



Odanadi Volunteer Pack

2011



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Introduction

Hello, and welcome to Odanadi!

Thank you very much for deciding to come and spend some time at Odanadi. If you have received this pack then you should have already filled out our volunteer application (if for some reason you haven't done this, please do so now at www.odanadi-uk.org/volunteering).

This pack is intended to help make your time at Odanadi enjoyable and productive and will give you an idea of what you can expect from your volunteering experience.

The following is included in the volunteering pack: a message from the founders, Stanly and Parashu, maps of how to find us, information on who works here as well as some general information about Mysore. It also contains important information on what is expected of you when you are here and a helpful checklist to make sure you can get off to a flying start when you arrive.

We look forward to seeing you soon!



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A welcome from Stanly and Parashu

Dear volunteer,

We would like to begin by thanking you for volunteering your time to Odanadi. Volunteers have played a key role in the development of Odanadi over the last 20 years, and the support provided to the women and young people we work with has been invaluable.

The role of volunteers at Odanadi varies greatly depending on the time and skills volunteers bring to the organization, but please always remember this; the most important part of your role is providing positive human contact with everyone at Odanadi as they recover from the difficult times they have endured. It should not be underestimated how much difference this contact can make to their rehabilitation and self esteem.

We carry out some difficult and often distressing work at Odanadi but we always try to instill a sense of happiness and enjoyment, so the most important thing for you to bring with you is lots of enthusiasm and a smile!

We are sure that you will enjoy your time with us and we are really looking forward to working with you!

Kind regards,

Stanly and Parashu



The work of Odanadi

The information below will give you a broad understanding of the key areas of work Odanadi is involved in.

Odanadi has 20 years experience developing initiatives to combat human trafficking. It is committed to providing a safe place for victims of human trafficking, sexual exploitation, slavery, domestic abuse and poverty. It currently houses 85 women and young people on two sites located on the outskirts of Mysore: 65 women and girls stay at the Madilu Rehabilitation Centre, while the boys live in separate premises, a few kilometres away. Every resident has a different story to tell. Many have been rescued from the hands of brothel owners and sex traffickers, others from abusive homes, child marriages or domestic servitude.

At Odanadi residents are provided with the skills they need to heal, empower, educate and eventually reintegrate themselves back into mainstream society. Rehabilitation only represents a small percentage of what Odanadi does. Over the course of almost two decades, Odanadi has worked with communities, organisations and individuals across India, to raise awareness and work to create a people's movement against human trafficking and sexual exploitation.

Key activities of Odanadi include:

- **Rescue Operations:** Odanadi runs rescue operations to free women and children from the sex trade and other kinds of abuse. It has to date rescued approximately 2000 people, 450 of whom were minors.
- **Empowerment & Rehabilitation:** Odanadi's rehabilitation programme is widely recognised. Short and long-term residents are provided with immediate medical attention and counselling. Odanadi has also developed a variety of innovative therapies, which include drama, classical dance, yoga, and meditation. This prepares the residents for life outside the walls of Odanadi, and assists them in reintegrating into society as strong, confident and empowered individuals. Odanadi aims to provide a caring environment, further education and skills.
- **Awareness:** Odanadi believes building relationships is the most effective way to fight human trafficking at its source. By mobilising local communities, schools, students, police, grassroots organizations and the judiciary, Odanadi aims to create a people's movement against human trafficking, sexual exploitation and slavery – to end this spiralling abuse of human rights throughout India and across the globe. Vigilance committees, which are village educational groups that help communities find alternatives to human trafficking and protect them from would-be traffickers, are a cornerstone of this work.

The staff and weekly activities at Odanadi

It can take a while for first time volunteers to get to know the staff and understand what happens on a day to day basis at Odanadi. The following information is subject to change but it will give you an idea of the schedule at Odanadi and who works here.

School times

Those children that go to school leave Odanadi between 08:30 and 9:00 and they get home at 16:30. They also go to school on Saturday mornings. This means that during the day only those residents who do not attend school or college (approximately 10-15 residents) are at Odanadi.

Meal times

The residents eat at the following times:

- Breakfast: 8:30 - 09:30
- Lunch: 13:30 -14:30
- Dinner: 20:30 - 21:15

Volunteers usually have lunch in the dining room at around 13:30. Lunch is normally rice and a daal (known as samba). Bring a spoon if you don't like eating with your hands!

Other Activities

There are a number of other organised activities for the residents of Odanadi:

- Garden work (daily): 16:00 – 18:00
- Yoga (Monday - Friday) 17:00 -18:00
- Karate (Monday, Wednesday, Friday) 06:00 – 07:00
- Acupuncture (currently Tuesday and Thursday) 15:30 – 17:00

Working hours for staff

The staff at Odanadi generally work between 10:00 and 17:30, Monday to Saturday

Equipment available at Odanadi

This list varies but will give you an idea of what is available:

- The children have access to a range of books and other reading materials in the library. They are five computers (without internet access) in the library
- Pens and other craft materials are often available but it is a good idea to check before you arrive if you are planning activities that require these materials
- There are three functioning sewing machines
- There are a range of games and activities to play, popular games include connect 4 and carom (a traditional Indian game that is a bit like pool or snooker only played by flicking pieces with your fingers).

Directors – Stanly (Secretary) and Parashu (President)



Stanly

- Carry out rescue operations
- Attend court to obtain convictions against traffickers and also to defend Odanadi against allegations made against them
- Lobby to raise awareness of sexual trafficking and driving changes in legislation
- Act as ambassadors for Odanadi in India and around the world
- Provide legal counselling
- Assist with administration of Odanadi
- Coordinate village vigilance
- Repatriate, rehabilitate and assist rescued children

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Parashu

families
danadi

Strategy and Business Development Director – Tom (started December 2010)



Duties

- Undertake a strategic assessment of Odanadi
- Develop a three year strategic plan
- Liaise with Odanadi organisations and stakeholders abroad and coordinate activity
- Develop fundraising proposals
- Oversee volunteering activity
- Develop and manage communications

House Mother (women and girls) – Prabhamani and (started February 2010)



Duties

- Caring for residents' education, hygiene, medical care, food, laundry, beds, etc.
- Maintains a file on each resident, which is registered upon their arrival to Odanadi.
- Informs directors of any major issues, maintenance needs, and makes requests for supplies.
- Works with the counselor on individual development plans for residents, and refers them for counseling or specialist treatment as needed.

Assistant House Mother (24 hour) – Akkama and Shruti



Duties

- Responsible for building maintenance and cleaning
- Inform House Mother of any maintenance requirements
- Perform house mother duties overnight
- Assist the house mother, as required, daily

Akkama



Shruti

Counselor (Social worker) – Latha (started October 2010)

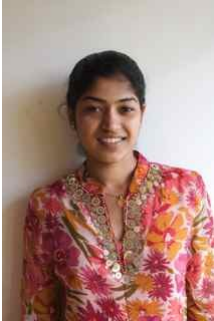


Duties

- Oversee all cases, and supervise the helpline and field workers.
- Receive people who arrive at Odanadi as a result of calling the help line (open 24 hours). Assesses the situation and decides whether shelter, mediation, and/or police involvement is required.
- Meet regularly with current residents, often at the recommendation of the house mother, to help them with their

problems. Maintain and update resident files and development plans. Dispatch field organizers, as required.

Accountant/Office Manager – Veena (started 2008)



Duties

- Manage finances, budget, utility bills, facility costs and staff pay slips.
- Compile annual report and audit for fiscal year (March-April). Responsible for official correspondence (letters/emails).
- Completes project budgets for projects
- Issue receipts and write thank you letters for donations

Field organisers – Mangala, Shoba

Duties

- Staff the 24-hour helpline in shifts. Make house calls as needed to help resolve situations.
- Accompany victims to the police station to make reports and press charges.
- Log all incoming cases and update cleared cases. Report to counselor.
- Visit villages to publicise the helpline and raise awareness of Odanadi as a resource for those in need.

Teacher – Trishala (started 1998)



Duties

- Oversee educational needs of all residents. Call regularly and visit the schools and colleges on a monthly basis to check students' progress and address any problems.
- Organize the purchasing of books, uniforms and school supplies, as well as pay school fees. Attend parent meetings, with teachers, assist with exam preparation and tutor students during the holidays.
- Act as library manager (lending, purchasing, computers).
- Look after the educational materials at Odanadi

Security –Jagannath



Duties

- Maintain logbooks, which all residents and visitors sign with their name and address upon entering and leaving the grounds. (Volunteers do not need to sign out when they leave the premises.)

Rathnam



Duties

- Create a welcoming atmosphere for people arriving at Odanadi
- Greet visitors, including volunteers, and show them around Odanadi
- Takes guests to the appropriate contact e.g. accountant, directors, house mother.

Office assistant – Suresh S. S.



Duties

- Assist the accountant/office manager and house mother.
- Act as messenger to post letters, pay bills, etc. Purchase supplies from outside as needed.
- Keep offices clean and organized.

Kumari – House Mother (Boys' Home)

- Caring for residents' education, hygiene, medical care, food, laundry, beds, etc.
- Maintains a file on each resident, which is registered upon their arrival to Odanadi.
- Informs directors of any major issues, maintenance needs, and makes requests for supplies.
- Logs supplies and spending that is signed off by the Directors

Rathnama – Cook (Boys' Home)

- Provides food for the boys at the boys home including breakfast, lunch and dinner

The role of volunteers at Odanadi - case studies



This section will hopefully inspire you as to what you may be able to contribute to Odanadi during your stay. Your activity will be directly related to the length of time you plan to spend here as well as your particular competence, interests and background. Some volunteers come to Odanadi for a few hours a week, to carry out specific projects (such as yoga, acupuncture or painting) while others work here five days a week.

Creative/artistic Projects

Other volunteers work with the residents who do not attend school or college. These women spend their days at Odanadi and appreciate some break in their routines. Examples of these activities are sewing, painting, playing word games, English vocabulary building, computer skill training, dance, sports. Feel welcome to use your own ideas here.

Sandra (Sweden)

Sandra and her friend Ingela were at Odanadi for five weeks and engaged some of the girls in a patchwork cushion cover project. The girls have made one cushion cover, for themselves, and made more to sell at a craft market, organized by volunteers, to help raise funds and awareness of Odanadi. The girls receive a percentage of the money raised on the products they made that goes into their own bank accounts that they can access at 18 years old.

Spending time with the residents

Some of the residents benefit from being able to talk and they appreciate the attention they receive from the volunteers. You can work on English or play games, such as Carrom, as well as listening with these residents.

Aude (France)

Aude is spending five months at Odanadi between November 2010 and April 2011. Having a large amount of time at Odanadi has meant that Aude has been able to develop strong relationships with the residents at Odanadi. It is also a great help for shorter term volunteers as they settle in at Odanadi.

As well as spending valuable time with the children Aude has worked on sewing classes, assisted the visiting acupuncturists, helped organize a craft fair and Yoga Stops Traffick.

Physical/Construction work

There is always something to be done in the Odanadi grounds or building. Examples of this are gardening, painting, or making something attractive to adorn the walls.

Matthieu and Annabelle (France):

They spent 5 weeks at Odanadi and although they spend a large amount of their time spending time with the children, in particular Palavi, they also found time to erect a washing line to dry clothes (rather than use the playground equipment) and clear out a shed that revealed lots of useful materials that are now being used to build compost bins.

Skill based activities

Some volunteers deliver specific projects or activities. Two examples of this are:

**Jenny (USA): Yoga teacher**

Jenny came to Mysore to study ashtanga yoga and volunteer with Odanadi. Biweekly, Jenny taught a modified ashtanga yoga sequence to the residents. Jenny stayed for a duration of three months, which has given her a chance to get to know the children and develop the trust needed to affectively teach yoga. It is her hope that through practicing

yoga, the children will be able to foster confidence, self-esteem, as well as strong minds and bodies.

**Emily (UK) Acupuncturist**

A practicing acupuncturist in the UK, Emily is also practicing yoga in Mysore for two months. Emily provides acupuncture treatment to the residents and staff at Odanadi on Tuesday and Thursday afternoons. The children find acupuncture very valuable and it is one of the methods used to help rehabilitate the girls and also deal with their day to day stresses and problems.

Administrative and Business support

There are also opportunities to work with the business side of things. You could assist with completing funding proposals or research or with some of the administrative functions.

Ingela (Sweden):

A former finance director, Ingela assisted the Accountant at Odanadi and the Strategy and Business development director is setting up a budget for 2011-12 and a system for monitoring the budget on a monthly basis.

Funding projects

It is preferable if you can provide the resources to fund any projects that you may be planning to run. If this is not possible then you may be able to obtain some financial assistance from Odanadi. Send an email to volunteering@odanadi-uk.org to enquire about this, if you need to have this information before you arrive. We can also help with advice on how to raise money before you arrive at Odanadi that you could use this money to deliver projects.

Additional guidance and practical information

Working with vulnerable children and adults

The children and women are very friendly and open with volunteers. This is very positive but it is also advisable to keep a professional distance and not become anyone's "best friend". One day you will no longer be around and this could be traumatic for the individual involved. Try not to favouritise any of the children or women. Do not buy presents for individuals, as this may cause problems.

You may be interested to ask questions about peoples past but please be very diplomatic. Do not ask too much about the residents' families. Do not ask about their parents. Once you get to know the girls and women they will be relatively open with their stories. If you are unsure speak to one of the Directors or volunteers who have been at Odanadi for a longer time for guidance.

Conduct

Smoking, taking drugs and drinking are strictly forbidden within the Odanadi grounds. If you do need to smoke then please make sure that you go outside the grounds.

Clothing

At Odanadi you should wear comfortable, practical, and culturally appropriate clothing. This can be Western or Indian style clothing, but keep in mind that Indian cultural norms require shoulders and upper legs to be fully covered. For women tight clothing and low necklines will probably attract unwanted attention. Loose cotton clothing is a good idea. Tight t-shirts are not a great idea for women. Sleeveless tops, miniskirts, shorts that end above the knee, and see-through clothes are not advisable. Durable clothing and closed-toed shoes may be required for certain types of work around the premises, such as construction and maintenance projects. The weather is generally warm to hot, even in winter.

Coming and going at Odanadi

All of the residents need permission to go out, for reasons such as school and work. If they wish to leave for personal business, they must obtain permission from the counsellor or directors. All residents sign out when they leave, volunteers sign in when they arrive.

Behaviour

The same suggestions that apply for most of the rest of India are also true for Odanadi and Mysore. Couples should be aware that it is generally not acceptable to show their feelings, ie. hold hands or kiss or cuddle in public. It is generally easier to say you are married to your partner than to explain that you live together.

Some situations might be frustrating (such as bargaining with rickshaw drivers) but it is much better to try and deal with these situations with a smile on your face and not lose your temper! You will have a much better time in India if you can do this

Donations

Some volunteers bring donations to Odanadi ranging from secondhand clothing to money. However big or small your donation, it is important that it is logged with the appropriate member of staff and not given directly to the children. Odanadi maintains a careful accounting of all resources and donations. If you are unsure, please ask before

you give donations to anyone. It is advisable to check in advance as to what will be useful for the residents of Odanadi.

Examples of donations received are money, clothing, craft materials (pens, paper etc) and electrical items such as laptops, mobile phones, digital cameras and sweets. If you are planning to bring things for your projects please note that a lot of things are available in Mysore (from stationery materials to sewing materials). It is usually a lot cheaper to buy things here than at home.

Remember that there are high import charges on large quantities of goods brought into India so it is worth checking with us first if you are planning to bring large amounts of equipment.

All donations need to be logged with the house mother. Financial donations need to be registered with the accountant who will provide you with a receipt.

Visas

You will need to arrange your visa prior to your arrival. If you need assistance with this process we will try and help. Most people apply for a tourist visa and do not mention that they will be working as a volunteer. Visa procedures may vary from country to country.

Insurance

It is important that you are fully insured for the whole period of time you are working at Odanadi, and preferably for the whole time you are in India. Please bring a copy of your insurance policy with you.

Useful links

Odanadi India	http://www.odanadisevatrust.org/
Odanadi US	http://odanadi-us.org/
Odanadi UK	http://www.odanadi-uk.org/
Odanadi NL	http://www.odanadi-nl.org/
You tube – Odanadi film	http://www.youtube.com/watch?v=5VLAjqpZ3a0

Mysore Information

Mysore is a popular destination for tourists (both Indian and foreign) and also yoga students and there is plenty for you to see and do in the surrounding area when you are not at Odanadi. Mysore has quite a few tourist attractions, including the renowned Palace. For shopping, restaurant, things to see and do information and such, the other volunteers are a good source of information.

Places to stay

There are many places to stay, in and around Mysore, from the very expensive to the cheap (and sometimes nasty). Many volunteers stay with Stanly or Parashu, who can both (space permitting) provide low cost accommodation options, including meals. If you wish to stay with Stanly or Parashu you can email us at volunteering@odanadi.org to arrange this.

There are also many reasonably priced hotels in the centre of Mysore. It is worth having a look at one or two before you choose as the standard can vary greatly. There are two main places that people stay, either in the city centre or Gokulam, a suburb in the north of the city that is popular with yoga students who rent apartments. The details of a couple of places where volunteers have stayed are included below:

Hotel Dasaprakash (Gandhi Square) – Located in the heart of Mysore city this hotel is a great budget option popular with both Indians and travelers. It has fairly basic but clean single rooms from 300 rupees a night. It has hot water in the mornings and a cheap and popular restaurant as part of the hotel complex.

Tel: +91 821 2442821

Website: www.mysoredasaprakashgroup.com

Urban Oasis 'Compact' (No.7 Contour Road, Gokulam 3rd Stage) – This place has air conditioned rooms, wifi, tv and includes breakfast. A small double room costs 2000 rupees a night.

Tel: +91 821 2410713

Email: reservations@urbanoasis.co.in

Website: www.urbanoasis.co.in

There are also many smaller guesthouses and homestay options, but volunteers are advised that in India all foreign visitors have to be registers under the 1939 registration of foreigners act. Most hotels and guesthouses carry out this procedure as a matter of course, but you can run into trouble if you are staying at a home or guesthouse that is not registering guests. It is worth asking when you check in, just to make sure.

Swimming

There are some hotels that let you use their facilities (including pool) at a small cost. One of these is Silent Shores which is close to Parashu's house. The cost is 250rp per day and the pool is wonderful. Other pools that you can use in the city area are at the Hotel Regalis and Southern Star.

Shopping:

Himalaya which markets quality ayurvedic lotions and soaps has a shop on DevarajaUrs Road (one of the main shopping streets)

Fab India you can find this well known Indian store on JLB road. Most rickshaw drivers will know where Fab India is.

Silk scarves etc Badsha Bazaar on Sayyajji Rao Rd is a good place to start. You will be overwhelmed by the choice of places selling silk, scarves and Indian clothing. Make sure you bargain, or at least ask for a discount.

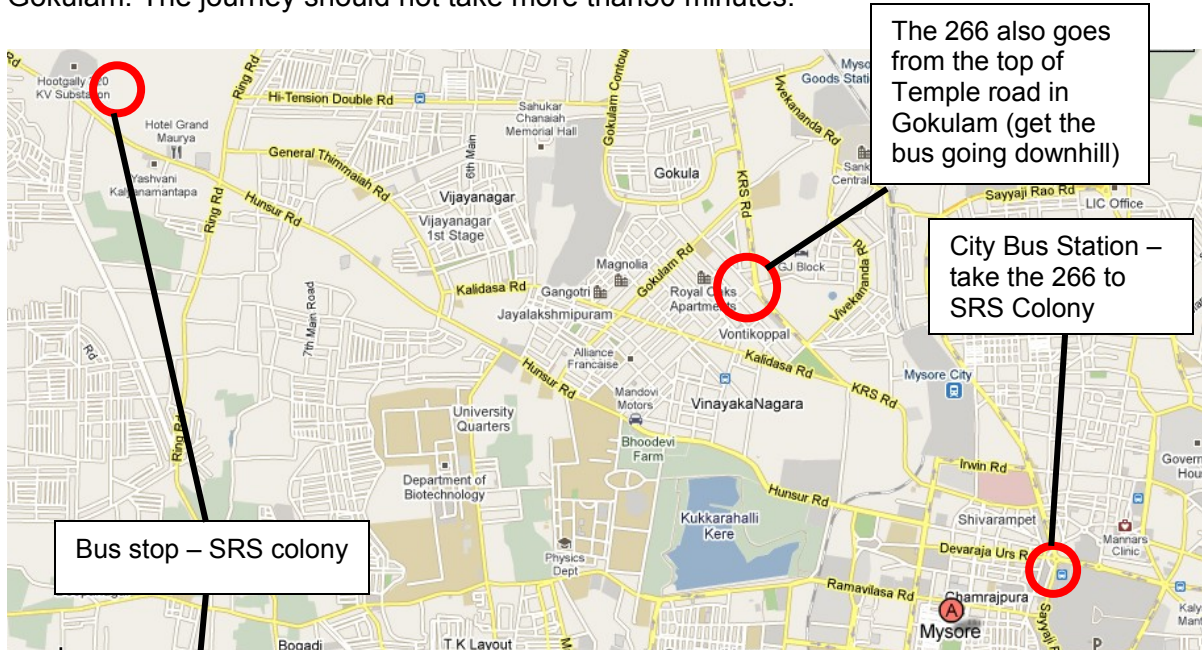
Coffee: Coffee Day is a good place to go for a cappuccino and there are a number of branches around town. It is on the corner of Devaraja Urs Road and JLB Road. Barista is a similar café and there is a branch in Gokulam. You can find a variety of coffee shops and even a gelato bar in Gokulam.

Supermarkets: The larger ones are More, off Deraraja Urs Rd and Loyal World in Gokulam. You will find smaller supermarkets all over the place.

Restaurants: If you want to splash out a little you can go to the Royal Orchid Metropole or the Regalis (they are next door to each other on Vinoba Rd (which becomes Husur Road) The Green Hotel on Hunsur Road is also recommended. Another popular place to eat in town is the Hotel Shilpashri, it has a terrace overlooking Gandhi Square.

Getting to Odanadi

The maps/directions below are to help you find us from the city bus station and from Gokulam. The journey should not take more than 30 minutes.



When you see this wedding venue (it looks a little like the Sydney Opera House) get ready to get off. Get off at the next stop.

You can see the Odanadi building from the road (see front cover). Cross over the two lane main road and follow the dirt track opposite the supermarket. Take the first road on the right to find us.

If you decided to take an auto rickshaw then these maps should still help. For info a bus costs 10-20 rupees and an auto rickshaw will cost you around 100 rupees

Volunteer check list

You have now reached the end of the volunteering information pack. Well done! To help you remember all the important things we told you to do here is a checklist.

Pre-arrival

- Complete the volunteer application form
- Read this information pack!
- Check you have all your visas, vaccinations, insurance etc. Mysore is not a Malaria zone but if you are traveling to other areas (such as Goa) you will need to take anti-malarial drugs
- Arrange what day/time you will be arriving at Odanadi so there is someone to meet you and show you round

Upon arrival

- Get orientated at Odanadi - someone will be available to show you round and introduce you to the staff and residents
- Read and sign the volunteer agreement
- Provide a photocopy of your passport and visa

Post departure

- Complete your 'volunteer experience' form so that volunteers that follow you can learn from your experience
- Think of ways you can raise awareness of Odanadi when you return home

We are looking forward to your arrival!