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OLD AGE HOME PROJECT

MANALI, HIMALAYAS, INDIA

PROGRAM DOCUMENT

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Volunteer abroad | Internship abroad | Learn English in India | Youth exchange | HSE



PROJECT INTRODUCTION

The old age home is situated in the Gojra village itself in Manali district in Himalayas region. The project provides shelter, food and other daily necessities to the elderly people who are not living with their families. Most of them are not wanted at home and their children doesn't want them to live in their houses so they were left on the streets. Now the NGO is working for them and they are living a happy life with the help of our volunteers and the other staff as well. The age group is around from 65 years to 90 years old and even more. There are around 30+ elderly people. The volunteers are needed to make them feel like home and a part of a global family. The NGO is less with the staff to take care of them and to handle day to day activities. We need volunteers to support the staff in cleaning, making food, washing utensils and clothes, making beds etc.

FEATURES

There are several features of the project, please have a look below;

Project Location

Old age home in Manali, Himalayas

Beneficiaries

Elderly men and women

No. of Beneficiaries

30+

Volunteering Days (In a week's time)

05 days in a week (Monday to Friday)

Volunteering Hours (In a day's time)

05 to 08 hours (In a day)

Any Special Background Required

Open for all volunteers

Students, groups, couples, groups

Project Recommended for

Volunteers, Students, Couples, Families, Groups, Universities

Project Duration (Minimum to Maximum)

01 Week to 52 Weeks



ACTIVITIES (MOST POSSIBLE)

- Interaction with the elderly residents
- Sharing the stories of your life with them and listening their experiences
- Help them in physical exercises and movements
- Helping in giving them bath if they are unable to do due to much age
- Helping the kitchen staff in making the food for them
- Cleaning the area of old age home
- Planting vegetables in the open garden
- Walk with the elderly people in the nearby areas
- Introduce some physiotherapy to them for movements of limbs and other body parts
- Indoor games like chess, cards, music, dance
- Fill their rest of the life with love, fun and positive energy that is most required in their lives.

PROJECT FEE

As you know that the world revolves around money and economies around currencies. Like any other services these services and projects are having a fee that will cover your application process, your pick-up, orientation, lodging & boarding, support, emergency assistance, government and legal formalities, ground staff and local teams, marketing, social campaigns and of course corporate social responsibility. That's why every project has a fee to join and as we have mentioned that we are the most affordable meaningful Travel enterprise so don't worry at all. The projects fee has a range from \$15/day to \$50/day depends on the destination, donation, fee and other subject matters. Once you apply for the project you will receive an invoice to pay through wire transfer or PayPal. Pay as you wish.

SERVICES INCLUDED IN THE FEE

Nice question! Yes, there are a plenty of services those are most needed and important to know. In this project fee you will get the following services included:

- Pre arrival assistance
- Pick-up & drop only to Manali bus stand
 - How to reach Manali Bus stand?
 - Once you book the program we will communicate about everything and will book the buses on your behalf from Delhi to Manali.
- Orientation about project, country and rules
- Accommodation (tri/dual sharing in a service apartment or host family)
- All meals (Breakfast, Lunch & dinner) Authentic Indian meals
- English speaking project manager on project to assist
- Emergency assistance (if required)



- Travel support in India
- Certificate of Volunteering
- Cultural week activities
 - Henna painting
 - Indian dress workshop
 - Yoga in Himalayas
 - Manali sight-seeing (Manali market, Temples, natural fountain, Solang valley etc.)

ACCOMMODATION

During the project you will be staying either in the volunteer guest house or in the Indian host family. That depends on the availability of place. You will be communicated by our staff about the accommodation.

MEALS

During the project you will be getting all time meals included in the program fee. The food will be breakfast, lunch & dinner. It would be authentic Himalayan-Indian food balanced in nutrition and protein. If you want to make your own food in the host family, you can take permission from the host family and in most cases they allow you to do so.

A TYPICAL VOLUNTEER DAY

In Himalaya's projects you would be staying either in a host family for a guest house. Mostly volunteers choose to stay with a Himalayan host family. So your day starts with a knock on your door to have the bed tea. Then after freshens up you will be gathering in the dinner hall for the breakfast with the other family members and then you will be leaving the house for the project by walk. The projects are not far so you can walk to the projects. Mostly projects are based on mountains and you can reach there by walking to the connecting roads. The project is mostly in 1 kilometer area. There after reaching to the project, meet your supervisor and ask for the daily schedule and start your work. There in the old age home, you can assist the staff and doing a lot of outdoor and fun activities for the elderly residents. As this is a resident project you can work till late evening too. Then you can walk to the host family before it gets too late and dark. In the evening have a cup of Himalayan tea with your host family and can take a short walk after the dinner. This is how your volunteer day looks like.

WEEKEND PLANS



The project location is Gojra village situated in the beautiful mountains of Manali in Himalaya region. The Himalaya region is also known as Himachal Pradesh. In weekends you can choose to visit the beautiful mountains and valleys. The most famous trips can be like Shimla excursion, Kullu sight-seeing, Dharamshala, Darjeeling, Leh-ladakh and others. You also can choose to make combinations of travel destinations. The entire region is beautiful as heaven. Every traveler who comes to visit Himachal region always comes back to have the same fun, adventure and excitement. Here you also can do adventure activities like river rafting, skiing, mountaineering, Para-gliding and lot more. If you want to book any excursion or adventure activity, please inform us before your arrival. So that the arrangements can be done on time, due to the very high number of footfall in Himachal, generally advance booking option is always great.

You're Itinerary for the Volunteer project

PRE-DEPARTURE ASSISTANCE

Once your application form is submitted with the questionnaire and we found you suitable for the project, our team will coordinate you for depositing the project fee. Then once our bank confirms the receipt of your fee we will initiate the documentation process regarding your trip. You will get assistance in booking the flights, application for visa, vaccinations, insurance, packing for the trip and other essential things.

FLIGHT INFORMATION

By the time our team will take flight information from you. This is the responsibility of the volunteer to inform us via e-mail about the flight details; carrier, date and time. In case there is any delay or sudden change in the flight schedule it's volunteer's duty to inform us immediately. We will share some Whatsapp contact no. for instant contact. Once we get the details of the flights we will transfer the details to Aii India team for arranging your pick-up from Jaipur Airport. Please notice that all India project volunteers must arrive in Jaipur only. From here after orientation & Jaipur sightseeing they will be transferred to Himalayas by overnight train or bus.



PICK-UP FROM JAIPUR AIRPORT & TRANSFER TO VOLUNTEER CAMP

Once you arrive at the Jaipur airport you will meet our team member with Aii pla-card and your name on it. You can proceed with them to the Aii Jaipur Volunteer house for three nights stay, cultural activities and sightseeing in Jaipur. Please attention that in case you don't find anyone, don't panic wait for some another minutes and they will be there. In worst condition, if you don't find anyone, immediately contact the Aii head office no. that are shared with you in the pre-departure kit. That no. is available 24X7. You will be staying in the volunteer house with the volunteers. The next day would be your orientation and Jaipur sightseeing.

ORIENTATION, JAIPUR SIGHT-SEEING & HINDI LANGUAGE CLASS

In the morning our in-house manager will conduct your orientation about the Indian culture, program, country, people, beliefs and language. Then your Jaipur sight-seeing will start followed by the orientation. In Jaipur sight-seeing you will visit magnificent world heritage sites like Hawa Mahal (Wind palace), Jal Mahal (Water palace), Amber fort, Birla temple, Nahargarh fort and some other places if the time allows. Here the meals are on you during your visit. The next day would be a free day for you to travel by yourself or arrange a tour by us for the rest of the places. The night stay would be in the same volunteer house.

TRANSFER TO HIMALAYAS PROJECT PLACEMENT

The very next day or the same observation day (As time allows and arrangements are done) you will be taking to the train station or bus station with the other volunteers who has chosen Himalayas project for the journey of 14 hours to Himalayas project that is based in Manali district. Our local team will arrange tickets and book seats for you to sleep in the bus or train comfortably. After an overnight journey you would reach to the Manali bus stand or railway station.

If the volunteer can pay for the flight tickets additionally to avoid the 12 hours journey, we can book the flights to Bhuntar airport (Close to Manali). The expected flights prices vary from 80-100 Euros.

PICK-UP FROM MANALI BUS STAND OR RAILWAY STATION

Once you arrive in Manali bus stand or railway station, our local coordinator would be there for your pick-up. From here you will be transferred to Gojra village where all our Himalayas projects are based on the mountains, around fountains and natural landscapes likes Rivers etc. After reaching the village you will check-in our volunteer guest house for rest & orientation session. Here you will be provided all time meals.



ORIENTATION ABOUT HIMALAYAS PROJECT, HOST FAMILY & ACTIVITIES

In the evening our local coordinator will conduct an orientation session for the volunteers to introduce the Himalayan projects information, host family details and the other activities you can do on weekends like skiing, trekking, sightseeing, river rafting, banana boating, kayaking, mountaineering, camping, bike renting and a lot of things that Himalaya offers. After this orientation session you will stay in the guest house for the night.

MEET YOUR HOST FAMILY AND KNOW THE LOCAL AREA

The next morning after breakfast, early morning you will be transferred to your host families as discussed in the orientation session. You will be taken to the host family and here you will meet your host parents, brothers and sisters. The house mother will show you your room and will introduce the family members and will let you know the rules of the house. You can have a look in the house and around. In the evening you can get to visit the nearby household grocery store, vegetable & fruit market and other necessary stops.

Volunteers can also stay in the guest house for the rest of period by paying the difference amount. To know the Himalayas Project with Guest house stay please write to us at info@work-travel-learn.com

OBSERVATION DAY, PROJECT VISIT & MEETING THE BENEFICIARIES

Around 10 am your project visit will be fixed and this would be your first day as 'Observation day' at the project area. The coordinator or any Aii staff will arrange a visit to the projects we have to have a sense of environment and working conditions. The volunteer has to see all the other volunteers those are working there already and can have a little chat about their findings and suggestions to start with. The local staff and you will meet the beneficiaries with whom you are going to work. The local projects are real and they really need volunteering assistance and care. This is so important day for volunteer to observe the project and to see that where they fit in and what skills they possess to help on the project, because the next day would be your first volunteering day.

FIRST VOLUNTEERING DAY

The next day after waking up you will be having a Himalayan Masala tea with the rest of the family members. Then you will take an authentic Himalayan breakfast and then you will leave to the project. Meet your supervisor there for the schedule for the day and start your work out there. In lunch you can come back to the house and can have it with the family or take a lunch-



box with you there. After finishing the project you can come back to the host family by walking because mostly the projects are at walking distance. Enjoy your evening with the family, neighbors and walking around. Have your Himalayan dinner and sleep well. This is how a typical volunteer day would be.

REGULAR ROUTINE AND WEEK DAYS

This would be your regular routine and you will work from Monday to Friday on the projects. Weekends would be totally off and you can use them as you want to be. Relax, travelling, visiting, enjoying, clubbing, washing clothes etc. Choice is yours. You can take travel excursions and information from our local coordinator and make a group with the other volunteers to go on group excursions; the cheap and best way to wander. Our local coordinator will be there always with you for assistance, support and supervision.

PROJECT COMPLETION

The last Friday of your volunteer project would be slightly different and fun-filled. Take group pictures, selfies and show your gratitude towards the staff and other volunteers for the cooperation, affection and support. You can celebrate and arrange a small party with the host family at the last day and spend some emotional moments. Meet all the friends you made during your stay, thank them and have your own time. This is how your last day would be.

DROP AT MANALI BUS STAND

The last day in India! You will get enough time to pack your bags and for writing a feedback followed by one minute video feedback session. Now you are free to roam around in the local market to shop souvenir for your friends and family only if you have enough time left for the bus to Delhi. Then in evening our local coordinator will drop all the volunteers to Manali bus stand to transfer to Delhi for catching flight back to home. The bus would be booked by us and from here you are on your own. Say a final good bye to the team member and here your journey ends with a lot of memories and learning of life. **Namaste!!**

Attention: After reaching Delhi bus stand, take a taxi or tuk tuk to Delhi Airport directly or in case you need any assistance contact the local coordinator. If you also want to travel Delhi, we can arrange your hotel accommodation and Delhi sight-seeing. Contact on info@work-travel-learn.com prior to book the Delhi sight-seeing.

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For any other information please write us an e-mail at info@work-travel-learn.com

Thanks & regards

Aii team

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