



General Information on arrival

Welcome to Sambhali!

Arriving in India

If you are new to India, we suggest that you come by air directly to Jodhpur first without touring in Delhi or Mumbai because we feel that if you start your experience in either our Jodhpur or Setrawa village projects, your subsequent travel in India will be enhanced. We can arrange to have Jodhpur flight ticket emailed to you if you like. Your Indian air, bus, hotel and taxi arrangements can be arranged by us at Jodhpur.

Accommodation

Jodhpur:

Volunteers who are working in Jodhpur are able to stay at *Durag Niwas Guest House*, where Sambhali Trust is based and has classrooms upstairs in a separate part of the building. Accommodation is offered on a monthly basis of 10000 rupees*, which includes breakfast, lunch and dinner and use of the Internet or wifi facilities. Volunteers are strongly advised to bring their own laptop with them as there is only one PC for use by guests and volunteers at the guest house, but wifi is readily available. The town of Jodhpur is within a 10 min rickshaw ride away from Durag Niwas and there are local grocery shops, pharmacies and a large department store within easy reach which provides all daily necessities.

Packaged drinking water is available in the guest house at a cost of 120 rupees* for 12 bottles. A laundry service and medical services are also available on request. Money exchange and ATM Machines are easily available.

Setrawa:

Volunteers in Setrawa are accommodated by host families at a rate of 4000 rupees* per month, which includes all meals. There are no internet facilities as such in the village, but a USB stick is available for wifi use, mainly for work purposes. Setrawa has a small range of shops where you can buy cold drinks, chai, biscuits etc; please see '*Setrawa – what to bring*' on the website for extra information. You will need to exchange money in Jodhpur before you arrive in Setrawa, as there are no ATMs here. From Setrawa a bus goes every hour starting at 7.00 am; it costs 55 rupees* and takes about 2hrs 30mins. It is normal for volunteers in Setrawa to stay there at the week-ends and then return to Jodhpur for the monthly team-meeting and then have a break for 2 or 3 days as you wish.

Mobile Phones

We will help you to find a Vodaphone or Airtel SIM card for your mobile phone which is necessary whilst you are working with the Project. Local calls cost about 2 rupees per call, and international calls are approx. 9 rupees a minute. You top-up as required paying an extra 50 rupees per top-up to the retailer.

Dress

Rajasthan is a very traditional culture and is very conservative, so you need to adhere to the way the local people dress. Do not bare your chest, back, shoulders, belly or knees while staying at our projects. For example shorts and tank tops are not appropriate. You can stay cool and comfortable if you dress and decorate yourself with the attractive

clothes that Rajasthani men and women are already wearing ie *loose* cotton trousers/long skirts and long cotton tops that cover the hips and a scarf or *dupatta* for the neck and shoulders. These are inexpensive and we can help you to find them easily. Do not smoke, drink, hug or wear revealing clothes whilst volunteering.

Volunteering Hours

We expect you to volunteer 6 days a week, as the girls attend Monday - Saturday, with Sunday as rest day, which is usual in India. The time-table varies from Centre to Centre, but generally the girls arrive in the middle of the day for about 4 hours, and so you are able to have preparation time before and after the girls' classes. Shops in Jodhpur usually open at 11.00am and close at 9.00/10.00pm and so it's best to go shopping in the afternoon or the evening.

* Exchange Rates July 2011:
1 GBP = 70 rupees
1 US\$ = 43 rupees
1 Euro = 62 rupees
1 AUS\$ = 44 rupees