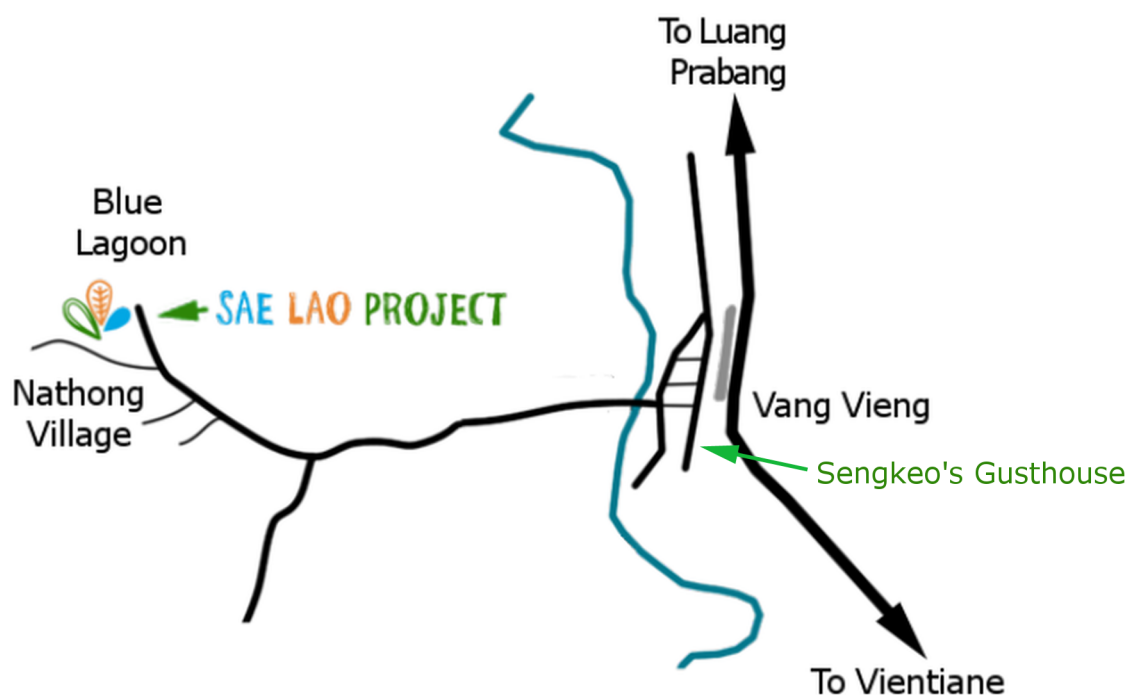


SAE LAO INFO PACK

Thank you for volunteering with us!

Now we know you are coming to volunteer with us, we thought you might like a little bit of extra information. However, if there is anything on here that you are still unsure about, or you still have some questions, please do not hesitate to email us on team@saelaoproject.com. Or check out the website www.saelaoproject.com where you will find plenty more information.

How you get to SAE LAO:



Whether you are travelling from Vientiane or Luang Prabang (or having to pass through there to get to us) you can easily get a bus to Vang Vieng from the bus stations or by booking through a travel agent once in the city.

In Vang Vieng, there are plenty of hostels to choose from to stay a night or two before heading to the project. We pick up volunteers from Sengkeo's guesthouse at 9am on Monday mornings. If you are in the centre of Vang Vieng, just head South down the main road and after about a 5 - 10 minute walk from the centre you will come across 'Sengkeo (Bob) Guesthouse' on the right, just past the Wat (or temple) on the left with the snake sculptures!

The project is about 7km (around 20 minutes truck ride) from Vang Vieng and about a 5 minute walk from the blue lagoon.

Top Tip: There is little around us and definitely no ATM's, so please bring what you need with you, including money, soap etc.



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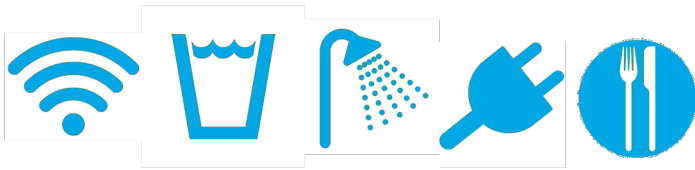
Once you are here, what can you expect?

You've agreed to volunteer with us, but what is it like at SAE LAO? What will we be asking you to do? What will the facilities be like? Read on to give you an idea of what you can expect...

Facilities

We might be a little out of the way, but we have toilets (that go into our biogas, so we would argue far better than anything you will find in the city) although they are squat toilets so be prepared!

Our on site showers have hot water, we have sinks and a full kitchen (fridge, stoves etc), electricity and we now even have wi-fi for emergencies and work (no playing on facebook during the day please).



What do I need?

We have bedding, drinking water, mosquito nets and lots of food, but below are some suggestions for what to pack:

- mosquito spray
- hand sanitiser
- hat and suncream for the sun
- light rain jacket (for June to October)
- warm jacket/ jumper (Nov. to Feb.)
- light sleeping bag (Nov. to Feb.)
- flip flops/sandals that come off easily
- clothes for working in
- basic first aid kit/ medicines

Top Tip: you will be working with the Lao people, the Lao culture is modest about dress, so nothing too short or too low cut!

A day in the life of a volunteer...

 **We meet at 7am**

 **Early morning tasks:**

- Making breakfast
- Looking after the pig
- Cleaning toilets and showers
- Cleaning community center
- Cleaning restaurant
- Watering the garden

 **Breakfast around 8:30**


 **Morning tasks** might include:

- Rice or peanut farming
- Construction
- Mud brick making
- Compost
- Helping in the organic garden
- Other projects

 **Lunch between 12 and 2pm**

 **Afternoon tasks** start at around 2:30 to 3pm and might include:

- Prepare English and activity classes
- Construction
- Mud brick making
- Furniture making
- Painting

 **English classes** are Monday to Friday from 5pm to 8pm. Activity class from 3:45 to 4:45 pm.

 **Dinner after English classes**

Top Tip: Tasks vary throughout the year depending on the season, weather and what we have on. Most volunteers are asked to assist with English and activity classes. Preparing the lessons and teaching are the main afternoon activities. For more information check the website for our overview calendar: www.saelaoproject.com.

Things you might be involved with:

- Teaching English to children
- Helping with sustainable building
- Designing furniture for the community center
- Weeding, planting and watering the garden
- Working in the rice and peanut fields
- Helping in the organic restaurant
- Helping with administration
- Or involve yourself with your own project idea

But by far the best part of volunteering with us is the insights you will get into Laos culture and the friendships you will form with our local staff and fellow volunteers.

Some words in Lao

Hello - Sabei dee

Thank you - Kop jai

Please (formal) - Kaluh nah

Yes - Jao

No - Bo

What is your name? - Jao seu nyang

My name is.... - Koi seu

Where is the (toilet)? - (hong nam) you sai?

How much? - Thao dai?