bring enough clothing for evenings, travel days and the optional safari. It is always a good idea to bring extra underwear and socks, don't forget pajamas!
- Towel Set
- Music, e-books and other entertainment for long travel and downtime
- Photographs of your family and friends to share with the children and patients.
- Photocopies or digital copies on your phone of important travel documents such as passport, immunization records, travel insurance, visa, plane tickets
- Hat and sunglasses
- Camera (most volunteers use their smartphone camera)
- A copy of this volunteer handbook. Journal and pens
- Earplugs (between the roosters, the kids, and the kitchen staff, noises in the volunteer house start early)
- Dirty laundry bag (a clean plastic garbage bag will suffice) There are always opportunities for outside work. Packing a pair of work gloves is a good idea.
- Swimsuit
- Travel neck pillow. It will be a long flight to India. Some volunteers recommend compression socks. It can get cold on the plane and in the airports. A sweatshirt or warm long-sleeved shirt might be nice.
- Hand sanitizer
- Dress clothes for Sunday if you plan on attending church
- ALL REQUIRED DOCUMENTS