

RUCHI

Rural Centre for Human Interests



Voluntary Service Projects in INDIA WINTER WOARKCAMPs 2009

Email: info@ruchin.org

Website: www.volunteer-ruchi.org; www.ruchin.org

Head Office:

Village Bandh, Bhaguri – 173233
District Solan, Himachal Pradesh
India

Tel: 91-1792-207002-03

Contact persons: Mr. Dharamvir Singh (Executive Director) Cell # +91 9418739500 and
Mr. Sanjit Dey (Project Coordinator) Cell # +91 9418558441

ORGANISATIONAL PROFILE

Rural Centre for Human Interests (known as RUCHI, which means 'interest' in Hindi) came into being as a non-profit, voluntary organization in October 1980, set up in the Himalayan foothills of the northern state of Himachal Pradesh, INDIA. RUCHI is legally registered under Indian Societies Registration Act, 1860.

Presently, RUCHI head office is located in a new complex called the Technology Resource Centre (TRC). The office a centre of technology transfer came into force, in the year 1994 as an extension program of CAPART, of the Ministry of Rural Development. The objective is to promote, develop and modify the rural technologies. Situated in the hills of Solan district in Bandh village, this centre has been the hub of all activities.

RUCHI has focused through the years on promoting sustainable anthropocentric development through empowerment – by providing assistance and technical support to the underprivileged, showing them the way to minimize dependence and thus attain a better life – rather than just through charity. RUCHI's founders felt there was a need for a committed workforce to initiate the process of development at the grassroots level, encouraging individual and community participation in the process.

STRUCTURE

RUCHI has authorized an Executive Director for day to day administration. Over and above this the management of RUCHI rests with a Governing Body comprised of six members, each of whom is elected for a term of two years. RUCHI employs 23 full-time staff.

RUCHI firmly believes in team work and 'people power'. It fosters a team environment and has a base of experienced, hardworking and dedicated staff members who combine their skills, knowledge and experience to achieve the goals outlined above. Now more than ever before, RUCHI has long- and short-term volunteers participating in the programme, injecting fresh ideas and knowledge into the strong long-term employee base.

WORK CAMPS:

A workcamp is a voluntary service project developed for a short duration of two weeks. Under this workcamp, the volunteers get an opportunity to foster international dialogue and friendship. During the camp, volunteers work, live and have fun together in a simple natural environment. Depending on the programme of each project, volunteers can join activities in different areas of RUCHI's work.

Work camps are held round the year. Group of 10 to 14 people are invited to participate in Work Camps. In these camps they undertake projects such as construction of Irrigation Tank, development & protection of Natural Spring, construction of Ferro Cement Tank for rain water harvesting, working with school children, working in nursery and plantation etc.

The contribution for a two-week work camp is **Euro 200 (Indian Rupees 13,000)**. The participants are required to pay the fee in Indian rupees in cash on the first day of your workcamp. Please note that there is no ATM available in the work camp area. Therefore, the money has to be changed in Delhi or Chandigarh city. The contribution covers all basic expenses, e.g. food, housing and local transportation on weekdays. You will need money for weekend extra expenses and for your personal toiletries. Alcoholic drinks are not included.

Alcohol drinking and smoking is not encouraged in public and villages.

How the Volunteers' contribution is spent:

The contribution received from a volunteer is roughly spent as follows:

- | | | |
|---|---|-----|
| a) Food and accommodation and local travel of volunteer | - | 35% |
| b) Administration, hospitality and promotion | - | 35% |
| c) Works (community projects) in villages | - | 30% |

Programme 2009
Short Term Work Camp
Fee: Euro 200

General overview

CODE	NAME	DATES	TYPE	NO. VOLS.
RC-01/09	Dharowa-1	01.03.2009-14.03.2009	Agriculture	10
RC-02/09	Tuzar-1	16.03.2009-29.03.2009	Agriculture	10
RC-03/09	Dharowa-2	01.04.2009-14.04.2009	Agriculture	10
RC-04/09	Shayamaghat-1	16.04.2009-29.04.2009	Const.	10
RC-05/09	Shayamaghat-2	01.05.2009-14.05.2009	Do	10
RC-06/09	Dharamshala-1	20.05.2009-02.06.2009	Edu/Reno	7
RC-07/09	Bandh-1	01.06.2009-14.06.2009	Reno/Env.	10
RC-08/09	Dharamshala-2	15.06.2009-28.06.2009	Edu/Reno	7
RC-09/09	Baddi-1	01.07.2009-14.07.2009	Teaching	6
RC-10/09	Baddi-2	20.07.2009-02.08.2009	Teaching	6
RC-11/09	Dharamshala-3	24.07.2009-06.08.2009	Com. Dev./Culture	7
RC-12/09	Bandh-2	01.08.2009- 14.08.2009	Env/Plantation	10
RC-13/09	Dharowa-3	15.08.2009-28.08.2009	Env/Const	10
RC-14/09	Dharowa-4	01.09.2009-14.09.2009	Const.	10
RC-15/09	Bandh-3	15.09.2009- 28.09.2009	Com. Dev./Culture	10
RC-16/09	Tuzar-2	25.09.2009-08.10.2008	Const/Agr.	10
RC-17/09	Thad	16.10.2009-29.10.2009	Const-Path to Temple	10
RC-18/09	Dharamshala-4	20.10.2009-02.11.2009	Com. Dev./Culture	7
RC-19/09	Kolan-1	04.11.2009-17.11.2009	Env/Nursery	10
RC-20/09	Kolan-2	22.11.2009-05.12.2009	Env/Nursery	10
RC-21/09	Dharowa-5	05.01.2010-18.01.2010	Env.	10
RC-22/09	Dharamshala-5	15.02.2010 – 28.02.2010	Comm. Dev/Culture	7

Description of the Short Term Camps

General Information:

- All Short Term Camps (STC) last two weeks, with fixed dates and MLTV programme can be of one to six month's duration.
- There will always be a RUCHI Work Camp Leader
- Volunteers have to take care of their own travel costs and bear all personal expenses during free time.
- Volunteers have to be 18 years or older
- No special skills are required; volunteers have to be open minded and willing to adapt to challenging conditions.
- Volunteers' contribution is always recognized and appreciated but they will have to accept the fact that they can not change the world in two weeks.
- Living conditions will be simple.
- Volunteers must be willing to understand and respect local as well each others culture.
- Volunteers must be prepared to live in harmony with others and work as a team.
- For every STC there will be a special info-sheet with more detailed information.
- Working hours will be 5-6 hours, 5 days a week.

RC-01/09 Dharowa Agr. 10 Vols. 01.03.09 – 14.03.09

Location: Dhrowa is a small hilly and picturesque village situated at an altitude of 2700 feet above MSL. The village is situated near Patta, a small town in Solan district of Himachal Pradesh, a northern hill state of Indian union. Most of the villagers are dependent upon farming which is done on small terraces. They grow vegetable and wheat crops mostly on dry lands.

Work: Volunteers will work on small farms and help with clearing the site, preparing soil, weeding and planting vegetables. Additional activities will include cleaning the old natural spring with the assistance of local villagers and playing cricket with children.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (300 Kms); **Domestic Terminal:** Chandigarh (60 Kms)

Nearest railway station: Kalka (30 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-02/09 **Tuzar** **Agr.** **10 Vols.** **16.03.09 – 29.03.09**

Location: Tujhar is a small hilly village with 32 families situated at an altitude of 2200 feet above MSL. The economy of the village is purely dependent on agriculture. Agriculture is practiced on small terraces and manually. The village is situated near Patta, a small town in Solan district of Himachal Pradesh, a northern hill state of Indian union.

Work: Volunteers will work on small farms and help with clearing the site, preparing soil, weeding and planting vegetables. Additional activities will include cleaning the village natural spring providing drinking water with the assistance of local villagers and playing with children.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (300 Kms); **Domestic Terminal:** Chandigarh (60 Kms)

Nearest railway station: Kalka (30 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-03/09 **Dharowa-2** **Agr.** **10 Vols.** **01.04.09 – 14.04.09**

Location: Dhrowa is a small hilly and picturesque village situated at an altitude of 2700 feet above MSL. The village is situated near Patta, a small town in Solan district of Himachal Pradesh, a small northern hill state of Indian union. Most of the villagers are dependent upon farming which is done on small terraces. They grow vegetable and wheat crops mostly on dry lands.

Work: Volunteers will work on small farms and help with clearing the site, preparing soil, weeding and planting vegetables. Additional activities will include cleaning the old natural spring with the assistance of local villagers and playing cricket with children.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (300 Kms); **Domestic Terminal:** Chandigarh (60 Kms)

Nearest railway station: Kalka (30 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-04/09 **Shyamaghat-1** **Envi./Cons.** **10 Vols.** **16.04.09 – 29.04.09**

Location: Shyamaghat is a small sleepy hilly and picturesque village situated at an altitude of 4000 feet above MSL. In clear weather you watch snow clad high Himalayan ranges from the village. The village is situated near Kuthar, a small town in Solan district of Himachal Pradesh, a small northern hill state of

Indian union. Most of the villagers are dependent upon farming which is done on small terraces. They grow vegetable and wheat crops mostly on dry lands.

Work: Volunteers will work along with NGO RUCHI and local people in developing this village as a model rain water village. They will, therefore, help with clearing the site, construct a retaining wall and dig and work on construction of earthen tanks, ferro-cement tanks and low cost toilets.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (325 Kms); **Domestic Terminal:** Chandigarh (70 Kms)

Nearest railway station: Kalka (50 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-05/09 Shyamaghat-2 Envi./Cons. 10 Vols. 01.05.09 – 14.05.09

Location: Shyamaghat is a small sleepy hilly and picturesque village situated at an altitude of 4000 feet above MSL. In clear weather you watch snow clad high Himalayan ranges from the village. The village is situated near Kuthar, a small town in Solan district of Himachal Pradesh, a small northern hill state of Indian union. Most of the villagers are dependent upon farming which is done on small terraces. They grow vegetable and wheat crops mostly on dry lands.

Work: Volunteers will work along with NGO RUCHI and local people in developing this village as a model rain water village. They will, therefore, help with clearing the site, construct a retaining wall and dig and work on construction of earthen tanks, ferro-cement tanks and low cost toilets. They will carry on with the work where past volunteers left.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (325 Kms); **Domestic Terminal:** Chandigarh (70 Kms)

Nearest railway station: Kalka (50 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-06/09 Dharamshala-1 Edu/Reno. 7 Vols. 20.05.09 – 02.06.09

Location: Sanora is a small village near Dharamshala airport in Kangra district of Himachal Pradesh state. The nearest town of Dharamshala also happens to be the Secretariat of His Excellency The Dalaia Lama. Dharamshala offers tourists culture of Tibet and a different experience. Like any other hilly area, the houses in the area are scattered. The economy of the Tibetans is tourism whereas that of local villagers is purely agriculture.

Work: Volunteers will work on renovation of child care centre for pre-education children upto age group 1-5 years. The crèche centre is in a bad shape and needs painting and other renovations works. Volunteers will work with rural village communities and renovate the centre. Additional activities may include playing with and teaching children, opportunities to expose to local and Tibetan culture and share each other's culture and broaden horizons of volunteers on issues concerning environment and livelihood.

Accommodation: Volunteers will live in shared accommodation in the village with very modest facilities. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: The volunteers will have opportunity to visit the seat of spiritual leader, the Dalia Lama and other historical Hindu temples. Opportunities will be there for short and long treks in the mountains. After the camp volunteers may visit Golden Temple in Amritsar, Punjab.

International Terminal: New Delhi (500 Kms); **Domestic Terminal:** Dharamshala (2 kms)

Nearest railway station: Kangra and Pathankot (10 and 55 kms)

Participation Fee: 220 Euro (14,300 Indian Rupees)

RC-07/09 Bandh-1 Reno/Env 10 Vols. 01.06.09 – 14.06.09

Location: Bandh is a small hilly village with 30 families situated at an altitude of 3000 feet above MSL. The houses in the area are scattered. The economy of the village is purely dependent on agriculture. Agriculture is practiced on small terraces and manually. The host organization RUCHI is also situated in the outskirt of Bandh village. The area faces many problems including lack of infrastructure and communication. Educational is imparted in the old fashioned way. There is scarcity of water in summer.

Work: Volunteers will clean the silt from a check dam and an earthen pond which were constructed two years back for recharging the ground water and a natural spring. This natural spring provides drinking water to rural communities. Additional activities will include learning of various developmental issues and solutions.

Accommodation: Volunteers will live in the RUCHI campus. All basic amenities will be available with library facilities. Asian squat type toilet and English WC will be available. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (320 Kms); **Domestic Terminal:** Chandigarh and Shimla (70 kms)

Nearest railway station: Kalka (30 kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-08/09 Dharamshala-2 Edu/Reno. 7 Vols. 15.06.09 – 28.06.09

Location: Sanora is a small village near Dharamshala airport in Kangra district of Himachal Pradesh state. The nearest town of Dharamshala also happens to be the Secretariat of His Excellency The Dalai Lama. Dharamshala offers tourists culture of Tibet and a different experience. Like any other hilly area,

the houses in the area are scattered. The economy of the Tibetans is tourism whereas that of local villagers is purely agriculture.

Work: Volunteers will work on renovation of child care centre for pre-education children upto age group 1-5 years. The crèche centre is in a bad shape and needs painting and other renovations works. Volunteers will work with rural village communities and renovate the centre. Additional activities may include playing with and teaching children, opportunities to expose to local and Tibetan culture and share each other's culture and broaden horizons of volunteers on issues concerning environment and livelihood.

Accommodation: Volunteers will live in shared accommodation in the village with very modest facilities. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: The volunteers will have opportunity to visit the seat of spiritual leader, the Dalia Lama and other historical Hindu temples. Opportunities will be there for short and long treks in the mountains. After the camp volunteers may visit Golden Temple in Amritsar, Punjab.

International Terminal: New Delhi (500 Kms); **Domestic Terminal:** Dharamshala (2 kms)

Nearest railway station: Kangra and Pathankot (10 and 55 kms)

Participation Fee: 220 Euro (14,300 Indian Rupees)

RC-09/09 Baddi-1 Teaching 6 Vols. 01.07.09 – 14.07.09

Location: Baddi is an industrialized area. Sandholi village is an extended township of Baddi and has recently seen birth of many industries and slum areas too. The village has about 200 families and is mostly a flat land. The economy of the village is both agriculture and industries. Agriculture land is diminishing because of industries and is resulting in various socio-economic problems. The slums are bearing the brunt of problems and are devoid of many rights. Their children have no access to education and young children spend their time rag picking.

Work: Volunteers will run non-formal education centre teaching basic education to children – mostly the slum dwellers. The focus of the education will be on main streaming the deprived children in the age group 6-14.

Accommodation: Volunteers will live in shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Rock Garden in Chandigarh city is a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (310 Kms); **Domestic Terminal:** Chandigarh and Shimla (50 kms)

Nearest railway station: Kalka (30 kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-10/09 Baddi-2 Teaching 6 Vols. 20.07.09 – 02.08.09

Location: Baddi is an industrialized area. Sandholi village is an extended township of Baddi and has recently seen birth of many industries and slum areas too. The village has about 400 families and is mostly a flat land. The economy of the village is both agriculture and industries. Agriculture land is

diminishing because of industries and is resulting in various socio-economic problems. The slums are bearing the brunt of problems and are devoid of many rights. Their children have no access to education and young children spend their time rag picking.

Work: Volunteers will run non-formal education centre teaching basic education to children – mostly the slum dwellers. The focus of the education will be on mainstreaming the deprived children in the age group 6-14.

Accommodation: Volunteers will live in shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Rock Garden in Chandigarh city is a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (310 Kms); **Domestic Terminal:** Chandigarh and Shimla (50 kms)

Nearest railway station: Kalka (30 kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-11/09 Dharamshala-3 Comm. Dev./Culture 7 Vols. 24.07.09 – 06.08.09

Location: Sakoh village is situated near Dharamshala, a small but internationally well known town in Kangra district of Himachal Pradesh. It is 70 km north of Pathankot city and 15kms from Kangra town. Dharamshala offers a number of treks to tourists and a good majestic view of great Dhauladhar range of mountains. Dharamshala is a district head quarter for Kangra district and also happens to be the Secretariat of His Excellency The Dalai Lama. Dharamshala offers tourists culture of Tibet and a different experience. Like any other hilly area, the houses in the area are scattered. The economy of the Tibetans is on tourism whereas that of local villagers is purely dependent on agriculture. The host organization RUCHI has also a base in Sakoh village in the outskirts of Dharamshala.

Work: Volunteers will work with various rural village communities and share their knowledge on various models of community development. The camp will provide opportunities to expose to local and Tibetan culture and share each other's culture and broaden horizons of volunteers on issues concerning environment and livelihood.

Accommodation: Volunteers will live in the RUCHI guest house. All minimum basic amenities will be available. Asian squat type toilet and English WC will be available. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: The volunteers will have opportunity to visit the seat of spiritual leader, the Dalai Lama and other historical Hindu temples. Opportunities will be there for short and long treks in the mountains After the camp volunteers may visit Golden Temple in Amritsar, Punjab.

International Terminal: New Delhi (500 Kms); **Domestic Terminal:** Dharamshala (12 kms)

Nearest railway station: Kangra and Pathankot (10 and 55 kms)

Participation Fee: 220 Euro (14,300 Indian Rupees)

RC-12/09 Bandh-2 Env. 10 Vols. 01.08.09 – 14.08.09

Location: Bandh is a small hilly village with 30 families situated at an altitude of 3000 feet above MSL. The houses in the area are scattered. The economy of the village is purely dependent on agriculture. Agriculture is practiced on small terraces and manually. The host organization RUCHI is also situated in the outskirts of Bandh village. The area faces many problems including lack of infrastructure and communication. Educational is imparted in the old fashioned way. There is scarcity of water in summer.

Work: Volunteers will clean the site, prepare beds and do plantation of fruit and fodder species to regenerate green cover in the complex and surrounding villages. Additional activities will include learning of various developmental issues and solutions.

Accommodation: Volunteers will live in the RUCHI campus in shared accommodation. Basic and modest amenities will be available with library facilities. Asian squat type toilet and English WC will be available. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (320 Kms); **Domestic Terminal:** Chandigarh and Shimla (70 kms)

Nearest railway station: Kalka (30 kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-13/09 Dharowa-3 Env/Cons. 10 Vols. 15.08.09 – 28.08.09

Location: Dhrowa is a small hilly and picturesque village situated at an altitude of 2700 feet above MSL. The village is situated near Patta, a small town in Solan district of Himachal Pradesh, a northern hill state of Indian union. Most of the villagers are dependent upon farming which is done on small terraces. They grow vegetable and wheat crops mostly on dry lands.

Work: Volunteers will broaden and make a proper wide link path for human beings. They will also clear the site and develop a drain for channelization of rain water.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by vols with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains. Playing cricket with children on road can be a good fun.

International Terminal: New Delhi (300 Kms); **Domestic Terminal:** Chandigarh (60 Kms)

Nearest railway station: Kalka (30 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-14/09 **Dharowa-4** **Cons.** **10 Vols.** **01.09.09 – 14.09.09**

Location: Dhrowa is a small hilly and picturesque village situated at an altitude of 2700 feet above MSL. The village is situated near Patta, a small town in Solan district of Himachal Pradesh, a small northern hill state of Indian union. Most of the villagers are dependent upon farming which is done on small terraces. They grow vegetable and wheat crops mostly on dry lands.

Work: Volunteers will help skilled mason construct a retaining wall with stones. They will be involved in preparing mortar, collecting stones and making the materials available to mason. Additional activities will include cleaning the old natural spring with the assistance of local villagers and playing cricket with children.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains. Playing cricket with children on road can be a fun.

International Terminal: New Delhi (300 Kms); **Domestic Terminal:** Chandigarh (60 Kms)

Nearest railway station: Kalka (30 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-15/09 **Bandh-3** **Com.Dev/Culture** **10 Vols.** **15.09.09 – 28.09.09**

Location: Bandh is a small hilly village with 30 families situated at an altitude of 3000 feet above MSL. The houses in the area are scattered. The economy of the village is purely dependent on agriculture. Agriculture is practiced on small terraces and manually. The host organization RUCHI is also situated in the outskirts of Bandh village. The area faces many problems including lack of infrastructure and communication. Educational is imparted in the old fashioned way. There is scarcity of water in summer.

Work: Volunteers will work with various rural village communities and share their knowledge on various issues and solutions concerning community development. The camp will provide opportunities to share and learn from each other's culture and broaden horizons of volunteers on issues concerning environment and livelihood. The work involves extensive walking in the mountains. Additional activities will include physical work on farms and cleaning community assets like tanks and ponds.

Accommodation: Volunteers will live in the RUCHI campus in shared accommodation. Basic and modest amenities will be available with library facilities. Asian squat type toilet and English WC will be available. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (320 Kms); **Domestic Terminal:** Chandigarh and Shimla (70 kms)

Nearest railway station: Kalka (30 kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-16/09 **Tuzar** **Const/Agr.** **10 Vols.** **25.09.09 – 08.10.09**

Location: Tuzhar is a small hilly village with 32 families situated at an altitude of 2200 feet above MSL. The economy of the village is purely dependent on agriculture. Agriculture is practiced on small terraces and manually. The village is situated near Patta, a small town in Solan district of Himachal Pradesh, a northern hill state of Indian union.

Work: Volunteers will repair and renovate the village link road which gets damaged every year during the monsoon rains. Additional activities will include work on small farms and help with clearing the site, preparing soil, weeding and sowing vegetables.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains. Playing cricket with village children will be a fun.

International Terminal: New Delhi (300 Kms); **Domestic Terminal:** Chandigarh (60 Kms)

Nearest railway station: Kalka (30 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-17/09 **Thad** **Const.** **10 Vols.** **16.10.09 – 29.10.09**

Location: Thad is a small village with 12 families near Patta township in the mountains – a northern hilly state of Indian Union. The economy of the village is purely dependent on agriculture. Agriculture is practiced on small terraces and manually.

Work: Volunteers will help with clearing the site and construct a path leading to the village temple. Additional activities will include cleaning the village natural spring providing drinking water with the assistance of local villagers and coaching and playing with children.

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

International Terminal: New Delhi (300 Kms); **Domestic Terminal:** Chandigarh (60 Kms)

Nearest railway station: Kalka (30 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-18/09 **Dharamshala-4** **Comm. Dev./Culture** **7Vols.** **20.10.09 – 02.11.09**

Location: Sakoh village is situated near Dharamshala, a small but internationally well known town in Kangra district of Himachal Pradesh. It is 70 km north of Pathankot city and 15kms from Kangra town. Dharamshala offers a number of treks to tourists and a good majestic view of great Dhauladhar range of mountains. Dharamshala is a district head quarter for Kangra district and also happens to be the Secretariat

of His Excellency The Dalai Lama. Dharamshala offers tourists culture of Tibet and a different experience. Like any other hilly area, the houses in the area are scattered. The economy of the Tibetans is on tourism whereas that of local villagers is purely dependent on agriculture. The host organization RUCHI has also a base in Sakoh village in the outskirts of Dharamshala.

Work: Volunteers will work with various rural village communities and share their knowledge on various models of community development. The camp will provide opportunities to expose to local and Tibetan culture and share each other's culture and broaden horizons of volunteers on issues concerning environment and livelihood.

Accommodation: Volunteers will live in the RUCHI guest house. All minimum basic amenities will be available. Asian squat type toilet and English WC will be available. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: The volunteers will have opportunity to visit the seat of spiritual leader, the Dalai Lama and other historical Hindu temples. Opportunities will be there for short and long treks in the mountains. After the camp volunteers may visit Golden Temple in Amritsar, Punjab.

International Terminal: New Delhi (500 Kms); **Domestic Terminal:** Dharamshala (2 kms)

Nearest railway station: Kangra and Pathankot (10 and 55 kms)

Participation Fee: 220 Euro (14,300 Indian Rupees)

RC-19/09 Kolan-1 Env/Nursery 10 Vols. 04.11.09 – 17.11.09

Location: Kolan village having 15 households is situated 18 kms beyond Rajgarh, a small town in Sirmour district of Himachal Pradesh. The Giri river flows from two kilometers from the village. The village is 125 km north-west of Chandigarh city and 58 kms from Solan district headquarter. The entire area is hilly where the rural economy is based on agriculture and horticulture. It is famous for producing Asia's best peaches. The area also has state's highest lower caste population. The landscape is beautiful.

Work: Volunteers will work and learn nursery raising techniques. In the process they will fill poly bags with soil, prepare nursery beds, sow seeds of vegetables and flower and prepare saplings through cutting.

Accommodation: Volunteers will be allocated a house belonging to a local family, which will be shared with other volunteers. The living conditions will be simple and challenging. Asian squat type toilet will be available. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: The volunteers will have opportunity to visit ancient Hindu temple and Sikh temple-cum-educational academy. A visit to Shimla, once a retreat centre and summer capital for British army, is possible.

International Terminal: New Delhi (370 kms) **Domestic Terminal:** Chandigarh and Shimla (100 Kms)

Nearest railway station: Kalka (85 kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-20/09 **Kolan-1** **Env/Nursery** **10 Vols.** **22.11.09 – 05.12.09**

Location: Kolan village having 15 households is situated 18 kms beyond Rajgarh, a small town in Sirmour district of Himachal Pradesh. The Giri river flows from two kilometer from the village. The village is 125 km north-west of Chandigarh city and 58 kms from Solan district headquarter. The entire area is hilly where the rural economy is based on agriculture and horticulture. It is famous for producing Asia's best peaches. The area also has state's highest lower caste population. The landscape is beautiful.

Work: Volunteers will work and learn nursery raising techniques. In the process they will fill poly bags with soil, prepare nursery beds, sow seeds of vegetables and flower and prepare saplings through cutting.

Accommodation: Volunteers will be allocated a house belonging to a local family, which will be shared with other volunteers. The living conditions will be simple and challenging. Asian squat type toilet will be available. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: The volunteers will have opportunity to visit ancient Hindu temple and Sikh temple-cum-educational academy. A visit to Shimla, once a retreat centre and summer capital for British army, is possible.

International Terminal: New Delhi (370 kms) **Domestic Terminal:** Chandigarh and Shimla (100 Kms)

Nearest railway station: Kalka (85 kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

RC-21/09 **Dharowa-5** **Agr/Env.** **10 Vols.** **05.01.10 – 18.01.10**

Location: Dhrowa is a small hilly and picturesque village situated at an altitude of 2700 feet above MSL. The village is situated near Patta, a small town in Solan district of Himachal Pradesh, a small northern hill state of Indian union. Most of the villagers are dependent upon farming which is done on small terraces. They grow vegetable and wheat crops mostly on dry lands.

Work: Volunteers will mainly do winter plantation of fruit and fodder trees. This will involve carrying plants, making pits and physically planting trees. In spare time they will work on farms and remove weeds and learn local farming techniques .

Accommodation: Shared rooms with modest facilities in the village. Sleeping on floor. Food will be vegetarian and prepared by volunteers with support from local people. Asian squat type toilet will be available. Sleeping bags are also necessary.

Leisure time: Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains. Playing cricket with children on road is an added fun.

International Terminal: New Delhi (300 Kms); **Domestic Terminal:** Chandigarh (60 Kms)

Nearest railway station: Kalka (30 Kms)

Participation Fee: 200 Euro (13,000 Indian Rupees)

Location: Sakoh village is situated near Dharamshala, a small but internationally well known town in Kangra district of Himachal Pradesh. It is 70 km north of Pathankot city and 15kms from Kangra town. Dharamshala offers a number of treks to tourists and a good majestic view of great Dhauladhar range of mountains. Dharamshala is a district head quarter for Kangra district and also happens to be the Secretariat of His Excellency The Dalai Lama. Dharamshala offers tourists culture of Tibet and a different experience. Like any other hilly area, the houses in the area are scattered. The economy of the Tibetans is on tourism whereas that of local villagers is purely dependent on agriculture. The host organization RUCHI has also a base in Sakoh village in the outskirts of Dharamshala.

Work: Volunteers will work with various rural village communities and share their knowledge on various models of community development. The camp will provide opportunities to expose to local and Tibetan culture and share each other's culture and broaden horizons of volunteers on integrated rural development.

Accommodation: Volunteers will live in the RUCHI guest house. All minimum basic amenities will be available. Asian squat type toilet and English WC will be available. Vegetarian food will be served. A cook will be there but volunteers are expected to help him and occasionally cook their own meals and self-management is required. Sleeping bags are also necessary.

Leisure time: The volunteers will have opportunity to visit the seat of spiritual leader, the Dalai Lama and other historical Hindu temples. Opportunities will be there for short and long treks in the mountains. After the camp volunteers may visit Golden Temple in Amritsar, Punjab.

International Terminal: New Delhi (500 Kms); **Domestic Terminal:** Dharamshala (2 kms)

Nearest railway station: Kangra and Pathankot (10 and 55 kms)

Participation Fee: 220 Euro (14,300 Indian Rupees)

Description of Middle & Long Term Projects:

General:

- **Volunteers can stay as long as they want up to a maximum of one year. The minimum period of staying is **one month**,**
- **Volunteers will be involved in the ongoing humanitarian projects of RUCHI,**
- **Volunteers will have to follow the organization rules and culture and work with other staff as a team,**
- **Except dedication and commitment to a social cause to help rural communities, no special skills are required,**
- **Living conditions will be simple**
- **There is no start and finish date. This programme is open all year round and you may join any time.**

Fee for MLTV:

- | | |
|---|---|
| <i>a. For one month stay</i> | <i>- 250 Euro.</i> |
| <i>b. For two months</i> | <i>- 380 Euro</i> |
| <i>c. For three months</i> | <i>- 500 Euro</i> |
| <i>d. For four months and above-</i> | <i>500 Euro+ 100 Euro for each month</i> |

The fee will be used for living expenses (accommodation, gas, water, electricity, food) and for materials used in projects/activities. Also some part of the fee will be used for administration and support.

Projects:

These are aimed at the working professionals who want to expand their horizons and see something of community development. Alternatively, students who have a short time period available will find this a superb opportunity for personal development, and a great addition to their CV. This time period will give you a broad overview about work at RUCHI and life in India.

Within this placement you may have the opportunity to be involved with 4 programme focus areas depending on your experience, area of interest and projects happening at RUCHI at the time you are there:

1) Environmental Management Programme:

You could be involved in activities such as design, construction, and cleaning of natural springs, ferro-cement tanks and other water harvesting and low cost constructions, tree planting, helping with education programmes for children and women on safe water, ecology, and biodiversity.

2) Social Development Programme:

You could be involved in activities such as organising and strengthening women's groups and enterprise establishments, socio-economic feasibility studies for micro-enterprises, educating children, and discussing environmental issues in villages.

3) Health and Sanitation Development Programme:

You could be involved in activities such as promoting the importance of personal hygiene, sanitary latrines, and clean water; educating mothers on balanced diet; first aid care and prevention of diseases; health check ups; cleaning of dispensaries/primary health centers; putting up waste bins.

4) Staff capacity building:

Supporting and training the RUCHI staff to make their work easier. This could include sharing knowledge on computer software, English language assistance, promotional material for the volunteer programme, website improvements and office support.