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Volunteering is
a work of heart



Voluntary Service in Myanmar

2020

January to June

Programs

*To work for
the
betterment of
people in
need*



Republic of the Union of MYANMAR

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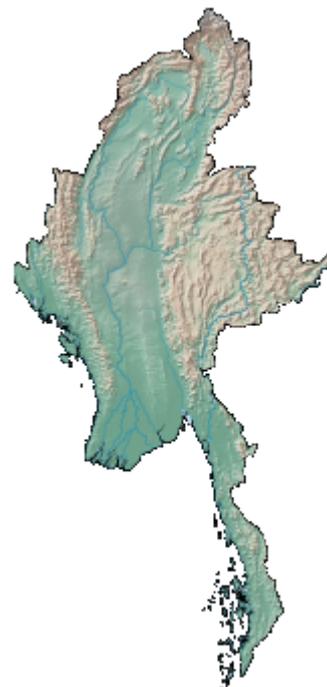
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INTERNATIONAL VOLUNTEER WORKCAMP (2020 Plan)

Background of the voluntary service program

COM started familiar with the global international voluntary exchange in 2008 in Vietnam and in 2012 participated the NVDA GA meeting in India. The first international volunteer workcamp was organized in October 2012 in Sobawte Village in Kayah state, Myanmar. There are volunteer coming from over 20 countries including Myanmar, Asia, US and Europe for short term and long term workcamps. We recruited 510 volunteers until December 2018.



Objectives

- To strengthen International voluntary service in Myanmar
- To promote social Awareness of youth and adult and empower them in various sectors for peaceful development society
- To learn intercultural exchange & support local community with voluntary service in the field of work
- To develop friendship, sharing skills and understanding

Eligibility Criteria for volunteers

- Have a volunteer spirit
- Demonstrate proficiency in spoken and communicable English
- Be above 16 years of age and high school graduate
- Open minded and respect to local and other religious and culture
- Demonstrate the motivation and capacity to successfully complete the workcamp to the end
- Participation fees is required
- Be responsible for voluntary service and community work

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Workcamp in Myanmar 2020 plan Jan- Jun 2020

No	Code	Name of Workcamp	Location	Target Volunteer	Date	Type	Int. Vols	local Vols	Total Free place vols
							Free Place	Free Place	
1	COM/1 - 20	Community Support Workcamp	See Kya Inn CBT, Danu Ethnic Group, Pindaya	Both Local & Int	March 16 - March 29	Organic tea farm ,Social & Culture exchange	10	5	10
2	COM/2 - 20	Community Spirit Centre	Le Pyin Taung , Inlay Lake, Shan State	Both Local & Int	March 28- April 10	Agriculture & Social	10	5	10
3	COM/3 - 20	Thingyan Water Festival Special Camp	Inle, Southern Shan State	Both Local & Int	April 12 - April 25	Social & Culture	10	5	10
4	COM/ 4 -20	Green week camp	Le Pyin Taung , Inlay Lake, Shan State	Both Local & Int	May 2 – 15	Agriculture & Social	10	5	10
5	COM/5- 20	Edu-Agri workcamp	Pauk Taw Monastic Education school, Bee Lin Township, Mon state	Both Local & Int	May 17- 30	Soci/Agri/Youth/ Edu	5	5	10
6	COM/6-20	Raining Environment workcamp	Mine Li Charity Educaiton Center, Danu ethnic group, Pindaya	Both Local & Int	June 2 - 15	Youth & Environment	10	10	10

need

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(1) Community Support Workcamp (See Kya Inn CBT, Danu Ethnic Group, Pindaya) Organic tea farm, community development work COM/1-2020

COM and Danu CBT group have organized 3 International Volunteer workcamp with over 36 International volunteers. The project area is a safe and quite place and in the village. COM has strong networks with local partners and faith-based organizations. They will provide the accommodation and some arrangements for us.

Danu CBT is a Danu ethnic group community Based Organization started since 2016 and working for Danu nationality, social, culture and community development work. They had received technical input from GIZ Germany and since last year started open community Based Tourism Hotel in See Kya Inn Village. The members from Danu CBT involve in community development activities including transportation, Water supply and Education with community support from Pindaya Township.

See Kya Inn Village

At 6000 feet above sea level, there is a special place, which runs a community-based tourism project. Established in September 2018, See kya Inn CBT has accepted over 60 guests so far. After receiving 200 guests, they hope to employ local staff permanently. It was so inspiring to hear stories of how local people continuously tried to overcome the challenges of a remote yet beautiful village.

Everything in this place is good enough to develop tourism. However, promotion, in addition to a lack of water and electricity, are urgent challenges for them. If villagers can maintain this place, See Kya Inn CBT will bring many benefits about not only finance but also brain drain prevention, job affair promoting, and traditional cultural preservation.

When staying in See Kya Inn village to do volunteering and community services, you will enjoy

tasty traditional Danu food with the freshest and cleanest ingredients right outside house for 3 meals per day. Besides that, we will have the chance to go trekking and hiking to spectacular mountains with stunning sunset guided by the knowledgeable local leaders who were willing to explain carefully about this area. If tourists come here, they will receive the same treatment but from local tour guides. We not only will sightseeing but also will join in every process of tea making, from plowing the soil, icing up tea leaves, drying tea leaves, to soring final products(both dry and fermented ones). On the final night, we will join a culture night beside the bonfire. We will enjoy great performances from different cultures. With help from this CBT, Danu tradition can be continually preserved. All benefits from See Kya Inn CBT are used for the development of this community. They are determined to fulfill their ambitions which are not losing educated young people, promoting the job affairs with this region, and preserving traditional culture.



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(2) Community Spirit Centre Workcamp (Le Pyin Taung, Inlay Lake, Southern Shan State) Agriculture, Social (COM/2-2020)

The local leader is a training alumnus of COM women leadership and political Awareness Training and staff from COM. The local community never has experience of organizing international workcamp before meeting with COM. The local young people also need to improve their knowledge on globalization, English proficiency and cultural exchange. It is also need to educate agriculture and environmental awareness to the local community. The area is surrounded with farms and mountain. It is located nearby Inlay Lake and takes only 20 minutes away from the lake. The area is peaceful and calm area. MPT and Telenor mobile SIM card available in the village.



The volunteers participate in the village by helping to the local community in their field of work. They will also work in cleaning and cooking by themselves. The volunteers can share knowledge and information while working in the field and teaching activity will be included during the workcamp. There is planting paddy; chili, beans and vegetables, cleaning grass and other farms work are included. The farm work may change based on weather. Teaching for the children from grade 5 to 7 is also included.

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(3) Thingyan Water festival Special Camp (Inle, Southern Shan State) Social & Culture (COM/3-2020)

Thingyan is the Burmese New Year Festival that usually occurs in middle of April. It is Buddhist festival celebrated over a period of four to five days, culminating in the New Year. The water symbolizes the washing away of the previous year's bad luck and sins. On New Year's Day itself, all the water-throwing ends. This day is celebrated by releasing captive fish and birds as acts of merit, and special feasts are held for monks. Inle floating water festival 2019 is held for the first time ever with many activities aimed both at promoting the culture of the ethnic Intha who live around Shan State's popular Inle Lake and at boosting tourism. During the Thingyan festival, Inle Lake didn't have many things to do and did not have many places to celebrate Thingyan with a crowd. That's





why we want to make this a place where everyone can enjoy the Myanmar water festival, Thingyan. It will feature free food and traditional dance performances and sets by top local singers spread across 21 floating venues. We will place many trash bins at the festival and we also have a team to collect the trash from Inle Lake. We have started a campaign urging people not to throw any trash into the lake and to save Inle Lake. We are sure all the activities of the Inle travelers and volunteers. So, we want to invite everyone to come and celebrate this floating Thingyan with us.

(4) Green week Camp (Lepyintaung, Inlay Lake, Southern Shan State) Agriculture, Social (COM/4-2020)

The local leader is a training alumnus of COM women leadership and political Awareness Training and staff from COM. The local community never has experience of organizing international workcamp before meeting with COM. The local young people also need to improve their knowledge on globalization, English proficiency and cultural exchange. It is also need to educate agriculture and environmental awareness to the local community. The area is surrounded with farms and mountain. It is located nearby Inlay Lake and takes only 20 minutes away from the lake. The area is peaceful and calm area. MPT and Telenor mobile SIM card available in the village.

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(5) Soci-Agri Workcamp (SeeKyaInn village, Danu Land, Pindaya, Southern Shan State) Social, Agri, Youth (COM/5-2020)

COM and Danu CBT group have organized 3 International Volunteer workcamp with over 36 International volunteers. The project area is a safe and quite place and in the village. COM has strong networks with local partners and faith-based organizations. They will provide the accommodation and some arrangements for us.

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(6) Raining Environment workcamp (Mine Li Charity Education Center, Danu ethnic Group, Pindaya) Youth & Environment (COM/6-2020)

COM and Danu CBT group have organized 3 International Volunteer workcamp with over 36 International volunteers. The project area is a safe and quite place and in the village. COM has strong networks with local partners and faith-based organizations. They will provide the accommodation and some arrangements for us.

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Mine Li Monastery: Mine Li Monastery is the self-help monastic Education Centre started receiving students from 2018. As it is new, they have currently around 20 students who stay in monastery as home stay. They have electricity and water and there are about 300 households in the village. The majority of the ethnicity is Danu and they mainly work on agriculture for their living.

International Volunteer WORKCAMPS In Myanmar

- ✓ Normally we host 15 volunteers in each of our workcamps (10 International volunteers + 5 National Volunteers) but some projects are optional and open to less or more participants.
- ✓ The major language spoken in the workcamp is English among volunteers though the communities use only Myanmar language.

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General Information

Food: The host provided three meals a day and all the meal are rice, salad, fried fish and some local food. Tap water is not drinkable and purified water will be provided to the volunteers. The vegetables are fresh from nature and many appetizers but some local food may oily and salty. There will be meat only at the local market which happens once in every five days. We also prepare coffee and some local fruit sometimes. Volunteers have to cook for the groups in rotation with local freshly vegetables and stuffs. The grocery will be provided by the co-leader. The meal will only sometimes have meat like chicken and fish but mostly with local fresh variety of vegetables since to follow the local way. Volunteers can also bring recipe cook from their country. Sometimes the local villagers may provide their local snacks and food. You can also bring your food or things from your country to cook for food exchanged. In some project there are over 1000 people in the area but the monastery has their own volunteers and cooking team so volunteers do not need to cook for all.



Everyday life: the camp leader will organize team with all inclusive roles so that everybody can participate in the cleaning, tidying up, and preparation for meals activities. There will be daily evaluation meeting at every night and volunteers can share and suggest information for daily life.

Activities: All activities are designed by local needs but the schedule rotation will be discussed in the team with all the volunteers and the camp leader. Volunteers will live an experience in a group and things are planned within the group. Activities are mainly, teaching, helping in agriculture,

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construction and social work. Volunteers can choose from several activities and can creatively implement with team in the workcamp.

Leading team: Camp leader, co-leader and sometime organizer is usually with the team to manage logistics and communication with local people. Apart from them, all volunteers work together with team work.

Age Limit: 18 years old minimum –no maximum on most of our camps.

Meeting Point: Meeting point for all workcamps project will be in the same place in COM office:

Address: Charity-Oriented Myanmar, Young Spirit Center No, 65, Room 201, Aeikarthayar street, Thinganyun township, Yangon

Transportation for Each Workcamp: Volunteers will leave together with camp leader from Yangon to camp site. Transportation fees is not included in the participation fees.

Special Requirement; Teaching supply is based on your teaching plan. Toys, game and sharing global experience for the students. Depend on you if would like to teach to students. Please bring some knowledge and information about your country or global sharing for local people if possible

Attention: the schedule may be going to be changed because of the situation of village or nation admission. So, **please be ready that some details of working schedule may be changed.**

Accommodation

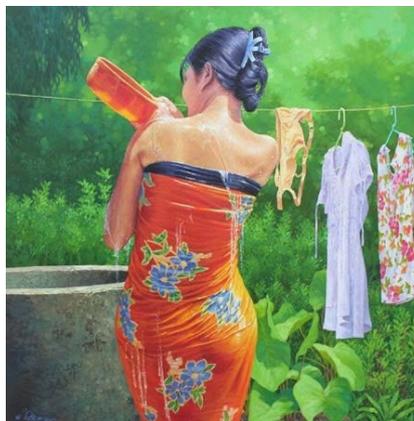
Accommodation: The host will arrange accommodation for volunteers. The sleeping area for girls and boys will be separated. In the project in monastery, the host will provide pillow, bed sheet and mosquitoes net enough for volunteers. Based on your preference, you may bring your own sleeping bed. Also in the local host house, they will provide basic sleeping materials.

* Volunteers should bring medicine especially for diarrhea, flu and fever and personal use.

* Volunteers may need to bring toilet paper since in Myanmar toilets, people use not paper, but water! But volunteers are also welcome to try a local way that can be more comfortable if they are getting used to it.

Shower / Bathing

There is bathroom but the volunteer can also experience shower together with student with local way as similar as in picture.



* Bathrooms are mostly opened and volunteers can experience local way of bathing with Myanmar Longgyi.

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- * The living conditions is very simple in every project site and there are no washing machines. So, volunteers need to wash clothes and dishes by themselves.
- * The area is not under malaria zone but it is depend on volunteer if they have concern for vaccination.

Finance

No	Volunteer Type	Period	Fees (Euro) or mmk
1	Developed Countries (US,EU, North Asia)	2 weeks	230 (400000 MMK)
2	Developing Countries (SEA Countries)	2 weeks	180 (300000 MMK)
3	Freelance Volunteer (No Sending Organization)	2 weeks	360 (600000 MMK)
4	All International Volunteer	Less than 1 week	180 (300000 MMK)
5	National Volunteers	2 weeks and less	40000 MMK
6	Long and medium term volunteers	Per month	400 (670000 MMK)

Workcamp cover fees to

- * Transportation cost only for administration purpose (5%)
- * Stay permit and travel permit of the vols. in Myanmar from local authority and government
- * Meal cost in the workcamp and in the village (buying grocery), (only in the workcamp) (30%)
- * Accommodation cost for electricity and water (10%)
- * Travel cost of the organizer and the leaders between Yangon and workcamp place (10%)
- * Tools and materials for the voluntary works
- * Future fund for International voluntary service in Myanmar (training, networking, salary of paid staff, etc.) (10%)
- * Communication and Internet in preparation phase with sending organizations and COM (10%)
- * Copying and printing travel documents (10%)
- * Water, basic medicine and advocacy (10%)
- * Staff salary for management team (5%)

Volunteers travel cost, meal cost before arriving to workcamp and free day costs are NOT included in the fees. The transportation cost can be changed based on the area and the season. Please, make sure to bring cash. Sometimes ATMs have error for withdrawal.

Insurance

Travel insurance has to be done by the volunteers. COM will provide only for first aid health service.

What to bring

- * **Working clothes** (long sleeved shirts & trouser, gloves, socks, sports shoes or boots, cap, flip-flop or slippers which better for wet and rainy season)
- * **Rain coat, flashlight, umbrella, towel, mosquitoes repellent, sandal, toilet paper, sun block lotion and medicine** you like to bring
- * **Souvenirs for the friends and local host!!**
- * **Charger** (you may be able to charge a battery while accessing electricity) In Myanmar, two pin is widely used. Caution: the electricity can access from 6:00 pm to 11:00 pm in some area) There are 220V Ac 50 Hz
- * **Clothes and snacks/food for culture night**
- * **Big smile and happy, friendly heart!**
- * Please also bring some equipment for kids such as toys, clothes and teaching materials if possible
- * Be prepare for giving attention from local people
- * **There is no washing machine in the field volunteers have to wash their clothes by hand**
- * **Bring medicine**, warm clothes, sleeping bag in some workcamps, mosquitoes net for some place (they can also buy in Myanmar that is cheaper) and personal use.

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Do's and don't

- 1) Vols. need to wash clothes and dishes by themselves
- 2) Vols. have to cook for the groups in rotation with local freshly vegetables and stuffs. The grocery will be provided by the co-leader. The meal will only sometimes have meat like chicken and fish but mostly with local fresh variety of vegetables since to follow the local way. Vols. can also bring recipe cook from their country. Sometimes the local villagers may provide their local snacks and food.
- 3) Myanmar is rich of culture and tradition so the volunteers should not wear short skirt, neither short pants nor sleeveless shirts (no spaghetti blouse and no short pants) for both ladies and gentlemen to respect to local culture.
- 4) Based on Myanmar culture, men and women sit separately in some village community event.
- 5) It is not reliable to access internet in most of the workcamp area so it's better for volunteers to inform their family before coming.
- 6) Smoking area will be limited in the workcamp.
- 7) Drinking alcohol or beer in the workcamp and during activity time is not allowed.

Visa Application

Volunteers need to apply for visa at least 3 to 4 weeks in advance. Check the Myanmar Embassy consultant in your country as soon as to find out the following details:

(a) Opening hours, (b) How much the visa will cost, (c) How long it will take to process the application, (d) If you have to apply personally, (e) which documents are needed (these documents must be valid)

Normally, the entry visa valid for 28 days and business visa valid for 70 days. But it is also important to request with the program dates in the invitation.

* COM will send the invitation letter to you that is necessary when you will apply for visa. Please notify us from mail if needed. Based on the embassies, the additional document such as organizational registration document may be needed for visa application.

* After receiving visa, **please send the scanned copy of visa and passport to (Thazin: comincoming@gmail.com) 2 weeks before the program is started as we need to deal with local authority.**

* Please **inform to Organizer (comincoming@gmail.com) and your sending organization** of your **flight info** (arr./ dep. time and dates and flight numbers at/ from Yangon and **travel plan** before/ after the workcamp). Please be aware that regulation and policy of Myanmar visa is timely changed by the government. And also for Myanmar's law, the host has to inform to the local authority for overnight local/ international guest in advance, **so please inform us as soon as your schedule will be fixed!**

Admission for the project

According to Myanmar law, foreigners can only visit permitted area so we highly encourage volunteers to stay only in the workcamp area and not to travel other area by themselves without team. Volunteers have to inform to the leader when going outside of the workcamp area. The requirement as follow has to submit at least one to two weeks ahead to the host organizations to report to regional authority and/or other required ministry/government sector to get permission. The profile of sending organization, hosting organization, Passport, Travel document, Personal information and scanned passport, photo, scanned visa.

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