

Volunteer Brochure for Volunteer Application Green & Blue Program

This is a complete set of information about your trip on to a volunteering program Green & Blue founded by Rainforest for children and Oceans for children organisations

Project Green Life is not focusing on humanitarian aid. All our activities are focused on protection of nature, animals, national park Gunung Leaser and sea world near Palau Banyak islands. Part of the activities are educating children and adults about environment and educational programs.

We thank you for respecting our environmental program. The task is to educate new generation of children who will have better relationship towards nature than their parents. The biggest present for them is understanding the nature and its connections, that can bring them back to harmony and understanding of nature.

Important notice

Volunteering means that all volunteers will actively participate to protect the nature, educate children, no avoiding of manual labour in the national park Green Life and cleaning beaches of Palau Banyak and if possible, participate in Green patrol activities. During the working days we usually get up at 7:00 am, after breakfast we work from 8:30 till 11:00. Then during the biggest heatwaves, we take a break for lunch. Then we continue with our work from 14:00 till 17:00. Naturally it depends on weather conditions. We will ensure that everyone gets sufficient rest for the following day full of activities.

Volunteering are about physical endurance and getting used to being in foreign environment, this can be challenging for some people that are not used to this climate. The transport itself is uncomfortable, backpacks on your backs, wading through puddles and rivers or high elevation of a terrain straight through rainforest, all that is very physically demanding, some people can't handle it. National park green Life is suitable for people with good physical condition and in good health.

Considering the fact, that volunteers will live in private national reserve where rare and wild animals live. We ask from all volunteers to respect silence. Music is only allowed through headphones. Rainforest is never silent so you can hear concert of cicadas during night or calling of monkeys during the day. Any excess noise is very disturbing to the environment of rainforest.

After previous experience with professional photographers, we advise that this is not photographic expedition without participation to any activities. People of Indonesia are known for their bad time management, referring to it as a "Rubber Time". Sometimes we have to be patient and adjust to the local way of life. When delay or change of plans occur, we will always do our best to ensure that everything will work out well. Program can change during day, depending on priorities and weather conditions.

If you want to go into rainforest on your own (Without a guide). Then you should tell someone about it. Volunteers should also bear in mind that national park Green Life and its surroundings are territory of Sumatran tigers, therefore it is not recommended to go anywhere on your own at evening or during night.

Sumatra is mainly Muslim world, therefore it's very important to dress accordingly, especially women. To that conclusion we ask all volunteers to choose appropriate clothing. No provocative clothes with deep neckline, tight shorts and similar clothes. It will make it more comfortable for all of us.

Regular leggings (not too tight), skirt (not too short), t-shirt. No one will want you to wear hijab of course, but during transport above is required for peace of our mind ours and yours. During our stay at the tiger house and surroundings or national park you can be dressed as you wish. You will be informed at the location at Batu Katak.

Volunteers should also know that if someone participate thinking it's a leisure trip, then this is a huge misunderstanding, because eco-tourism has a much different price (£40+ per day).

Pre-flight information

It is a not a problem to arrive day early or day later depending on price of your flight tickets that would suit you best. Transport can be arranged at any time of a day, accommodation at tiger's house.

Program

- Day 1) Arrival to Medan, transport to Batu Katak, accommodation at tiger's house
- Day 2) Moving into Green Life reservation
- Day 3-12) Accommodating and doing activities at Green Life park
- Day 13) Moving from Green Life into Tiger's house, night transport into town called Singkil (stopping at sulfur baths, *included in price)
- Day 14) Dock Singkil, boarding and sailing onto Blue Life project at Sikandang island.
- Day 15-17) Accommodation and doing activities at Blue Life project at Sikandang island and surrounding
- Day 18-20) Expedition on to Banglara protected national park and nest of sea turtles (not included in price)*
- Day 21) Sikandang and surroundings
- Day 22) Possible expedition on Tuangku – supporting local community (not included in price)*
- Day 23) Sikandang and surroundings
- Day 24) Leaving Blue Life, sailing back to docks at Singkil
- Day 25) Expedition to river at Singkil to see sea crocodiles (included in price)*
- Day 26) Return back to Medan airport, END OF PROGRAM
(On our way back you can absolve by rafting at wild river, not included in price).

***Bangara island:** Price of volunteering program Green&Blue does not include cleaning turtles nests on Bangkara island, which will happen depending on interest and weather.

This will be discussed at the island. Price per person is approximately 830 000 Rp (£43).

****Singkil river:** All volunteering programs has included into price accommodation and trip to see a sea crocodiles in local swamps.

*****Subulussalam rafting:** New chance to raft a large river on a real raft. Price per raft for maximum 5 people is 1250000 RP (approximately £25/person). Price is not included and has to be paid at that point.

Tuangku island: This expedition is brand new. If there is a lack of interest we will stay on Sikandang island. It is not included in price and has to be paid to local community.

Arrival

As soon as you know when you are joining us, please let us know so I can take note of when are you coming, which can be very helpful for other volunteers who might join you on the way. In the note I would also need your age, so we know if we are picking up 20-year-old or 50-year-old people and your mobile number for quick contact in case of delays. Contact detail are important for Samuel (Indonesian), who is responsible for transport. Try to arrange a joint arrival or similar arrival at airport. It does not matter on what time of a day you arrive to Medan, we are able to dispatch cars at any time of day.

Transport will take you to batu Katak village, where someone from our team will pick you up and take you nearby to Tiger's house, where everyone will be accommodated and introduced into do's and don'ts. If you would like to travel to batu katak by yourself, please let us know.

Approximately 14 days prior to your arrival to Sumatra we will inform you on what to take with you to enhance our menu and we will divide you into coloured groups, these groups will travel together by car from airport.

Those who wishes to travel by local public transport, the final destination is Bohorok (Public transport does not go to Batu Katak, you can however on your own risk stop a random car and ask them to give you a ride), from where we would pick you up by car or a bike (depends on weather and number of volunteers). You should be aware that you will be charged by touristic price for a car, you will pay most money on shortest part of your journey.

After arrival to Batu Katak you will be accommodated at tiger's house. Then depending on arrival of other volunteers we will head out into Green Life reservation. We will be supervised by "super volunteers". We ask of each volunteer to make a copy of their passport. This is mainly for your benefit. At the tiger's house we will have to borrow your passports and make copy of them along with approved visa (you will get visa at the airport), it is an only a formality that local authorities wants us to comply with.

Best communication media is What's App, which we recommend for all our volunteers to install on to their devices. Usually, there is a Wi-Fi at the airport so it should become easiest and cheapest form of communication. Contact numbers will

be given to you as soon as I will know who will take responsibility for you. Samuel's phone number does not change and you can note it in your notes in case of sudden change of arrivals into Medan. The phone number is: +62 821 6809 0595 (Samuel).

You can also buy a local SIM card at Indonesian airport. However, there is required registration through your passport. It is a new thing in Indonesia and it's rather complicated. Therefore, we recommend, unless you need to write SMS or make a phone call, to buy a SIM card for DATA, there are no registrations required, so you can stay in touch with your family and friends through internet. Alternatively, 3 Network UK provides Indonesia as home destination, so roaming is free for calls & data. This is the best option.

Spending Money

Do not forget to change the currency at the airport. We recommend British pound or Euro, there are being problems with US dollars. With US dollars they want them to be spotless, the newest, unmarked and notes cannot be older than 2007. The Rupies looks like a used toilet paper, but US dollar must be spotless. £200-250 should be plenty. This depends on what activities not included you want to do (rafts, caves etc.). On our way from the Green Life reservation on a Sikandang islands, there is a chance to take money from cash machine. But the local cash machines does not give large amount of money and often happens that some cards are nothing being accepted. Cash is always safer. International prepaid card is also a good option which you can use at the airport cashpoint to take out a local currency. We recommend Transfer Wise & Caxton FX prepaid cards.

Waiting for more volunteers and cars

As soon as you leave the airport with your language the driver will be there waiting for you. They'll have a sign with your name and list of all other volunteers names arriving roughly at the same time. So far, no one got lost so you don't have to worry. For those who will arrive at the airport before driver does, wait for the other volunteers (our driver will always be there on time when last volunteer arrives). Stay inside airport, it will be much easier for us to find you. It has happened couple times before that other drivers tried to pick up our volunteers, therefore if they don't have your name on the list **don't get into their cars**. It will save us many complications. At the airport there is a free Wi-Fi. So, if you know that you will be delayed or someone missed a flight, always contact Samuel on +62 821 6809 0595! Just so we know about your situation and if we should wait for you or not.

If you get hungry and you didn't eat on airport, the driver will be happy to make a stop somewhere on the way. We do not know in advance if the driver will speak

English. You can say MAKAN- food, driver should understand. He will most likely stop at local warungu (dining room). For people who are unfamiliar with local dishes we recommend NASI GORENG (fried rice with vegetables) or MIE GORENG (fried noodles with vegetables). Usually they add meat and eggs so if you are vegetarian or Vegan you will need to tell them.

Therefore for vegetarians and vegans there are few important words they have to learn: Egg - TELUR, chicken - AJAM, fish - IKAN, meat in general - DAGING. So if you don't want something you will say TIDAK (no) or BUKAN(NO), so BUKAN AJAM, TIDAK IKAN etc. You can say it repeatedly, but politely. Most of the time you just have to accept the fact that they will not understand. Local dishes are very spicy, even if you say TIDAK PEDAS PERMISI (not spicy please) it will be still a bit spicy. **Drink only bottled water and please**, in the first days try not to experiment with local dishes, so you don't have to suffer straight from beginning.

Arrival at airport

On your arrival you will probably fill a form on where you are going etc. When asked where you going to stay please answer Batu Katak, Bohorok (or Bukit Lawang, its most known place, so that they should leave you alone). Also, write down in the form that you are a tourist not a volunteer. In Indonesia different rules and laws apply. Not to mentioned that 80% of cases people don't understand on what volunteers are. So always tourist. Even if you are joining us, as a volunteer you still fall into the category of tourism. In unfortunate case of lost language, this is the address where to send them: **Batu Katak, Desa Batu Jong-Jong, Kecamatan Bohorok, Kabupaten, Langhat, Sumatra Indonesia**. Contact phone number: +62 821 6805 0595 (Samuel)

Considering that Indonesia is a Muslim country we require women to dress appropriately, not in any provocative cloths. It will be easier for you but also for peace in village. Men usually do not mind seeing a bit of provocative cloths on women but local women causing quite a lot of problems, it's not worth the hassle. Furthermore, you will avoid unwanted attention from men. At the tiger house and Green Life reservation (excluded work-related activities or expeditions into jungle) it really does not matter what you decide to wear, please be sensible.

When residing in the village, the required clothes are: shorts (not too short), T-shirts. The rest will be explained into greater details after arrival. Indonesia is not Saudi Arabia or similar conservative countries regarding religion, but it is a good thing to

respect local ways. So, on your journey light trousers, leggings or shorts with T-shirt, is very suitable other clothing like hijab is not necessary.

Repellents can be obtained on your way to the tiger house. They are cheap and effective. You can get it at any pharmacy or Indomarket, Alfa market(it's open 24/7) they are mixed shops with all kind of stuff. Driver will know, if you ask them they will take a stop at indomarket on your way to tiger house. There will be plenty opportunities to get a repellent when driving through city. Repellents called SOFEL or AUTAN. If you know about some natural repellent, please bring it with you. Homemade repellents are not 100% effective, but everyone has a different skin and might be used to it, so you can bring it with you as well.

Since is recommended to wash laundry more often (because of insects), you do not have to bring your entire wardrobe with you. Light trousers, T-shirt, light jumper (can be used as pillow) is all you will need during sleeping.

Clothes for the campsite: 1x shorts, T-shirt, top, for women some sarong/scarf(useful mainly by the sea).

Clothes for rainforest: Regular shoes should be sufficient; you can buy if needed in local shops. Difference is that they have size from 32-42. Firm shoes that can absorb some dampness are the best. 1x trousers (women usually choose leggings), 1x shorts, 2x T-shirts, 2x shirt with long sleeve, poncho comes quite handy. But no one really care about getting wet from rain (you will either get wet from sweat or rain, such is the reality).

Other things: Light sleeping bag and blanket, mat, flash light, swim suits, underwear (4-5 pieces should be enough), socks (thicker and longer are recommended) maximum 5-6 pairs, scarf on your head, hat(will come handy especially at islands). When on islands, we recommend something light in weight and colour (sun can be unmerciful). Small backpack into rain forest, bottle for water, small pocket knife, sun cream (please use the one that is eco-friendly, like Alphanova sun), snorkel, mask, fins, flip flops, camera or similar tech, telescope, medkit, hygiene-ecofriendly! Marsell soup and soda is enough or Tiera Verde and their cleaning resources, towel (ideal the fast drying, the outdoor type).

For feminine hygiene we recommend the menstrual cup. Inserts can be bought in Indonesia, but you won't be able to find any tampons in whole country. The amount of clothes mentioned previously is a minimum recommended number.

Naturally some people might bring less clothes and others might bring some extra clothes for reserves.

With clothes choose natural colours, like, black, brown, dark grey, dark green, khaki etc. Bright colours like, pink, white, yellow, orange, can't be taken into the rainforest. It would be disturbing element for wildlife, and you would become a living magnet for all insects in 50 miles radius.

Things you don't need to take Tent, mosquito net, dishes, you do not need to take pills for disinfecting water, we have tons of it from previous volunteers.

Medkit: Ideal is to have a 3-day supply of antibiotics, if someone is allergic then pills for allergies. Common problem is mould on feet, so we recommend to take canesten with you or some other cream that will help you with mould on your legs. Plasters, densification, healing cream, creams against insect bites. Everyone will get sooner or later some bites and scratches from insect and ratang plant. Very important part is **DO NOT SCRATCH IT!** You would only make it worst for yourself.

Eating

We will cook at rainforest, or islands kitchen, duty will be announced day before, but volunteers are more than welcome to help out. We anticipate that people with experience will cook more often than the rest of the team. But everyone will help (cutting, bringing fresh water, washing etc.) The food will be all vegan, vegetables, rice, potatoes, pancakes, fruits, bread (it is possible to bake at the camp) and many more. No one will starve. We warn in advance that fruit is rotting quickly and therefore is not often included on our menu. It rots fast and its being infested by insect. Food will be same for everyone to the extent of possibility and current destination.

We also warn in advance, for all strict vegans, that in Indonesia, it is very difficult to find something strictly vegan tasty sweets, you have to live with the fact that some things might contain dry milk. Although the food is vegan it is not orthodox vegan. We recommend your own supply of vitamins and minerals, if you think you need it. Energy bars might come quite handy. On islands as a part of program fishes and other lifeform is not being eaten! In green Life reservation (rainforest) do not anticipate full tables of fruit, it rots fast and it attract insect.

Financial breakdown

Transport- Airport Medan to Batu Katak (price for car):

1-4 people - 700 000RP (£35)

6-7 people - 1 000 000 RP (£60)

8-10 people - 1 300 000RP (£76)

Transport – dock at Singkil to airport Medan (price per car)

4-5 people – 1 000 000 Rp (£63)

Expedition on Bangkaru island - 830 000Rp (£40)

Optional

Caves in Batu Katak - 200 000Rp (£14)

Guard at rainforest for 1 day - 150 000Rp (£14)

Rafting near Subulussalam city (at the end of the event)

1 250 000RP (£75)

Payment for volunteer program

If you are interested, please email us at volunteer@justicefornature.org and after an email confirmation please fill in the application form and pay deposit of £125.00 (the deposit is not refundable) to our bank account: **Account number: 21124769, Sort code: 80-22-60** (IBAN: GB57BOFS80226021124769, BIC/SWIFT: BOFSGBS1SDP). In the note, **please state Volunteer 2021 - and your name.**

Thank you,