



Volunteer Information

Volunteers needed for Kabul, Afghanistan

How long do you need the Volunteers for?-Volunteers can come for a week or longer, anytime throughout the year.

Weather Spring/Summer/Fall/Winter-The weather and altitude is similar to Denver but drier. Winter freezes and snows, and the fall is crisp.

Clothing/ other articles to take along-Dress in layers, and bring a warm coat or jacket. Bring plenty of changes of socks and underwear; laundry is available at the guesthouse.

Work arrangements-We need people of all skills, because we have a lot of different things to do, to improve the site and add structures, grow vegetables in our garden, keep everything in good shape by painting and renovating. Of course, we always have our students to teach and to see the patients that come to the clinic. We always are looking for people with laboratory technician experience. There is always plenty to do. Try your hand in the kitchen, even.

Living arrangements-We have a large two-story house for guests, with heat, shared rooms, two meals a day, and two bathrooms with hot running water, as well as a kitchen with stove and refrigerator. Guests who are volunteering each day will be welcome to stay, and will be expected to pay \$15 a day for expenses associated with their support. We will have beds after October, and cots before that.

Security-Security will be provided on the site 24 hours a day. A vehicle hopefully will be available for airport runs and errands. The site is secure, with lockable gates. Because the clinic is at the guest-house location, there is no need to leave the security of the site. While there is relatively no danger in this area, volunteers must sign the Volunteer Release and Disclaimer attached, in order to be accepted into the program.

Food-Two meals a day will be put out for volunteers by Afghan cooks. Dishes will be simple, with rice, beans, garbanzos and lentils being commonly prepared in appealing dishes. Some meat will be available. Vegetables will be well-cooked. Water from our deep well is fine to drink. Cereals and convenience foods can be purchased in local markets, but are somewhat expensive. We discourage eating at local restaurants, where we have no knowledge of sanitary conditions.

Duties-We have many jobs to do, so let us know what you would like to do. We will try to pair you up with a job that you will enjoy. Tasks will be assigned according to the abilities and desires of the volunteer. All are welcome to help, regardless of skills.



Airfare Price-Airfare from LAX to Kabul by way of Atlanta, Dubai, and Kabul is around \$1500-\$2000 depending on time of the year. Other rate quotes can be obtained from hashmat@pamirtravels.com. Emirates flies directly to Dubai, but it is a long flight, 17 hours.

We typically have people volunteering at the project arrange to travel together. This usually means that arrangements are made to meet at a certain airport which is in common to all travelers.

Travel is usually to Dubai, and then on to Kabul. Travelers either arrive in Kabul at Terminal 1 or 3, which are on the same side of the airport. Departures to Kabul are in Terminal 2, which is on the opposite side of the airport. Transfer from Terminals 1 and 3 to Terminal 2 is easiest by taxi, costing about \$10.

Travelers may wish to stay a short time in a hotel in Dubai, take a shower and nap, and then depart for their Terminal 2 final leg to Kabul. Bags will need to be re-inspected and re-checked in Dubai at Terminal 2, so be sure to pick up your checked luggage before departing from the terminal of arrival. Recommended hotels are the Dreamland and Zain Hotels, which are adjacent to each other. Tell the cab driver that you ONLY want to go to one of these hotels, as the drivers frequently get a commission to take you to another, more expensive hotel. If the driver does not know the location of either of these hotels, he is trying to cheat you and get another taxi. Tell the people at the hotel that you would like the cheapest room, and please do not put you over the discotheque.

Baggage limits are lower from Dubai to Kabul, and you may have to pay a small amount for overweight bags. Tell the Manager of the airline ticket vendors in the Terminal 2 that you are going to Kabul to train orphans etc., and they will probably give you an allowance for overweight bags.

Be certain to tell us when you plan to travel, as we will try to have someone meet you in Kabul. The meeting point is on the way to the taxi area. Take a sign that says "ADRP" and hold it in your hand as you leave the airport walking to the taxi area. Our representative will identify himself and speak English to you, directing you to the car which will carry you to the project. Just in case, our address is in Karte Char, 1365B Sarak-e-Awal Street, one block from the Girls High School.

Rooms are shared semi-private, with comfortable beds. Please take some mosquito repellent; the 'deet' type is the most effective. There is a nice shower and laundry facilities, as well as a computer and internet; a telephone is also provided which can be used by purchasing time cards. Local markets can provide some convenience foods, but you might want to take some of your favorite munchies with you.



Dress modestly, covering your hair and forearms. No shorts or tank tops. We have a garden, which can provide fresh vegetables in season. The seasons are extreme, with very hot summers and very cold winters.

Thank you for volunteering. We hope you have a pleasant and rewarding experience!