

Sadhana Forest 計畫，不用任何資料或邀請函，請直接辦觀光簽證就可以。費用約 NT3400。
另外國際通訊部分到印度可以辦

Airtel 的 SIM 卡，299rupe 可以上網一個月有 1.5GB 流量，以上價錢僅供參考。

<https://www.airtel.in/prepaid-4g-sim/>

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每週一、二、三、五，中午 12 點報到

一個月以內台灣註冊費 7500 元

每日三餐與住宿的費用是 600 IRP

機票約 23000-33000 之間看季節、保險約 1500 以內、簽證 3400 元+其他個人開銷

Sadhana Forest !!

Here is the new emergency contact information:

Aviram

Mobile: 9442534133

Email: sadhanaforest@gmail.com

Website: <http://www.sadhanaforest.org/>

new film

<http://www.youtube.com/watch?v=bLvpZAp13-8>

Our info sheet is always updated and available online at: <http://sadhanaforest.org/wp/volunteers/>

By the way here is the new short film about Sadhana

Forest: <http://sadhanaforest.org/wp/2011/06/new-sadhana-forest-video/>

Here is some more information about volunteering at Sadhana Forest. Please read this information very carefully and print it to take on your journey:

Our Aim

Our main project is the reforestation of 70 acres of severely eroded land. We are working to create the Tropical Dry Evergreen Forest indigenous to our area. This forest type is found only in Southern India and Sri Lanka and provides a rare biological richness due to its very high species abundance (over 1000 species of trees, shrubbery and liana). The Tropical Dry Evergreen Forest is now close to total extinction as only 0.01% survives.

This is a last moment effort to keep this very rich and beautiful Forest on earth. As part of our reforestation effort we are also working on water conservation and soil management.

For more information about our work please go to: www.sadhanaforest.org (For information about our new Sadhana Forest project in Haiti please go to: www.sadhanaforesthaiti.org)



Our Volunteers

Our experience with volunteers has been very positive. Volunteers from all over the world create here a dynamic community atmosphere. Living and sharing in a communal atmosphere brings us in harmony with nature and with ourselves. One of our volunteers put it very nicely in her letter to us when she left, "May there be many forests to grow people".

We are happy to welcome volunteers here any time of the year and always have plenty of space for them!!!

We are fully committed to accept everyone that wishes to volunteer here and help recreate the forest. You do not need to let us know the date of your arrival unless you wish to do so.

Volunteers should not smoke cigarettes, use drugs, or drink alcohol, inside or outside of Sadhana Forest, during their entire stay! **Only come to Sadhana Forest if you are 100% sure that you are able and willing to completely respect this!!!**

Volunteers are welcome to arrive here on Monday, Tuesday, Wednesday or Friday before noon (12:00). We welcome volunteers on these particular days to give everyone arriving here all the information and attention they need.

Please do not arrive on a Thursday, Saturday, or Sunday.

Those arriving after we start the volunteer welcoming or those arriving on Thursday or on the weekend will have to look for accommodation elsewhere and return here during the times listed above!!!

You can use the following website to get more info about local accommodation: <http://www.aurovilleguesthouses.org/>

Check out time is at 08:00. If you need to leave earlier than 08:00 we ask that you checked out the day before and make alternative accommodation arrangements for that night.

We appreciate creativity and initiative and welcome any ideas you may have to improve our project and our community.

The minimum stay is 4 weeks from December 1st to March 31st, though many volunteers stay for a few months or more. For volunteers arriving from **April 1st to November 31st** the minimum stay is 2 weeks. We are also very interested in longer term volunteers/interns staying with us for a period of three months or longer.

Our Way of Life

We practice an eco-friendly way of life including veganism, alternative construction, solar energy, biodegradable toiletries, and compost toilets.

Accommodation for volunteers is in exchange for a 25 hour work week with additional community shifts which consists of cooking meals and cleaning after meals. Volunteers mainly plant, mulch, and water trees during the season, work on water conservation in the forest and around the community, work in our little vegan-organic vegetable garden, maintain the community area, and spend time with the community kids.

Free facilities for volunteers include a small swimming pool, free 24/7 unlimited access to the Internet with your own laptop (weather and technical issues permitting). 5 hours each day (excluding Fridays) of AC power to charge electrical items (sun permitting), a small collection of books. the use of several bicycles, and a playground for children. There are also daily workshops offered that are run by our volunteers and vary each week.

Our Meals

Sadhana Forest is a non profit ecological project that does not generate any income; therefore we unfortunately cannot afford to provide free food for volunteers. **We share the cost of our 100% vegan meals equally. The total cost of food per person is 600 Indian Rupees per day (less than 8\$ a day).** In the future, when we grow more of our own food, we hope to pay less.

Directions 交通方式請務必詳細閱讀

The cheapest and easiest way to reach Sadhana Forest from Pondicherry is to get a bus from Pondicherry to Tindivanam or to Sedarapet, and get off at a village named Morattandi (about 4 km drive from Pondicherry). Please phone us from Morattandi to be picked up. You can also take an auto rickshaw from Pondicherry to Morattandi.

The nearest international airport is Chennai.

If you are arriving directly from Chennai airport to Sadhana Forest it may be easier for you to take a taxi to Sadhana Forest. Taxi reservations may be made by email with a reliable and helpful taxi driver named [Arumugam n.arumugam taxi@yahoo.in](mailto:Arumugam.n.arumugam.taxi@yahoo.in) or call him at **00-91-944-202-9054**. The main disadvantage of finding your own taxi at the airport is that the driver is unlikely to know the way here and it could take a very long time for him to find it. In this case phone us on the way and we will try to direct you here. Please plan your schedule so that you reach Sadhana Forest on a Monday, Tuesday, Wednesday or Friday before 12o'clock noon.

What to Bring 細部費用說明

A two-week stay is 9,400 INR. This includes: 1,000 INR deposit for a bed, sheet, blanket and pillow, 8,400 INR towards food and 100% biodegradable toiletries for two weeks.

A four-week stay is 17,800 INR. This includes: a 1000 INR deposit for a bed, sheet, blanket and pillow, 16,800 INR towards food and 100% biodegradable toiletries for four weeks.

Considerations are made for residents of India, families, people with special needs and people above 40. Please email us to receive the appropriate participant information.

Also please bring the following items with you (for your convenience we are mentioning the local prices of the items in the nearby town of Pondicherry, so you can decide whether to buy them at home or locally):

1. A mosquito net (preferably rectangular shape and not round). Local price in Pondicherry is 250 INR (approximately 4 USD).
2. A torch (flashlight) preferably with rechargeable, solar charge or wind up batteries. Local price in Pondicherry is 50 INR (less than 1 USD) and extra for batteries.
3. Metal water bottle or high-grade plastic water bottle specifically designed for refilling. Local price in Pondicherry is 250 INR for a metal water bottle.
4. A sheet or bed liner for a single bed. Local price in Pondicherry starts 150 INR.
5. For menstruating women we recommend a Mooncup, Diva Cup, Keeper or re-usable sanitary pads, which are an eco-friendly and cost effective alternative to tampons or sanitary pads.
6. If necessary, we recommend that re-usable/washable nappies/diapers be used as an alternative to disposable nappies/diapers.
7. Combination locks (keys get misplaced easily).
8. While working in the forest some participants prefer to use gloves. Strong gloves are available in Pondicherry.
9. We strongly recommend you bring warm clothes and/or sleeping bag from December to March because it can get very cold during the night.
10. Natural sunscreen and natural mosquito repellent.
11. Appropriate clothing for going out into an Indian community. For women, clothing that covers shoulders, chest and knees. For men, always wearing a shirt. It is important to respect our host's culture.
12. First Aid kit.
13. Large, plastic, sealing bags for clothing during the monsoon season to prevent mold (June-July, October-November).
14. Sleeping pad (air-filled, foam, etc.)

Auroville

Sadhana Forest is part of the international community of Auroville, 6km north of Pondicherry, in Tamil Nadu, South East India.

Auroville offers a wealth of courses, classes, workshops and treatments in many areas of interest, including yoga, meditation, tai-chi, shiatsu, watsu (water shiatsu), free dance and many other kinds of alternative healing therapies. For more information on Auroville please visit <http://www.auroville.org>

Our Contact

Our telephone numbers are 2677682 or 2677683 or 2902655. If you phone us from anywhere else in India (with the exception of Pondicherry) you need to dial 0413 before the number.

If you have any other questions please feel free to write to us at sadhanaforest@auroville.org.in or phone us at the numbers listed above.

We look forward to welcoming you to Sadhana Forest soon.

Warmly,

Aviram and Yorit Rozin

Sadhana Forest, Auroville, Tamil Nadu, India