



INDIA: PHYSIOTHERAPY

A wonderful opportunity to work closely with children of varying disabilities in a large school in India and a centre that serves the general public. As well as gaining valuable experience in Physiotherapy, you'll get a great sense of achievement from helping people in need! This is a challenging and rewarding project!

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	From 2 weeks up to 1 year, subject to visa restrictions.
Requirements	You need to have an interest/qualification or some knowledge about physiotherapy. Minimum age 18.
Price	For up-to-date prices, please check our website www.travellersworldwide.com
What's included	► Accommodation ► Food (except lunch) ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support.
What's not included	Flights, Insurance, Cost of Visas (a visa is required, but we'll provide necessary documents and assistance). Return trip to the airport.
Who can do this Project?	All projects are open to all nationalities. You need to be aged between 18 and 70+

PROGRAMME OVERVIEW:

Our Physiotherapy Centres:

One of the institutes we work with was established in 1970 by Dr and Mrs Mary Thangaraj who believed that every child born into this world, irrespective of the conditions of their birth, have the right to live with self and human dignity. A lot of the children come from very underprivileged families, and so the love and care you can give them is even more important.

The school has a large physiotherapy unit with modern equipment. Approximately 180 children attend the school and they also have an early intervention centre for children less than 6 years of age. The school also has hostel facilities and the majority of the children stay here and only go home during the school holidays. Some of these children are orphaned/part orphaned. The younger children that attend the early intervention centre are day students though and their mother/grandmother stays for the duration of the school day.



The children have various physical disabilities such as cerebral palsy, microcephaly, downs syndrome and mobility problems.

The children are allocated to special educational classes and they are taught and trained in functional academic skills including reading, writing, counting, time and money concept, communication and social skills. They also receive speech training and physiotherapy. They are also trained in extracurricular activities such as yoga, dance, acting, drawing and singing. The children are very creative and they make greetings cards, glass paintings, bags, envelopes, pots from clay and vases. They are also very talented at sports and they have amassed so many trophies that their cabinet is fully to bursting point!

Physiotherapy is given to children with cerebral palsy and physical disabilities; intended to strengthen muscle power, improve mobility in the joints and to help reduce pain.

The children who attend the physiotherapy unit have a tailor made programme to suit their individual needs. For the younger children, the mother or grandmother will also attend to understand the needs of their child and help them practice these exercises when they are at home.

The physiotherapy lab has some great facilities including balancing bars, treadmills, weights, rowing machine, cycles, parallel bars and Swiss balls. The children also undergo electrotherapy.

Work Content at the school

You'll work as an assistant to the existing therapist helping her treat the children. The centre is dedicated to helping the children obtain the best quality of life possible. They are passionate and enthusiastic and are very eager to share their knowledge and time with you. Each child will have different problems and therefore the programmes are tailor made to the individual child.

Your supervisor is qualified in physiotherapy and speaks excellent English. The school is looking for people with a background or interest in physiotherapy to assist them with their daily work. You will most likely be asked to assist and shadow the physiotherapist while they work with the children. If you have experience in physiotherapy or are qualified, you will be given more hands on work.

The centre holds different programmes on different days of the week which are as follows:

- Monday – Massage
- Tuesday – Ball exercises
- Wednesday – use of instruments
- Thursday – passive exercises
- Friday – hydrotherapy

The children go through a detailed warm up session which includes, breathing exercises, using a shoulder wheel, pulley, finger ladder, dumbbells, cycling, rowing machine, ankle exercises, stair climbing, using a balance board, parallel bars.

Your work will be to assist the therapist in the following exercises for the children:

CALL: +44 (0)1903 502595	EMAIL: info@travellersworldwide.com	Click here to APPLY: Booking Form
---	---	---

Electrotherapy
 Transcutaneous electrical Nerve Stimulation
 Vacuum therapy
 Wax therapy
 Electrical stimulator

The above are used to stimulate the sensory nerve endings, pain relief for contracted areas and relaxation.

Exercises for upper limbs:

Exercise balls
 Pulleys
 Wrist exercises
 Finger wall ladder
 Shoulder wheel
 Dumbbells

Exercise therapy for lower limbs:

Wedge
 Ankle exercises
 Leg massager
 Sitting/corner chair
 Cycle
 Quadriceps table
 Rowing machine
 Treadmill
 Crawler
 Parallel bars
 Sand pit
 Hydro tub



All of the above equipment is used to strengthen muscle tone and posture.

This project runs during the school terms. The school holidays are as follows:

Summer Vacation:	14 th April to 3 rd June 2011
Pooja Holiday:	5 th to 6 th October 2011
First Term Vacation:	24 th September to 3 rd October 2011
Diwali Holiday:	25 th to 27 th October 2011
Second Term Vacation:	24 th December 2011 to 2 nd January 2012
Pongal Holiday:	13 th to 17 th January 2012
Summer Vacation:	31 st March to 4 th June 2012

Your working day is between 10am – 1pm Monday to Friday.

Our other centre serves the general public and the centre is open from 10am to 8pm and you can work here all day. The doctor and his wife established this clinic in the year 2000 and now boast 7 other centres in and around Madurai. The cases they see range from sports injuries to physical disabilities and car accident victims. The centre are dedicated to serving the public and they have opened an exclusive clinic which offers free services to the poor, mentally challenged and handicapped children.

The centre that we work with uses the following equipment:

Shoulder Wheel
 Shoulder Pulley
 Bicycle
 Rowing Machine
 Quadriceps table
 Ankle Exerciser
 Treadmill
 Parallel Bar
 Ball Exerciser



CALL:

+44 (0)1903 502595

EMAIL:

info@travellersworldwide.com

Click here to APPLY:

[Booking Form](#)

Standing Frame

They also use electrotherapy equipment including ultrasonic equipment, short wave diathermy (used for inflammation degeneration of joints, ligament sprains, lower back pain) and wax therapy.

Work Content

Your supervisor is qualified in physiotherapy and speaks good English. You will need to have an interest, or be studying towards a physiotherapy degree or related subject in order to participate in this project. Please contact us about the acceptance criteria as if you are passionate about participating we can usually be a little flexible.

You will most likely be asked to assist and shadow the physiotherapist while they work with the patients and if you have experience in physiotherapy or are qualified, you will be given more hands on work.

You need to show high levels of initiative and be capable of working independently, where necessary. As with all our projects, self reliance, independence and an abundance of enthusiasm are highly appreciated to help you make the most of this wonderful opportunity!

LOCATION:

This project is situated in the southern state of Tamil Nadu in the bustling city of Madurai, also known as the city of nectar". This historical town is famous for the awe-inspiring Sri Meenakshi temple; its 4 outer pillars creating dramatic silhouettes on the skyline at sunset. 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. Madurai is also famous for its rich textiles and fabrics, impressive emporiums and superb quality gold and silver.

Madurai is located on the Vaigai River with three small but prominent hills marking its boundary. They are named after an elephant, cow and snake due to their supposed uncanny resemblance to these animals. The town 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! It 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.

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 may have an en-suite western style bathroom. Most of the showers in our host accommodation are cold water only – however your hosts will boil water for you on request..

All of our host family houses are 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.

The family will provide you with breakfast and dinner and it will be mainly local fare allowing you to taste a varied selection of delicious south Indian dishes and exotic fruits. You will need to make provision for your own lunch however as this is not included.

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 selection of DVDs for



<p>CALL: +44 (0)1903 502595</p>	<p>EMAIL: info@travellersworldwide.com</p>	<p>Click here to APPLY: Booking Form</p>
---	---	---

your entertainment. There is also a small balcony on which to relax with a cool drink and a book and gets a wonderfully refreshing evening breeze to keep you cool!

You will be provided with a food budget giving you the option to either cook for yourself or sample the local restaurants. Eating in the local restaurants is cheap in Madurai with Thali's (a traditional south Indian meal served on a banana leaf) costing around Rs 60!. 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 delicious fruit; there is so much choice; mango, pineapple, water melon, custard apples, jack fruit, coconut water and fresh fruit juices are simply delicious!

VISAS:

Visas are required for India. 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:

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

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.

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. Hoards 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.

CALL: +44 (0)1903 502595	EMAIL: info@travellersworldwide.com	Click here to APPLY: Booking Form
---	---	---

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 between 1 June–30 September, although 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!

WHY GO WITH TRAVELLERS WORLDWIDE?

- Professional 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:

“Upon arriving in Madurai, it looked as though I had landed in the middle of nowhere. Driving through the city to my accommodation was a fascinating experience; seeing cows on the streets and vehicles everywhere in complete organised chaos. In general, the local community are extremely friendly and welcoming. The placement at the school was great. The facilities are good considering the poverty in Madurai. The children were very friendly and their parents too. The evening placements were in hospitals and physiotherapy clinics. The physiotherapists were very friendly and interested in me and would ask many questions about Europe and our customs. They would explain to me patients conditions and how to treat them, and I even got to do a little practical, which was unexpected given my lack of experience”

Alexis Yaghil

CALL: +44 (0)1903 502595	EMAIL: info@travellersworldwide.com	Click here to APPLY: Booking Form
--	--	--

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!

CALL:
[+44 \(0\)1903 502595](tel:+4401903502595)

EMAIL:
info@travellersworldwide.com

Click here to APPLY:
[Booking Form](#)