India Women's Empowerment in Kerala

Explore India through the coastal state of Kerala and whilst there, you will be bringing hope to local women by teaching skills and immersing yourself in their culture.

A land of sensory overload, cultural extremes and extraordinary beauty and mystery, India has become one of the most desirable destinations to travel and volunteer. Its sheer size and dynamic, complex population combined with fascinating wildlife and a mystical and pervasive heritage filled with tales of ancient gods, kings and queens, makes it a place that will transform your perspectives and realign your priorities.

This program is located in Kerala – a state that stretches along almost 600 km of India’s southwest coast. Kerala’s is a popular destination and boasts pristine beaches, ancient ruins, banana groves, tea covered hills and relaxing network of backwaters.

Women in India face significant gender inequality, particularly in impoverished communities. This program aims to help women through economic empowerment and education by giving them the tools they need to build safe and independent livelihoods. Through this program we hope you will learn how different life is for these women and how hard it is for them to make ends meet. You will find the work deeply rewarding as you get a chance to build positive and lasting relationships with the women, and make a tangible difference to their lives.

PROJECT HIGHLIGHTS

- Bring hope to the women of Kerala
- Help support local women by teaching new trades
- Make lifelong friendships & unforgettable memories
- Immerse yourself in the spirit of India

FAST FACTS

<table>
<thead>
<tr>
<th>Location</th>
<th>Kerala, India</th>
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</thead>
<tbody>
<tr>
<td>Activities</td>
<td>Help create better lives for disadvantaged local women</td>
</tr>
<tr>
<td></td>
<td>Prepare and develop lesson plans</td>
</tr>
<tr>
<td></td>
<td>Empower women by teaching them new skills</td>
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<tr>
<td></td>
<td>Help build a sense of community</td>
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<tr>
<td>Transport</td>
<td>Airport pick-up</td>
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<tr>
<td>Accommodation</td>
<td>Local family guesthouse</td>
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</tbody>
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WHAT DOES THE PROJECT DO?
This program aims to help women through economic empowerment and education, by giving women of Kerala the tools they need to build safe, independent, and better lives for themselves. Women who join the program in country are struggling financially due to a lack of education and vocational skills and the program addresses this problem by teaching vocational skills that can be used to generate an income. Many of the women that join the program have been subjected to abuse – either at home or through the prostitution industry. The program therefore provides an important safe haven for women to support each other discuss personal issues.

WHAT WILL I BE DOING?

Throughout this placement, you will make an active contribution to the support and empowerment of women within the local community. You will lead group and one-on-one classes as well as prepare and develop lesson plans for the sessions. There is high demand from women to learn spoken English and computer skills. However, you will also have the opportunity to start workshops based on your own skills and expertise. In the past volunteers have started a range of workshops from health and nutrition to painting classes.

In addition to promoting creativity and entrepreneurship, your classes will provide a safe haven for these women where they can develop their self-esteem and independence in a supportive environment. By joining this project you will gain valuable work experience, easily transferable to future careers and/or educational opportunities, whilst making a valuable, positive and lasting contribution to women’s empowerment in Kerala.

WHAT HAPPENS WHEN I ARRIVE?

You will be collected from Cochin International Airport by a friendly project representative and escorted to your project accommodation where you will have all the basic amenities needed, and get ready to start your project.

WHERE WILL I BE STAYING?

Whilst volunteering on this project your accommodation will be in a clean and safe hostel, or a guesthouse hosted by a welcoming local family. The accommodation will have electricity, western toilets and access to kitchen and lounge areas. It will also be located walking distance from basic amenities such markets and local shops.

WHAT WILL I BE EATING?

The two meals included are breakfast which will be home cooked and can be either Indian or continental, and dinner which will be traditional home cooked Indian meals.

Lunch will be self-catered which is a fun element of travelling away from home and provides a good opportunity to bond with fellow travellers. There are western cafes around, but you may also wish to explore local restaurants and market stalls. A good tip is to look for restaurants or stalls that are busy with local people – as the locals will often know the best places to eat! India is world-renowned for it cuisine, so make sure you capitalise on this opportunity.
COSTS

<table>
<thead>
<tr>
<th>Duration</th>
<th>Cost</th>
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<tbody>
<tr>
<td>2 weeks</td>
<td>US$ 945</td>
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<tr>
<td>3 weeks</td>
<td>US$ 1,195</td>
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<tr>
<td>4 weeks</td>
<td>US$ 1,445</td>
</tr>
<tr>
<td>5 weeks</td>
<td>US$ 1,745</td>
</tr>
<tr>
<td>6 weeks</td>
<td>US$ 2,045</td>
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<tr>
<td>7 weeks</td>
<td>US$ 2,345</td>
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<tr>
<td>8 weeks</td>
<td>US$ 2,595</td>
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<tr>
<td>extra week</td>
<td>US$ 295</td>
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DEPARTURE DATES

Program start date 1st and 3rd Monday of the month, please arrive on the Saturday before as a brief orientation will be given on Sunday.

Please note due to Keralan holidays this program does not run during the month of September

DURATION

2 weeks and longer

WHAT’S INCLUDED?

Before you go

- Pre-departure support & documentation
- Travel & medical advice
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt

In-country

- Accommodation
- Local orientation and training
- Airport pick-up
- Breakfast and dinner
- In-country emergency support
- 24-hour international HQ backup

AIRPORT INFORMATION

Nearest airport(s): Kochi (COK)
CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.