

Volunteer Information Guide



About us

The name 'Aarohi' is derived from classical Hindustani music. It signifies ascendance or growth... the growth of thought, creativity and harmony. This was the inspiration that led its founders to establish the organization in 1992, with a vision to create a more equitable society.

Aarohi regularly hosts both Indian/foreign volunteers and student volunteers, who contribute immensely to various projects and programs of the organization and bring in a culture of professionalism and acceptance of diversity.





Life at Aarohi

While a decent support system is available as per local conditions, living here is an adventure and we are confident that you will enjoy it. However, life always has its inbuilt hazards and uncertainties. In the unforeseen event of a mishap, Aarohi will extend all possible help but will not be in a position to bear any responsibility. Needless to say, we will make every effort to see that your living and working environment is comfortable and that you can approach us for any problems that you may face from time to time.

While we would encourage you to maintain your lifestyle and creativity, we would also like you to be sensitive to rural realities and community norms like following a dress code adapting to the area such as wearing full length dresses covering your shoulders and knees and avoiding transparent dresses.

Our belief is that we, with our experience can share some of what we have learnt, to bring opportunity to the local community for a better existence. At the same time, there is much for us to learn from those who have spent all their lives in these mountains.

We look upon you to take this as an opportunity to join hands for meaningful development in rural Uttarakhand.



Accommodation

Aarohi endeavors to provide comfortable and safe accommodation with basic facilities. Volunteers can choose to stay in furnished, self-catered guest houses by Aarohi and employ someone to cook in the evening if desired or can choose a home stay, where meals will be provided by the landlady (costing Rs. 50-100 per meal). Cooking facilities are also available at the home stays.

Basic cleaning and laundry shall be taken care during their stay by themselves. Volunteers shall pay for the accommodation on a monthly basis. In cases of extenuating circumstances accommodation costs may be waived off. Please do discuss your situation with us in advance if costs are an issue. On working days, lunch and tea will be provided at Aarohi office canteen costing approximately INR 60-70/day.

Medical Requirements

Vaccinations

Please, check with your doctor.

Medications

Please carry with you the following medications:

- Anti-histaminic (for specific allergies, insect bites etc.)
- Anti-malarial (for Mosquitoes)
- Analgesics & Anti Pyretic (Pain reliving medicines and for fever)
- Any drug required due to some previous illness.

Emergency medical services are available at the organization's hospital, Aarohi Aarogya Kendra.



Climate

Winter: November-February
Spring: March-April
Summer: May-June
Monsoon: July-August
Autumn: September-October

The weather from October to March is cold (heavy woollen clothes are required), with snowfall likely to occur in the months of December and January.

Though the weather is largely unpredictable from months of April to September, summers can be hot in the day but you will need a light sweater in the evenings.

Facilities & Utilities

Water and Electricity: Water is available but some time you may need to get water from nearby sources (hand pump, community taps, springs etc.) especially during summer. For purification you can either use a filter if available or bring purification tablets. Do use boiling only as a last alternative to save fuel. Mineral water can also be purchased from nearby shops though we don't encourage this as responsible use is highly important.

Electricity is available though there are sporadic power cuts.

Mobile Phones: GSM and CDMA network is available in the area with IDEA and VODAFONE providing the best coverage. Aarohi can help you in acquiring a local SIM but it is necessary to return the sim to the organization by the end of your stay. There are ISDs in every town including Mukteshwar, Almora and Nainital.

Laptops and Pen drives: Please bring your own laptop and USB drives.

Internet Connection: Though internet facility is available at office, it can be sporadic. Please bring Mobile Data Card/ Internet Sticks for more reliable internet access.

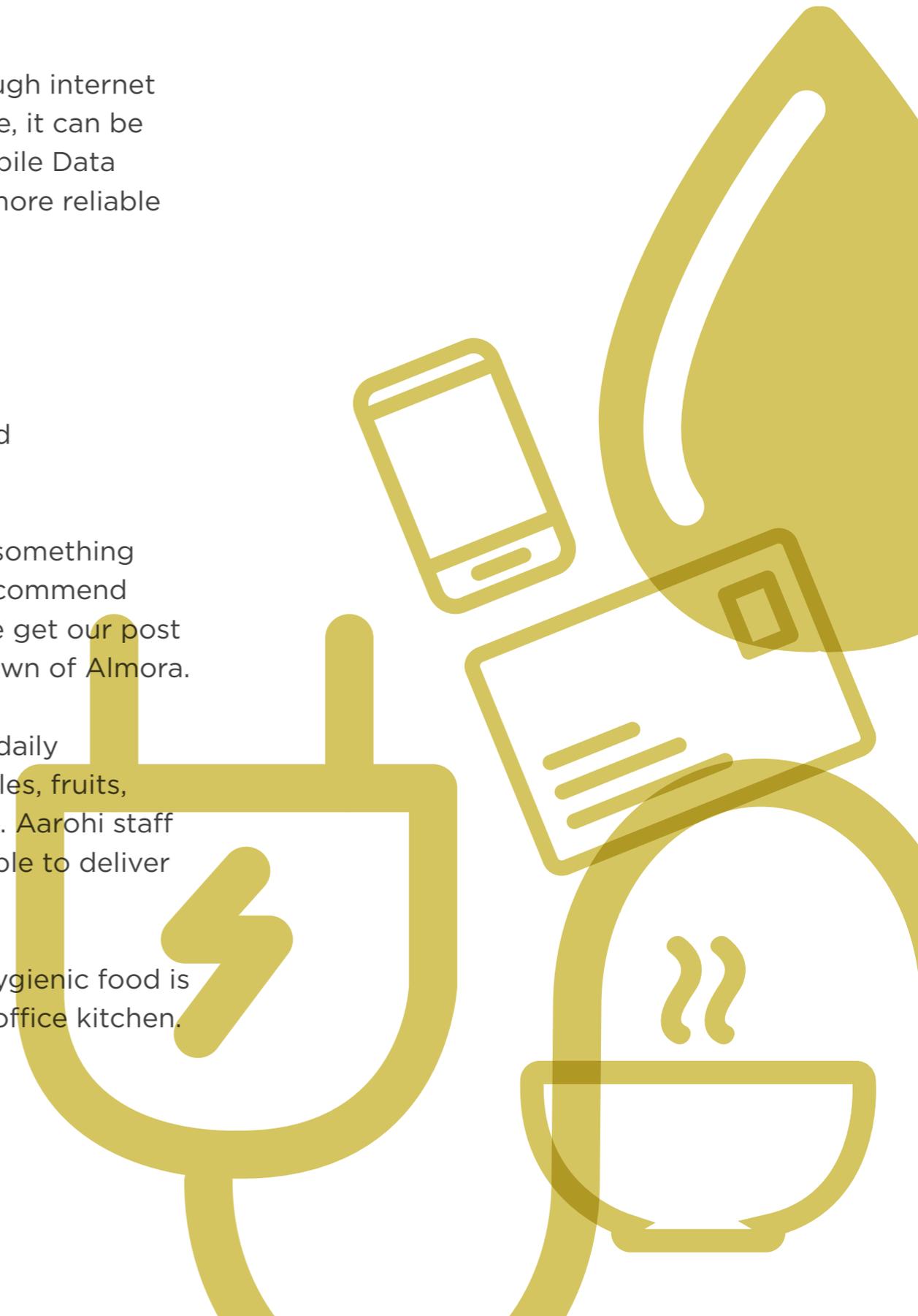
Our full Postal address:

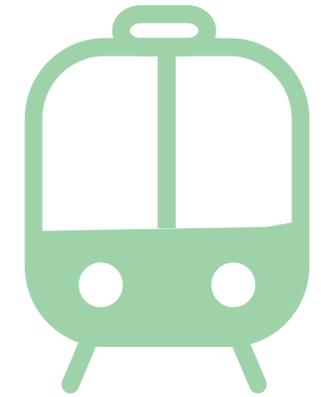
Aarohi
Village Satoli, P.O. Peora
Distt. Nainital, Uttarakhand
Pin- 263138, India

In case you need to have something sent to you by post we recommend you let us know first as we get our post delivered in the nearest town of Almora.

Shops: Nearby shops sell daily requirements like vegetables, fruits, biscuits, mineral water etc. Aarohi staff can help in arranging people to deliver milk and eggs.

Food: Traditional Indian hygienic food is provided for lunch at the office kitchen.





Train - Delhi To Satoli

Via Train from Delhi (DLI) to Kathgodam (KGM)
(railway station at the foothills)

Book your ticket online (www.irctc.co.in) as early as possible (you can book two months in advance), as trains are always fully booked. Foreign Volunteers may be unable to book tickets online without an Indian address & telephone number, so after Volunteership confirmation please share your details with the relevant sectoral head to coordinate your bookings. Traveling by sleeper class is inexpensive; however, traveling in second class AC is comfortable and reasonably priced.

Train	Leaves from	Departure	Arrival
Delhi Anand Vihar - Kathgodam Shatabdi Express (12040)	Anand Vihar Terminal Station (ANVT)	6:15 am	11:40 am
Uttarakhand Sampark Kranti Express (15035)	Old Delhi Station (DLI)	4:00 pm	10:40 pm
Ranikhet Express (15013)	Old Delhi Station (DLI)	10:30 pm	5:05 am

Cab from Kathgodam to Aarohi (Satoli)

You can ask Aarohi to book a cab or contact Mr. Dinesh (Taxi No. UA04 0324, Mobile No - 94121 31791). Use Prefix Country code (0091) from abroad or (0) from other Indian states. The cab driver will receive you at the station with an Aarohi placard. The charges are between Rs.1300 to 1500.

The journey from Kathgodam to Satoli takes an average of 3 hours.

Bus from Kathgodam to Aarohi (Satoli)

Bus	Time
First Bus	8:00 am
Second Bus	10:30 am
Third Bus	1:30 pm

Please Note: Timings may vary.

Train - Satoli to Delhi

Via Train from Kathgodam to Delhi

We can help you with bookings should you need help.

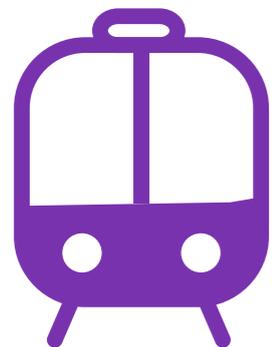
Train	Arrives at	Departure	Arrival
Delhi Anand Vihar T-Kathgodam Shatabdi Express (12039)	Anand Vihar Terminal Station (ANVT)	3:35 pm	8:50 pm
Uttarakhand Sampark Kranti Express (15036)	Old Delhi Station (DLI)	8:50 am	3:20 pm
Ranikhet Express (15014)	Old Delhi Station (DLI)	8:40 pm	3:55 am

Cab from Aarohi (Satoli) to Kathgodam

You can ask Aarohi to book a cab for you or call Mr. Dinesh as explained previously.

Bus from Aarohi (Satoli) to Kathgodam

There are three buses every day (7.00am, 8.00am and midday/1.30pm)



Bus - Delhi To Satoli

Via Bus from Delhi to Haldwani - 274km

We can help you with bookings should you need help.

You can travel in Roadway Buses which takes usually 7-8 hrs from Delhi to Haldwani. You can board the bus from Anand Vihar Bus terminal. Multiple Buses are available every hour and will cost you about 400 INR.

For Volvo bus bookings you can visit redbus.in. You can choose from a wide range of overnight buses to Haldwani, as per your convenience.

Bus - Satoli to Delhi

Via Bus from Haldwani to Delhi - 274 km

We can help you with bookings should you need help.

You can travel in Roadway Buses which takes usually 7-8 hrs from Haldwani to Delhi. You can board the bus from Haldwani Depot. Multiple Buses are available every hour and will cost you about 400 INR.

For Volvo bus bookings you can visit redbus.in. You can choose from a wide range of overnight buses to Delhi, as per your convenience.

Travel from Haldwani to Satoli and vice versa

You can ask Aarohi to book a cab for you or call Mr. Dinesh as explained previously. You can also take a Bus. There are three buses every day (7.00am, 8.00am and midday/1.30pm)



Final Checklist

	STAYING HEALTHY
	Consult your Physician to understand the type of vaccinations needed
	Buy all needed medications, including the list provided
	Silver ion/Iodine/chlorine tablets for water purification
	Get Mosquito repellents (i.e. spray, ointment and “all out” kit)

	LOGISTICS
	Get the Indian Visa (for foreign volunteers). Do discuss which kind to apply for.
	Arrange the necessary logistics for your travel to Aarohi (i.e. book your train ticket and plan your travel from Kathgodam to Aarohi)
	Exchange money in Delhi through money exchangers or banks (Exchange rates at Airport are poor), since getting cash in this area can be a challenge. The closest ATM/ Cashpoint is more than an hour away.
	Inform us about your exact arrival date and time

	MISCELLANEOUS
	Bed sheets
	Towels
	Rubber Boots (minimum mid-calf height) ,Floaters and
	Trekking Shoes
	Long Pants
	Clothes and Sweat shirts
	Torch
	Headlights
	Rain Coat
	Umbrella (also available in close by shops in decent prices)
	Toilet Paper
	Sleeping Bag (optional for travelling around)
	Electrical adapter Or Universal Plug /Extension Cable (Voltage in India is 220v)
	Books, movies, music and any other tools needed for your hobbies



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