



The Dust Project  
Building Hope, Changing Lives

# Volunteering with The Dust Project:

In this pack you will find information on the following....

- Introduction
- Example itinerary
- Advice – practical thoughts
- What to pack
- Budget & costs
- Frequently asked questions
- Longer trips
- Contact information

The Dust Project helps the forgotten children of the world. Through funding construction and education projects, the charity is transforming communities and giving hope to children and young people worldwide.



**Tel:** 01590 624 686 | **Email:** [info@thedustproject.com](mailto:info@thedustproject.com)  
**Web:** [www.thedustproject.com](http://www.thedustproject.com)  
Charity Registration No. 1155728

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 @the\_dustproject  
 The Dust Project

# Introduction



It is important to note a trip abroad with a charity will be life changing. An experience that will be hard to forget and will give you a tie to the area you have visited for years to come. The things you will see, the people you will meet and the opportunities you take will have an impact hard to imagine.

Typically, the trips you can join us on will be around 10 days long. You will meet the communities and people trapped in poverty and simply surviving the best they can.

At the Dust Project, we believe that encouraging our supporters to visit and see for themselves the devastation and poverty, which is the reality for so many people, is a vital part of what we are trying to achieve.

By being placed in the middle of communities, developing friendships and living and working alongside these remarkable people, you will experience something extraordinary.

With several trips running throughout the year, you are certain to find the one that best suits your skills, abilities and passions. Everyone is welcome – the bigger the team, the more we can achieve!





Each trip is unique, and all events and itineraries will vary depending on the time of year you visit, the number of volunteers and what projects are taking place. As a general rule however, all trips will have the following in common:

- 10 days
- Meeting the communities
- Twinning up with The Paalam Project
- Visiting the schools & orphanages
- Helping with building, construction and painting tasks

*"Being part of a project or volunteering becomes a tie to the area. It's a tie that is stronger than anything I have ever felt – it becomes a home and a place you want to help better, for the people you meet, and the future generations to come. It is so much more than watching a documentary on the television, or reading about the history of a place, and experiencing it for yourself takes down the protective screen and the comfort of your own home, and truly places you in the lives of the people who experience it every single day."*

Charlotte Boulton – Sri Lanka February 2016.



# Example Itinerary

## September Sri Lanka Trip 2016

Building a home for a family

1

Day 1

### Flights to Sri Lanka

Heathrow to Dubai  
Dubai to Colombo

2

Day 2

### Arrive in Sri Lanka

Pick up from the airport by The Paalam Project (twin charity) coordinator Karen. Taken to The Reef's Edge Hotel, Colombo to unwind, rest and enjoy a meal.

3

Day 3

### Early pick up - travel to Jaffna

Check out of hotel to travel up to Jaffna by minibus/car. Journey can take between 8 and 10 hours dependent on traffic and number of stops. Arrive and check into Valampuri Hotel, Jaffna.

4

Day 4

### 9am: Work begins!

Meet the on-site builders and also the family for whom the house is being built. You will have regular stops for water, snacks and breaks. Lunch will be provided.

**Continued overleaf ...**



# Example Itinerary...continued

5-7



**Days 5-7**  
Building  
work



**Day 8**  
Attend New  
Living Flame  
Church, Jaffna

Held in community centre. Say goodbye to the family whose house you have worked on, followed by lunch with Jenny and Karen from The Paalam Project. Cricket match with the local children.



**Day 9**  
Early pick-up.

Travel back to Colombo. Check into the Full Moon Garden Hotel, near the airport.

9



**Day 10**  
Flight back  
to England

Taxi from the Hotel to the airport. Colombo to Dubai, then Dubai to Heathrow.



# Practical Information



*"Getting to work with the communities in Colombo & Wattala was an inspiring and humbling experience... We helped build foundations for sanitation facilities for one family, and a well for another. The people are generous and welcoming, and although some of their stories are heartbreaking, their joy is truly inspiring. You cannot help but be changed by the experience."*

Graham Russell – Sri Lanka January 2016.

# Our Practical Thoughts

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## Immunisation

Please take advice from your Doctor as soon as you sign up to a trip, as you will need to carefully plan your medical needs and injections.

As a general guideline, you will need:

- Up to date MMR & Diphtheria-Tetanus-Polio jabs
- Hepatitis A, Tetanus & Typhoid (given as one injection)
- Hepatitis B
- Rabies injection (optional)

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## Visas

You will require a Visa.

For entry to Sri Lanka, please apply on-line at the following address:

<http://www.eta.gov.lk/slvisa/>

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## Fundraising before the Trip

Before your trip, we ask that all volunteers undertake fundraising of some sort – this can be anything from a bake-sale to a marathon! We also recommend using social media as a great way to raise awareness.

The Dust Project has Facebook, Twitter and LinkedIn pages. All donations go via our website through to a Virgin Money Giving link.

Details can be found at:

[www.thedustproject.com/donate](http://www.thedustproject.com/donate)

Every penny you raise will be used to buy essential equipment and supplies for the project you will be working on.

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## Culture/Language

With all trips abroad, there are usually language and culture differences.

It is important to keep a wise head and be respectful when visiting a new country.

Our locations have volunteers and locals who will guide you on what is appropriate.

Although there are inevitably language barriers, the younger generation is educated in English and, if you are willing to learn the local dialect, they are fantastic teachers!

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## Temperatures

You will be working in high temperatures and dense humidity. It is important to consider this before joining one of our trips. Through the day you may be working in the sun and heat. It is strongly advisable to wear a sun hat and ensure you are fully hydrated. Rest assured we are well known within the community and the locals are on hand to provide fresh water and, if you're very good, they may even bring you a fresh coconut - complete with straw!

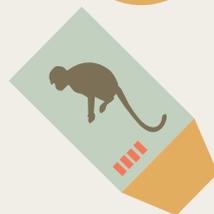
## Things to take:

- Clothes suitable for the heat and humidity
  - Women: clothing that covers shoulders and knees.
- Shoes appropriate for the projects you are working on – building requires boots
- Lots of sun cream, insect repellent and any medication you may need.

- Sun hat, sunglasses and water bottle
- Presents for the children and families you meet
  - Colouring pencils, pens and other creative art supplies
  - Sports equipment/easy games
  - Clothing donations

(please do not bring anything related to war i.e. toy guns, soldiers etc.)

- Cameras to capture the special moments
- Passport, Visa & Insurance
- Electrical adaptors
- Money
- Tools to help with the project



# Budget and Costs

It is important to remember that every trip you take, whether voluntary or a holiday, always has its costs. As a charity, The Dust Project aims to find the most inexpensive ways for our trips to operate. We understand giving up your time is a cost in itself.

The costs listed are based on previous trips and are only a guideline. The total cost is approximately £1,000 for a ten-day trip. (Excluding immunisation and visa).

## Flights & Transfers

The flights to and from Sri Lanka are reasonably priced. The average return flight is £500. Usually all volunteers travel together.

Transfers are approximately £50 per person.

## Hotels

The cost is approximately £300. Both card and cash are accepted but it is advisable to pay by card.

## Food

A guideline would be to budget approximately £150 for a ten day trip. This covers the cost of meals provided and allows for any additional food or drink bought at the hotels.



# Frequently Asked Questions



## Who is an ideal volunteer?

We are happy to have anyone of any age who is willing to get stuck in to the projects we are working on, isn't afraid to get their hands dirty and is a great team player. If you are passionate about making a difference, we want you!

## What are the personal goals for my trip?

Some of the things we want you to achieve include having a sense of:

- Achievement
- Conquering fears of the unknown
- Adventures that are one of a kind
- Fulfilment
- Making a difference

## How can I help when I return?

- Speak to friends and family about the trip and the work of The Dust Project
- Sponsor a child
- Fundraise for a project that impacted you
- Volunteer for us at events
- Follow us on social media to keep up to date

## Do I have to arrange my own hotels and flights?

Once you have signed up, we are more than happy to organise every aspect of your trip, enabling all volunteers to fly, travel and stay together.

# Frequently Asked Questions...cont



## What are the backgrounds of the communities we visit?

One of the most deadly and destructive civil wars the world has ever seen, lasted for 25 years in Sri Lanka. Figures at the end of the war estimate between 80,000 – 100,000 people were killed. Most of these were civilians in the Tamil speaking North. This has left many people in the communities we work with without families and often homeless.

## Where can I go with The Dust Project?

At the moment we take all our volunteers to Sri Lanka where we have strong links with the communities. We are looking to expand to other countries in the very near future.

## How big will the team be?

Teams will vary in size, but generally there will be between 4 and 14 people.

## Can I see any of the photos from previous trips?

Yes, head on over to our Facebook, Twitter or LinkedIn pages. Also check out our website!



# Longer Trips



With our links in Sri Lanka to The Paalam Project we are looking into developing a program allowing people to donate a longer period of time to charity work.

The areas we are investing in include: teaching English at the schools in Colombo and/or Jaffna and supporting our building work and child sponsorships. If you have other suggestions for longer trips, we would love to see how we could support you.

We believe the desire to serve in the communities we support should be encouraged and assisted. We will do our best to provide opportunities to those who are willing to make the move to another culture, lifestyle or continent.

For those who are interested, there are many things to consider, including how large a commitment a decision like this can be, and the routes in which your vision can be made a reality.

Sri Lanka (like many nations) has strict visa restrictions, allowing you to stay in the country for a maximum period of time. The ETA generally allows you to stay for 30 days, but this can be extended up to six months. Once in Sri Lanka there is a possibility to apply for a 'residency permit' as a volunteer, allowing you to stay even longer.

If you are interested in a long-term trip, please get in touch and we will support and advise you on the next steps.

