



Travellers Worldwide is a leading International Provider of
Volunteering Programmes, Work Experience Internships
and Cultural Courses Abroad

MALAYSIA



CARE AND PHYSIOTHERAPY FOR DISABLED AND ABUSED WOMEN AND CHILDREN IN BORNEO

Assist in this very worthwhile live-in residential care project to help children with mental, physical and emotional disabilities as well as some young adults and abused women/children. The Home is a publicly-funded residential home near Kota Kinabalu offering care for the underprivileged and helpless community.

Thank you for your interest in volunteering on this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!

WHAT DO YOU GET?

SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The enormous satisfaction of helping disadvantaged women and children and knowing that you made a difference to them.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into Asia and the Thai culture! And best of all ... **an unforgettable experience!**

2A Caravelle House, 17/19 Goring Road, Worthing, West Sussex, BN12 4AP, UK
Tel: UK +44 (0)1903 502595, USA: 1-603-574-4935. Email: info@travellersworldwide.com

TravelQuest Ltd t/a Travellers, registered in England & Wales, Registered Office: 7 Mulberry Close, Ferring, West Sussex, BN12 5HY, Reg. No. 3072191, VAT Registration: 786540201

Prices: From **£1,295** excluding flights. See our [Full Price List Online](#)

Duration: From 4 weeks, up to 6 months, subject to visa requirements.

Start Dates: All year round, you choose your start and finish dates.

Requirements: Some experience or qualifications would be excellent, but are not necessary. The only requirement is a big heart and a desire to provide care and support. Ideally, you should have some skills in nursing, physiotherapy or caring for those with physical and/or mental impairments.

If you have a background in physiotherapy, you can take a wider involvement in this instead of the care elements. If you don't have any such skills but are very enthusiastic about getting involved please speak to us and we'll be able to confirm whether this placement is suitable for you.

What's Included:

- ▶ Arranging your Programme,
- ▶ Payment Protection insurance
- ▶ Free T-Shirt
- ▶ Meeting you at the nearest airport
- ▶ 24-hr emergency support.
- ▶ Full pre-departure support and assistance,
- ▶ All Accommodation and Food
- ▶ Transfer to the placement site
- ▶ Local in-country team support and backup
- ▶ Certificate of Completion

What Not Included: Flights, Insurance, Cost of Visas.

SUMMARY

PROJECT OVERVIEW

WORK CONTENT:

At the Centre, the children are given the necessary care and love (some on a one-to-one basis) according to their physical and emotional needs – bathing/washing them, feeding and general care (e.g washing of clothes, room cleaning and sweeping, cooking and playing). The home is constantly alive with the caregivers tending to the needs of the 48 residents, 33 of which are either orphaned, abandoned or have no proper home.

Some of the children have multiple disabilities and need close attention most of the time. There is a varied range of disabilities including; Cerebral Palsy, Epilepsy, Attention Deficit Disorder, Learning difficulties, Paralysis and Deafness. If you have experience as a Physiotherapist you'll be able to get involved with treatments.

Only 5 of the 48 residents go to normal schools so one of your main responsibilities will be to provide additional support and care for the children during the day. You'll help by talking, playing and reading with them. You will also assist with mealtimes and sometimes cleaning up after them. The main mode of communication is Bahasa Malaysia but English is widely spoken and used amongst the staff.

It has always been the goal of Bukit Harapan to aid the helpless so that they may find confidence in life again, see the reason to stay alive, stand on their own feet and forgive those who have hurt them, giving them the chance to look forward to the future.

Each child is given an Individual Education Plan (IEP) according to his or her needs. They then follow a special educational programme that is modified or particularized for those students with special needs, such as learning differences, mental health problems, or specific disabilities (physical or developmental). Modifications can consist of changes in curriculum, supplementary aides or equipment, and the provision of specialized facilities that allow students to participate in the educational environment to the fullest extent possible. Students may need this help to access subject matter, to physically gain access to the school, or to meet their emotional needs. Support is targeted to the needs of the individual student and can be short or long term.

The home is also engaged in some outreach work to remote communities and a Rural Youth programme to help support individuals in the area and provide them with the skills required to care for those with disabilities.



Bukit Harapan relies heavily on public and private support to run as it supports 48 residents and 16 full-time and live-in staff, who do not have any fixed days off. The home is grateful that many individuals from middle to high-income brackets have been giving their support in the form of donating food essentials and other necessities to run the home. These are anonymous philanthropists who only wish to see the welfare of the home's residents taken care of. However, the home is constantly in need of donors either in cash or kind to ensure the health and well-being of its' residents.

To sustain the livelihood of Bukit Harapan a nursery project has recently been initiated with the hope that sales from the plants and orchids will assist in the smooth operation of the home. An orchid mist house has been built with an herb garden in the pipeline. It is also part of the homes 'green' effort to rejuvenate the environment.

DAILY ROUTINE:

- 08.00 am – 12.00 pm : Special Education
- 12.00 pm – 12.30 pm : Lunch
- 12.30 pm – 01.00 pm : Cleaning
- pm – 03.30 pm : Afternoon Nap
- 03.30 pm – 03.45 pm : Afternoon Tea
- 03.45 pm – 05.00 pm : Recreational Activities
- 05.00 pm – 06.30 pm : Shower
- 06.30 pm – 07.30 pm : Dinner
- 07.30 pm – 09.00 pm : Free Activity
- 09.00 pm : Bed Time

“It feels so unique to be helping people with a bad start to life, and all this experience is done in a culture I knew nothing about. I will never forget it and have no regrets”

David Llewellyn

ACCOMMODATION

ACCOMMODATION:

The home was first established in 1989 and has recently moved to new premises built on land donated by the Sabah State Government. Its new location is just 15 minutes away from Kota Kinabalu. The home now consists of seven residential blocks, with 3 to 4 rooms each, to make up the dormitories for the residents and caregivers. It also has a Sundial school block consisting of five classrooms and an office. The main 2-storey block houses the dining, living, kitchen, laundry and staff room while the upper floor consists of an office, an interview room, visitors' hall, store and bedroom with an ensuite.

This is a live-in volunteer programme, so you'll be accommodated on site and will live, eat and sleep at the home. In this way you'll get to know the staff and children quickly and will become part of the community at Bukit Harapan. You'll be encouraged to join in with all activities and will be fully immersed into Malaysian culture in a very unique environment. This is a challenging but incredibly rewarding placement to take part in.

STAFF:

Some of the staff at Bukit Harapan are qualified care-assistants and others are ex-residents who have been successfully rehabilitated. For example;

Hamid, a 51 year-old orphan who is paralysed from the waist down and has been at the home for 15 years. Despite being wheelchair bound, he takes care of the garden, does minor maintenance around the home as well as care for the younger residents. Hamid is a very artistic person with great carpentry skills.

Jaafar, a 46 year-old orphan who is a slow learner. Jaafar helps in cleaning and sweeping around the compound. He runs errands for the home, as well as ferrying children to and from school and picking up food



WHY TRAVELLERS WORLDWIDE?

- Over 20 years' experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!
- Accredited projects helps appeal to future employers
- Excellent support!
- Your own dedicated Project Co-ordinator to answer all questions before, during and after your trip of a lifetime!
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our EXTRANET, available from anywhere, 24/7.
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

Donations to **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

The price of this project is a reflection of the following costs:

- | | |
|--|---|
| ✓ Accommodation and Food | ✓ UK administration |
| ✓ Free T-Shirt | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Meeting you at the airport | ✓ Project Research/Site Inspection |
| ✓ Transport to the placement site | ✓ Staff Training/Equipment |
| ✓ Local in-country team support and backup | ✓ Donations to worthwhile project |
| ✓ 24hr emergency helpline | |
| ✓ Full pre-departure support | |

“This is a worthwhile placement in which you generally make a difference not just to the children but to yourself. You make other people happy, and in return learn a lot about the culture and how fortunate we are in the Western World.”

David Llewellyn

ADDITIONAL INFORMATION

Got any questions? Please email us: info@travellersworldwide.com

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure! Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home.

The documents you'll have access to also include a Country Factfile, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget. As with all our destinations, the culture and heritage is different to what you're used to ... which, although one of the most exciting aspects of travelling, should be borne in mind. Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity! This is a truly awesome, elegant and beautiful country.

THINGS TO DO IN MALAYSIA

LOCATION, EXPLORING AND SIGHTSEEING:

KOTA KINABALU

Kota Kinabalu, or "KK" (as it is locally known), is the capital of Sabah. KK is home to the International airport and this will be your first point of arrival in Sabah - it is a great place to start your trip and get used to the Malaysian way of life.

Although Kota Kinabalu is far less developed than **Kuala Lumpur** (its counterpart on the Peninsular), the people are very friendly and the atmosphere here is more relaxed. KK also boasts impressive markets, restaurants and nightlife and is a fun introduction to the wide variety of attractions that Sabah has to offer.

Just off the coast it is possible to see an array of beautiful islands which make up the **Tunku Abdul Rahman Marine Park**. Exploring the coral reefs and marine life in this underwater world is fascinating and day trips here can be easily arranged - most islands are less than 45 minutes away by boat. Once you arrive you will be amazed at how clear the water is and just how many different fish you can see. There are also many wonderful beaches to be explored on the islands!

Facing inland, it's possible to see the peaks of **Mount Kinabalu** in the distance. This is another of Sabah's main attractions and the views from the top at Sun rise more than make up for the two day climb. Afterwards you can soak your aching muscles at Poring where the sulphur hot springs provide a therapeutic bath.

Throughout the whole of Sabah you will find many local "**Tamu**", meaning market - the variety of fruit, vegetables, plants and handcrafted items on sale at cheap prices has to be seen to be believed!

THINGS YOU CAN DO

There is excellent diving and snorkelling on a number of islands surrounding Sabah. The Semporna Islands Marine park, located towards the south of the island, is one of the best. Here you will find Sipadan Island, the most famous within the park and classified as one of the world's top dive sites.

Sipadan is an oceanic island shaped like a mushroom - it was formed by living corals growing on top of an extinct undersea volcano. Due to its geographic position it is at the centre of one of the richest marine environments in the world - both the diving and snorkelling here are outstanding!



HOW TO BOOK

TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone
01903 502595 (UK)
or
1-603-574-4935 (USA)



THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!

We hope you'll join us!

Don't hesitate to contact us with any questions.

We're happy to help you plan your exciting adventure!

www.travellersworldwide.com | www.travelersworldwide.org