



INDIA: WORK EXPERIENCE – DENTISTRY

A fantastic opportunity to gain valuable dentistry work experience at a state of the art practice in Madurai. You will also be able to get involved with the charity work that the practice does on a daily basis. An opportunity not to be missed!

WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into Indian life and culture.
- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An in-depth Induction makes you **feel local straight away!**
- A unique insight into another culture – **see it from the inside** in a way you could never do as a tourist.
- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



► SUMMARY FACTFILE

Start Dates	All year round - you choose your start and finish dates!
Duration	Minimum stay 2 weeks and up to 1 year, subject to visa requirements
Requirements	No qualifications required.
Price	From £875 / US\$1,312.50 for 2 weeks, ranging to £1,945 / US\$2,917.50 for 12 weeks. Full Price List and other Currencies
What's included	► Accommodation ► Food ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project Monday to Friday (one trip per day) ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support
What's not included	Flights, Insurance, Cost of Visas (if a visa is required we'll provide necessary documents and assistance), Return transfer to airport.
Who can do this Project?	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

PROGRAMME OVERVIEW:

Our dentistry project is situated in the heart of Madurai at a fantastic and well equipped dental surgery. The owner of this practice speaks fluent English having completed his training in England and is really keen to have you assist at his surgery. He established the practice in 2004 with the aim to provide the public with the most comprehensive treatment planning and modern dental care. The doctor has received many achievements in his field; best dentist, best medical mobile service and best service oriented hospital.

The dental practice is very dedicated to serving the public and has a fully equipped mobile unit that goes out every day to give free treatment and advice to school children. They have just completed a two year plan to visit all of the government schools within Madurai and they have now treated 25,000 students, what an amazing achievement! They are currently visiting private schools in the aim to continue their charity work.

Once a month the Doctor makes a live television appearance on local TV to make people more dental aware.

The doctor and his team welcome all volunteers with a passion to help others less fortunate themselves and who are enthusiastic and confident in working as part of a team.

The areas that the dental surgery specialises in are:

- Orthodontics & Dentofacial Orthopaedics
- Endodontics & Conservative Dentistry
- Periodontics
- Pedodontics
- Oral & Maxillofacial Surgery
- Prosthodontics
- Implantology
- Cosmetic Dentistry



The surgery also has state of the art kawo chairs, digital radiography, video imaging and patient education software. The team take time to educate the patients of what problems they have; how to rectify them and what would happen if they didn't seek treatment.

Work Content

You can work at both the dental practice and on the mobile unit (subject to the mobile unit visiting the schools at the time of your placement).

Your work within the dental practice will be to welcome the patients, work alongside the dental hygienist and counselling. When you are with the team on the mobile unit, you will help with teaching and educating both the poor people and school students the importance of oral hygiene and you will also help with screening for diseases.

Please do not be afraid to ask as many questions as you like. The more you put into your placement, the more you will get out of it. You will be given basic and general on the job training and further jobs should become available for those with dentistry experience. The amount of work you do is dependant on the kind of volunteer you wish to be. Those who want to work, will work and most probably very hard, whereas those who sit back may have a lot less to do.

This placement is open to everyone with an interest in dentistry and a desire to help those less fortunate; you do not need any qualifications. The most important thing for this placement is that you're self motivated, enthusiastic, confident working both alone and in a team and have a friendly disposition.

A Typical Day

By Hannah Fullerton:

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- Wake up 7.30 (wash, apply mosquito cream, iron uniform, breakfast)
- Auto driver arrives at 9am
- 9.15am arrive at placement – start observing work 10am, patients arriving.
- 1.30pm lunch (power off in this time. Talk to the girls & rest time).
- 4.30pm work
- 8pm finish work, auto driver comes
- 8.30pm dinner, evening entertainment with host family, wash uniform, mosquito net up!
- 11pm sleep

LOCATION:

This project is situated in the bustling historical city of Madurai in the southern state of Tamil Nadu. Madurai is known by many names; 'Jasmine city' for the famous jasmine flowers that are cultivated here, 'the city of Nectar', Legend tells of a river of nectar that flowed after blessing from Lord Shiva, and the 'Temple City', Madurai really does have a temple or shrine on practically every street but it is most famed for the Sri Meenakshi Sundeswarar Temple. Named after the goddess Meenakshi, it was built in the 17th century and is an enormous structure with 12 towers adorned with colourful images of gods and goddesses, imaginative creatures and animals. This magnificent temple is the religious centre of attraction and a hive of activity which you won't want to miss. This area is awash with pilgrims market stalls and impressive souvenir shops. Madurai is also famous for its rich textiles and fabrics and superb quality gold and silver.



Madurai oozes true Indian culture and if you want to immerse yourself completely in the Indian way of life; Madurai is definitely the place to be! Children will stop you on the streets to chat to you and shake your hand and even ask for your autograph! You will be in demand everywhere you go and you'll feel like a celebrity, such is the warmth of the Indian people. Madurai is also the gateway to many tourist attractions and close to the neighbouring state of Kerala.

ACCOMMODATION & FOOD:

Your accommodation could comprise of either staying with a host family or living in a Travellers flat. In either accommodation you may share a room with another Travellers volunteer. The accommodation you'll be allocated to will depend on which project you're doing and the number of volunteers there at the same time as you. However, if you have a preference for either a host family or staying in a flat, we will do our best to accommodate you.

Host Family

For a complete Indian experience we can arrange for you to stay with one of wonderful host families. All of our hosts are very welcoming and not only will be made to feel part of the family you'll also gain a great insight into Indian culture and customs. Many of our volunteers remain friends with their host families long after they leave India and in some cases they return to the country later especially to visit their family.

You may share a room with one other volunteer; and you will have an en-suite western style bathroom. Most of the showers in our host accommodation are cold water; however your hosts will boil water for you on request.

All of our host family houses are close together and just a few minutes' walk away from internet cafes, banks and snack shops and just a short auto ride into the centre of town. Our staff in Madurai also lives close-by.

All your meals will be provided and prepared for you by the family and it is mainly local fare allowing you to taste a varied selection of delicious south Indian dishes and exotic fruits. You'll also have access to the kitchen if you want to make snacks or drinks.

In some of our host accommodation you will take your meals with the family, however in others you may eat alone or with other volunteers if there are in the same accommodation at the same time as you.



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Volunteer Flat

Our volunteer flat is situated close to all our host families. This option gives you the chance to live within the local community whilst at the same time retaining your independence. This newly built flat is very modern, spacious, light and airy. It has a well kitted out kitchen and large lounge area with satellite TV, DVD and a good selection of DVDs for your entertainment.

You may share a room with one other volunteer; there is an en-suite bathroom with hot water and you also have your own private balcony!

You will be provided with a food budget giving you the option to either cook for yourself or sample the local restaurants. Eating out is extremely cheap in Madurai. Close-by is a Chinese restaurant and two hotels serving good value Indian meals and a few western dishes. There is a tasty vegetarian restaurant with excellent south Indian Thali's and Dosa's just a 10 minute walk away and opposite this restaurant is a great supermarket selling everything from groceries to clothes. Many of the hotels in town have roof top restaurants offering incredible views across the town with the dramatic Sri Meenakshi Temple silhouetted on the skyline. Most restaurants are good quality and you can sample north as well as south Indian dishes along with a small selection of western food. Vegetarian food is in abundance! Bakeries and snack shops are on every street and you must try the wonderful fruit and fresh juice; there is so much choice; mango, pineapple, water melon, custard apples and jack fruit and coconut water is delicious!

Please let us know on booking if you have a preference with regards to the accommodation.

INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by one of our local Organiser's, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Madurai and its culture, as well as useful information such as how to get around and places to visit.

VISAS:

For most nationalities visas are required to enter India, but don't worry we will liaise with you about your visa requirements, and make the visa process very easy.

FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

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|---|---|
| ✓ Accommodation | ✓ UK administration |
| ✓ Food | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Meeting you at the airport | ✓ Project Research/Site Inspection |
| ✓ Pick up from Madurai airport | ✓ Staff Training/Equipment |
| ✓ Transport to and from your placement, Monday to Friday only | ✓ Donations to worthwhile projects |
| ✓ Local in-country team support and backup | |
| ✓ 24hr emergency helpline | |
| ✓ Full pre-departure support | |

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

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For every volunteer, a donation is made by Travellers on your behalf into the **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

COUNTRY PROFILE:

India, officially Known as 'Republic of India' (in Hindi known as Bharat or Hindustan), is the seventh largest and second most populous country in the world with a staggering population of over **1 billion!!** At times it can feel as if the whole population is in the same place at the same time as you! You will become fascinated with India, its cultures, its people, and the continuous stream of activity.

India is bordered on the north by Pakistan, China, Nepal, and Bhutan; on the east by Bangladesh, Myanmar, and the Bay of Bengal; on the south by the Palk Strait, the Gulf of Mannar and the Indian Ocean; and on the west by the Arabian Sea and Pakistan. At the bottom tip of the country at Kanyakumari, three seas meet – the Indian Ocean, the Arabian Sea and the Bay of Bengal. Hordes of people converge to dip their toes in the 3 oceans!

The sights, sounds, and scenery of India are unique and amazing with grandiose temples, abundant wildlife, lush paddy fields, and stunning beaches. In the north, shrub-land, desert and the searing majestic Himalayas create a sublime backdrop and a visit to the 'Golden Triangle' to take in the magnificent Taj Mahal, the palaces, forts and deserts of Rajasthan is a must. In the south, magnificent temples and gorgeous beaches abound; India really is a diverse land of contrasts.

Religion plays an important role in the life of the country, and is one of the few countries in the world which have such an ancient and diverse culture. Their arts and crafts are world renowned with sport being one of their favourite past times, and cricket still acting as one of the most popular activities.

In the South of India winter starts around November and lasts until February. Temperatures rarely drop below 25C during the day but the evenings can be a little cooler. Summer, the hot dry season starts around April and continues till July. The latter half of May in Madurai is the peak of summer with temperatures soaring to 40C and above. There are two monsoons in the south; the first is the Southwest monsoon that occurs 1 June–30 September, however Madurai doesn't see too much rain at this time. The Northeast monsoon occurs between October and December; the rains can be abundant although rarely does it rain all day or indeed every day but it cause disruptions to the traffic and on occasions schools can be closed.



THINGS TO DO IN: SOUTH INDIA

- **Ride an elephant at Periyar Wildlife Sanctuary;** this is one of the top wildlife parks in the country and within easy reach of Madurai. You can go trekking through the jungle, take a relaxing boat ride to enjoy the stunning scenery and keep an eye out for wildlife; visit spice plantations, watch the local kathakali dance and top off your weekend with an elephant ride!
- **Visit the beautiful beaches of Kerala;** for a relaxing weekend on the beach, Kovalam and Varkala are a must. Kerala is the home of Ayurveda so get pampered by booking a massage, facial or a yoga course. Stay in a bamboo hut and spend the afternoon reading in your hammock and in the evenings tempt your tastebuds by the multitude of seafood on offer.
- **Explore the palaces and gardens of Mysore and Bangalore;** An overnight trip from Madurai is the stunning Maharaja's Palace of Mysore, on Sunday evenings it is lit with over 5,000 bulbs and is a stunning site. Bangalore is just 3 hours away and here you can shop until you drop; it has western shops, wonderful restaurants and nightlife galore.
- **Relax in the cool temperatures of Kodaikanal;** this hill station is just a few hours away from Madurai and is a cool relief from the heat of the city. Take a stroll through the beautiful shola forests, visit waterfalls, go horse riding, cycling or take out a pedalo on the lake. Don't forget to pick up some hand made chocolates and honey; they're absolutely delicious!

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WHY GO WITH TRAVELLERS WORLDWIDE?

- Profesional work experience placements
- 15 years' experience sending thousands of participants overseas, plus the largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our **EXTRANET, available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport .

VOLUNTEER FEEDBACK:

“The extreme of poor oral hygiene is witnessed here; I am able to see the consequences of it so often that I feel I have a good grasp of the progression of periodontal disease. I also love the camp which has been very rewarding not only because of the responsibility given, but the fact that I get to interact with so many patients in such a short space of time. The dentist is a lot of fun to be around; he is a very creative dentist who has done so much more than just open a practice; such as the mobile clinic, his own toothpaste brand and his live TV show. Lastly the people here are amazing. They have such enthusiasm and are so content with their lives. I feel honoured and inspired.”

Nakul Ratra

HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!

You may also be interested in other courses with Travellers, or do other projects in India – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

Make a Difference – Get Involved!



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