

India Goa Volunteer

Work with people of all ages and backgrounds as you travel and explore this region of cultural resonance – learn yoga, stroll along white beaches, and meet and chat with the locals.

A land of sensory overload, cultural extremes, and extraordinary beauty and mystery, India has become one of the most desirable destinations to travel and volunteer. Its sheer size, and dynamic, complex population combine with fascinating wildlife and a mystical and pervasive heritage filled with tales of ancient gods, kings and queens, to make it a place that will transform your perspectives and realign your priorities.

Experience Goa, the popular travellers' destination renowned for its luscious landscapes, dense palm groves, whitewashed churches and sandy beaches. Here you will find an intriguing blend of East and West as 450 years of Portuguese rule is still evident in a mix of religion, cuisine and architecture, with baroque churches and grand mansions that dot the landscape. In your time off spend your days relaxing on the beaches or, if you have the energy, you can rent a bike and explore your surroundings, or simply read a book and relax your days away, bathing in the unique atmosphere of India.

PROJECT HIGHLIGHTS

- Experience Goa's bewitching landscapes
- Delve into the enrapturing culture of India
- Return with a multitude of lifelong memories

FAST FACTS

Location	Goa, India
Activities	Trip to Old Goa Cooking lessons Yoga Teaching Games Workshops Sports Construction & renovation work Singing & dancing Decoration Maintenance work Gardening
Transport	Airport pick-up Public transport to project site - bus, taxi or even rickshaw!
Accommodation	Shared volunteer house

WHAT WILL I BE DOING?

Introduction week

Your first week is designed to give you an opportunity to explore the history and culture of India through a dedicated orientation week. Taking in local sites of special interest, cooking lessons, and possibly your first taste of yoga and meditation, you will learn practices that are central to Indian philosophy and way of life. Following this wonderful opportunity to fully immerse yourself in your new surroundings, you will receive your briefings for the volunteer work to begin.

Volunteer work

Your work programme and schedule will vary depending on the time of your visit and any personal interest or experience, but with a little flexibility and enthusiasm you are sure to have a wonderful experience. All volunteers are encouraged to leave their own personal mark on the project work, and the range of activities available to you includes:

Teaching

Experience the heartbeat of the future generation of Goa, as you bring your own teaching style to the classroom. Make a difference to the lives of the children who will hang on your every word, and make friends for life with the teachers and students alike.

Orphanage work

Whilst not an orphanage in the Western sense of the word, you will find the children for whom the orphanage is a home to be from an underprivileged background and yearning for support and stability. Involve yourself in teaching, games, workshops, and construction and renovation work, and indeed anything else in which you have experience. Bring care and affection to the lives of poor outcasts.

Kindergarten work

With patience and creativity you will soon find bonds of trust developing between yourself and the youngest children of Goa. Limited only by your imagination your time with the kids could be spent giving general care and affection or you may be involved in activities like drawing and colouring arts and crafts, teaching, games and sports, reading, teaching basic English and singing and dancing.

Womens Shelter

Our volunteers help out at a shelter that has been set up specifically to support women and young girls coming from broken homes. This safe and caring environment gives these women an incredible opportunity to rebuild their confidence, further their education and regain their independence so that they are able to secure jobs or return to their family.

Elderly care work

Contribute to the everyday running of a local care home for the elderly with infrastructural maintenance and improvement work, decoration and gardening work, and learn about the India of the past from the residents who will be eager to learn about your life and home.

WHAT HAPPENS WHEN I ARRIVE?

You will be greeted upon arrival at Goa Airport by a representative from Frontier-India and escorted by bus, taxi or even rickshaw, on the short journey to the centre where you will be based for the duration of your stay. Please aim to arrive on the Sunday in time for the project start on the Monday.

WHERE WILL I BE STAYING?

You will find all of your accommodation to be basic, but of course clean and comfortable. The rooms will be single sex and shared, and participants are expected to be environmentally responsible and use precious resources with restraint, and to help by keeping the living areas clean and tidy. The doors and windows are not mosquito proofed, so don't forget your mosquito net!

WHAT WILL I BE EATING?

All three meals during the day will generally be taken together and will be typical of the region. Breakfast will vary from rice to Indian breads, and lunch and dinner will include a range of Indian dishes, characterised by rice, vegetables and sauces. You should be prepared for some of the food to be spicy, it being India after all, but you will find that there are tastes to suit all palates.

COSTS

2 weeks	€ 895
Extra week	€ 395

DEPARTURE DATES

This project begins on the first and third Monday of every month, you will need to arrive on the Sunday ready to begin your project.

DURATION

From 2 weeks

This project is available throughout the Christmas period

WHAT'S INCLUDED

Before you go

- Comprehensive pre-departure support
- Travel & medical advice & documentation

- Equipment advice
- Free Frontier t-shirt

In-country

- Food
- Accommodation
- Airport pick-up
- Ground transfers & in-transit accommodation
- Local orientation
- Project training
- In-country emergency support
- 4-hour international HQ back-up

AIRPORT INFORMATION

Nearest airport(s): Goa (GOI)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.