



INTEGRATED SOCIAL
PROGRAMS



In Indian Child Education

 www.volunteerindiaispice.com

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VOLUNTEER PROGRAMS

PROGRAMS

TEACH ENGLISH

Poor education standards, illiteracy and high student dropout rates are some of the more glaring issues for educational reform in India.

Schools, especially rural schools suffer severe shortfalls in resources and iSpice volunteers help by assisting local staff and giving lessons in various educational institutions. The most commonly requested subjects for teaching are English and Computers – both which come naturally to most volunteers.

Many of the local teachers speak very little English themselves (making it near impossible to teach the subject) and most Schools do not have computers on which to teach on. Coming from mostly low earning farming backgrounds the children's English and computer skills are weak. Without these skills it is not possible to progress to further education courses in India which are taught in English language, reducing job options.



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WOMEN'S EMPOWERMENT

In rural India women do not have the same opportunities in education as male counterparts and unfortunately there is a 15% gap in literacy rates between men and women. In low income families where a choice has to be made, a girl will often be taken out of school at an early age to enable boys in the family to continue their education.

iSpice has set up Women's Empowerment groups in the community to teach English, Job Skills and Computers Skills. Attended by female villagers these group sessions do not only provide access to education but offer a new platform for social interaction and network building in the community. Volunteers share their skills and experiences with the ladies, they help build up their English conversation skills, assist with resume building and job searching and most importantly confidence in their ability to learn and find jobs.





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CHILD CARE

Child Care Centres for toddlers and infants are mostly attended by children from low income families and children living in care homes. Called Anganwari in India these centres supplement nutrition, provide health check ups and pre school non formal education. Anganwaris are severely under resourced and lacking the funds to function properly. iSpice provides financial and educational support to 21 local Child Care Centres, that would struggle to survive without assistance.

Volunteers work in the Child Care Centres especially in the area of pre school education and provide love, care, and a safe hygienic environment for the children to play and learn. Volunteers assist local staff and lead activities in English such as arts and crafts, educational and recreational games, nursery rhymes, ABC's, and counting.



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STREET CHILDREN

iSpiiceworks with children living in a small Dharamsala slum. Most of the children living in the slum do not attend school and suffer from poor health, malnutrition and little education or knowledge about the outside world. Children work on the streets collecting bottles and cans and beg for money to provide just enough money for food for the day.

iSpiice emphasises education and care initiatives to help integrate street children into mainstream society. Street Children volunteers work in the slums or at contact points providing care, affection, meals, basic literacy, and a safe environment for the children to learn and create - improving the physical and emotional well being of the children.



RENOVATIONS

Child Care Centres and Schools provide valuable services in the local community and run on minimal resources. At the end of the year there is little money left to maintain the buildings themselves and monsoon rains make regular maintenance and renovation work an ever more pressing need. Classrooms and play areas should aid and encourage learning and this is exactly what iSpiice aims to achieve when Renovating local educational centres.

Volunteers working in Renovations clean the centres from top to bottom before applying coats of white paint to freshen the place up. Volunteers then stencil educational and playful images on the walls, before filling the images with bright colourful paint. Volunteers experience the full transformation of the centre and love watching the children's faces light up as they enter their new classroom.



COMPUTER SKILLS

Learning Computer Skills is becoming increasingly important to enable students' entry to further study and employment - keeping them up to date, in touch and involved. iSpice volunteers teach Computer Skills to students at local Schools and centres.

Volunteers work with students who have little or no knowledge of computers - teaching things such as switching on the computer, using the mouse, managing different windows and word processing skills. For those students who already have some knowledge of computers - volunteers compliment their studies and teach intermediate skills such as internet browsing, email, spread sheets, presentations, printing documents and more.

Show students that with regular use, computers are fun and easy! With the help of volunteers the students will soon learn that computers can be used for work purposes, recreation and as a self learning tool too.



PROGRAMS

HEALTH EDUCATION

* For health professionals only

iSpiice has started an initiative, for volunteers with a professional background in Health to travel with English speaking guides into rural villages to meet with local families, women and visit centres. Depending on the volunteer's background, interests and experience, iSpiice will assign a project that meets the community needs and the volunteer's experience.

Previously iSpiice has focused on providing Health Education to pregnant and breastfeeding mothers. Volunteers discuss the women's current personal situation in regards to their general health, wellbeing and any difficulties or concerns they may be facing. Volunteers assess the women's knowledge and provide education on the importance of nutrition during pregnancy and breastfeeding. Further focus in the past has been health visits and check ups at local Child Care Centres – assessing if the children are healthy and up to date with vaccinations then providing advice of necessary actions.



PROGRAMS

PRIVATE TUITION

iSpiice run Private Tuition, after school English groups for the local village children (many of which are sponsored by iSpiice to go to school). These children are from low income families and iSpiice's holistic support provides them with opportunities they would not otherwise have access to.

Volunteers experience how the local's live as they take the classes in local family's homes. The size of the class varies between 4 and 8 children and their level of English also varies. Volunteers assist with the children's reading, pronunciation and English grammar. Volunteers enjoy getting to know the children and their families on a close personal level.

English teaching materials are available at the volunteer house and volunteers are free to bring along their own resources.



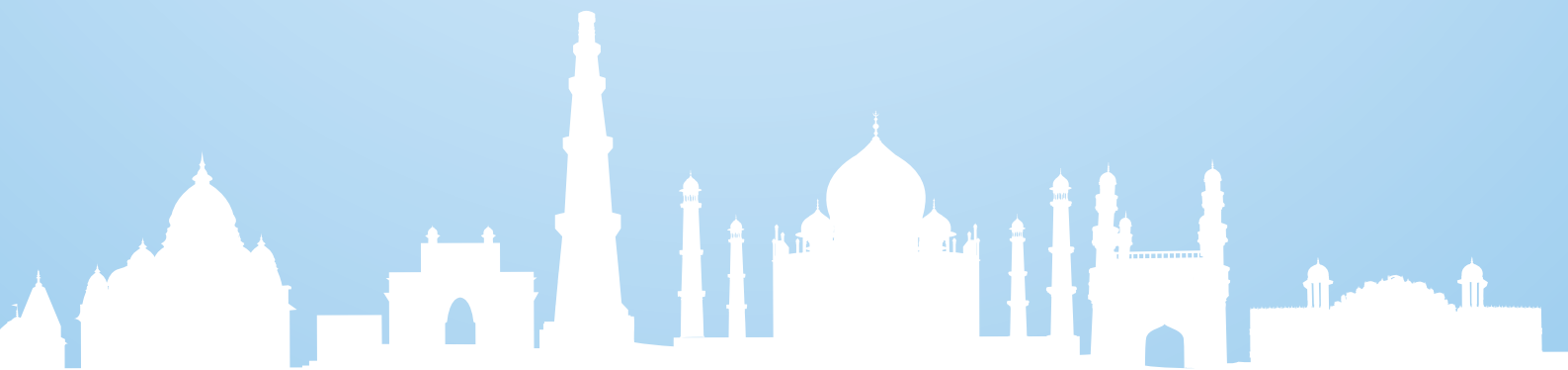
PROGRAMS

SUMMER CAMP

iSpice run After School Groups and Summer Camps (for ages 4-16) which are a great way to work with the children of Dharamsala in a less formal settings. The children love spending time with international volunteers who can teach them about the outside world. Whether you're teaching English, Art, Drama or Sports, they will be full of questions and will love to hear stories and facts about your home country.

These groups and camps allow children to top up their English language skills and any activity or lesson volunteers plan will involve talking in English; providing the extra practice needed to compliment school studies.

Volunteerswork on grass roots projects which naturally involve daily exposure to Indian customs and traditions. A great way to learn about Indian culture first hand!



PLACEMENT

Placement is offered all year round. It is the most popular and flexible Placement allowing volunteers to select the duration of their stay, start dates, preferred Volunteer Programs and Add On Tours.

The minimum duration a volunteer can join iSpice is 2 weeks and 12 weeks is the maximum. Everything a volunteer needs is included in the Placement – Pick up from Delhi International airport, food (Breakfast, Lunch and Dinner) Accommodation at volunteer house, transport, teaching materials, local sightseeing, Internet (Wi-Fi), Filter water, morning or evening yoga and the option Add On Tours, Taj

Mahal and Delhi airport drop off, the Golden Temple, Himalayan Trek, Manali adventure tour and Combine Taj Mahal – Jaipur – Delhi airport drop off. Refer to the Inclusions page for more details.

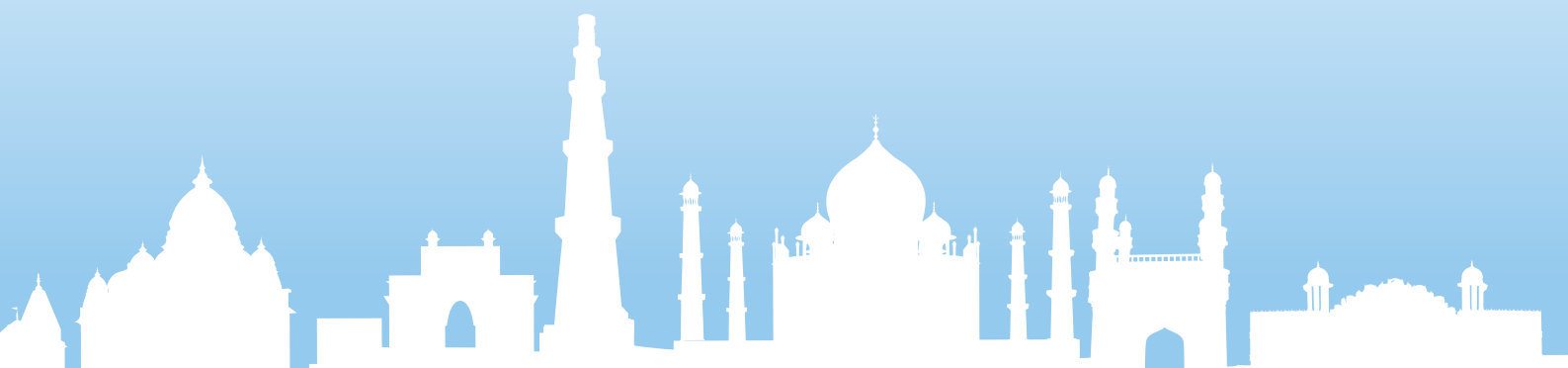
Volunteers work on their two preferred Programs per day. For example Teaching English in the morning and Street Children in the evening.

Volunteers select their Start Date (Placements start every Sunday, throughout the year) and are met at Delhi Airport and guided to Dharamsala in Himachal Pradesh, where iSpice is located. (With an iSpice staff member).



INCLUSIONS

- Pre-departure preparation handbooks.
- Pick up at Delhi International Airport by iSpiice staff member.
- One night stay at a hotel in Delhi, on arrival.
- Transfer by bus or train from Delhi to Dharamsala, with an iSpiice staff member.
- Program briefing on arrival at the iSpiice Volunteer House.
- Daily breakfast, lunch and dinner prepared freshly and hygienically.
- All accommodation at the iSpiice Volunteer House, with hot water and western toilets.
- Daily private car transfers (to and from work Programs) by iSpiice's drivers.
- Morning or evening yoga classes (in English) by a local yoga instructor, 2 times per week.
- Visit including ticket and transfer to the local tourist sites – India's oldest fort, Norbulinga Buddhist Monastery and Tea Gardens.
- Teaching material required for your Volunteering including printer & photo copier.
- Material required for volunteer work such as teacher's workbooks, pens, paper and children's stories – you may wish to bring educational supplies from your home country.
- iSpiice computer and internet for work preparation.
- Internet (wi-fi) access in volunteer house
- Refrigerator & Filter water at Volunteer House.
- Certificate of service as a reference.
- 24 hour support from the iSpiice team for all kinds of enquiries, questions and onward travel plans.
- Assistance with booking a return trip to Delhi, if you are not doing the Taj Mahal tour which includes drop off to Delhi airport to catch return flight.



COSTS

All prices are stated in USD and can be paid on arrival in USD/GBP.

- 🕒 2 weeks - \$700
- 🕒 3 weeks - \$850
- 🕒 4 weeks - \$1000
- 🕒 5 weeks - \$1150
- 🕒 6 weeks - \$1300
- 🕒 7 weeks - \$1450
- 🕒 8 weeks - \$1600

Extra Week: - US\$ 150

* \$200 application fee is required to review your application and to secure your Placement.
(Please note this is a separate fee from program fee)

Your program fee is due to be paid on arrival in India or if you wish you can pay that before preferably in US\$/GBP/AUD/EURO.



DAILY SCHEDULE

During the week your days at iSpiice will for the most parts, follow this schedule

- 📌 7:30am -Wake up and enjoy a chai.
- 📌 7:45am - Yoga class (60 minutes)
- 📌 9:00am - Breakfast and work preparation.
- 📌 10:30am - Program 1 (2 hours).
- 📌 12:45pm - Break for lunch and work preparation.
- 📌 2:00pm - Program 2 (2 hours).
- 📌 4:30pm - Afternoon chai and work preparation.
- 📌 7:00pm - Dinner.
- 📌 7:30pm - Relax, go shopping, prepare for tomorrow's Programs.

iSpiice volunteers will have weekends free and time available to participate in Add On Tours.



LOCATION

DHARAMSALA -

iSpice Volunteer House and Programs are situated in the villages of Dharamsala, Himachal Pradesh (North India). Dharamsala is a region in the Kangra Valley district sitting at 1500m above sea level. Famous for its lush green vegetation, it's sheltered by the magnificent snow capped Dhauladhar range in the Himalayas. The location is peaceful, beautiful and spiritual – also home to the Dalai Lama.

Our village of Sidhwari is close to Dharamsala town and McLeod Ganj town. Both areas are buzzy with international and Indian tourists - great for shopping, taking yoga classes and eating out.

Many of the villages we work with are farming communities - hazy and sun drenched, complete with dusty roads, narrow lanes and surrounded by rice and wheat fields maintained by traditional farming methods.

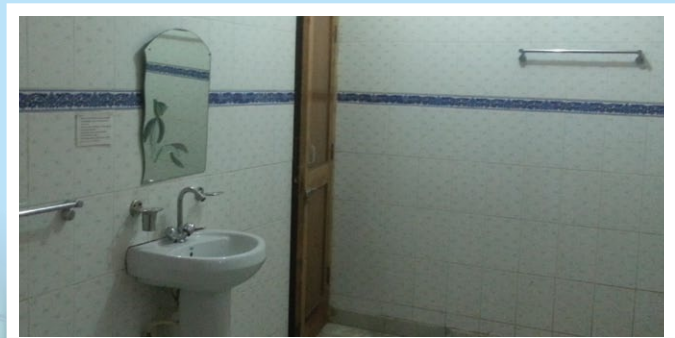
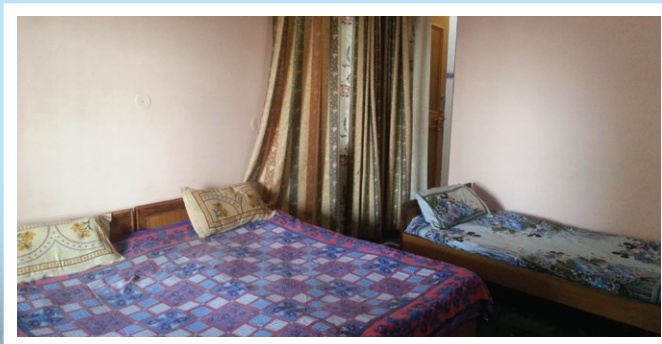


ACCOMODATION

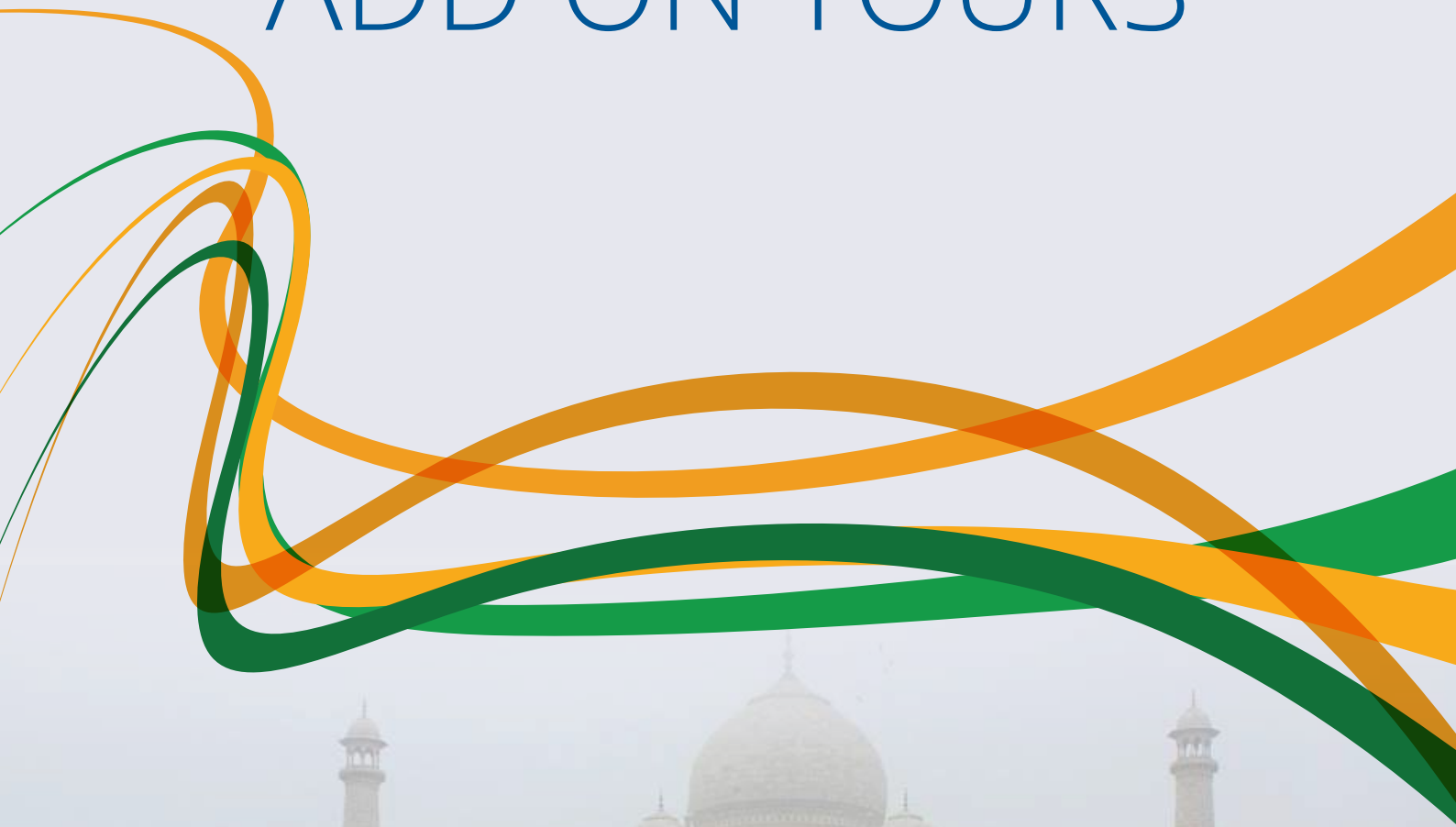
ISPIICE VOLUNTEER HOUSE -

Volunteers stay at the iSpice Volunteer House with the iSpice staff. Accommodation is clean and comfortable with western style toilets, hot running water and access to the internet. We have separate male and female bedrooms and bathrooms.

Like most Indian families we do not have a washing machine – during your stay you will soon become accustomed to washing your clothes by hand and drying in the sun and you will experience power cuts, which are common throughout the area. During free time volunteers chill out in the large recreational area of the house - listen to music, watch films, relax and make lesson plans together.



ADD ON TOURS



TAJ MAHAL

The Taj Mahal Tour is offered on the final weekend of volunteers' Placement, finishing in Delhi and including hotel in Delhi with drop off at Delhi Airport. Volunteers wake in the energetic city of Agra, early in the morning to see the Taj Mahal and the amazing Red Fort of Agra (a UNESCO World Heritage site).

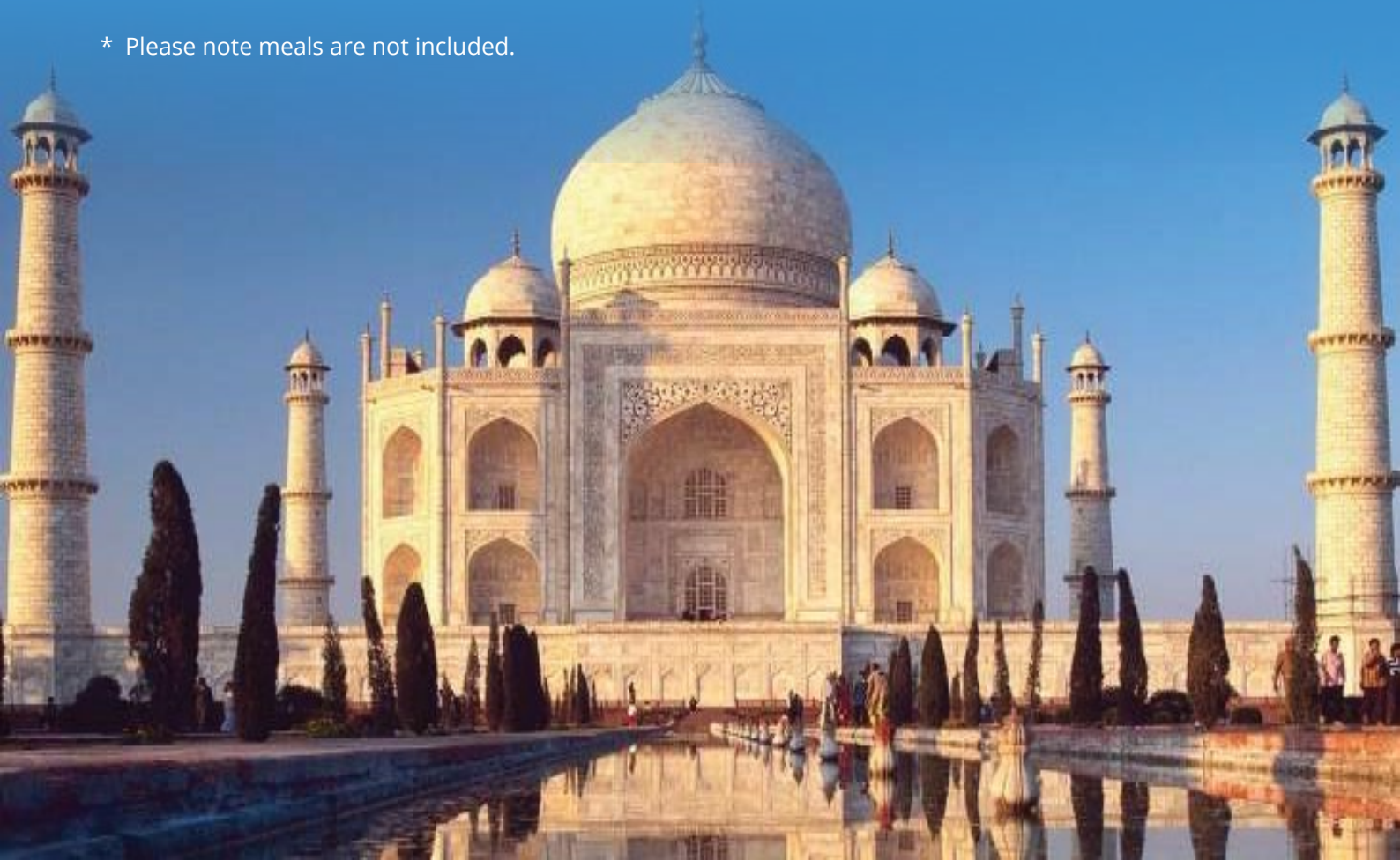
Considered the Eighth Wonder of the World – the Taj Mahal was built by the Mughal emperor Shah Jahan (in the 1600's) in memory of his beloved wife, Mumtaz. The romanticism that lies within the blueprint of the Taj has led it to be known worldwide as a prominent symbol of love. Beautiful and awe-inspiring, this is the perfect way to complete the iSpiice volunteer experience.

Volunteers can spend the afternoon relaxing at the hotel or shopping before taking a train to Delhi ready for their Sunday departure home. (Overnight hotel stay in Delhi is included if required)

COSTS AND INCLUSIONS

- Total Cost \$250.
- All transportation (from Dharamsala to Agra and Agra to Delhi)
- Taj Mahal and Red fort Monument entry fee + local guide.
- All transportation in Agra.
- Market Visit.
- Hotel accommodation in Agra and Delhi.
- Drop off to Delhi Airport for your Sunday departure home.
- An iSpiice staff member will be with you along the way.

* Please note meals are not included.



HIMALAYAN TREK

The Himalayan Mountain Trek starts from McLeod Ganj (about 30 minutes by car from iSpice Volunteer House). Volunteers trek for 9km (about 6 miles) to 2,875 metres above sea level for fantastic views of the snow peaks and dramatic landscape - (almost) at eye level with near by mountains. Along the way up volunteers see how the Tibetan locals live, how food is transported up the mountain by donkeys and stop for food or snacks at the mountain huts.

Once at the top volunteers are usually busy taking photos of the magnificent views, keeping warm by the fire and enjoying dinner before retiring to the guest house or tent. Morning sunrise over chai is a delight, then the descent begins. There's free time to shop and eat in the Tibetan hippie area of McLeod Ganj when the trek is complete.

COSTS AND INCLUSIONS

- Total Cost \$100
- Transfer from Volunteer House to McLeod Ganj
- All meals during your trek
- Sleeping bag
- 1 night accommodation in a tent or guest house
- Local Trekking Guide
- Transfer from McLeod Ganj back to iSpice Volunteer House
- An iSpice staff member will be with you along the way.



THE GOLDEN TEMPLE

Volunteers travel to the state of Punjab and the holy city of Amritsar. Amritsar is busy and alive – an exciting experience after the peaceful villages of Dharamsala! Amritsar is home to the most important holy site in the Sikh religion, the Golden Temple - which attracts thousands of visitors every day. Even with these large visitor numbers the Golden Temple has an extremely calming effect. The serene atmosphere is aided by the pool of nectar water surrounding the temple as well the soothing sounds of gentle live holy songs being played through the day and night.

Experience the exciting and patriotic Wagha Border Ceremony. The Indian and Pakistani border guards come together daily to show their gallantry and put on a spectacular show with marches and reenactments of battles gone before.

COSTS AND INCLUSIONS

- Total Cost \$175
- Private car transfer from Dharamsala to Amritsar, around Amritsar and back to Dharamsala.
- 1 night hotel accommodation in Amritsar.
- Wagha Border Ceremony.
- Jaliawala Bagh (garden) visit.
- Golden Temple visit.
- All transport in Amritsar.
- An iSpice staff member will be with you along the way.



ADVENTURE MANALI

The landscape here is breath taking – with super views of the well defined snow capped mountains, Rohtang La Mountain, the fast flowing and clear Rives Beas, fruit orchards and pine tree forests. The area attracts all walks of life including hippie backpackers, adventure tourists and Indian honeymooners – the mixture of people adds to the fun of the area.

In Manali volunteers visit a number of temples, experience a Mountain Bike Journey down the beautiful Rohtang La Mountain and White Water Rafting on the River Beas in Kullu (nearby Manali). Volunteers will have time to shop in the Indian Bazaars, eat street food and enjoy the great restaurants and bars of Manali.

COSTS AND INCLUSIONS

- Total Cost \$275
 - Private car transfers from Dharamsala to Manali, around Manali and return to Dharamsala.
 - 2 nights accommodation in a Mountain Cottage.
 - Market visit in Old Manali.
 - Hadimba Temple, Vashisth Temple and Manu Temple.
 - Hot Springs visit.
 - Mountain Bike Riding down Rohtang Mountain approx 14 kms.
 - White Water Rafting along River Beas.
- An iSpice staff member will be with you along the way.

* Please note meals are not included.



Jaipur & Taj Mahal Add-on Tour

iSpiice offers an add-on tour to the Pink City of Jaipur at the end of the volunteering programs utilizing your weekend with the organization.

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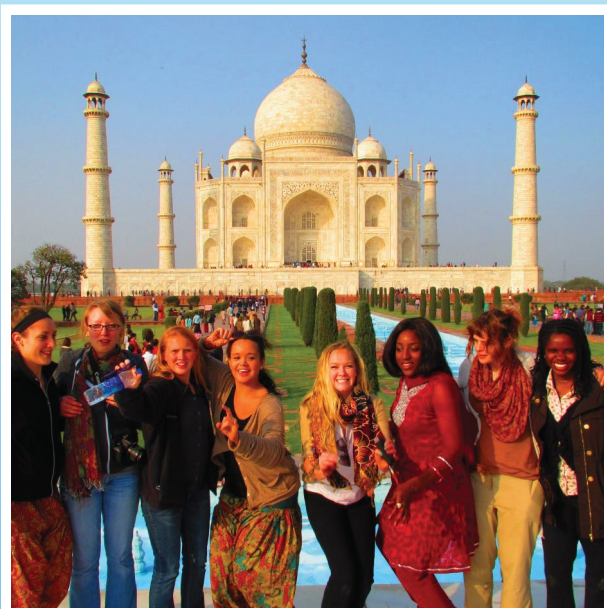
Jaipur - Visit to Amber Fort, City Palace & Museum, Observatory (Jantar Mantar), Photo shoot at Hawa Mahal (Front View) and Jal Mahal (Front View)

Agra - Visit to Taj Mahal, the masterpiece of Mughal Emperor and visit to Agra Fort, the majestic fort standing on the banks of Yamuna. River built in 1565 by Emperor Akbar

Itinerary (Wednesday, Thursday, Friday & Saturday)

- **Wednesday** - Departure from Dharamsala by train/bus in the evening.
- **Thursday** - Reaching Agra on Thursday morning followed by a visit to Taj Mahal and Agra Fort. After that, overnight stay at a hotel in Agra.
- **Friday** - Travelling to Jaipur by train (4-hour journey approx). Then, visit to Amber Fort, City Palace & Museum, Observatory (Jantar Mantar), Photo shoot at Hawa Mahal (Front View) and Jal Mahal (Front View). After that, overnight stay at a hotel in Jaipur.
- **Saturday** - Travelling to Delhi by train in late afternoon (4-hour journey approx) and arrival in the evening. 1-night hotel accommodation in Delhi and then, drop off to Delhi airport.

Tour Cost: \$600 USD







CONTACT US

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