

Praise Youth, and it will prosper—



Think Peace



INTERNATIONAL VOLUNTEER WORKCAMP



Republic of the Union of MYANMAR

To work for

the

betterment of

people in

need

Volunteering is
a work of heart



CHARITY-ORIENTED MYANMAR

2019 Plan

Thazin Aung (Organizer)

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Website: <https://www.commyanmar.org/home/>



Information about “COM”

Charity-Oriented Myanmar (COM) is a non-government organization established by local youths since 2005. COM has been working for social security and community development programs in accordance with Myanmar policies, laws, rules and regulations.

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Who We Are???

To Promote Democratic Culture and Socio-economic Development in Myanmar

- Empowering Youth and Women,
Strengthening Political Institutions,
Raising Political Awareness in the Public,
Participating in the Peace Building Process
Working for the Development of Rural and Urban Commu
Hitasan Social Enterprise Company (for the sustainable of

To promote social and political awareness of youth and equip them with leadership and technical skills to achieve socio-economic development and the best practice of democratic culture in the

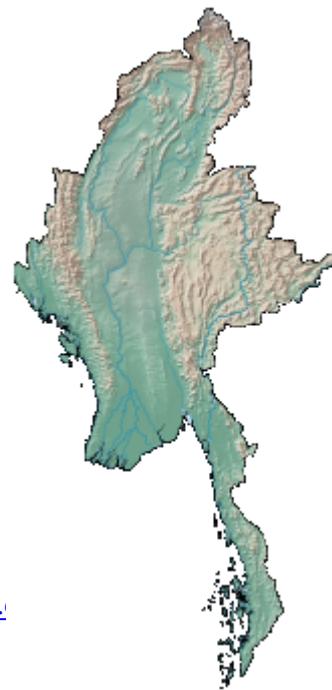
Peaceful and Just Society

1. Community Development Program

To improve socio-economic well-being of society

2. Democratic Governance Program

To promote accountable democracy in ethnically diverse society



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Background of the voluntary service program

COM started familiar with the global international voluntary exchange in 2008 in Vietnam and in 2012 participated the NVDA GA meeting in India. The first international volunteer workcamp was organized in October 2012 in Sobawte Village in Kayah state, Myanmar. The workcamps are completed with volunteers from over 20 countries including Myanmar, Asia, US and Europe for short term and long term workcamps. We recruited 410 volunteers until December 2017.

Objectives

- To strengthen International voluntary service in Myanmar
- To promote social Awareness of youth and adult and empower them in various sectors for peaceful development society
- To learn intercultural exchange & support local community with voluntary service in the field of work
- To develop friendship, sharing skills and understanding

Eligibility Criteria for volunteers

- Have a volunteer spirit
- Demonstrate proficiency in spoken and communicable English
- Be above 16 years of age and high school graduate
- Open minded and respect to local and other religious and culture
- Demonstrate the motivation and capacity to successfully complete the workcamp to the end
- Participation fees is required
- Be responsible for voluntary service and community work

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2019 COM International Voluntary service Projects

No	Code	Name of Workcamp	Location	Date	Type	Int. Vols	local Vols	Total Free place vols	Remark
						Free Place	Free Place		
1	COM/bi1-19	Phayartaung	Nyaung Shwe	Febuary9-22	SOCI/EDU/YOUTH	0	5	5	
2	COM/bi2-19	Phayartaung	Nyaung Shwe	Mar 4-17	SOCI/EDU/YOUTH	0	5	5	
3	COM/1-19	Lepyin Taung	Nyaung Shwe	Mar21-Apr3	SOCI/AGRI/YOUTH	10	5	15	
4	COM/2-19	Pindaya	Pindaya	Apr30-May13	SOCI/AGRI/YOUTH	7	3	10	
6	COM/3-19	Phayartaung	Nyaung Shwe	Aug10-23	SOCI/AGRI/YOUTH	10	5	15	
7	COM/4-19	Phayartaung	Nyaung Shwe	Sep11-24	SOCI/AGRI/YOUTH	10	5	15	<i>To work for</i>
8	COM/5-19	Lewi Baung	Naung Taya	Oct24-Nov6	SOCI/AGRI/CONS	10	5	15	
9	COM/6-19	Phayartaung	Nyaung Shwe	Nov12-25	SOCI/AGRI/YOUTH	10	5	15	
10	COM/7-19	Taung Kaung Pwar	Ywar Ngan	Dec25-Jan7	SOCI/AGRI/YOUTH	10	5	15	
	COM/Mtv/Edu-1	Phayartaung	Nyaung Shwe	Open ended	SOCI/EDU/YOUTH	Open	Open	Open	<i>people in need</i>

need

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Agriculture and Education Camp (Lepyin Taung) (AGRI/CUL) (COM/01-19)

The local leader is a training alumnus of COM women leadership and political Awareness Training and staff from COM. The local community never has experience of organizing international workcamp before meeting with COM. The local young people also need to improve their knowledge on globalization, English proficiency and cultural exchange. It is also need to educate agriculture and environmental awareness to the local community. The area is surrounded with farms and mountain. It is located nearby Inlay Lake and takes only 20 minutes away from the lake. The area is peaceful and calm area. MPT and Telenor mobile SIM card available in the village.

The volunteers participate in the village by helping to the local community in their field of work. They will also work in cleaning and cooking by themselves. The volunteers can share knowledge and information while working in the field and teaching activity will be included during the workcamp. There is planting paddy; chili, beans and vegetables, cleaning grass and other farms work are included. The farm work may change based on weather. Teaching for the children from grade 5 to 7 is also included.

Construction, Education and Agriculture Camp (Phayartaung) (COM/03,04,06-2019) (COM/Mtv/Edu-1)

The Phayartaung youth development centre monastery and COM hosted this project since 2013. Phayartaung youth development centre monastery is a young charity development centre founded since 1982. There are over 1300 students with diverse races Paoh, Lesu, Kayan, Kayah, InnThar, Danu, Shan and Taung Yoe. The students come from different villages and stay the whole year as dormitory in the monastery to attend government high school near monastery. The area is surrounded with mountains and the lake. It is located in Southern Shan State, Nyaung Shwe Township, near Inlay Lake. MPT mobile SIM card is available at Phayartaung. But internet connection is slow.

The volunteer participate in the activity of monastery and helping to the local community. Volunteer also work in cleaning and cooking for the students together with local volunteers from monastery. Teaching English, sharing social knowledge, helping in the purified water factory, working in the farm and construction are also including in the work. Playing with the kids from kindergarten is also included. This is Facebook page from Phayartaung monastery <https://www.facebook.com/phayartaung.monastery/>

Education and Agriculture Camp (Pin Ta Ya) (COM/02-19)

The local leader is from Pin Ta Ya town. He was a member chief of poll officer and community elder, He also organized community based tourism project. This is second time to organize international workcamp. The local young people also need to improve their knowledge on globalization, English proficiency and cultural exchange. It is also need to educate in agriculture and environmental awareness to the local community. The area is surrounded with mountains and farms. The area is peaceful and calm area. There are ancient cave, waterfall and ancient pagodas nearby area. MPT and Telenore SIM Card can be used. But internet connection is slow.

The volunteers participate in the village by helping to local community in their field of work. They will also work in cleaning and cooking by themselves. Sharing globalization knowledge to the local community is also included in the work. There is planting, harvesting paddy, picking fruit and bean, digging mud and other farms work are included. The farm work may change based on weather. Teaching to the children from grade 8 to 9 is also included every night.

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Education and Agriculture Camp (Ywar Ngan)

(COM/07-19)

The local leader is a member from **Danu National Democracy Party** and also a training alumnus from COM leadership political Awareness Training and COM hosted together since 2013. This is fifth time to organize international workcamp. The local people welcome to international and national volunteers. The local young people also need to improve their It is also need to educate in agriculture and environmental awareness to the local community. The area is surrounded with mountains and farms. The area is peaceful and calm area. There are ancient cave, waterfall and ancient pagodas nearby area.

The volunteers participate in the village by helping to local community in their field of work. They will also work in cleaning and cooking by themselves. Sharing knowledge to the local community is also included in the work. There is planting, harvesting paddy, picking fruit and coffee, digging mud and other farms work are included. The farm work may change based on weather. Teaching English, sharing social knowledge and working in the farm also including in the work.

Education and Agriculture Camp (Lwei Baung)

(COM/5-19)

The first local workcamp was finished by organizing local partner COM and VIP in Baung Yaycho Monastery in 2015. Baung Yaycho Charity Monastery was built for Pa Oh national development. There are over 120 boy students and they stay the whole year as dormitory in the monastery to attend government high school from the village. The landscape is surrounded by mountains and farms. The area is peaceful and calm area. There is no phone connection at Lwei Baung.

The volunteer participate in the activity of monastery and helping to the local community. They also Work in cleaning and cooking by themselves. Teaching English, sharing social knowledge and working in the farm also including in the work. Based on the weather, the outdoors activity could be changed.

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International Volunteer WORKCAMPS In Myanmar

- ✓ Normally we host 15 volunteers in each of our workcamps (10 International volunteers + 5 National Volunteers) but some projects are optional and open to less or more participants.
- ✓ The major language spoken in the workcamp is English among volunteers though the communities use only Myanmar language.

Payartaung Volunteering (COM/Mtv/Edu-1)

The Phayataung youth development centre monastery and COM hosted this project since 2013. Phayataung youth development centre monastery is a young charity development centre founded since 1982. There are over 1300 students with diverse races Paoh, Lesu, Kayan, Kayah, InnThar, Danu, Shan and Taung Yoe. The students come from different villages and stay the whole year as dormitory in the monastery to attend government high school near monastery.

The area is surrounded with mountains and the lake. It is located in Southern Shan State, Nyaung Shwe Township, near Inlay Lake. MPT mobile SIM card is available at Phayartaung. But internet connection is slow. The volunteer participate in the activity of monastery and helping to the local community. Volunteer also work in cleaning and cooking for the students together with local volunteers from monastery. Teaching English, sharing social knowledge, helping in the purified water factory, working in the farm and construction are also including in the work. Playing with the kids from kindergarten is also included. This is Facebook page from Phayartaung monastery <https://www.facebook.com/phayartaung.monastery/>

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General Information

Food: The host provided three meals a day and all the meal are rice, salad, fried fish and some local food. Tap water is not drinkable and purified water will be provided to the volunteers. The vegetables are fresh from nature and many appetizers but some local food may oily and salty. There will be meat only at the local market which happens once in every five days. We also prepare coffee and some local fruit sometimes. Volunteers have to cook for the groups in rotation with local freshly vegetables and stuffs. The grocery will be provided by the co-leader. The meal will only sometimes have meat like chicken and fish but mostly with local fresh variety of vegetables since to follow the local way. Volunteers can also bring recipe cook from their country. Sometimes the local villagers may provide their local snacks and food. You can also bring your food or things from your country to cook for food exchanged. In some project there are over 1000 people in the area but the monastery has their own volunteers and cooking team so volunteers do not need to cook for all.



Every day life: the camp leader will organize team with all inclusive roles so that everybody can participate in the cleaning, tidying up, and preparation for meals activities. There will be daily evaluation meeting at every night and volunteers can share and suggest information for daily life.

Activities: All activities are designed by local needs but the schedule rotation will be discussed in the team with all the volunteers and the camp leader. Volunteers will live an experience in a group and things are planned within the group. Activities are mainly, teaching, helping in agriculture, construction and social work. Volunteers can choose from several activities and can creatively implement with team in the workcamp.

Leading team: Camp leader, co-leader and sometime organizer is usually with the team to manage logistics and communication with local people. Apart from them, all volunteers work together with team work.

Age Limit: 18 years old minimum –no maximum on most of our camps.

Meeting Point: Meeting point for all workcamps project will be in the same place in COM office:

Charity-Oriented Myanmar, No.46, Thu Mingarlar Housing, Thu DaMa Street, Thingangyun Township, Yangon

Transportation for Each Workcamp: Volunteers will leave together with camp leader from Yangon to camp site.

Special Requirement: Teaching supply is based on your teaching plan. Toys, game and sharing global experience for the students. Depend on you if would like to teach to students. Please bring some knowledge and information about your country or global sharing for local people if possible

Attention: the schedule may be going to be changed because of the situation of village or nation

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admission. So, **please be ready that some details of working schedule may be changed.**

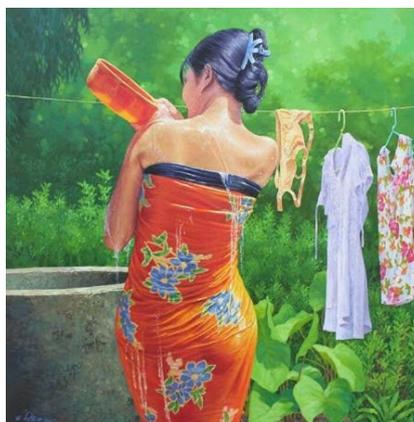
Accommodation

Accommodation: The host will arrange accommodation for volunteers. The sleeping area for girls and boys will be separated. In the project in monastery, the host will provide pillow, bed sheet and mosquitoes net enough for volunteers. Based on your preference, you may bring your own sleep bed. Also in the local host house, they will provide basic sleeping materials.

- * Volunteers should bring medicine especially for diarrhea, flu and fever and personal use.
- * Volunteers may need to bring toilet paper since in Myanmar toilets, people use not paper, but water! But volunteers are also welcome to try a local way that can be more comfortable if they are getting used to it.

Shower / Bathing

- There is bathroom but the volunteer can also experience shower together with student with local way as similar as in picture.



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- * Bathrooms are mostly opened and volunteers can experience local way of bathing with Myanmar Longgyi.
- * The living conditions is very simple in every project site and there is no washing machines. So, volunteers need to wash clothes and dishes by themselves.
- * The area is not under malaria zone but it is depend on volunteer if they have concern for vaccination.

Finance

No	Volunteer Type	Period	Fees (USD)
1	Developed Countries (US,EU, North Asia)	2 weeks	250
2	Developing Countries (SEA Countries)	2 weeks	200
3	Freelance Volunteer (No Sending Organization)	2 weeks	350
4	All International Volunteer	Less than 1 week	200
5	National Volunteers	2 weeks and less	30000 MMK
6	Long and medium term volunteers	Per month	450 USD

Workcamp cover fees to

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- * Transportation cost only for administration (5%)
- * Stay permit and travel permit of the vols. in Myanmar from local authority and government
- * Meal cost in the workcamp and in the village (buying grocery), (only in the workcamp) (30%)
- * Accommodation cost for electricity and water (10%)
- * Travel cost of the organizer and the leaders between Yangon and workcamp place (10%)
- * Tools and materials for the voluntary works
- * Future fund for International voluntary service in Myanmar (training, networking, salary of paid staff, etc.) (10%)
- * Communication and Internet in preparation phase with sending organizations and COM (10%)
- * Copying and printing travel documents (10%)
- * Water, basic medicine and advocacy (10%)
- * Staff salary for management team (5%)

Volunteers travel cost, meal cost before arriving to workcamp and free day costs are NOT included in the fees. The transportation cost can be changed based on the area and the season. Please, make sure to bring cash. Sometimes ATMs have error for withdrawal.

Insurance

Travel insurance has to be done by the volunteers. COM will provide only for first aid health service.

What to bring

- * **Working clothes** (long sleeved shirts & trouser, gloves, socks, sports shoes or boots, cap, flip-flop or slippers which better for wet and rainy season)
- * **Rain coat, flashlight, umbrella, towel, mosquitoes repellent, sandal, toilet paper, sun block lotion and medicine** you like to bring
- * **Souvenirs for the friends and local host!!**
- * **Charger** (you may be able to charge a battery while accessing electricity) In Myanmar, two pin is widely used. Caution: the electricity can access from 6:00 pm to 11:00 pm in some area) There are 220V Ac 50 Hz
- * **Clothes and snacks/food for culture night**
- * **Big smile and happy, friendly heart!**
- * Please also bring some equipment for kids such as toys, clothes and teaching materials if possibles
- * Be prepare for giving attention from local people
- * **There is no washing machine in the field volunteers have to wash their clothes by hand**
- * **Bring medicine**, warm clothes, sleeping bag in some workcamps, mosquitoes net for some place (they can also buy in Myanmar that is cheaper) and personal use.

Do's and don't

- * Vols. need to wash clothes and dishes by themselves
- * Vols. need to bring toilet paper since in Myanmar toilets, people use not paper, but water! But they are also welcome to try a local way that can be more comfortable. Bathrooms are mostly opened and volunteers can experience local way of bathing with Myanmar Longgyi.
- * Vols. have to cook for the groups in rotation with local freshly vegetables and stuffs. The grocery will be provided by the co-leader. The meal will only sometimes have meat like chicken and fish but mostly with local fresh variety of vegetables since to follow the local way. Vols. can also bring recipe cook from their country. Sometimes the local villagers may provide their local snacks and food.
- * Myanmar is rich of culture and tradition so the volunteers should not wear short skirt, neither short pants nor sleeveless shirts (no spaghetti blouse and no short pants) for both ladies and gentlemen to respect to local culture.
- * In most of the village, the bathing (shower) area is in the open space so the volunteers can try the local way of bathing.

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- * Based on Myanmar culture, men and women sit separately in some village community event.
- * It is not reliable to access internet in most of the workcamp area so it's better for volunteers to inform their family before coming.
- * Smoking area will be limited in the workcamp.
- * Drinking alcohol or beer in the workcamp and during activity time is not allowed.

Visa Application

- * Volunteers need to apply for visa at least 3 to 4 weeks in advance. Check the Myanmar Embassy consultant in your country as soon as to find out the following details:
 - a) Opening hours, b) How much the visa will cost, c) How long it will take to process the application,
 - d) If you have to apply personally, e) which documents are needed (these documents must be valid).

Normally, the entry visa valid for 28 days and business visa valid for 70 days. But it is also important to request with the program dates in the invitation.

* COM will send the invitation letter to you that is necessary when you will apply for visa. Please notify us from mail if needed. Based on the embassies, the additional document such as organizational registration document may be needed for visa application.

* After receiving visa, **please send the scanned copy of visa and passport to (Thazin: comincoming@gmail.com) 2 weeks before the program is started as we need to deal with local authority.**

* Please **inform to Organizer (comincoming@gmail.com) and your sending organization of your flight info** (arr./ dep. time and dates and flight numbers at/ from Yangon and **travel plan** before/ after the workcamp). Please be aware that regulation and policy of Myanmar visa is timely changed by the government. And also for Myanmar's law, the host has to inform to the local authority for overnight local/ international guest in advance, **so please inform us as soon as your schedule will be fixed!**

Admission for the project

According to Myanmar law, foreigners can only visit permitted area so we highly encourage volunteers to stay only in the workcamp area and not to travel other area by themselves without team. Volunteers have to inform to the leader when going outside of the workcamp area. The requirement as follow has to submit at least one to two weeks ahead to the host organizations to report to regional authority and/or other required ministry/government sector to get permission. The profile of sending organization, hosting organization, Passport, Travel document, Personal information and scanned passport, photo, scanned visa.

Please follow International Voluntary Service Program page in Myanmar:
<https://www.facebook.com/VoluntaryServiceInMyanmar/>

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