



# Hope Foundation Volunteer Handbook

Edited: August 2023

# Role of Volunteer

Hope welcomes medical volunteers of all kinds, regardless of age, experience, or time commitment! We always need support!

- Volunteers working on the ground in Cox's Bazar can be placed to volunteer in different Hope facilities depending on the skills.
- Scheduling is flexible so each Volunteers will have some free time.
- At the end, the Volunteer will be issued a Certificate and a letter confirming their participation in the program upon request.



# Flight Information

- *International flights land in Dhaka and Chittagong.*
- **-Dhaka to Cox's Bazar, flight is 1 hour approx. Available from 9am – 5pm. Cost around \$100.**
- -From Airport to Hotel, 15 min approx. – Pick up can be arranged by Hope or Hotel (by request).
- -There are a variety of hotels prices range \$30-\$50/double room, Wi-Fi, hot water, breakfast, secure and clean (e.g. Beach way, Best Western Heritage, Long Beach, Prasad Paradise)



# Flight Information

- -Hotel to Hope Hospital – 30min
- -Hope Hospital to Camps – 65min
- -Hotel to Camps – 90 min
- -Dhaka Airport – VISA info ; <https://www.visa.gov.bd/>
- \*Hope can assist with booking of domestic flight tickets and hotels in Cox's Bazar if needed
- Visa approval process needs about 6-8 weeks, please plan ahead





# Immunization and Precautions

*Make sure your routine immunizations are up to date*

In addition, it is advisable to take the following vaccinations:

- -Typhoid
- -Hepatitis A & B
- -Meningococcal meningitis
- -Tetanus (if not taken in the last 5 years)
- -Cholera vaccines

\*Malaria prophylaxis advised by your doctor

# What to bring with you

- T-shirts
- Long sleeve shirts
- Trousers
- Shorts
- Scarf
- Hat
- Sunglasses
- Shoes or boots (rainy season)
- Mosquito repellent
- Umbrella (rainy season)
- Stethoscope for your own use
- TRAVEL HEALTH INSURANCE REQUIRED

# Food

- Eat only food that has been cooked and is still hot or dry food.
- Foods to avoid include: Raw or undercooked meat, poultry, seafood, eggs, vegetables, fruits. Unpasteurized milk and milk products, especially soft cheeses.
- Drink only bottled water or canned soda. Recommended Brands:  
Pran – MUM – Fresh.

# Climate

Straddling the Tropic of Cancer, Bangladeshi climate is tropical with a mild winter from October to March, a hot, humid summer from March to June. And a warm and humid monsoon season lasts from June to October and supplies most of the country's rainfall.

# Contact

## USA Office

Johanna Hansing

Program Manager

[johanna.hopefoundation@gmail.com](mailto:johanna.hopefoundation@gmail.com)

## Bangladesh Office

K M

Zahiduzzaman

Country

Director

+880

1872700015

[coohopef@gmail.com](mailto:coohopef@gmail.com)

[www.hopefoundationbd.org](http://www.hopefoundationbd.org)

### Special request;

- I. All volunteers are requested to raise funds to support Hope work in Rohingya Camps as well as host community. Donation can be made through [www.hopefoundationbd.org](http://www.hopefoundationbd.org)
- I. Please share your experience in your social media channels for awareness