



HOPE Foundation Volunteer Handbook

Role of Volunteer

HOPE welcomes 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 Volunteer will have some free time for traveling.
- At the end, the Volunteer will be issued with 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 10am – 2pm, about 3 to 4 flights daily. 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/double room, Wi-Fi, hot water, breakfast, secure and clean (e.g. Beach way, Best Western Heritage, Windy Terrace)



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
- On arrival VISA available for citizens of certain countries. Please check immigration website of Bangladesh Government.



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

Iftikher Mahmood, MD

President & Founder

iumahmood@gmail.com

+1(305)318-0142

K M Zahiduzzaman

Country Director (Acting)

+880 1872700015

coohopef@gmail.com

Logistics support:

Mr. Rakib

+880 1832353555

mrhoquerakib@gmail.com

Mr. Sarwar

+880 1671473051

sarwaralam2k18@gmail.com



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.hopeforbangladesh.org
- II. Please share your experience in your social media channels for awareness