

PROGRAM BOOK LMTV 2020



IIWC of PKBI - INDONESIA
Indonesia International Work Camp of
Perkumpulan Keluarga Berencana Indonesia

PKBI Jawa Tengah Building. 1st Floor. Room 105. Jalan Jembawan Raya
No. 8 Semarang Central Java 50145 Telp: (+62) 24-7603-503 ext. 104

Email : iiwc@pkbi.or.id | Website: www.iiwc-pkbi.org

Facebook: IIWC of PKBI | Twitter/ Instagram: @iiwc_indonesia

Project list of LMTV 2020

Contact Incoming Officer: Ulin (Ms)
 e-mail: pr.iiwc@pkbi.or.id | website: iiwc-pkbi.org
 skype: IIWC_Indonesia

TABLE of Content

Profile IIWC of PKBI	2
General Information	
• Cancellation	3
• Volunteering in Indonesia	3
• Currency	3
• Indonesian Daily Life	5
• Visa Matters	5
Our Program	
• LMTV Overview	6
• The Aims	6
• Working Days and Holidays	6
• General Requirements	7
• Financial Policy	7
Long and Middle Term Volunteering Project List	8
Project Description		
• Tegalrejo Red-District	9
• Mangkang Mangrove	10
• Gedongsongo Temple	11
• Pemalang Literacy	12
• Indonesia School of Nature	13
• Action for Teen Project	14

PROFILE

Indonesia International Work Camp of *Perkumpulan Keluarga Berencana Indonesia*–Eng: Indonesia Planned Parenthood Association (IIRC of PKBI) is the first international voluntary services organization in Indonesia founded since 1998. We existed and actively involved in promoting global issues which rise from local potential. We believe that every community has potential to be developed by their strength. The presence of volunteers in community will be a trigger to raising local potential and spreading the spirit of volunteerism.

Vision:

“Community Empowerment to Improve Quality of Life”

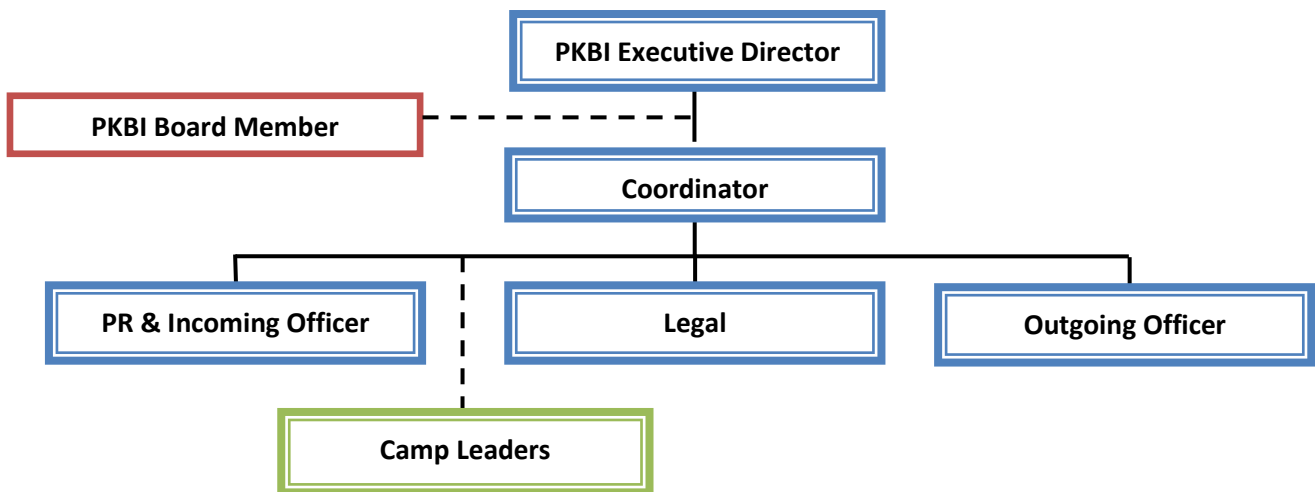
Missions:

1. Community empowerment by maximizing local potentials
2. Improving youth involvement as agent of changes toward society
3. Spreading volunteerism spirit

Values

1. Volunteerism
2. Pioneering
3. Independency
4. Professionalism

Structure



Contact

- | | | | |
|----|----------------------------|--|------------------------|
| 1. | Mr. Ryan Aditya | iirc@pkbi.or.id | (Coordinator) |
| 2. | Ms. St. Ulin Nikmah | pr.iirc@pkbi.or.id | (Incoming & Placement) |
| 3. | Ms. Ningsih | outgoing.iirc@pkbi.or.id | (Outgoing) |
| | | Admin.iirc@pkbi.or.id | (Legal) |

General Information

a. Cancellation

Please inform to IIWC Indonesia through pr.iiwc@pkbi.or.id at least 30 Days before your work camp start. Cancellation it is really harm full to our project. Because, most of projects fund come from international participation fee. It would be unfair if we keep your place blocked and therefore not giving a chance to other motivated volunteers who really eager to come to Indonesia.

b. Volunteering in Indonesia



Indonesia lies between latitudes 11°S and 6°N, and longitudes 95°E and 141°E. Due to this country located on equator line, Indonesia has a tropical climate with wet and dry seasons. Average annual rainfall in the lowlands varies from 1,780–3,175 millimeters (70–125 in), and up to 6,100 millimeters (240 in) in mountainous regions. Humidity is quite high, averaging about 80%. The average daily temperature range of Jakarta and another big city is **26–35 °C**, and **18–25°C** for the mountainous area.

The Republic of Indonesia is the largest archipelago in the world comprising 13,466 large and small tropical islands fringed with white sandy beaches, many still uninhabited and a number even still unnamed. Indonesia has a total population of more than 215 million people from more than 200 ethnic groups. Culturally, Indonesia fascinates with its rich diversity of ancient temples, music, ranging from the traditional to modern pop, dances, rituals and ways of life, changing from island to island, from region to region. Yet everywhere, volunteer feels welcomed with that warm, gracious innate friendliness of the Indonesian people that is not easily forgotten.

c. Currency

The rupiah (Rp) is the official currency of Indonesia. Issued and controlled by the Bank of Indonesia, the ISO 4217 currency code for the Indonesian rupiah is IDR.

Image		Value	In Euro (July 2019)
		100 IDR	0.006
		200 IDR	0.01

		500 IDR	0.03
		1,000 IDR	0.06
		1,000 IDR	0.06
		2,000 IDR	0.13
		5,000 IDR	0.33
		10,000 IDR	0.64
		20,000 IDR	1.3

		50,000 IDR	3.2
		100,000 IDR	6.4

d. Indonesian Daily Life

Electricity

The standard voltage used in Indonesia is 230 V and the frequency is 50 Hz. You can use your electric appliances in Indonesia, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa). The power plugs and sockets used are type C and F. Check out the following pictures.

Electricity Plug F in Indonesia



Universal Plug F



e. Visa Matters

Recommended Visa for MTV Incoming Program (Duration Stay: 30-60 Days)

TYPES	DURATION	REMARKS
Visa On Arrival (Link: http://goo.gl/8LNC3z) For more than 80 Countries	30 Days	Cost US\$ 25 - US\$ 35 (Depend on Entry Airport) Extendable 30 days

To stay up to 30 days, you may use recommended visa bellow. For those who want to stay up to 60 days, you should buy Visa on Arrival, with one extend required in Indonesia.

Recommended Visa for LMTV Incoming Program (Duration Stay: 30 Days – 1 Year)

TYPES	DURATION	REMARKS
211 Visa (Link: http://goo.gl/8LNC3z) You should Apply through Indonesian Embassy/Consulate in your country	60 Days	Cost US\$ 55 Extendable 4 times

To stay more than 30 days, you can apply for VISA Index 211 valid up to 60 days and extendable in any of Immigration offices in Indonesia. 211 Visa is not working visa, for tourism, family, social and cultural visit. Long And Middle Term volunteers are supposed to apply for this visa. For those who will stay up to 1 year, volunteer should renew their VISA once through Indonesian Embassy in country outside Indonesia (IIWC of PKBI team will recommend you some countries you able to apply during your stay).

ATTENTION!

- ✓ **FOR YOUR VISA RENEWAL, IIWC WILL PROVIDE THE VOLUNTEERS WITH THE INVITATION LETTER FOR VISA**
- ✓ **VOLUNTEERS ARRIVED SHOULD BE REPORTED TO THE AUTHORIZES WITH PKBI DIRECTOR'S AS GUARANTOR**

Our Program

a. Long & Middle Term Volunteering Overview

Long and Middle Term Volunteering is an international volunteer program where volunteers stay for 1-5 month (middle term) or 6-12 (long term) with special theme for sustainable project. This activity is an individual project which each project contains 1 up to 3 volunteers. LMTV incoming program will support our mostly our regular activity in each project site. They will collaborate really close with local community as well as local volunteers (local Volunteers) to organize the project during their stay Indonesia. Volunteer will stay either in rented volunteer house, or stay with a local family. This is aimed to collaborate with partners or local communities with the main purpose of exchanging experiences, culture, and mutual benefit between the relevant parties.



b. The Aims

LMTV projects are aimed to:

1. To exchange experience and culture, to provide opportunities for volunteers to connect with and learn from the community through enjoyment of local life and exchange.
2. To promote lasting change with specialized and sustainable voluntary works that improve the community.
3. Mutual benefit between the stakeholder, to empower not only the hosts, but also the local communities especially in depopulated areas.

c. Working Days and Holidays

- ☉ The volunteers work 5 days a week at least 25 hours.
- ☉ Saturday and Sunday are officially free, but there might be projects that have different free days. Volunteers can discuss together with the local partner for those days.
- ☉ The volunteers deserve to get 1 day off for each month
- ☉ For visa renewal (maximal 7 days), IIWC and local partner must know beforehand.

- ⦿ If there will be a visit from your family or friends, please plan it according to the leave off days, your working schedule, meeting, middle and final evaluation seminar.
- ⦿ In case that your guest would like to stay in your project site, please inform the local partner beforehand.

d. General Requirements

1. Volunteers must be 18 years old or older
2. Volunteers are keen on learning Indonesian language
3. Volunteers have to be open minded toward local culture and custom
4. Volunteers are obliged to stay during the whole length of the project
5. Volunteers must bring their own personal medicine
6. Volunteers will work 5 days a week, 5 - 8 hours a day. Saturday and Sunday are free days for volunteers, but there might be some project with different free days
7. Volunteers have to be able to manage their own lodging whatever the type of the accommodation (Host Family, Boarding House, Dorm, Volunteer House)
8. Required Language is English, but basic knowledge of Bahasa Indonesia will be necessary. We encourage the volunteer to learn Bahasa Indonesia in their home countries before departure.

e. Financial Policy

Participation fee is payable upon arrival, and each month should be paid on the first week of the month. It is IDR 3.600.000 per month covering:

- ✓ Meals (Meals support provided IDR 900.000/month)
- ✓ Accommodation
- ✓ Management Fee
- ✓ Information and support in obtaining visa before arrival,
- ✓ Transportation from IIWC office to the project site when you starting your project, Orientation session, evaluation session, project coordination, & project supervising
- ✓ Project Material

PLEASE NOTE!

Volunteers should bear her/his personal expenses and bear health insurance by themselves. Fee for visa extension is IDR 500.000.

IIWC of PKBI LMTV List 2020

Code	Name	Location	Period	Type)*	SDG's	Vols	Fee IDR
IIWC-LMTV01	Tegalrejo Red District	Semarang Regency, Central Java	Whole Year Except April - May	KIDS, EDU	3, 4	3	3.600.000
IIWC-LMTV02	Mangkang Mangrove Conservation	Semarang City, Central Java	Whole Year Except April - May	ENVI, EDU	13, 14	3	3.600.000
IIWC-LMTV03	Gedongsongo Heritage	Semarang Regency, Central Java	Whole Year Except April - May	ENVI, CUL	12, 13	3	3.600.000
IIWC-LMTV04	Pemalang Literacy	Pemalang Regency, Central Java	Whole Year Except April - May	KIDS, EDU	3, 4	3	3.600.000
IIWC-LMTV05	Indonesia School of Nature	Cipedak, South Jakarta	August - November	EDU, ENVI	12, 13	2	No Fee
IIWC-LMTV06	Action for Teen Project	Semarang City, Central Java	Whole Year Except April - May	TEEN, EDU	3,4,5	3	3.600.000

* **ENVI:** Environment; **EDU:** Education; **HERI:** Heritage; **KIDS:** Children; **CONS:** Construction; **CUL:** Culture; **TEEN:** Teenagers.

Volunteers should be **18 years old or older**. For those who under 18 years old we need parent/guardian permit letter.

TEGALREJO RED DISTRICT

Code	Name	Place	Date	Vol	Fee
IIWC-LMTV01	Tegalrejo Red District	Semarang City, Central Java	Whole year except April - May	3	IDR 3.600.000/month should be paid upon arrival
KIDS, STUD, EDU					
Short Desc.	Share your love and happiness to the children around prostitution area!				
Background	Tegalrejo Red-District area is a prostitution area in Semarang Regency. There are more than 100 families who mostly work as sex workers or food sellers. We run this project since 2006 together with our mother organization PKBI. This work camp focus on improving quality life of marginalized kids so they will threaten fairly and less discriminated. Most of the children living in this area don't have birth certificate, since their parent don't have identity card either. On the other hand, they couldn't afford higher level of school, and must faces high-risk-sexual activity scene (such as violence, sex bargaining, or sexual exploitation) as their playing ground. By this situation we worked with local stakeholder to provide Non-formal education where children can read books, make handicraft, fun studying, and cross cultural understanding with volunteer.				
Work	Create fun atmosphere for kids to studying self-hygiene, good attitude by storytelling, games, drawing, etc. School campaign to minimize kids-discrimination, or other local issue. Volunteer also will help kids to learn English, and world culture.				
Aims	<ol style="list-style-type: none"> 1. To organize activities for kids in Tegalrejo Red-District area 2. To exchange culture between participants and local people 3. To empower local people to be more aware on education for kids 				
Special Remarks	Please bring cap and sun block to prevent the hot temperature. Clothes must cover the knees and shoulders.				
Location	Jatijajar, Bergas, Semarang Regency, Central Java 50552				
Accommodation	Volunteers will stay in house family with shared toilet and bathroom. Host family will served 3 times Indonesian food. Volunteers can also cook in the house. The project site (where the work will be conducted) and camp site (volunteer house) are separated				
Leisure Time	During the walk, you will find several beautiful landscape. During leisure time, you can visit some cafe or garden near by the campsite. It's very relaxing :)				
Airport	Achmadyani Semarang International Airport				
Requirements	We do expecting that volunteers are open minded, tolerant, respect the local custom and culture, love to learn and share.				
Meeting Point	IIWC of PKBI office, Jembawan Raya No.8, West Semarang Municipality, Semarang City, Central Java, 50146. Time: 1 p.m of the starting date				



MANGKANG MANGROVE CONSERVATION

Code	Name	Place	Date	Vol	Fee
IIWC-LMTV02	Mangkang Mangrove Conservation	Semarang City, Central Java	Whole year except April - May	3	IDR 3.600.000/month should be paid upon arrival
ENVI, RENO, KIDS					
Short Description	Contribute to create a better climate and reduce greenhouse gasses! Be a Climate Changers!!				
Background	Mangkang Environment Project is answering the needs of preserving the coastal side of North Java Sea in Mangkang. This area is now in danger due to the abrasion of the sea, cutting mangrove by local factory and heavy force from the river flows. Garbage problem was re-raised in the recent years. Lack of local's awareness about environmental friendly lifestyle destroys the nature slowly. They also face problem in integrated garbage management system, moreover there is no daily truck garbage picker in this area. Local community initiated to make recycle stuff from garbage to decrease the garbage impact to the nature.				
Work	IIWC works with local farmers group who called Mangrove Lestari. Volunteers will do several works including planting mangrove and other trees in seashore, garbage management discussion to local people and children, renovation of mangrove garden for environment education center, school visits and green campaign.				
Aims	<ol style="list-style-type: none"> 1. To initiate the project of protecting the sea shore by planting mangroves, and also learning about the other usefulness of mangrove, 2. To raising awareness of the local people, the fisherman, and local students to protect their environment as well as their future. 3. To Empower local people to be more aware on eco-friendly lifestyle, & health 				
Special Remarks	Please bring cap and sun block to protect from the sun burn. Be ready with the mosquito, but don't worry there is no malaria in this area.				
Location	Mangkang Village, Tugu Municipality, Semarang City, Central Java Indonesia				
Accommodation	IIWC Volunteer house with shared toilet and bathroom, sleeping bag and mattress are needed, and self-cooking.				
Leisure Time	The campsite is in the village where the local culture is still strong. People there are very nice and humble. During leisure time, volunteers can take a walk to several beautiful landscape or maybe have a nice talk in cafe nearby the camp site.				
Airport	Achmadyani Semarang International Airport				
Requirements	We do expecting that volunteers are open minded, tolerant, respect the local custom and culture, love to learn and share.				



GEDONGSONGO HERITAGE

Code	Name	Place	Date	Vol	Fee
IIWC-LMTV03	Gedongsongo Project	Semarang, Central Java	Whole year except April - May	3	IDR 3.600.000/month should be paid upon arrival
RENO, CULT, ENVI					
Short Description	Live on the hill with the temple around and learn the tangible cultural site.				
Background	Gedongsongo is one of national heritage located in Central Java. There are 5 temples in the areas and the temples became an attractive place for holiday, especially for regional tourist. This temple also surrounded by many intangible heritages such as traditional dances, traditional music, and festival. However, some aspects still need to be improved, such as; the environment awareness, socio economic background, sanitation and hygiene of the local people. Most of the locals are earning money from the vegetables garden. The increasing number of visitors each year not only contributed in littering, but also vandalism on the temple, as it become one of the big problem on the heritage preservation issues.				
Work	Mainly will work with local people toward their environment such as recycle garbage, introducing personal hygiene related to the environment condition, organizing additional English lesson and school visit, and playing games with children. There will be also possibilities on physical work such as cleaning the temple, renovating school, planting trees, gardening, or making sign board/garbage bin				
Aims	To increase the awareness of the local people about garbage problem (especially non organic garbage), to support tangible and intangible heritage preservation program, cultural exchange with local people and educate student/local people to take care their environment.				
Special Remarks	Please bring sun block, rain coat and warm clothes to prevent very hot in the day time, rain during work and very cold at night. Bring any necessary information about garbage recycle.				
Location	Krajan, Candi, Bandungan, Semarang, Central Java, 50614				
Accommodation	Volunteers will stay with host family with shared toilet and bathroom. Food will be provided by the host family 3 times a day.				
Leisure Time	The project site will be in the hill where the temple is located. The temperature will be quite cold during morning and night. During leisure time, volunteers can visit another beautiful spot nearby the temple of just have a chill time in cafe or restaurant.				
Airport	Achmadyani Semarang International Airport				
Requirements	We do expecting that volunteers are open minded, tolerant, respect the local custom and culture, love to learn and share.				
Meeting Point	IIWC of PKBI office, Jembawan Raya No.8, West Semarang Municipality, Semarang City, Central Java, 50146. Time: 1 p.m of the starting date				



PEMALANG LITERACY

Code	Name	Place	Date	Vol	Fee
IIWC-LMTV04	Pemalang Literacy	Semarang, Central Java	Whole year except April - May	3	IDR 3.600.000/month should be paid upon arrival
EMPOWER, CULT, EDU					
Short Description	Spread the spirit of literacy to the children in country side.				
Background	A group of children and mother community living in one of the village, so called <i>Taman Baca Masyarakat Adinda</i> (Adinda Community Reading Park – Eng) initiates a movement to maximize local potential trough literacy. Literacy determined as ability to read, write, speak and listen in a way that allows people to communicate effectively. It is fully essential to social and human development in its ability to transform lives. Taman Baca Masyarakat Adinda (TBM Adinda) as our local partner organization, are filled by enthusiast youth, children, teenager, and parents who want to improve their capability as well as their knowledge through literacy or workshop.				
Work	Volunteers will assist the activity in the village library to create some informal education like storytelling, drawing, crafting, reading, etc. In the morning, volunteer will create activities with mother to do workshops. There will be local volunteers who will assist the volunteer to conduct the event. School visit also possible to do here for culture exchange.				
Aims	<ol style="list-style-type: none"> 1. To support local movement – TBM Adinda. 2. To create fun–educative (non-formal approach) activities for children. 3. To raise women empowerment. 4. To raise the spirit of change local community 				
Special Remarks	Please bring sun block, rain coat and warm clothes to prevent very hot in the day time, rain during work and very cold at night. Bring any necessary information about literacy.				
Location	Majakerta, Watukumpul, Pemalang Regency, Central Java				
Accommodation	Volunteers will stay with host family with shared toilet and bathroom. Food will be provided by the host family 3 times a day.				
Leisure Time	The campsite is in the village where the local culture is still strong. People there are very nice and humble. During leisure time, volunteers can take a walk to several beautiful landscape or maybe have a short trip to the city center				
Airport	Achmadyani Semarang International Airport				
Requirements	We do expecting that volunteers are open minded, tolerant, respect the local custom and culture, love to learn and share.				
Meeting Point	IIWC of PKBI office, Jembawan Raya No.8, West Semarang Municipality, Semarang City, Central Java, 50146. Time: 1 p.m of the starting date				



INDONESIA SCHOOL OF NATURE

Code	Name	Place	Date	Vol	Fee
IIWC-LMTV05	Indonesia School of Nature	Cipedak, South Jakarta	August - November	2	Free
ENVI, EDU					
Short Description	Assisting the teacher to create an interactive learning class through nature!				
Background	Indonesia School of Nature (Well known as SAI) brought new education concepts in Indonesia, where children are unique and should be developed based on their strength, not generalized to one standardization. As its name, Sekolah Alam Indonesia (Indonesia School of Nature) is nature based, which mean children can learn as much as possible by exploring nature and their environment to gain experience learning. Thus, most of their time spent in outdoor class (60%) compare to indoor (40%). Moreover, its classroom is also quite unique and different compare to ordinary schools, where it is built windowless, door less and from wood, no concrete walls and fancy air conditioner found in their class. One of its identities is Community based school, where parents as community are actively involved in the education process and they are part of three partied stakeholder (Foundation, Teachers, Community).				
Work	Volunteer will support English department to assist facilitator organising English class with fun and interactive atmosphere through games, playdate, song, story telling and co-partner on English conversation to stimulate children to speak English and interaction to multi cultural environment.				
Aims	<ol style="list-style-type: none"> 1. To encourage children to speak English and familiarize children that they are part of global community with interaction to multicultural environment 2. To have experience on intercultural understanding 3. To create interactive - fun—educative learning process for children, 4. To raise spirit of volunteerism on education support 5. To teach English or foreign language to facilitators/teachers 				
Special Remarks	Prohibited to smoke and drink alcohol during the project or while staying with host family. Weather can be up to 40 degrees Celsius in dry season. volunteer needs to be aware of different seasons with her/his home country.				
Location	SAI Cipedak is located at Cipedak District, Southern Jakarta, DKI Jakarta Province				
Accommodation	Volunteers will stay with host family with shared toilet and bathroom. Food will be provided by the host family 3 times a day.				
Leisure Time	The place are in the city while you can find some cafe or park to have a relaxation during a break.				
Airport	Achmadyani Semarang International Airport				
Requirements	We do expecting that volunteers are open minded, tolerant, respect the local custom and culture, love to learn and share.				
Meeting Point	IIWC of PKBI office, Jembawan Raya No.8, West Semarang Municipality, Semarang City, Central Java, 50146. Time: 1 p.m of the starting date				



ACTION FOR TEEN PROJECT

Code	Name	Location	Date	Vol	Fee
IIWC-LMTV05	Action for Teen Project	Semarang City, Central Java	Whole year except April - May	3	IDR 3.600.000/month should be paid upon arrival
HEALTH, TEEN, EDU					
Short Desc.	Good teen for good future!				
Background	<p>Today the world is home to 1.8 billion young people under the age of 25. This is the largest generation of young people, ever, and are a vastly diverse group of individuals. Many become sexually active before 15. They are only taught about the biological aspects of reproductive health and not about sexual rights, pleasurable experiences and happy relationships. Often this conservative information comes too late, and given after puberty or sexual activity has already started (IPPF, 2019). In Indonesia, 10-20% of adolescents have said they are sexually active before marriage. Over 35% of teens have unmet need for access to modern day contraceptives. This is causing a lot of problems including unplanned pregnancies and discrimination (Ibil, IPPA). It made some NGO and Youth Organization around Indonesia creates actions and programs in term to educate young people about sex education as well as mental and physical health. IIWC cooperate with Youth Information and Service Center (PILAR PKBI) to create a project who is focused on youth problem and development. The existance of international volunteer will be a trigger to spread the information of the importance of that issues.</p>				
Work	<ol style="list-style-type: none"> 1. Training related to youth issues such as mental health, sexual reproduction and prevention of HIV/AIDS 2. Training how to create a good workshop for university or school visit 3. Visiting school and university 4. Conduct a group sharing discussion to youth community 5. Culture exchange between participants 				
Aims	Promoting psychiological well-being and protecting teenagers from inappropriate experiences and risk factors that may impact their potential to thrive their well-being.				
Special Remarks	Please bring cap and sun block to prevent the hot temperature. Clothes must cover the knees and shoulders.				
Accommodation	The volunteers will stay in IIWC volunteer house, food will be cooked by the group work camp.				
Leisure Time	Volunteer can visit some touristic and historic place nearby the camp site. It's also possible to have a coffee and tea in the nearby cofee. WiFi are provided.				
Airport	Semarang Achmad Yani International Airport				
Requirements	We do expecting that volunteers are open minded, tolerant, respect the local custom and culture, love to learn and share.				
Meeting Point	IIWC of PKBI office, Jembawan Raya No.8, West Semarang Municipality, Semarang City, Central Java, 50146. Time: 1 p.m of the starting date				

