



## **HELP IN SUFFERING (Jaipur, India)**

### **GUIDELINES AND INFORMATION FOR VOLUNTEERS**

Namaste!

Thank you for offering to give your time to help the animals of India through the work of Help in Suffering (HIS).

We have prepared some guidelines for volunteers so that you can understand how our shelter works before you arrive.

#### **About Help in Suffering (HIS)**

Help in Suffering is a registered Indian charitable trust, founded in 1980 by the late Miss Crystal Rogers who was an Englishwoman. There are six trustees, the Managing Trustee being Mrs. Timmie Kumar. Mme Janine Vogler and Mrs. Christine Townend are Patrons of HIS.

HIS animal shelter lies about 10 kilometres south of the city of Jaipur in the outer suburb of Durgapura in a relatively peaceful area known as Maharani Farm. The site is well shaded under the many trees of the compound which encompasses approximately 2 acres.

About thirty-six people work at Help in Suffering. The majority of these are known as “compounders” who are responsible for the day-to-day care of the animals and are like veterinary nurses or animal techs; there are few administrative staff. The veterinary team consists of five Indian veterinary surgeons, and one British vet. Of these, two are for dispensary and rescue services, One for ABC programme, One for Camel Project- Jaipur and one CRC- Bassi. Volunteer veterinary surgeons from the UK, Australia, and New Zealand and other countries often work at the shelter. During the summer months especially, there are often veterinary students as seeing practice helping from many different countries.

HIS runs main animal welfare projects:

- **Camel Project- Jaipur and CRC (Camel Rescue Centre)- Bassi**  
The project helps the working camels of Jaipur and educates owners in humane husbandry. Most of the work is done on the streets of Jaipur and surrounding villages. Free reflectors are fixed to camel carts to prevent road accidents under CRC.

- **Animal Birth Control Programme (ABC)**  
The animal birth control programme sterilizes and vaccinates approximately 3,500 street dogs per annum. A further 5,000 dogs annually are vaccinated against rabies. Extensive records are kept to help understand street dog biology and rabies epidemiology. The ABC work is funded by the Animal Welfare Board of India
- **ABC Extension Project**  
Funded by Humane Society International (USA) this project allows HIS to share the expertise gained in conducting the ABC programme, with other animal protection groups in south Asia which are establishing ABC programmes. Managers, vets, compounders and dog catchers are trained at HIS and on training trips. The project collects and publishes data on the effects of the ABC programme.
- **Rescue and Re-homing Programme**  
Injured street animals are rescued and where possible re-homed. An out-patients' clinic is run at the shelter to provide veterinary care. Village camps are also conducted in remote areas where free treatment is given to the working and production animals.

Greater information on the work of Help in Suffering and on the staff involved can be found on our web site [www.his-india.in](http://www.his-india.in).

## **Who Can Volunteer and What Do Volunteers Do???**

### **(A) VETS:**

“Help in Suffering” takes vet volunteers if they are veterinary surgeons or veterinary students. Volunteers may be asked to work in any of the charity’s areas of activity. One of the key roles for volunteer veterinary surgeons, aside from assisting in the various projects, is passing on knowledge and skills to the Indian vets and compounders. Some animal care and nursing may be required at times and there could be some desk work involved in the ordering of drugs, keeping records or other clerical matters associated with the shelter and its projects. Volunteers may become involved with management of projects, organization and planning. All in all, we hope to work as a team, sharing duties and responsibilities, thus resulting in shared tasks and a sense of friendship and mutual achievement.

### **Volunteering Veterinary Surgeons**

Help in Suffering will gladly accept experienced or newly qualified veterinary surgeons, however we would appreciate if you could help us bring some funds along with you since there would always be a need of funds for our work but it is not mandatory for Vet Surgeons. We would prefer a minimum stay of three months if possible. If you can spare us a longer period we would be very grateful and have often found that these volunteers and the shelter get much more from the shared experience. Your assistance is welcomed in any and all of the areas of the shelter, but particularly with the hospitalized/ rescued street animals (mainly dogs) and ABC project (neutering street dogs, mainly females), as these are by far the largest areas of work within the shelter. A day at the shelter may involve some surgery, radiography, treatment or nursing care. You will be provided with free accommodation including meals.

### **Volunteering Veterinary Students**

Veterinary students are more than welcome to “see practice” at the shelter and in fact the high turn-over of surgical and medical cases seen here makes it a very suitable placement. There is plenty of opportunity for “hands on experience”. The shelter asks for a minimum stay of one month. The (northern hemisphere) summer months get particularly booked up with veterinary students so book early.

While we do not impose fees for seeing practice, we are in these difficult economic times, forced to ask students seeing practice with us for a donation towards accommodation and meals. Please see below charges.

### **Accommodation Charges for “Vet Students seeing practice”**

- 1) 200/- Rs per day (Stay up to two weeks)
- 2) 175/- Rs per day (Stay up to four weeks)
- 3) 150/- Rs per day (Stay more than four weeks)

Note – No facility will be provided for laundry, wiping, cleaning & such others. Accommodation charges include electricity & water.

### **Food Charges for Vet Volunteers: -**

- a) Breakfast – 30/- Rs per day
- b) Lunch – 60/- Rs per day
- c) Dinner – 60/- Rs per day

No charges will be applicable for food if not eaten but you have to communicate to the kitchen- in- charge before time.

### **(B) NON- VETS Volunteers:**

We are always on the look-out for volunteers to help us at our busy shelter with or without experience working with animals, as well as people with a bit of time, compassion and any other skills to contribute.

We depend on donations to fund the running of our animal shelter. We do not expect anyone to pay this out of their own pocket so we ask our volunteers to raise a minimum amount of money mentioned below or more prior to coming to our shelter. This money will cover your accommodation and lunch and all proceeds will go straight back to the shelter and will help cover our running costs such as medicines, the running of our rescue vehicle, staff wages and fresh food for the animals.

We suggest a donation of:

<b><u>Amount</u></b>	<b><u>Duration</u></b>
£400 -	for a month i.e. £100 per week
£800 -	for two months and so on

(£1= INR 85 approx.)

(£1= \$ 1.50 approx.)

(£1= € 1.24 approx.)

⇒ Depending on conversion rate

Inclusions:

- Accommodation
- Electricity and water bills
- All 3 meals- Breakfast, Lunch and Dinner
- Local Pick-up and drop on your arrival and departure

Exclusions:

- Flight expenses
- Internet charges
- Mobile Phone charges
- Travel Insurance
- Laundry

HOW TO PAY THIS FEE:

- Either before arrival or on day of your arrival at HIS as you wish.
- Through Cheque/Cash or Wire transfer

### **General tips and hints**

#### ***Accommodation***

Volunteer veterinary surgeons and veterinary students are offered a simple guest room with attached (western) bathroom at the shelter (Please see above rates). Your friends may come to visit you at the shelter for brief periods, but they are not permitted to stay overnight in the rooms, which are reserved for volunteers only. We do not provide accommodation for casual visitors. Guest rooms are equipped with single beds, wardrobes, a desk and chair etc. Bed linen, but not towels, is provided. Volunteers are asked to make their own arrangements for laundry. Basic facilities available in accommodation are:

- Single Bed with Mattress, Bedsheet and pillows
- Western Toilet
- One steel wardrobe- please see photographs below





### ***Meals***

All volunteers are provided with basic vegetarian breakfast, lunch and dinner, cooked in the local style. Many western visitors like to supplement the shelter's meals with fruit etc. Volunteers should inform Manju, our cook, or office staff if they do not need a meal on a particular day. Longer term volunteers may have access to a simple kitchen.

### ***Time Off***

The shelter is open seven days a week; all volunteers are given one day off per week. These days can be saved up so that multiple days can be taken at once, after consultation with other members of the team. Adjustments in work rotas are common at the shelter, and occasionally flexibility is required. Generally the working day is from about 0800 to about 1700 but as with all veterinary work this could be discussed with seniors.

### ***Climate***

November to February in Jaipur are the winter months and can be quite cold especially at night (down to 2°C). Days are usually warm and sunny. Like most accommodation in India the guest rooms have no heating, so come prepared. During March the temperature starts to climb and in May and June the temperature hovers between 40-45°C. When the monsoon comes (usually) at the beginning of July the temperature begins to drop. It can be very wet.

### ***Laundry***

The shelter has a regular dhobi (laundryman). He will be happy to launder and press clothes, bed linen, towels etc. The service takes about 3 days and laundry is paid for by item at the time of its return. It is advisable to deal with delicate and personal items one's self.

### ***What to Bring***

- Clothing – This should be practical and modest. During the winter or rainy season the shelter can be rather muddy therefore closed-toe, comfortable shoes are recommended. In the summer sandals are the norm. Rajasthan is a traditional state, so please try to respect local customs and ladies should keep shoulders and legs covered. In winter it can be fairly cold, especially at night, so you will need a few sweaters. A hot water bottle may even come in handy if you feel the cold!! Don't leave all your smart clothes at home; you'll probably be invited to some social functions while you are here!
- There may be a swimming pool available to us nearby, so it may be wise to pack a swimsuit.
- Mosquito Repellent is useful especially if out in the evenings so it's a good idea to bring this.
- Pretty much everything, from clothing (Western and Indian) to toiletries and food, can be purchased in Jaipur, so don't feel you need to bring everything from home. For the ladies, although sanitary towels are widely available, tampons are not, so keep this in mind when packing. Lavatory paper is also quite difficult to come by, and although the shelter does manage a supply for the guests, bringing a roll initially is perhaps a good idea. A torch is a must, as power can occasionally be temperamental.

### ***Telephone and Internet***

- The shelter does have internet access, but we request that you remember this should be dedicated to shelter business within working hours, however internet speed could vary.
- A headset and microphone are attached to the computer in the Vet's Office and the Skype programme is available on this computer.
- Phone calls, although these can be made from the shelter if absolutely necessary, are best made using pre-paid telephone cards or a mobile phone. Mobile phones are widely used in India and are cheap and readily available. The cost of calls from Indian mobiles, including those to overseas, is minimal so if you intend to use a mobile it is definitely worthwhile purchasing an Indian sim card while you are here.

### **Health and Vaccinations**

- Visitors must check with their doctors which vaccinations are recommended for travel to India – and make sure you are up to date with these.
- Rabies vaccination is a necessity for working at HIS. A full pre-exposure primary course should be obtained before arrival. Boosters can, if required, be obtained in India. You will be unable to do any animal work unless you are fully vaccinated.

- It is your choice if you take anti-malarials. Many foreigners do not, but malaria does sometimes occur in Jaipur. We recommend that you take advice from your doctor before travelling. It is certainly wise to try to avoid bites by using repellent and long trousers/sleeves in the evenings.
- Quality medical care is available in Jaipur should the need arise.
- No health cover or insurance of any kind is provided by the shelter – volunteers and veterinary students undertake work at their own risk and should consider taking out their own insurance.

### **Visas**

You will require a visa. Once you have been accepted as a volunteer you will need to consult with your embassy for the most appropriate visa for which you may apply. Check with your home country's Indian High Commission or Embassy which visas are available and for how long they will be valid, and be prepared for long queues to obtain them. Be aware that some Indian visas only last six months from the date of issue, so do investigate this before applying so the visa does not expire before you plan to finish your stay in India. Tourist visas may have restrictions on re-entry to India within certain time periods so consider this if you plan further travels. You also need to fill Form-C on arrival.

### **Going Out and About**

In your spare time you will probably want to see the sights of Jaipur, and enjoy the hospitality of the Rajasthani people.

- Rickshaws can easily be caught from near the shelter and can take you anywhere you request. Staff at the shelter will be pleased to suggest places worth visiting, advice on directions, and suggest appropriate fares.
- Buses also run regularly from the end of the road on which the shelter is situated, straight into the city centre and cost very little. Bus Number- 9A.
- Within walking distance from the shelter there are many small grocery stores which sell pretty much everything you may need, from washing powder, shower gel to eggs, bread, milk, fruit and veg.
- Women going out in Jaipur should be prepared to occasionally “fend off” unwanted attention. There is no need to be afraid, most local people are friendly and helpful, but it is wise to be a little wary, and dress appropriately. Unwelcome advances are usually best ignored!



## **We ask you please to respect the following:**

### ***Around the Shelter***

You are requested to accept the decisions of the trust regarding the animals in the care of the shelter; for example, if an animal needs euthanasia please do not argue about this decision. It is always a difficult decision to make, and we only perform euthanasia if animals are aggressive, unmanageable or seriously ill or injured.

If you find that staff are not doing things in the way which you would like, please do not give orders to the staff, but talk to the management about the issue (Vet Volunteer with Jack and Non- vets with Col Yadav). Help in Suffering wants to benefit from the experience of our veterinary visitors so we will welcome your constructive comments on our procedures.

If any volunteer want to organize any party, it should be vegetarian and non alcoholic.

### ***Local Traditions***

Please wear clothing which covers arms and legs. Please respect vegetarian ethic which is widespread in Rajasthan. People who are working for the shelter are seen by the public as a representative of the shelter, whether inside or outside working hours, and we therefore request you behave accordingly.

### **Contact Details**

Veterinary surgeons interested in volunteering, or veterinary students wishing to see practice should email Jack Reece: [jack@his-india.in](mailto:jack@his-india.in)

Non- vets- please contact Col Yadav on [yadavsudhir@his-india.in](mailto:yadavsudhir@his-india.in)

Please consult our website: [www.his-india.in](http://www.his-india.in)

We have a group on Facebook look us up at- <http://www.facebook.com/pages/Help-in-Suffering-Jaipur-Rajasthan-India/336779206394210>

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