

MARUTHAMUTHU TRUST

INFORMATION BROCHURE

for

VOLUNTEERS

ACCOMODATION:

Volunteers are free to decide where they want to stay during the period of working with MM Trust. We provide accommodation in both the Village of Thalakkudi and the City of Trichy.

Thalakkudi is about a half an hour travelling by bus, taxi or motorbike from Trichy. In this quiet village MM Trust provides one house for volunteers. The house contains three rooms, two bathrooms (toilets in European style) and a roof terrace. There is airconditioning available, also ceiling fans. The house is capable to provide accommodation for about four to five people. If necessary, MM Trust can provide extra accommodation in the same street in Thalakkudi. The head office of MM Trust is situated in this village, together with one of the schools where the organization is active.

Accommodation can also be provided in Trichy. For the safety and the comfort of our volunteers we always work together with Rev. Fathers or Nuns. The rooms are single or double, with air conditioning or without air conditioning. Every room has a private bathroom and one European toilet.

SAFETY, SECURITY & HEALTH

The most important responsibility for MM Trust is to assure the **safety and health** of our students.

The risk of diseases from mosquito bites like malaria or dengue is very small in this area. Still, we would like to recommend foreigners to sleep under mosquito nets and use mosquito repellent products. This way reduces the risk of contamination effectively.

Trichy has got several good hospitals and pharmacists. Still, we recommend to bring some necessary and effective drugs for yourself. Especially drugs for preventing diarrhea, nausea, bloating, regurgitation of gastric contents or abdominal discomfort. Indian food is very different from European or American food. In the first week the body has to adapt to this. In our experience most people don't have much problem with adapting to the Indian food. Still, we recommend not to take any risks and to be prepared with the useful drugs. For vaccinations, drugs and other medical advices, we recommend to visit the doctors and specialist in your home country.

Bottled water (1l, 2l) is always available in every shop. This is a guarantee for safe drinking water. Tap water is mostly safe to drink, but could sometimes be infected. We mostly recommend to drink bottled water. In this case, we provide 20 litre bottles of drinking water for our students (35 Rupees/bottle of 20 litres).

Usually, we do not provide food for our volunteers. The volunteer is allowed to cook by himself, we can always provide all the necessary materials. Most volunteers eat

outside, like any other Indians. There are a lot of eatery's, restaurants and shops both in Thalakkudi and Trichy with several different menu's and price-categories. The price for food is very cheap comparing with Western countries.

Apart from the health of our volunteers, we think their safety is extremely important. We never had problems with criminality in the village of Thalakkudi or Trichy. Still, volunteers watch out for pick pockets or scam.

We would like to underline that MM Trust is a smoke free and alcohol free organization. Also, NARCOTIC DRUGS IS STRICTLY PROHIBITED by Indian government. The punishment for using or transporting narcotics is very serious in India.

TRANSPORT

The best way to reach Trichy is by landing in International Airport of Chennai, Madras. From here, daily trains and busses are available from Chennai to Trichy. Also, there is an International Airport in Trichy and Madurai.

For the local transport there are several busses, trains and taxis available in the city, and from Thalakkudi to the city. The local busses and trains are frequently available and really cheap compared to Europe. MM Trust can also arrange rental car, bicycles and bikes for the volunteers.

PRACTICAL INFORMATION

We recommend our volunteers to bring their own laptop computer. The internet facilities can be arranged by the organization in different packages and price categories. There are a lot of internet shops both in Thalakkudi and Trichy.

The electric plus in India are the same as the regular European plugs. Because of a problem in the power factory, the whole province of Tamil Nadu has got daily power cuts for about six hours a day. Since 2009 these power cuts are frequently and sometimes annoying.

WORKING HOURS

Working days in MM Trust are from Monday till Saturday, mostly from 9 a.m. till 5 p.m. The volunteers are free to decide how many days in one week they want to work. For the comfort of the volunteers, they can decide if they want to work 4, 5 or 6 days in one week.

MM TRUST EXPECTATION

Volunteers from MM Trust are expected to be committed, creative, motivated, responsible, autonomous and innovative. The presence of volunteers should be added value to the organization.