



Kakelao 2015

Yale Alumni Service Corps, Association of Yale Alumni, P.O. Box 209010, New Haven, CT 06520-9010



Newsletter #1
March 2015

Dear YASC Kakelao Participants:

We are delighted that you have chosen to be a part of this summer's service trip to Kakelao. Our group includes 82 YASC volunteers -- 58 adults and 24 teens - -and we will be joined in India by more than fifteen motivated young adult volunteers from AFS-India, at least 20 high school girls from the Rajmata Krishna Kumari (RKK) School in Jodhpur, and more than a dozen teen girls from the Veerni Institute.

As you know, we have recently returned from our advance planning trip in Kakelao, where the community warmly welcomed us back. The village is happily anticipating our arrival this summer and is excited to learn and work with us once again. To assist you in getting a better sense of the community, we have attached two reports. The 2014 Advance Trip report was written by Puneet Batra, producer of the 2014 Kakelao trip. The 2015 Advance Trip report summarizes what we learned during our time in Kakelao earlier this month. We are very much looking forward to hearing your ideas and coordinating plans to benefit the Kakelao community for our upcoming trip.

This newsletter and the ones that will follow contain a wealth of information about **travel logistics**, **project assignments**, **health and safety tips**, and more. We know this newsletter has a lot of details, but we want to provide you the information that you'll need in order to plan for our time in India, so we hope you will take the time to review these details.

We -- Najib El-Sayed PhD '93 and Melissa Reinberg -- are the volunteer co-producers of the 2015 YASC trip to Kakelao. Supporting us in this role is a dynamic team from the Association of Yale Alumni: Mark Dollhopf '77, Executive Director of AYA (Association of Yale Alumni), mark.dollhopf@yale.edu; Kathy Edersheim '87, Senior Director of AYA, kathy.edersheim@yale.edu; and Joao Aleixo, Director of Yale Alumni Service Corps, joao.aleixo@yale.edu.

Please do not hesitate to contact us with any questions about the trip. Our contact information is listed at the end of this newsletter. Enjoy!

– Melissa and Najib

Important next steps

- **Read** all the information in this newsletter!
- **Submit** the following as soon as possible:
 - Your **international flight information** via the following link: <http://goo.gl/forms/Cct6SqvomB>
 - Signed **release forms** (attached) -- for each member of your party -- to Joao via email to joao.aleixo@yale.edu or fax to 203-432-0587.
 - **Photos** for our participant directory via email to Najib at kakelao2015@gmail.com.
 - **Passport information** for all members of your party; we need passport numbers, dates of issue, dates of expiration, and names exactly as they appear in the passports (we cannot book our internal flights without this information). If you have not already submitted this information, please do so via the following link: <http://goo.gl/forms/sTiLyPoUWF>. Alternatively, you can call Joao Aleixo at 203-432-1943 and leave him a message with these details. Please DO NOT submit this information via email.
- **Apply** for your visa! (See below for details.)
- **Let us know** via email:
 - If you are interested in participating in the post-trip extension to Jamba.
 - If you plan to attend the orientation at the Rose Alumni House on Yale's campus on Saturday, April 18th, starting at 8:30 am and ending around 4:30 pm.
- **Review** the project assignments and descriptions (see below) and let us know if you'd like to take on a **leadership role** for a project.

Flight information

You are responsible for booking your own international flights to and from New Delhi!

Beginning of the trip

Arrival schedule

If you are not going on the pre-trip extension to Nepal, please plan to arrive in New Delhi on July 30th. We have booked rooms for the night of July 30th at a hotel near the New Delhi airport. For those participants who arrive at 9am or later on July 30th, Far Horizon, our logistics partner, will provide transportation from the airport in New Delhi to the hotel – but only if you provide us with your flight details. Check-in at the hotel begins at 2pm; you might be able to access your room earlier than 2pm subject to availability.

If you are going on the pre-trip extension to Nepal, please plan to arrive in Kathmandu by July 25th. For those participants who arrive in Kathmandu at 9am or later on July 25th, Far Horizon will provide transportation from the airport in Kathmandu to the hotel – but only if you provide us with your flight details. You will join the group in New Delhi on July 30th.

Luggage restrictions on internal flight

We will be taking a flight from New Delhi to Jodhpur in the morning of July 31st, and we will leave the hotel at 8am in order to head to the airport. However, bear in mind that this flight has luggage restrictions. The airline permits each passenger to check only one bag up to 15 kilograms (approximately 33 pounds) and to carry on only one bag up to 7kg (approximately 15.4 pounds). Excess luggage will be sent via bus to Jodhpur; this bus will leave from the hotel at **6pm on July 30th**. Pack accordingly – or leave time to repack your suitcases as needed after your arrival. If you arrive at the hotel after 6pm on July 30th AND your luggage exceeds the limitations, you will likely be charged excess fees on the flight to Jodhpur, at the rate of INR 300 (roughly \$5) per excess kg.

Late breaking news – possible post-trip extension to a sand dune retreat in Jamba!

We have just learned of the possibility of offering a short post-trip extension to a sand dune retreat in Jamba, which is about a three-hour drive from Jodhpur. This extension would take place immediately following the service portion of the trip and is **open only to participants who have not registered for the Golden Triangle Extension**, as registration for that extension has already been completed and processed.

The itinerary for the Jamba extension is attached. As you can see, this extension would run for two nights, completing on August 11th, when participants would return to New Delhi. The cost of the Jamba extension is \$350 per person, with a \$150 single supplement. We need to have a minimum of 10 participants to offer this extension. **Please let us know no later than Monday, March 30th if you are interested in this extension so that we can know if there will be enough interest to offer it.**



End of the trip

If you are not going on the Golden Triangle extension or the Jamba extension, the trip ends on August 9th. The flight from Jodhpur to New Delhi (with the same luggage restrictions as above but with no option to have excess baggage travel by bus) will get you into New Delhi in the early afternoon, in time for late night international flights. Please note we are not providing any additional services (transport, hotel, sightseeing, etc.) after arrival at the airport in New Delhi. Check-in for your international flights is permitted four hours before departure.

If you are going on the Jamba extension, the trip ends on August 11th, with travel by bus from Jamba to Jodhpur and then by plane from Jodhpur to New Delhi. The flight from Jodhpur to New Delhi (with the same luggage restrictions as above but with no option to have excess baggage travel by bus) will get you into New Delhi in the early afternoon, in time for late night international flights. Please note we are not providing any additional services after arrival at the airport in New Delhi. Check-in for your international flights is permitted four hours before departure.

If you are going on the Golden Triangle extension, the trip ends on August 13th in New Delhi, so you can plan to leave from New Delhi that night, and we will arrange for transport to the airport for late-night departures.

Additional services

For participants arriving in New Delhi/Kathmandu earlier than the dates and times listed above or staying in New Delhi after the end of the service trip/Golden Triangle/Jamba extension, if you would like to arrange additional services such as airport transfers, additional nights in the hotels, or sightseeing tours, you can contact our partners at Far Horizon: Raman Gulati, raman@farhorizonindia.com, and Pankaj Arora, pankaj@farhorizonindia.com. Please note that you will need to arrange payment for these additional services as they are not included in the cost of the trip.



Visa Information



Research your visa options now! The visa process can be complicated and can take a very long time, and we certainly don't want any of you to miss the trip because you haven't arranged for your visa. You have a few options for obtaining your visa. First, there is a new Tourist Visa on Arrival (TVoA) application procedure that you should consider using. You can read about it here:

<https://indianvisaonline.gov.in/visa/tvoa.html>. Applicants must first apply online within a window of 4 to 30 days in advance of the date of arrival and will then receive an ETA (Electronic Travel Authorization), which must be carried to India. After arriving in India, applicants will receive a **single-entry** TVoA which will be valid 30 days from the date of arrival in India.

If you do not feel comfortable waiting until 30 days out from the trip or if you need a visa for more than 30 days, apply for your 'regular' Indian visa now. You should be aware that the Indian Embassy contracts exclusively with Cox & Kings Global Services to process its regular visas. If you live near a Cox & Kings office, we recommend going there in person to submit your visa application. If you do not live close to a Cox & Kings office, consider using a visa service. Yale has an arrangement with CIBT, which is one such visa service. However, we have experienced significant challenges with CIBT over the past few months, as their services are professional but not always efficient, so we are not able to give them an unqualified recommendation. CIBT will also charge processing fees over and above the visa application fees, so if you choose to use CIBT's services, you can use Yale's special discounted rate, accessible via the following link: <http://cibtvisas.com/index.php?login=40634>. When asked on the visa application for a contact in India, you can reference the following contact: Divya Arora, AFS Intercultural Programs India, Anand Bhawan, 12, Hailey Road, New Delhi – 110001, Phone number: +91-11-43552912.

If you are going on the pre-trip extension to Nepal, you will need to obtain a visa for Nepal as well as a visa for India. Nepal also offers an option to apply for a Tourist Visa on Arrival, and you can read about that process here: <http://welcomenepal.com/promotional/travel-essentials/visa-information/>. To receive a Nepal Visa, each applicant will need to carry \$25 (US currency) for the Visa fee, a passport size photograph, and a completed copy of the Visa form. **Please note:** If you are going on the Nepal trip and are flying to and from New Delhi (rather than to Kathmandu at the beginning of the trip and from New Delhi at the end of the trip), you should **not** apply for an Indian Tourist Visa on Arrival because the Indian TVoAs do not permit multiple entries.

Projects!



We have spoken with the leaders of the Kakelao community, including the Sarpanch (the village head), the school principals, and the medical officials, and they are all very enthusiastic about having our group focus this summer on two primary areas: (1) providing a wide range of programs – public health education, academics, arts enrichment, and athletics -- for the village youth in grades 1-10; and (2) offering public health programs on maternal and child health for women in the village. We plan to have a few additional smaller programs including a small construction team, a focused medical/public health group, village-wide public health initiatives, and some limited business consulting.



Yale Alumni Service Corps trips are unlike many service trips in that the volunteers – yes, you – are actively involved in shaping and planning the specific projects for the community. Our recent advance trip to Kakelao and our experience working in the village last summer have given us a good sense of the expressed needs, priorities, and desires of the community, and we will do our best to match the village's needs with the interests and experiences of our YASC volunteers. **On the next two pages are lists of the YASC volunteers (in alphabetical order by first name) with their project assignments.** We created these assignments based both on the stated needs of the Kakelao community and on the projects you selected as part of the registration process.

Project Assignments

Full day assignments

Medical

Kent Chou
Linda Tom
Maggi Smeal
Michael Tom
Naomi Cazeau
Randy Jotte
Susie Wilson

Business

Gerald Slater
Jon Neiditz
Samuel Blango
Vinod Palathinkara

Half-day morning project assignments

Extended Arts

<u>Adults</u>	<u>Teens</u>
Andrew Garling	Alex Blacker
Ann Kennedy	Alta Moses
Anne Beidler	Anjali Blacker
Anne Chou	Caitlin Chiocchio
Arikha Moses	Celia Cowles
Bob Barnett	Emily Torrance
Carlton Davis	Eran Kornfeld
David Blacker	Evelyn Pae
Deborah Rose	Natalie Chou
George Spanos	Silas Bohlen
Georgia Goldberg	William Adams
Katalena Cowles	
Leslie Creane	
Raquel Libman	
Rebecca Cook	
Ruth Karras	
Tian Wang	
Trina Ramsey	
Wendy Hoover	

Athletics

<u>Adults</u>	<u>Teens</u>
Andrea Clark	Emily Chou
Daniel Homer	Gabriel Cowles
James Cowles	Hannah Neiditz
Jamie Nicholson	Jesse Leener
Ke Lin	Levi Freeman
Lance Leener	Noah Kravitz
Nancy Laverde	Qui-ee Neiditz
Robert Hazel	Ryan Chou

Construction

<u>Adults</u>	<u>Teens</u>
Gene Yoon	Anthony Jotte
Jiyeon Suh	Christian Jotte
Susan Jotte	
Virginia Tanzmann	

Public Health (includes education, maternal & child health, environmental management)

<u>Adults</u>	<u>Teens</u>
Brian Clarke	Aniya Johnson
Chris Karras	Jamie Hattler
Halcy Bohlen	Murali Palathinkara
Janet Hardy	Spruce Bohlen
Julie van de Zande	
Larry Freeman	
Mark Addleman	
Martha Nordt	
Morgan Hume	
Patricia Burt	
Rani Spudich	
Yasamin Brown	

Half-day afternoon project assignments**Primary School**

<u>Adults</u>	<u>Teens</u>
Ann Kennedy	Alex Blacker
Anne Beidler	Alta Moses
Anne Chou	Aniya Johnson
Arikha Moses	Anjali Blacker
Christine Chiocchio	Anthony Jotte
David Blacker	Caitlin Chiocchio
Gene Yoon	Christian Jotte
George Spanos	Emily Chou
Jiyeon Suh	Emily Torrance
Katalena Cowles	Evelyn Pae
Larry Freeman	Hannah Neiditz
Leslie Creane	Jamie Hattler
Mark Addleman	Jesse Leener
Martha Nordt	Levi Freeman
Nancy Laverde	Natalie Chou
Patricia Burt	Noah Kravitz
Rani Spudich	Ryan Chou
Ruth Karras	
Susan Jotte	
Trina Ramsey	
Virginia Tanzmann	
Wendy Hoover	

Secondary School

<u>Adults</u>	<u>Teens</u>
*Andrew Garling	Murali Palathinkara
Bob Barnett	Qui-ee Neiditz
Brian Clarke	William Adams
Chris Karras	
Daniel Horner	
Halcy Bohlen	
Ke Li	
Lance Leener	
Rebecca Cook	
Tian Wang	
*Project Leader	

Construction

<u>Adults</u>	<u>Teens</u>
Andrea Clark	Celia Cowles
Carlton Davis	Gabriel Cowles
James Cowles	Silas Bohlen
Jamie Nicholson	
Raquel Libman	
Robert Hazel	

Public Health ((includes education, maternal & child health, environmental management)

<u>Adults</u>	<u>Teens</u>
Deborah Rose	Eran Kornfeld
Georgia Goldberg	Spruce Bohlen
Janet Hardy	
Julie van de Zande	
Morgan Hume	
Yasamin Brown	

[We are looking for project leaders!](#)

Volunteering in the village is – without doubt -- incredibly rewarding. Taking a leadership role to design and implement the projects that help the people of Kakelao is even more fulfilling. As a project leader, you will be responsible for developing and organizing your respective project, working with YASC volunteers to make it happen, and collaborating with other project leaders to benefit the Kakelao community. And, of course, you will have our support every step of the way as you craft and develop the projects. **If you are interested in being a project leader, please let us know as soon as possible, as we plan to determine project leadership by March 30th.**

We know that some of you will not be able to dedicate a lot of preparation time in advance of our trip, but we are nonetheless counting on all of you – adults and teens alike -- to participate in some respect in the project planning. From our collective experiences, we can assure you that your time spent in preparation and active involvement in this pre-trip planning process will result in a more meaningful experience for all once we're on the ground in Kakelao.

Project Plans

Below are general descriptions of each project, plus a few points – applicable to all projects -- to keep in mind:

***Translators:** Our partners (AFS, RKK, and Veerni) will provide Hindi translators throughout the program to assist in the classrooms and public health programs, on the athletic fields, and the like.

***Supplies:** We will be asking all volunteers to bring the supplies necessary to carry out the planned activities, so advance (and careful!) planning will be essential.

***Younger volunteers:** Volunteers under 13 years old must have an adult working alongside them in their chosen projects.

Arts Enrichment

Our arts instructors have a great time inspiring the children of Kakelao to use their creativity to make fantastic works of art. Since the students in Kakelao receive virtually no art instruction in their regular school program, we will offer arts enrichment classes each morning to expose the students to a variety of arts. Classes – designed and planned by our volunteers – can focus on fine arts such as creating mosaics, quilts, and sculptures or drawing and painting faces, scenery, or abstract pictures; media arts such as photography and film-making; and performing arts such as singing, hip hop, or jazz. Arts enrichment activities can also complement other educational teaching goals such as introducing color theory or patterns and geography or science concepts. Our art students will display their work at an exhibition at the end of the week and will perform at a “Big Show” at the Farewell Ceremony in Kakelao.



Athletics

Frisbee! Running! Soccer! Relay races! The schools in Kakelao do not offer regular athletics programs. Our volunteers will provide athletics to the students during the morning hours with the goal of exposing the children to new sports, games, and fitness regimens. Though there are no formal athletic fields, we will have access to a large, dirt-covered field surrounding the government-run secondary school. Volunteers can plan and lead whatever sports they like including soccer, baseball, running, field games, Frisbee, and more.



Education – Primary and Secondary Schools



Kakelao has one government-run primary school with approximately 350 students in grades 1-8 and one government-run secondary school (located 2 km or so from the main village) with approximately 110 students in grades 6-10. During our week in Kakelao, the students' regular school program will be suspended, and we will be providing classes – of our own creation -- at both schools. The principals would like us to offer activities to give the students opportunities to and motivation to practice conversational English. Additional goals include exposing the students to new subjects and new ways of learning (through games, acting, arts, etc.) and inspiring them to be excited about their education. Volunteers are encouraged to create classes in a variety of subjects, such as English through songs, math games, art, history, science, and music, and to plan

critical thinking and hands-on activities. Some of the village teachers are also be interested in participating in a "teachers' forum" with a few YASC participants to discuss creative teaching methods and approaches. If you have some expertise in this area and would like to be involved in this activity, please let us know.

Public health

Public health education (Primary and Secondary Schools)

In conjunction with the medical and school officials of Kakelao, we have developed a list of topics of interest for health education programs targeted to the school children in the village. We plan to offer these programs as part of the academic and enrichment classes within the school programs. Specifically, we plan to teach primary school students during the morning projects (along with their arts enrichment classes), and secondary school students during the afternoon projects (along with their academic classes). We also hope to provide basic health screenings, including vision screening by licensed optometrists.



Public health education (Maternal and Child Health)

Aanganwadis are government funded facilities that exist in every rural village. Kakelao has three aanganwadis, and these facilities serve both as daycare centers in the mornings, when the mothers work in the fields, and as women's health centers where adolescent girls and pregnant women can receive free nutritious meals, iron tablets, and regular immunization. After discussions with village medical officials, we have developed a list of topics of interest for public health programs for women, and we hope to offer these programs at the aanganwadis during our time in the village.



Public health (Environmental Management)

Waste management and water quality are significant public health concerns in Kakelao. We hope to develop programs to address these issues.



Construction



Our construction team will furnish the secondary school classrooms with desks and chairs, possibly using a design similar to the one we used to build the primary school furniture last summer. Volunteers will prepare and assemble the furniture, working alongside community members from Kakelao. Volunteers on this team might also have the opportunity to “spruce up” the aanganwadis, with possible projects including designing educational murals to complement the preschool programs.

Medical

Our medical team will explore opportunities to provide basic clinical diagnostic screenings (blood sugar, blood pressure, anemia, etc.) to Kakelao’s community members. The medical team will also, in coordination with the public health team, be able to develop educational programs related to these screenings.



Business



Our focused business team will follow up an initiative started last year to bring computer education and Internet access to the village. The Sarpanch has also indicated an interest in our offering business consulting services to the farmers in the community, so if any of you have any particular interest in or expertise in this sector, please let us know, and we can provide you with additional information.

And, finally, here are some additional travel planning details...

Immunizations and Medications

Consult with your physician and with the CDC website at <http://wwwnc.cdc.gov/travel/destinations/India.htm#vaccines> to determine specific recommendations for India. Though we cannot give you medical advice, we can share the following based on our experience:

- Make sure you are up-to-date on all your vaccinations.
- Know that malaria is common throughout much of India. Talk with your travel doctor about taking prescriptive anti-malarial medication.
- You will likely find that the food in India is quite different from your daily diet. Consider packing Pepto-Bismol; the CDC and many doctors recommend taking this daily as a preventative measure while traveling.
- Consider bringing an antibiotic in case of a food issue.

And some information that is purely for fun...

National symbols of India!

India takes pride in having quite a few national symbols! Here are a few:

The Indian peacock (*Pavo cristatus*) is designated as the national bird of India. A bird indigenous to the subcontinent, the peacock represents the unity of vivid colors and is a symbol of grace and beauty.



The national flower is the lotus (*Nelumbo nucifera*), a sacred flower that occupies a unique position in the art and mythology of ancient India and symbolizes wealth, prosperity, and fertility.

The Bengal tiger (*Panthera tigris tigris*), India's national animal, is found in the wild only in the Indian subcontinent (though we haven't yet seen any in Kakelao).





The banyan is India's national tree. Indian banyan (*Ficus bengalensis*) are huge trees with long, deep roots and immense, tangled branches. The tree has significant medicinal values and is associated with longevity.

The mango (*Mangifera indica*) is the national fruit. Mangoes originated in India, and the country is home to more than 100 varieties of the fruit.



Please feel free to contact us with any questions. We look forward to working with you!

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Attachments:

Release forms

2014 advance trip report

2015 advance trip report

Jamba extension itinerary