

SJ vietnam's workcamp - Information sheet

Project	Welfare Center in Hai Duong
Code	SJV1003,1005, 1009 , 1022, 1026
Duration	2 weeks
Participation fee	150 EURO
Project location	Hai Duong
Organization	SJ Vietnam Suite 306, Building C6, Block 1, My Dinh 1, Hanoi Tel.: +84.4.62872829 – Fax: +84.4.32154993 info@sjvietnam.org - www.sjvietnam.org
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1. Presentation of SJ Vietnam

Solidarités Jeunes Vietnam (SJ Vietnam) is an **international youth NGO** (Non-Governmental Organization) that promotes peace, solidarity and active citizenship through **international voluntary service**. It was **set up in 2004** by and for national and international volunteers. SJ Vietnam is an official member of [NDVA](#), a full and active member of the Coordination Committee for the International Voluntary Service ([CCVIS](#)) at UNESCO (Paris) and partner of **Alliance Network**.

SJ Vietnam organizes **short-term and long-term international workcamps** and local projects, actions of social integration, training activities, international solidarity actions, and runs the first **youth center for street young disabled in Hanoi** called “International Youth House” since 2006. All volunteers, both Vietnamese and international, are warmly welcomed to join and participate in the projects provided by SJ Vietnam.

The **goals of SJ Vietnam** are:

- Work towards a society of justice, peace and solidarity.
- Break cultural misunderstanding between peoples and nations.
- Improve local and global environment, provide non-formal education, reduce poverty and establish human rights.
- Encourage young people to participate actively in the society in which they live.

The SJ Vietnam slogan reads: **“Volunteer for sharing, learning and being responsible”**.

Furthermore, each year, our Vietnamese volunteers are sent abroad to participate in volunteering projects organized by partner organizations all over the world.

Usually, SJ Vietnam is succeeding in all the activities thanks to about 3 500 vietnamese and 500 international volunteers per year. SJ Vietnam is supported by the French student organization “[Un Etai pour le Vietnam](#)” in Toulouse, “[Coup de pouce](#)” (France -Vietnam) and the [World Bank in Vietnam](#).

2. Presentation of the workcamp

2.1. Background

Hai Duong welfare center was established in March 1982. With about **1000 disabled and disadvantaged children** coming from many parts of Hai Duong province, it's the biggest center of this type in the north of Vietnam. The center aims to **provide compulsory education and vocational training to create employment opportunities for the teenagers** with many different age groups. The center has a wide variety of courses for children ranging from infants to 18 years old. For example, the **nurses** will take care of the orphans, while children between the ages of 6 to 12 will be provided with educational courses, and the older children are able to attend vocational training courses at the center. Furthermore, the center will help to look for job opportunities for the children when they finish their courses.

In the welfare center, the **children are handicapped** in many different ways. Some are **deaf mute**, some are **mentally disabled**, some are **physically disabled**, and some are both. Some of them can make many activities and some of them are heavily handicapped. So all the activities you plan have to be adapted to the children. They all have different skills and difficulties. Try to be imaginative and flexible. With one more or one less rule in a game you can make it more accessible to all of them. **The children can have unexpected behaviours. Be ready to deal with it.** There will be a Vietnamese teacher to help you in the activities.



The volunteers are building a stage



While taking care of the orphans

2.2. Aims

By organizing the workcamps in the welfare center, SJ Vietnam try to reach the followings objectives :

- **provide basics skills in english to the teenagers**, that the center can hardly provide by itself
- **Create intersting and meanningfull activites and exchanges for the children**, to **animate their daily life** in the center and to give the chance to **open their minds to the outside world**
- Improve the quality of the center (buildings, supplies,), in order to **make of it a better living place** for the children
- More generally, **support the staff of the welfare center in all the activites that they organize** to reach the purposes of **social and working intergration of the children** which are fixed to the center.

2.3. Tasks

In general the volunteers have to :

- **Teach english** to the children, and especially the teenagers.
- **Manage activities** to make the children **fit** in the same time in their mind and their bodies : **games, sport, drawings, ...** The volunteers will have to choose, prepare and also do these activities by themselves
- **Take care of the orphans**, play with them and feed them.
- For certain **special workcamps**, they will have specific tasks, as for example to prepare musical or **dancing** performances for **a party in the center, painting the walls** to make the classrooms more beautiful,...

Please note that SJ Vietnam keep the possibility to change the workcamp's program – only concerning certain tasks - in order to suite it to the **needs** of the welfare center.



A vocational training



A volunteer and a disabled child

2.4. Requirements

The volunteers have to :

- Be **over 18 years** old
- Accept to **work with people having heavy social difficulties**
- **Have the abilities to work in english and also to teach it**
- Be **aware of intercultural differences**.
- Be **flexible**, full of **enthusiasm, creative, patient**
- Accept to **live in basic conditions**

2.5. Leisure and exchange activities

As you know, a workcamp is not only a mean to help poor people but also an opportunity to **discover others cultures and countries**, to **understand the local people**, to share your experiences, to meet new people and so on, **during the free time**, at the lunch break time, the evening or else. You and the other volunteers can arrange many different activities to show about your life, country, experiences etc with pics, games.

Already, SJ vietnam usually organize such activities :

- **Welcoming party** : to take the time to exchange with all the others volunteers and create a great team spirit, to start the workcamp on the right way
- **Vietnamese night**: Local volunteers will arrange one night to introduce about Vietnamese food or people, music etc to you.
- **International evening** : so all volunteers in your workcamp will prepare some special things so that they bring from their countries to talk about their city, culture, ...;

2.6. Schedule

On your first day an introduction will be given to you by a member of the staff and the workcamp leader. Generally, you will **work from Monday to Friday, 6 hours a day**, from 8 to 11 am. And from 2 until 5 p.m. On Friday at 1 pm you will participate in an evaluation with your workcamp leader. Please notice that, as the center is closed during the evening, you'll have to **go back before 10 pm if you are going out.**

2.7. Workcamp location

The workcamp will take place at the welfare center of Hai Duong.

Address :No 93 duong Nguyen Luong Bang – Thanh pho Hai Duong

2.8. Application procedure

- The **foreigners candidates** have to **contact first a volunteering sending organization in their country** and to follow their own procedures (CV, application forms, ...). Afertwards, the sending organization will contact directly SJ Vietnam.s
- The **vietnamese candidates** have to **contact SJ Vietnam** :
+84.4.62.87.28.29 / info@sjvietnam.org / www.sjvietnam.org

3. Practical informations

3.1. Meeting point

- **Meeting time:**

At **9:00 am** on the **first day** of the workcamp. However, it's **better to arrive 1 or 2 days before the start**, to avoid the tiredness due to the plane trip and to the time difference.

- **Meeting point:**

At the **Workcamp accommodation**. Address: **No. 02 lane 173/7/16 An Duong Vuong Street , Tay Ho district , Ha Noi.**

- **How to get there:**

➔ If you come **from Noi Bai Airport**.

- **[TAXI]** SJ Vietnam can arrange taxi to pick you up, but please send us your confirmation slip with your flight schedule. The taxi driver will wait for you at the arrival gate of the airport with your name. It costs 15 \$.

Otherwise, you can also catch any **NOI BAI taxi** by yourself and show to the driver the address of the Youth House . It costs 15 /16 \$ /. Do not pay more.

- **[BUS]** You can use public bus number 17 from Noi Bai Airport and stop at Long Bien Market, afterwards you have to walk with the map below. It cost 5.000 VND (0.3 USD)

➔ However, we strongly **recommend to the international volunteers** to use **TAXI rather than BUS** because it's more convenient and not very expensive.

1. From the bus stop, cross the big boulevard and go down this off-ramp.



2. Turn right, and go straight. You are on An Duong Vuong Street.



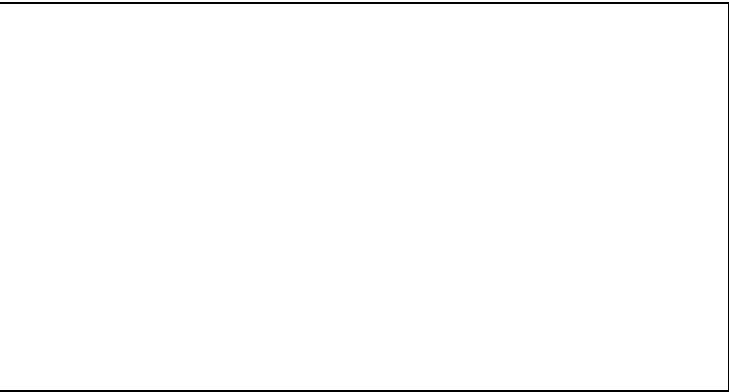
3. You go straight until you see the house in the picture below. Turn left.

4. Follow this street for 100m





5. Turn left at this sign and go straight



6. Until you see this temple. Walk 10m more then turn right



7. Go straight until you see this gate. Go through the gate.

8. This is the workcamp accommodation.



3.2. Participation fee

Concerning the international volunteers, the **participation fee** is **150 euros**, in order to pay the food, accommodation, administration of your workcamp, etc. SJ Vietnam is a young NGO with no external support or public grants. That's why we need your fees to organize and prepare the work camps, our local activities and to manage the organization.

Theses **fees** are not only **for your food, your accomodation and local transport (29%)**, but also for **all the projects of SJ Vietnam (41%** - School fees for the poor children, support to their families, training for work camp leaders, local projects, ...) and **to support SJ Vietnam**

organization (20% - Renting office , staff salary, electricity, phone, computer, furniture, etc). and 10% for contingency

Please read this part and think carefully before to apply.

3.3. Accomodation

The **welfare center will be your accommodation as well.** The dormitories and the bathroom for the volunteers lies on the **5th floor.** The **rooms are simply organized,** and you'll have to sleep either on dormitories bed or directly on mattress on the floor.

Because of the lack of place, you **will have to share the room with the others volunteers of your workcamp.** The volunteers will also **have to share a bathroom** with all the team. Please remember that not many vietnamese families have a bathrooms, especially in the rural areas.

There isn't any washing-machine available for the volunteers, but you can easily find a laundry in the city to wash your clothes if you want.

Please notice that that the material conditions are simple but clean however. And above all, it's still much better than those of most of the vietnamese people. **Don't compare our living conditions with any hotel.**

3.4. Food

You'll have the **possibility to get for free your breakfast, lunch and dinner at the canteen** of the welfare center. You can also have your meals outside, but you'll have to pay by yourself in this case.

Anyway, if you follow **a special diet, please inform us as soon as possible.**

3.5. VISA

You can download the application form to get the visa at

<http://vietnam.solidartitesjeunesses.org/visa>

A **valid passport** and a **visa are required** of all foreigners visiting Vietnam. With very few exceptions, there is **no "visa on arrival."** Visas are issued by Vietnamese embassies and consulates. Some overseas offices of Vietnam tourism are able to issue tourist visas. You should **apply for tourist visas** at least for the duration of your project in Vietnam. It will be **very difficult for you to extend your visas** and don't think it could be cheaper to extend your visas here, it also costs much money!

You don't need invitation letter from us, apply for tourist visa only.

Don't start to explain that you come here to be volunteers, to help the poor young disabled, etc.... Except if you want to spend 3 days of explanation at the embassy and not receive your visa for "national security reasons"

3.6. Insurance / health

The **volunteers need to have their own travel assurance and medical assurance.** Before you go to your work camp, you need to make sure you got adequate insurance coverage.

Usually, **there isn't any risk of malaria in the big cities in Vietnam.** Nevertheless it's **obviously impossible to say that there isn't any risk at all.** At least bring a **mosquito net** and **mosquito spray** with you, and speak with your doctor concerning the **malaria pills** before your departure.

Check if your **tetanus, diphteria, polio and hepatitis** vaccination are **up-dated.** Some doctors here, advice to do a preventive vaccine against fuzzi.

Diarrohea is a **frequent problem** during a travel. Even when in good conditions, it is not always possible to avoid it. Ask advices and the correct medications to your pharmacy.

3.7. Internet acces, phone, transport

You will find everywhere in the city **internet cafe** at cheap price (about 2000-9000 Vietnamese Dong/hour).

Your family can send emergency e-mail to: workcamp@sjvietnam.org or call at the office by dialing the +84 4 .62872829 . Working hours are from 9 am to 6 pm.

You **can buy very cheap sim card** for your mobile phone with only 70,000VND (\$4) and inform your family of your mobile phone number.

Local emergency numbers: **Ambulance: 115, Fire: 114, Police: 113**

Concerning the mean of transport, you can easily use the **city bus** or **motorbike taxi** for a very **cheap** price, in order to **move within the city**.

And as Hai Duong is a big city, there are **several bus to use to go until Ha Noi, Ha long bay or elsewhere**. It's **cheap as well**. For example, you'll have to pay 18 000 dhongs (0,6 euros) to go until Ha Noi.

3.8. Things you need to take

Please bring your own **sleeping bag** and **pillow** if you have place enough in your luggages !

Sleeper shoes for inside, a good back pack.

You should bring a **raincoat** and some **warm clothes for winter**.

Besides, a **hat**, some **solar cream**, some **protective measures against mosquito like mosquito net and spray** are needed.

Something about your country (posters, music, postcards, map, video, etc), and your family (to introduce you to the young disabled and the others volunteers) to introduce about your country, your organization, etc, **music instrument if you have one**, electric lamp, carnival clothes, special food from your country to taste it the first evening, some stories/jokes/CD music from your country, pocket money, personal pharmacy. If you have a **car or motorbike driving-license, please take it**.

Limit clothing that will attract attention such as short skirts or shorts, sleeveless or plunging necklines. These clothes may attract unwanted attention or offend the sensibilities of your co-participants or Vietnamese outside our accommodation

➔ **For further informantions about SJ Vietnam please read the handbook**