



VOLUNTEERING PROJECT WINGS

Dear future volunteers, here you can learn more about the country and its natives, Bukit Lawang, your accommodations, arrival and contact persons. Get a short packing list as a recommendation.



Content

General Information	3
Contact Persons	3
Visa	3
Arrival	3
Accommodations	4
Culture	5
Language	6
Packing List	6
Clothes	6
Shoes	7
Toiletry Bag	7
Other	8



In four simple steps to Sumatra

- 1 • Contact us per email.
- 2 • Book your flight.
• Take care of your visa.
- 3 • Prepare yourself.
- 4 • Pack you things and lets go!



General Information

Contact Persons

Are you interested in our volunteering program? You want to pitch in and help us make the world a bit better? Then send us an email, ask Anto directly or visit us on site.

Contact Person Germany: Sebastian Keilholz, volunteer@project-wings.de

Contact Person Sumatra: Anto Cebol, +6281274011441

You're in the area? Then pay our cooperation partner Masno a visit. Here you can get help. Of course, we cannot guarantee you that there is a free place left but we can always find a place to stay at and work to do for you. Help is always appreciated. Here is the link to his café: <https://goo.gl/maps/9mQ9Qro2mZEN3Z6u7> You cannot find him? Ask around, the locals are sure to help you out - he is well-known in the area so feel free to ask about him or just call him.

Visa

In Indonesia people from Germany get a Visa for 30 days when entering the country (please understand that we cannot list every country). You might have to verify your exit e.g. with information on your next flight. You can also request a social visa for 60 days. If you're interested in that you can contact us. Here is some information on it, as well: <https://www.indonesia-frankfurt.de/visum/visum-fuer-soziale-und-kulturelle-zwecke/?lang=de> .

Arrival

Sumatra's airport, Kuala Namu, is located in Medan. There are direct flights from London and Amsterdam. Aside from that there are many flight connections over Kuala Lumpur and Singapore.

Here you can find flight information: www.kiwi.com

Going from the airport we can organise you a taxi for 600.000 Rupiah. You pay the taxi driver directly. The drive is about 4 hours. There's also a local bus from Medan to Bukit Lawang. The bus station is on the right when exiting the airport. To get to Bukit Lawang you have to switch busses in Binjai. The bus



from the airport to Binjai is 50.000 and the one from Binjai to Bukit Lawang is 30.0000 Rupiah (sometimes you might have to negotiate with the bus driver).

Prepare yourself – learn more about the country and the culture in Bukit Lawang

You arrived?

Welcome to Sumatra. Our only rules are:

- Have fun.
- You want to meet the natives and each other as equals.
- Be friendly.
- Consider the culture and religion.
- Pitch in, be attentive, take action and be creative.
- You have a problem or don't feel well? Talk to us, we will find a solution together.

You may want to withdraw money at the airport or bring cash in your currency. In Bukit Lawang there is no ATM; you can exchange currency at exchange offices, though. In the surrounding towns there are ATMs but those do not work all the time so keep in mind to bring enough cash for your stay.

Regarding internet service, you can buy a SIM card in Bukit Lawang and recharge it with new data volume.

Accommodations

The accommodations differ depending on the cooperation partner. Everything is possible from homestay in an own double room to a shared volunteer house to a house by the river. The accommodations in Indonesia are rather simple, warm showers and ACs are rare but you have everything you need and you spend the most time outside either way. Mattresses and blankets are provided in all of the accommodations. WiFi is rather rare, as well, but you can easily buy a SIM card with mobile data for a fair price.

Hut by the river: The huts by the river are the main place. You sleep in a hut, directly by the river facing towards the rainforest. The huts are located centrally and you can easily go to the cooperation



partners and Bukit Lawang itself by foot. The huts are equipped with mattresses for two people and mosquito nets. The huts can be used by one or two people. On site you can find a public bathroom and a kitchen where your food is prepared. Altogether, the accommodation's price is 100.000 Rupiah a day and per person.

Place to sleep at our cooperation partners: The places vary from partner to partner. The prices for them are slightly higher as the accommodations are usually a bit more luxurious. In any case, you are provided with three meals a day, as well. Of course, the meals are cooked freshly, taste really good and are made with lots of love. The sleeping places at our cooperation partners are 200.000 Rupiah each night and per person. The cooperation partners are located centrally, as well.

Depending on the accommodation **the food** varies a bit - usually rice is always a part of the meal. To that, side dishes are added e.g. home-grown vegetables and tempeh or tofu. As meat is really expensive here, most meals are vegetarian/vegan and sometimes there is fish. The food is often rather hot but you can just say something in case you do not like hot food. Of course, you can give notice if you're vegetarian or vegan, as well.

Tab water should only be drunk after being boiled. On the other hand, there are many water dispensers so don't forget to bring your own refillable bottle.

Culture

Sumatra's natives are predominantly Muslim so as a woman you should wear clothes that cover your knees and shoulders. Depending on the cooperation partner it should cover the ankles, as well. This should be considered when working with the children as you have to be a role model for them. When bathing in the river or during the river cleanups you should wear some shorts and a shirt over your bikini, as well.

Indonesia's inhabitants are considered to be really friendly and ready to help.

Show the natives respect, be friendly and they will treat you with just as much kindness and warmth.

Language

In Bukit Lawang Indonesian is the main language but most of our cooperation partners and a lot of the other natives speak English, as well.

Here are a few phrases you can already learn:

Sama Sama. – You're welcome.

Hati Hati. – Be careful.

Selamat malam. – Good evening.

Hallo. – Hello.

Baik. – Good.

- *Hallo. – Hello.*
- *Selamat pagi. – Good morning.*
- *Selamat malam. – Good evening.*
- *Apa kabar. – How are you?*
- *Baik. – Good.*
- *Terima Kasih. – Thank you.*
- *Sama Sama. – You're welcome.*
- *Hati Hati. – Watch out.*



Packing List

Our recommendations:

Clothes

Sumatra is really warm and there is a high air humidity. Therefore, it is best to bring **quickly drying and light clothing**. Women should wear clothes that are at least **knee-length** (depending on the cooperation partner: reaching the ankles) and **cover the shoulders**. This is really important when going to the town and visiting (some) cooperation partners. You will learn how to go about that quickly.

When helping it is recommended to wear **long and airy clothes** that go over your ankles when working in the different areas. It could be helpful to keep your skin safe from scratches and animals.

Tip: Bring rather **old clothes** so it's not too bad when they get dirty.

Don't forget to bring **bathing suits/bikinis** even if you, as a woman, are going to wear e.g. a shirt and some shorts over them. They are really helpful during the river cleanup!

When choosing your clothes you should consider that you are going to sweat and get dirty or wet, go trekking or go out in the evening. Just think of what would be helpful in each situation. Your main focus should lie on feeling comfortable and respecting the culture.

Shoes

The recommendations considering the clothes apply to the shoes, as well. The natives always wear **flip flops** for almost every occasion - even when working - but not everyone is used to this so it's best to bring a **robust pair of shoes** you can wear while working, walking distances and being in water (e.g. during the cleanup in order to be safe from glass shards etc.). You should be okay with them getting dirty, as well. You can also buy **rubber shoes** for 1,50 € on site which are great for hiking and working (sizes only go up to 42 EU).



Toiletry Bag

When packing your toiletry bag **think of sustainability** as there is no water treatment system in Bukit Lawang. This means your products end up in the environment exactly as they are so you should try to pack environmentally friendly products (that are palm oil free!).

Bring a travel-sized first aid kit: painkillers, something against diarrhea and nausea, electrolytes, mosquito repellent, disinfecting salve and sunscreen even if you work in the shade a lot of the time.

Other

Other things you might want to pack: **Towels** as they are not provided. It's best to bring a travel towel in order to save room. A **flashlight** in case you have to go out in the dark. A **sleeping bag** or a **big cloth** as a blanket. A **refillable water bottle**. Something to **protect** your head and your body **against the sun**.

Still got room in your bag? Please ask: Tools and such are always needed or you might have something else you think would be useful to bring. ☺

So grab your bag and take it easy.

And hati hati.

We can't wait to see you in Sumatra.

