

KINGS WORLD TRUST FOR CHILDREN

INFORMATION FOR INTERNS AND VISITORS TO INDIA

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1. BACKGROUND TO THE KINGS WORLD TRUST FOR CHILDREN

Welcome to the Kings World Trust for Children (KWTC). The Trust was established in 1993 as a UK based Children's Charity and in 1994 Kings World trust for Children (India) was established. Later in 2006 Kings World (USA) Inc was founded. The Indian Charity runs the operational side of the Trust's work whilst the UK and US Charities raise funds and plan the long term strategy for KWTC.

The main aim of the Trust is to provide a caring home, education and training for orphaned, abandoned, disadvantaged and homeless children in South India. At present there are around 100 boys and girls from Christian, Hindu and Muslim faiths who live in two children's residential homes, "Kings Haven" for boys and "Kings Field" for girls. These are run as real homes for children who have seldom known love, care and security in their lives.

In addition the Trust is involved in the following programmes in India:

- Educational Outreach. This involves the care and support of children from very low income families, in their own homes, so long as they remain in full time education. There are currently over 250 children in this programme.
- Medical Outreach.
 - (i) A community care programme is provided for children with severe physical and mental disabilities, children who are HIV positive and children who are terminally ill. There are currently over 20 children covered by this programme.
 - (ii) Physiotherapy. A number of disabled children living in the nearby community receive physiotherapy treatment at the Outreach centre.
- Kings Matriculation School. Over 1,400 children, aged from age 4 to 18, attend the school which was opened in 2005. The pupils are taught in English from Kindergarten through to A levels (equivalent). About 60% of the children are fee paying, the balance of the places are destined for children who pay no fees or very low fees. The Bursary children are made up of from a percentage of the Trust children in the children's homes, bright children from low income families, and children with physical disabilities. A number of children are awarded sports and other scholarships to the school. About 100 children board at the school the remainder are day pupils. The school has excellent facilities for academic studies and about 25 acres for sports and recreational facilities.

The Trust complex is located in a very poor rural rice growing area in the State of Tamil Nadu and is about 25 miles north of Kanyakumari (Cape Comerin), the southern tip of India. The area is seldom visited by tourists. On the 55 acre site are situated the childrens homes, Kings School and the Outreach centre and offices. Interns are also accommodated on site. Tamil is the language spoken by the local people. The nearest small town, Vallioor (or Valiyur) is about six miles away and Tirunelveli, the district capital, is about an hour's drive. The nearest International Airport is Trivandrum International Airport in Kerala, three hours away by road.

2. INTERNS

Interns come to India for periods between one and three months. They support the Indian staff by teaching Trust and School children and assisting on the Trust's programmes and projects.

Selection for an Intern placement takes place in the UK or USA. All Interns must complete an application form, provide three references and a police check and attend an interview for briefing and evaluation. (In the UK, the Police CRB check required is "Section 7, Data Protection Act 1998 – Subject Access". This can be obtained either from your local Police Station or online from your local Police website. There is a small cost involved.) Once the required documentation has been received from the prospective Interns, it will be checked by the Trust administrators in UK or USA. Upon approval, it will then be sent to KWTC in India prior to the Intern's arrival. All documents are then presented to the Indian Social Welfare Department and to the local Police for their approval.

Upon arrival at the Trust in India, all Interns will receive a full briefing by the Director and familiarisation with the Trust. Interns will be given a programme of activities, which will be based on the needs of the Trust and the individual skills of the Intern. These may include teaching English to the Trust's children and in schools attended by the Trust children including Kings School, organising and coaching sports and games, assisting with Drama, Music and Art, and generally utilising the Interns' personal skills. Please see Section 14 for further specific details.

Interns live in a large house which can sleep up to about 12 interns. The accommodation is comfortable and clean. There are 2 large ensuite bedrooms which can sleep up to 3 interns each plus a number of small individual rooms. There is no air-conditioning but ceiling fans are plentiful and effective. There is a large kitchen with fridge and cooking facilities, shower rooms and toilets and a large communal lounge with TV with SKY, DVD player and computer.

Interns are at all times answerable to the Trust Director and his management staff. The Trust has hosted over 300 Interns since the first children's home was opened in 1995.

3. EXPENSES

All Interns are required to fund raise a minimum of £500 to KWTC before going to India. Please note that this is only a minimum. If you are capable of raising more, please do so!

These monies and any other donations which may be given to support the children in the care of the Trust are used for that purpose alone. They are not used to support Interns or visitors. Therefore all Interns and visitors pay for their own travel to and from Trivandrum together with any associated expenses such as visas, medical insurance, telephone calls and usually transportation at the end of the stay back to the airport.

Interns pay a weekly contribution to cover the cost of meals and accommodation, the housekeeper's salary and other services and amenities provided to Interns. Currently (Spring 2012) the contribution is 1,250 rupees a week but it does increase from time to time to cover inflation. The money should be paid weekly in advance to the Housekeeper and signed into the housekeeping account book by you. On departure, you may wish to give a small donation to the housekeeper. Rs 500 should be fine, or a week's boarding costs, depending on your length of stay. Laundry and ironing can be carried out for you at your expense, although most Interns do their own laundry in their accommodation.

4.VISAS

VISITORS ONLY (Short stay up to one week).

If planning only a very short stay, visitors should apply for a Tourist Visa which is available online through VFS, the Indian High Commission's agents. Visa application forms can be downloaded from VFS' website which is <http://in.vfsglobal.co.uk/>

INTERNS VISAS

Interns working for the Trust require an "Entry" Visa which is only available online through VFS, the Indian High Commission's agents.

The VFS website is <http://in.vfsglobal.co.uk/>. KWTC will supply you with official invitation letters from the Trust in India to submit with your visa application.

Interns on an "Entry" visa have to register with the central Police Station in Tirunelveli (near KWTC) within 7 days of arrival in India and deregister at the same place 48 hours before departure from India. KWTC will take Interns to register and deregister. KWTC takes no responsibility if Interns attempt to register or deregister at any other location.

Interns on an "Entry" visa should arrange any travel/backpacking around India to begin and finish at KWTC so they can conform to the registration requirements. This means they should come to KWTC within a few days of arrival in India and register; they can then travel or work at KWTC or work and then travel; but they must return to KWTC to deregister 48 hours before their flight out of India.

5.TRAVEL

The nearest airport is Trivandrum International, which is about three hours drive away in the State of Kerala. A number of airlines fly there via hubs in Asia and the Middle East. The Trust Staff will only meet you at Trivandrum Airport so if you are travelling down from another Indian city, please arrange either a connecting flight or train to Trivandrum.

Kings World Trust uses Citibond Travel Ltd., Freetrade House, 2nd Floor, Unit 8-9, Lowther Road, Stanmore HA7 1EP 0208 206 2500. Citibond travel can also arrange the processing of visa applications for Interns.

6.MEDICAL

It is important to contact medical advice prior to your trip to make sure you are up to date with vaccines and injections. It is wise to arrange this at least 2 months before departure. That way, you can stock up on prescriptions as they are harder to come by in India. If you think you will need to purchase special drugs or medicine in India let us know the UK brand name and we will find out the corresponding Indian name and let you know whether it is available.

The Trust has its own medical staff available and can also recommend local english speaking doctors (male & female), hospitals and western medicine. You will have to pay them for any treatment or medication received.

Bring a first aid kit and an emergency sterile kit of syringes and needles. Take this with you when visiting a doctor in case an injection is necessary and carry it with you if you are travelling far from the Trust.

The water in the School and in the Interns house has been boiled and filtered and is quite safe to drink. However when you are away from the Trust premises do NOT drink the water unless you know it has been boiled and filtered. Buy bottled water instead.

Eating out in India is a bit of a lottery except in big towns or tourist resorts (and even there, it is a good idea to double check that juices are fresh and made with filtered water!). It is suggested that Interns only eat vegetarian meals when away from the Trust unless they or their companions are familiar with the restaurant. Meat can be suspect and it is not worth taking the risk. As vegetarianism is extensively practiced in India, you will always find a non-meat option. Expect to eat some meals with your right hand. If this makes you uncomfortable, carrying a spoon with you is an option as it is difficult to eat rice and gravy with your hands.

NB. You should never touch, handle or pass food with your LEFT hand!

Toilets in the Intern house and at the Trust are western style. However, when you are away from the Trust premises, this is generally not the case and you should definitely carry toilet tissue with you as it is almost never available outside the Intern house. There is no need to bring toilet tissue with you, but a few bags of wet wipes are a good idea. Women should bring adequate sanitary products with them as they are sometimes difficult to obtain locally.

7.INSURANCE

Ensure that you purchase a comprehensive international travel and medical insurance policy before you leave the UK and check the small print! The policy should include adequate cover for sickness and accident, plus repatriation to the UK in the event of serious accident or sickness. Baggage and personal items should also be insured.

8.DRESS

Indian people in this area dress modestly and Interns and visitors should respect this and dress sensibly in accordance with local customs. Women in rural India do not wear shorts or trousers and always have their shoulders and knees covered. Men wear a shirt (almost always with a collar) and long trousers. Men should avoid shorts outside except for seaside trips or picnics. Sandals are normally worn by all. Make sure they are comfortable and give enough support for walking.

When on the Trust premises or at the School, suitable western clothing may be worn. Women may wear loose fitting trousers covering the knee for these occasions, but should be prepared to wear skirts or dresses (again, covering the knee) while teaching or when leaving the Trust. All Interns will be given a Trust uniform to wear whilst teaching at Kings School or at the Government School.

Outside the Trust, women should wear a calf length skirt and a blouse with short or half sleeves. Keep in mind that it gets incredibly hot and humid in South India, so a long-sleeve cotton shirt is usually unbearable. Men should wear trousers and a shirt, usually a button down short sleeve shirt and lightweight trousers. If you go to any tourist areas in Kerala, any suitable Western beachwear is acceptable, although it is tasteful to keep it modest.

There are good tailors in the local town, and skirts, trousers and shirts can be made very cheaply. Take an item of clothing and they can copy it exactly. There is a good selection of textiles and fabrics.

9.BASIC PACKING LIST (clothing only)

Depending on how long you stay, modify your packing. The less, the better. There are clothes available locally and there are many Indian articles that you may wish to take back with you. Make sure you have room! An extra collapsible bag isn't a bad idea.

For Ladies:

- 2-3 calf length skirts
- 2-3 short sleeve t-shirts (modest with higher necks or collars)
- 2 long or 3/4 sleeve shirts (collars or high necks)
- two tank tops (for lounging/ beach trips)
- 1-2 pair calf length trousers (for sports/ yoga or lounging)
- A one piece bathing suit (+ one two piece for beach trips)
- one pair swimming/ athletic shorts
- 6-7 pairs underwear
- 2-3 bras/ jog bras
- waterproof shell
- sleeping clothes
- Thin sweater or fleece (probably only necessary in winter)

For Men:

- 2-3 pairs of trousers
- 2-3 short sleeve collared shirts
- 2 t-shirts
- 1 long sleeve collared shirt
- 1 pair shorts
- swim trunks
- Underwear
- Waterproof shell
- Thin sweater or fleece
- Sandals and trainers

10. CONDUCT

All Interns and visitors are requested to behave sensibly and to set a responsible example to the children in the care of the Trust and the local community. People will judge all Interns by the irresponsible or bad behaviour of a few. Please be friendly and approachable with the children, staff and the Indian Trustees. Try to learn a few words of Tamil, the local language – it will be much appreciated!

You should respect and try to fit in with the children rather than expecting them to fit in with you. They are here for a lifetime and you are passing through. Please try not to impose western values and customs on the children.

Drinking alcohol and smoking are not socially acceptable in rural India. If you wish to smoke or drink, please confine it to the privacy of the Interns private area. You may not smoke in the Interns house. Note that women are not allowed to buy alcohol from local liquor stores. The use of drugs is a criminal offence and can attract very lengthy prison sentences.

Please do not give money or presents to any of the Trust's children, their families, to the Trust staff or to any other children outside the Trust that you may meet, without permission from the Director. It may cause embarrassing and complex repercussions for both you and the Trust. Neither should you offer support or money to any local religious, political, cultural or charitable organisations without consulting the Director. It could undermine the impartiality of the Trust.

Younger children should not normally enter the Interns House unless it is a special occasion and with the permission of the Director or a Trustee. Children may not be taken on external outings or trips without prior agreements.

Please remember that all local people will see you as representatives of the Trust and of your country at all times and therefore anything you do or say will be seen as coming with the full authority of the Trust Management. The organisation maintains a low profile and local relationships are sometimes very sensitive. Please do not do or say anything that may cause offense or bring unnecessary or unwanted attention to the Trust.

Male Interns are warned about the dangers of talking to or attempting to date young Indian ladies. It is not the custom and could put you in physical danger from their relatives.

Please do not become involved in or interfere with Trust's management, administration, discipline or child-care unless you are invited to do so by the Director or a Trustee. Interns and visitors work in support of the Indian management.

You should also avoid judging Indian behaviour and actions by British standards and values; you are in a new country and a new culture. For example, in Church and on some buses, the men and boys sit on one side and women and girls on the other. If you are invited to dine in someone's house it will be unusual for your hostess to eat with you but she will serve you at the table. Most people eat with their fingers- using the right hand only.

11.GENERAL POINTS

Please take a few paperback books and DVD's with you and leave them behind in the Intern house when you go. A small library has already been built up in this way but it always needs improving! There is a DVD player in the Interns house.

It might be a good idea to bring a few books or games to share with the children in the evenings or on the weekends. Nothing fancy or expensive. A stock of the usual things such as cards and flash cards have already been provided so try to think of something original.

If you leave the children's village for any purpose please inform the Director where you are going and whom you will be seeing. This is for safety reasons.

Make sure that you have a good time! The children enjoy having visitors stay especially if they play a full part in the life of the children's villages. Take the opportunity to visit local towns, temples, beaches and historic sites- there is a wealth of new places waiting to be discovered! Add new places and suggestions to the "Visitors Interest Book". Also take opportunities when the staff and teachers associated with the Trust offer their hospitality. Some of the best experiences happen away from the typical western tourist spots.

We welcome you into our community in India. Should you have further questions, please do not hesitate to contact us and we will do our best to answer them.

12.COMMUNICATIONS

The Trust and School can be contacted by email, post and telephone. There is a computer in the Interns house which has internet access enabling emails to be received and sent. Post takes at least 7 days to reach the Trust from UK. The mail should be sent to the recipient c/o the Trust at the address below. Valuable items should not be sent by post. There is mobile phone coverage available at the Trust. Indian sim cards and top up minutes are available to purchase in the local town and work with phones with sim cards.

Contacts:**India**

The Kings World Trust for Children (India)

1/383 Pudhur (near Vallioor)

Achampadu (PO)

Tirunelveli District

Tamil Nadu- 627117

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www.kingschildren.org

www.kingsschools.in

13.A VOLUNTEERS PERSPECTIVE

1. Introduction

If this is the first time you have visited Kings School you are probably wondering:

- What will it be like?
- Where will I sleep?
- Will I be bored or lonely?
- Will I stay well?
- What will I do?

These are common questions we receive from prospective interns particularly those who have not travelled to India before.

This section is intended to provide you with sufficient information in order to reassure you regarding your proposed visit.

2. On arrival in India

Having agreed your arrival date and time in advance with the School, if you are flying into Trivandrum airport you will be met by the Intern Coordinator, Alwin. If it is your first time to India, you may find it a little overwhelming as you emerge from the arrivals hall to be met by a sea of eager, curious faces. However Alwin will be watching out carefully for you and will be holding up a board with your name on it. Alwin will then bring you back to the School in a car. The journey takes about 3 hours and if it is your first time in India you will find it most interesting and unforgettable. Alwin is your first point of contact for any issues during your stay at the School. He is always very approachable, helpful and efficient. He has interfaced with many interns over the years and there is nothing too much for him whether it is arranging a complicated train schedule or purchasing a set of computer head phones!



Alwin in the garden of the Interns House

3. On arrival at Kings School

On arrival you will be initially taken to your accommodation to unpack and settle in. Depending on the time you arrive and how you feel, you will then be introduced to the senior management and teaching staff and given a tour of the facilities. If this introduction and tour does not occur the day you arrive then it will take place as soon as possible the next day. You will be given a programme of work to accomplish whilst you are at the School, which will be based on the needs of the School and your individual skills and talents.

The Interns house is on the School premises and everything is close at hand. It will not take you more than a few minutes at most to reach anywhere within the school grounds on foot. The school buildings are beautifully designed in Keralan style and there are many trees giving ample shade.

4. Your accommodation

Your home for your stay will be in a large house which can sleep up to about 12 interns. The accommodation is comfortable and clean. There are 2 large ensuite bedrooms which can sleep up to 3 interns each plus a number of small individual rooms. There is no air-conditioning but ceiling fans are plentiful and effective. There is a large kitchen with fridge and cooking facilities, shower rooms and toilets and a large communal lounge with TV with SKY, DVD player and computer. Currently there is no video Skype facility but you can use Skype to ring UK for about 2p a minute, if you first set up an account and have headphones. There are numerous books and DVDs in the house for your use during your stay. Most interns wash their own clothes on site and hang them on the line where they dry very quickly. You will find that most clothes do not need ironing but you can arrange to have clothes washed or ironed at the school if you prefer. There is round the clock security at the school so you will be perfectly safe in the house.



The Interns House

5. Food and Drink

Breakfast is provided for volunteers at the house by “Banu” the housekeeper. Normally this consists of fried eggs, toast with butter and jam, coffee and fruit such as bananas, pineapple and papaya. Banu also cooks on a Wednesday and Sunday evening.

Whilst at the school you will generally eat your lunch and evening meal in the School Dining room used by the boarders. The food is wholesome and nutritious. The main meals are naturally based around the “curry” concept. Generally rice or Indian bread is served in the evening with both a vegetarian and non vegetarian option. Occasionally the volunteers will club together and cook a meal themselves.

6. Health

Make sure you visit a travel clinic well before you come to India and follow any advice you are given regarding inoculations or any other medical precautions.

Safe drinking water is provided both in the dining room and in the Interns house. The food in the school is healthy but you should take great care in relation to what you drink and eat when you are away from the school.

Indian roads can be dangerous places so take extra care when you are out and about either as a pedestrian or in a vehicle.

The sun is very hot so bring plenty of sun cream. Some westerns are attractive to mosquitoes and other insects so be sure to bring repellents and sting cream.

If you do unfortunately fall ill, there is a medical clinic on site at the school with a qualified nurse. There are English speaking doctors in the nearest town. You can also buy basic medical necessities in the local town.

7. The other Interns

Whatever your background, you will immediately have something in common with other interns, namely, an enthusiasm to assist in the development of the children and a wish to experience a different culture and way of life.

Volunteers are both male and female and can range in age from 18 to 85. They generally come from UK, USA or Ireland but these areas are not exclusive. You will find that you bond very quickly with the other volunteers as you share time and experiences together. Provided you are willing to be sociable and join in you will be readily accepted and will not have time to be lonely or bored!. There are many interesting places to visit on your day off and invariably you will be invited to join any outings that are being arranged by others. Even a trip to the local town of Valioor is an exciting experience!

8. What will I do as an Intern?

On your arrival you will be allocated a programme of activities based on your experience and qualifications.

Examples of the things you may be invited to do might include the following:

- Taking English reading classes with small classes of Junior school children (age 8 to 12) in the library.
- Helping the teachers in the Kindergarten.
- Take a class of children for an English lesson in the classroom.
- Helping with science, art, music or performing arts, sports or other school subjects you have particular expertise in.
- Visiting the local state school at Anaikulam and teaching English to small groups.
- Play with and entertain the disabled children awaiting physiotherapy treatment in the Outreach centre.
- Helping prepare the School Magazine.
- Helping Judge a singing or dancing competition.
- Distributing prizes and certificates at assembly to children who have won competitions.

In addition you should ask to take part in as many other activities as you can in your spare time to make the most of your stay at the School.

- Assist with English education classes which are organized informally for children from the Trust in the evenings.
- Ask to go on an Outreach visit with the Schools medical officer to local families who receive educational or medical support from the Trust for their children
- Go on a school outing or field trip
- Accompany a school team to a sports tournament at another school.
- Help make chapattis and other Indian bread in the school kitchen
- Join the boarders and trust children jogging in the morning.
- Join in casual sports games with the children after school eg. football, basketball, tennis, hockey, etc.
- Visit the Kindergarten assembly and sing nursery rhymes with the kids.
- Watch the competitions (singing, dancing, art etc) on a Saturday afternoon in the hall.
- Participate in the games and craft activities with the trust children in the hall on a Sunday afternoon.
- Go for a swim in the 25metre outdoor school swimming pool
- A weekly programme of School events is posted on the Intern House noticeboard and in the school office.

9. **Interesting places to visit in Southern India during your stay**

In your time off visit some of the amazing sites in Southern India – there are many ideas in a book in the Volunteers house. Examples include: Tirunevelli temple, Madurai temple, Kanyakumari (the southern tip of India), the round fort at Vattakottai, Manapad beach, and the wooden palace at Padmanabhapuram

10. Top tips to make the most of your stay in India

- (i) Act with dignity and respect at all times. You are an Ambassador of your country and of the school. The school children and teachers will welcome you with open arms and you should reciprocate by being good natured and friendly at all times. Anything you say or do and any expressions you make will be observed by those around you. Smile as often as you can, even if the person you are speaking to does not understand what you are saying, a smile is universally recognized.
- (ii) Make the most of your time at the School. There are always lots of things going on. Volunteer for everything and do not be afraid to ask to take part in events – the children and teachers will be delighted by your interest.
- (iii) Speak to as many people as you can, both within and without the school. They will be pleased by your approach and you will learn and discover a lot more.
- (iv) Come to India with a completely open mind and do not be judgmental as things if things are done differently to what you are used to
- (v) Stay healthy. Outside the school take great care what you eat and drink and when you are on the roads.
- (vi) A visit to India is a unique experience. Enjoy it and have fun!

11. An example of a typical day in the Life of an Intern

“The day starts with a greeting from Grace of “Good Morning, Uncle” and breakfast at around 8am when I chat with the volunteers about the fun we had on the school trip we went on with the boarders to the beach yesterday. We then make our way to the school assembly. Our house is on the school premises so it only takes minutes to reach anywhere within the school. The assembly happens three times a week in a large hall which is like a large hangar but without walls to let the air circulate. I arrive there early enough so I can watch the children file in quietly and smoothly to their preordained positions. Today they are all wearing their sports clothes - there are 4 houses each with a different colour outfit so the assembly of 800 children on parade makes a magnificent sight.



School Assembly

Assembly starts with a prayer of thanksgiving followed by the prayer song. Today is Monday, the results of a Saturdays' school dance competitions are announced and prizes are awarded by Mr. Colin Wagstaff, the Chairman and Founder. This is followed by a news summary of important political and sporting events in India and the wider world. Next, a listing of students with their birthday today or since the previous assembly is read aloud and the happy children make their way to the stage. They do not have to wear school uniform as it is their birthday and instead have come dressed in their eye-catching "Sunday best" clothes. Their fellow students then sing 'Happy Birthday'. Assembly concludes with the Indian national anthem. The children are taught to respect and have pride in their country, parents, teachers, and elders from an early age.

I then make my way to the Kindergarten. The ages of the children range from 4 to 6 years. It is a happy place! The children are always very lively, noisy and full of beans. Today is the "Pink" colour day and all the children and teachers are wearing pink clothes. The teachers wear beautiful saris and if I am lucky I may see them doing a dance for the children on the stage as this seems to be a regular occurrence! After singing some nursery rhymes to the children assembly ends and classes begin. I take a few groups of children consecutively 6 at a time on the verandah and read with them or play an English vocabulary game that I brought from UK.



Pink Day in the Kindergarten

Some mornings I catch the bus to the local Tamil school, a few miles away, at Anaikulam, which many of the younger Kings Trust children attend. This local government school differs significantly from King's School. Tamil is the language of instruction and as one might expect the standard of English is lower. However the children are equally enthusiastic and welcoming. There are several different year groups taught in a single room. Each group has a separate mat on which they sit cross legged in a circle. The teachers starts by singing songs in English and I join in by teaching them "5 little monkeys jumping on a bed." I start by helping the children with their English pronunciation and reading. Later there is a chance to play pelmanism with them using flash cards. Like all children they love competitive games like this and their excitement is infectious! The headmaster invites me to join him for coffee and an Indian delicacy before it is time for me to return to Kings. I depart down the drive to waves and shouts of "goodbye" from what seems to be the entire school!



Anaikulam School

On one day a week I help to amuse disabled children who come, usually accompanied by their mother, to receive physiotherapy treatment. My role is to entertain one or two children until it is their turn to receive treatment which takes place on a table in the middle of the large room where the mothers and children wait their turn. I find working with these children particularly moving and inspiring. The little girl, Sumitra, that I have met each week, greets me with a big smile as I arrive and we play happily together, blowing bubbles and playing snap. When it is her turn for treatment I accompany her to the table and, along with her mother, comfort and hold her, as the physiotherapist works on her limbs.



The physiotherapy treatment room

Wherever I have been in the morning, invariably I return to the dining room at Kings School for lunch in the Dining Hall with the other volunteers. Today, rice and vegetable curry is served. There are different vegetable accompaniments to be had, such as lime pickle, chutney, banana and hot milk. We discuss plans to visit Kanyakumari, the southern tip of India - the cost of hiring a car and driver for the entire day will be 1600 rupees in total (about £7 each between 3 of us).



The School Dining Hall

After lunch, I go to the office I have been allocated to work on the computer on the School Magazine. The main administrative offices, where my office is located are at the very heart of the school. It is quiet and cool but I can always hear the chatter of happy young voices! Last year the School Magazine was of a very high standard enhanced by many great photographs so I have a hard act to follow! As articles and submissions come in, I am amazed by the variety of sports, co-curricular and extra-curricular activities that the children have the opportunity to participate in during their school career!



Kings School campus

Later, I am invited to go to the main school kitchen to help the kitchen staff make chapatti for the evening meal. This turns out to be the hardest work I do during my stay! The Chef has created hundreds of small dough balls for us to roll into a chapatti shape. Within 10 minutes my back is aching and I am becoming overheated from the nearby cookers. The regular kitchen staff make the creation of a perfectly round chapatti look easy every time but despite my best efforts I am only able to create square ones!



“Helping” in the School kitchen

About 4pm another volunteer and I catch a school bus into Valioor, a small town about 8 km away, to do some shopping. The bus is full but children stand up and insist we sit. They sing and sometimes dance happily as the bus takes them home.



Pupils on the bus on a trip to the beach

We get off in the centre of the town and visit a tailor within an upmarket store called “Ashoka” where my friend is having some material she bought transformed into a magnificent sari. Total cost of the dress will be about €8! I buy some treats such as local

honey, tangerines and Kellogs cornflakes, some odds and ends from the supermarket, then some bubbles and chalk to entertain the children at the physiotherapy clinic. It is fun just browsing round the shops and window shopping. Although it does not seem possible at first sight, it becomes apparent after a few visits that if you know where to look you can find most things that you can buy in UK. We complete our trip with coffee and Indian sweets, such as coconut maroons and doughnuts, in the bus station café (total cost 30p). On leaving the store we find the tuk-tuk driver hovering who kindly offers to take us back to the Volunteers house in his bright yellow Tuk- Tuk.



A rainy day in Valloor

On arrival back at the School, I pop over to the hall to look at the pictures that children have created on the concrete floor as part of a Rangoli art competition. From designs created in class, teams of pupils work in teams to produce their illustrations within an hour using only chalk and different coloured sands. I am amazed not only by the beauty of the pictures but by the skill and thought that the children have put into their creation.



Rangoli art competition

By now it is after 5pm and so I quickly get changed into sports wear and jog down to the sports fields. School has finished for the day so the boarders, trust children and some day pupils are participating in various informal sports in their own time afterschool. I watch the senior basketball team lob balls into the baskets for a while – they make it look deceptively easy but I know how difficult it really is.



Basketball practice after school

The volleyball teams are receiving tuition from their coach and the tennis court is occupied tonight but I spot a group of boys playing a game of football and I approach them. As soon as they notice me they eagerly invite me to join them. It is still hot so after a few minutes running round I usually take over as goalkeeper. The boys eventually drift off to do homework so I pass by the open air swimming pool and finding it free quickly get my swimming shorts and dive in. After a while about 25 boys from the Trust come for a swim and we soon get involved in playing “catch “ with a football, swimming races across the pool and seeing who can swim the furthest underwater!



A swimming competition in the school pool

After dinner, I join some other volunteers for a session in the Kindergarten playing a series of games that everyone can participate in and singing with a few of the children from the Trust. “Simon Says” seems to be a favourite!

In the early evening Alwin pops by to chat to us, answer general questions and confirm some bookings he has made on our behalf for our trip at the weekend. I check my emails and then call home on the computer via Skype to speak to my family.

The other volunteers and I wind down by watching a DVD at the volunteer house but by 10pm I am beginning to doze off. I need to be up early in the morning as I have been invited to accompany and support the Senior School basketball team in an important competition 50 kms away. The coach leaves the school at 6am and so I call it a day and go to bed. I recap in my head the many highlights of the day before falling into a deep and relaxed sleep.”

Ian McIntosh

Intern in November/December 2011

Fundraising – Top Tips!

Create your own fundraising page

Set up your own personalised fundraising page on www.bmycharity.com and email the link to everyone you know! An empty page can be a bit intimidating, so having a couple of donations on the page should encourage other sponsors. People tend to match the amounts already listed on the page, so if they're generous ones, all the better!

Tell a Story

Tell everyone about KWTC and the work that we do supporting vulnerable children in India. Explain that all the money you raise goes to the charity and is not to fund your trip!

Plan an Event

Some tried and tested ideas include:

- A Bollywood themed party
- A curry night
- Dress down or fancy dress day- dress as a superhero day!
- Run a 'human raffle' and volunteer your services for the day as the prize
- Prepare a fun quiz, charge to enter, (donated) prize to the winner
- Have a clear out and sell your unwanted items at a car boot sale or on Ebay
- Car wash day, lawn mowing service
- 'Come Dine With me' dinner party, ask your guests to donate what they would spend in a restaurant
- Cake sale
- Garden party / BBQ
- Football / netball tournament / cricket match

Take on a personal challenge for sponsorship

- Charity abseil or parachute jump
- Marathons, half marathons, fun runs, walks, swims, bike rides, aerobathon....
- Shave your head / beard / legs(!)
- Midwinter dip in the sea / river / lake?
- Sponsored silence
- Sponsored abstinence (give up the beer, chocolate, cigarettes, cake for a week / month)
- Litter picking day – volunteer to clean up the local beach / park – for a fee!

Involve the local media

Get the local press involved. It's great to let people in your area know what you are doing, and also raises awareness of KWTC. It is a good opportunity to promote your [bmycharity](http://www.bmycharity.com) fundraising page and any fundraising events you are planning.

Ask for Help

Please contact Colin or Anne Marie Wagstaff at any time if you need any help with your fundraising or if you just need a little inspiration to get you started. They can also help with promotional materials to help you publicise your event or challenge. Email: kwtc@haslemere.com (Colin) , annemarie@kingschildren.org (Anne Marie) or telephone 01428 653504.

Say Thank you!

It sounds obvious but it can be very easy, in the rush of organising your event, not to mention planning your flights, visa etc., to forget to thank everyone who donates or sponsors you. You can set up an automated thank you on the bmycharity page but you should also keep a separate list of everyone else who contributes so that you can be sure not to miss anyone out. It's also a great idea to send everyone an update when you return from India, or set up a blog so people can follow your trip online. Who knows, they may be motivated to volunteer themselves!