

What travel arrangements should I make? Contact Hashmat at Pamir Travels in Fremont, CA for quotes on a ticket, hashmat@pamirtravels.com. Current prices for departure from California are around \$1,800 for a round-trip ticket to Kabul and back. Flights are from most major cities directly to Europe, then a connecting flight to Dubai, and a third flight from Dubai to Kabul. Baggage from Dubai to Kabul is limited to 35 kg. including carry-on. Take only essential personal items and comfortable clothes. During summer, temperatures can be over 100 degrees, with hot nights as well. During winter, freezing temperatures can be expected. Sometimes, the city can be quite windy. Most residents carry scarves to cover their faces during such dusty times. Plan to dress in layers during cool times, and bring a warm coat. Take some comfortable activity shoes. Bedding will be provided. We will have some kind of laundry service, but still you should bring plenty of socks and undergarments. A good towel and some soap should be in your bag, as well as personal hygiene products, enough to last during your entire stay. Be sure to include any personal medication you might need. Recommended are doxycycline capsules, xxx mg. size, and it might be prudent to bring some ciproflaxin xxx mg. size as well, in case of some bad bug attack. Vaccinations recommended by physicians familiar with conditions there are: (find about recommended vaccinations from the local expert on international travel). Upon arrival in Kabul, each volunteer will need to claim their baggage and go through customs, then exit the airport and take a taxi to the center. The address is 1365B Sarak-e-Awal, in the Kart-e-Char sector of town, on the opposite side of Kabul from the airport. The cost of this ride should not exceed \$4, but cab drivers often ask more from westerners, so you may need to barter or ask other drivers. The average wage paid for a full day's work for a laborer there is \$3. The local currency is the Afghani, which is 1/40th of a dollar. Dollars are commonly accepted as currency there. Take small bills. Money changers are throughout the city, and will take a small portion as commission.