



Acupuncture Relief Project : **Nepal 2010/11**

3712 NE 40th Avenue, Vancouver WA 98661

360.695.9591

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www.AcupunctureReliefProject.org

Welcome

Dear Applicant,

Thank you for your interest in Acupuncture Relief Project. As a volunteer with our organization, you will be embarking on an exciting journey not only as a health care practitioner but also as a scholar of the human experience: an adventure of self-exploration and development through service to others. Like any adventure, there are many risks requiring careful consideration and planning. You will need a steadfast commitment to prepare and be prepared for what awaits you in our Nepal clinic. As a practitioner, this is an opportunity to perfect and learn new skills while witnessing the transformative power of your medicine and serving a community that desperately needs your help.

Our Nepal 2009 project will consist of three clinic camps (Sept. 15th to Nov. 6th, 2010; Nov. 3rd to Dec. 18th, 2010; Jan. 5th to Feb. 26th, 2011) lasting about seven weeks each. These camps will be limited to four practitioners who will hopefully become your best friends but more importantly will be your clinic team. And trust me... you will need your team as you will be expected to work 6 days a week in the clinic for six weeks (36 treatment days) with a team goal of treating 80 patients a day. Treatments will be conducted community style with patients sitting in chairs or laying on a mat on the floor. Your team will be responsible for managing all aspects of our clinic resources as well as assisting in the training of interpreters, meeting with members of the community and helping each other stay healthy while coping with the considerable stresses of living in a third-world environment. Living in a third-world country is unpredictable, exciting, and requires a flexible approach to each day. In short, we are looking for dependable practitioners who want to work together to make this project effective and insightful.

Each camp program will include airfare, visas, meals, accommodations, sightseeing, transportation, clinic supplies, interpreters, team facilitation and training while in Nepal. The cost of your participation will be \$4500 US. You are strongly encouraged to raise this money by involving your community of friends, family, patients and business associates. All donations on your behalf are tax deductible in the United States. Approximately \$2800 US of our program fee goes towards your travel and living expenses while the rest goes toward clinic expenses, facilities and future Acupuncture Relief Project goals. I hope that you will agree that this is a very reasonable amount for the seven week experience we are offering. Your participation will help us achieve our primary goal of providing a much-needed, permanent and sustainable clinic in this area and will facilitate an ongoing opportunity for other natural health practitioners.

Review the information in this packet carefully as it details many aspects of participation in the program. If you have questions, please feel free to contact me. If you are ready to sign on and commit to this year's project, fill out the application and include your \$35 non-refundable application fee. I will contact you within 14 business days of your application for a phone interview. Applications for the 2010 project must be received by May 15th, 2010 as we will be making a final selection of participants shortly thereafter.

I'm very excited about offering this opportunity and I hope that we will be working together in Nepal.

Andrew Schlabach
President,
Acupuncture Relief Project



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Qualifications

To participate in our program as a practitioner you must have graduated from an accredited Oriental Medicine program and have completed your NCCAOM Diplomate Certification. You must provide all of the information required on the Master Application and your costs of participation must be paid in full 45 days prior to departure. You also must have a valid US Passport with at least one year remaining before expiration.

Vajra Varahi Clinic

Acupuncture Relief Project (ARP) has been commissioned to recruit and place qualified, professional acupuncture practitioners in the Vajra Varahi Natural Healthcare Clinic in Champagoan Nepal. This clinic is located about one hour south of Nepal's capital of Kathmandu. Champagoan is a village of unknown population (approximately 30,000), with this clinic providing an inexpensive basic health care solution to the people of the region. The clinic provides an excellent base for visiting practitioners to experience rural life in Nepal while providing a needed service. Facilities at the clinic are basic but very clean. There are four treatment rooms providing each practitioner with space for a community style treatment set-up. Treatment rooms are equipped with basic chairs and some floor pads enabling us to treat 80+ patients per day.

Clinic Practice

This project is designed to be an opportunity for you to explore all aspects of your medicine. All we ask is that you practice in accordance to CCAOM "clean needle" technique and insure a safe experience for your patients. You are encouraged to use any and all modalities or styles of treatment in which you are trained. We hope that you will share with your clinic team and other colleagues what worked best for you in treating a variety of conditions you will commonly find in Nepal.

Training and Team Responsibilities

In addition to treating patients, you and your team will be required to participate in several other activities. There will be several days of training with the interpreters. This training not only benefits you by improving your relationship with your interpreters, it helps our interpreters learn new vocabulary and medical concepts which enables them to be more accurate. You may be required to meet or speak with important members of the community or patrons of the clinic. There are also many opportunities to meet with other organizations in Nepal. Most importantly, you will be required to meet as a team at least twice per week to discuss patient cases, clinic experiences or other issues. Often times you will find that unless you prioritize a team meeting you may go several days without seeing each other. If this happens you could miss out on a grand opportunity to learn from each other; without good communication small conflicts may become major meltdowns. It is the responsibility of each and every team member to try to involve, support and nurture the experience of everyone on the team.

Accommodations

After arriving in Nepal all accommodations will be provided. The first few days you will be staying in the Thamel district of Kathmandu. Basic hotel accommodations with private bathrooms will be provided (double occupancy). After moving to the clinic, practitioners will be lodged two to a room. Rooms are basic but clean and have single beds with a mattress and blanket. It is recommended that you bring your own sleeping bag or buy one in Kathmandu. The clinic has community (shared) bathroom facilities with modern (western) fixtures and an occasional hot shower. Electricity can be scarce and unpredictable in Nepal so the charging of electronic devices can be problematic. An additional three days of hotel accommodation will be provided as a cash stipend in case you would like to get away from the clinic on your day off. **Internet and Skype services are available but unpredictable due to frequent unavailability of electricity.** Expect a few hours of service/week at best.

Language

Three languages are commonly spoken in Nepal (Nepali, Newari and English). In Kathmandu it is fairly easy to get around and transact business using English alone. In the village, English is less common. In the clinic, very few of your patients will speak English and English speaking interpreters will be provided. At first you will find it quite challenging to treat patients with the help of an interpreter. It is a process requiring patience and practice but it can be very rewarding when you finally get into the rhythm of it. There will be several days of required training with the interpreters before and during your stay. If you are interested in learning the local languages, your interpreters will only be too happy to help you and your patients will be completely delighted when you speak to them in their own language.



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Dress Code

Living in a Nepali village (and a Buddhist monastery) requires us to mention a few things about appropriate dress. Sleeveless shirts and shorts are not appropriate for either male or female practitioners. Basic trekking (traveling) clothes are fine. You will want to have easy to wash, conservative and comfortable clothing. You will be required to wear a white lab coat while you are in the clinic (you should bring two as they will get dirty fast) and you will be provided with a name badge. The clinic is located within and is the property of a Buddhist monastery which houses 50 novice monks. Please be respectful at all times.

Food and Water

All meals while in Nepal are provided. While at the clinic you will have a staff cook to prepare the team's meals and you will be exposed to Nepali, Newari and Tibetan cuisine. The food is basic, tasty and sometimes very spicy, usually including rice, lentils and local vegetables. If you are a strict vegetarian or vegan you will find it somewhat difficult (but not impossible) to live in the village. If you are willing to discreetly eat around the small amount of meat that is in the food you will do fine. There is a small kitchen in the clinic where you can prepare your own food if you like however, you may find that taxing after a day of work. Groceries are at your own expense. All water sources in Nepal should be considered unsafe to drink. The clinic is equipped with a triple filter system and boiled water is also available. When away from the clinic drink only bottled water that has an unbroken seal. Try to minimize the use of plastic bottles whenever possible as these are usually burned, contributing to Nepal's less than clean air.

Travel

International travel is provided departing from Portland, Oregon (PDX). Practitioners will make their own arrangements for travel to and from Portland at their own expense (PDX). Each practitioner will be charged with carrying two 40lb. duffel bags of clinic supplies in addition to their personal belongings. Overweight baggage charges will be reimbursed by ARP. **Bring two extra passport photos as you will need them when entering Nepal.**

Risks and Insurance

Nepal is not Disneyland. Nepal is full of risks which we cannot predict and as with any third-world experience, nothing has been inspected for your safety. There is an extraordinary amount of traffic, pollution and disease. There is civil unrest in some areas (though mostly non-violent) and occasionally there is some crime directed at foreigners. This is not meant to scare you, rather it is to make you aware that you need to have your wits around you at all times. As a team, we all work to keep each other safe but ultimately, YOU are responsible to keep yourself safe. This means you must protect yourself in the clinic and well as on the streets. Acupuncture Relief Project does not provide any insurance on your behalf. If you were to become ill, injured or have to leave the country prematurely you will bear that expense yourself. We highly recommend that you explore and possibly purchase a traveler's insurance policy. We also recommend that you research and receive all appropriate vaccinations for travel in Nepal.

Program Cost and Payment

The cost of this 7 week program is \$4500 US. Upon acceptance to the program you will be sent a volunteer agreement which is a legal contract that binds us. Read it carefully before signing. Return the agreement with a non-refundable deposit of \$750 US to lock-in your position on the team. An additional \$750 US will be due 90 days prior to your departure to pay for your airline tickets. The balance of \$3000 US must be paid in full 45 days before your departure.

Fund Raising

Unfortunately there is a lot more to running an international relief project than just having volunteers show up to treat patients. Much of our operating expense is incurred maintaining our clinic facility, supplies, and staff. There are also administrative and legal costs involved as well as budgeting for future projects and goals. Our board of directors tries very hard to insure that the maximum amount of every dollar raised finds its way into patient care. This program is an opportunity for you to help people that need your help but it is also a priceless opportunity to develop as a practitioner with wisdom and skills that will last you a lifetime. As a volunteer, you may raise as much of your participation costs as you would like. Checks that you collect from friends, family or other sponsors should be made out to Acupuncture Relief Project and will be tax-deductible to the donor. These funds will be credited to your name and will be deducted from your cost of participation. We have many fund raising ideas and are here to support you with promotional materials, press coverage and a dynamic web presence.



Day 1

Team meets in Portland. Depart for Nepal

Day 2-3

Air Travel, Arrive in Kathmandu, Receive visas, Travel to Thamel, Rest

Day 4

Sightseeing in Kathmandu, **Pashupatinath Temple**. One of the most sacred Hindu shrines in the world, Pashupatinath lies 5 km east from the city center. The richly-ornamented pagoda houses the sacred lingam (or phallic symbol) of the god Shiva as well as the noteworthy gold plated roofs and silver coated doors. This is the abode of Lord Shiva and is the holiest of all the Shiva shrines.

Religious pilgrims and sadhus (like the one pictured here) travel all the way from the remote areas of India to visit this sacred sight, especially during Shivaratri (the night of Shiva) that falls between February/March. Even though these devotees have denounced worldly possessions, each carries a Sadhu ID (identifications card) to freely cross over the border between India and Nepal.



Chronicles indicate Pashupatinath's existence prior to 400 AD. Devotees can be seen taking ritual dips in the holy Bagmati river flowing beside the temple, also a World Heritage Site. The crematorium is just outside the temple and it is a dream of almost every Hindu to be cremated by the side of Pashupati Aryaghat after their death.



Swayambhu Stupa (commonly referred to as the Monkey Temple) watches over the Valley from the top of a hillock on its western side just three kilometers west of the city center. The stupa is one of the holiest Buddhist sites in Nepal and its establishment is linked to the creation of the Kathmandu Valley out of a primordial lake. Swayambhu is

also known as Samhengu and is listed as a World Heritage Site. It is also one of the oldest and glorious Buddhist shrines in the world which is said to be two thousand years old. The four sides of the stupa are painted with the eyes of Lord Buddha and the temple is also known as the watchful eyes of Buddha.

Day 5

Sightseeing in Kathmandu, **Durbar Square**. This complex of palaces, courtyards and temples like Hanumandhoka Palace, Kumari Ghar (Abode of the Living Goddess), Taleju temple, built between the 12th and 18th centuries, used to be the seat of the ancient Malla Kings of Kathmandu. An intriguing piece here is the 17th-century stone inscription set into the wall of the palace with writings in 15 languages. The Durbar Square, protected as a UNESCO World Heritage Site, is the social, religious and urban focal point of the city. Even to date, all the major state and social ceremonies, including the solemnization of coronations, are performed in one of the courtyards in this complex.



Day 6

Travel to Champagoan, Clinic setup, Meet support staff, monks and interpreters, Settle into accommodation

Day 7

Rest day, Sightseeing and exploring Champagoan, Interpreter training

Day 9-12

Clinic opens. Patient treatment

Day 13

Rest day, Sightseeing

Bouddhanath Stupa lies about 6 km east of downtown Kathmandu and is the largest stupa in the Valley and one of the largest in the world. It looms 36 meters high and presents one of the most fascinating specimens of stupa design with hundreds of prayer wheels and 108 small images of Buddha all around. Just like the Swayambhunath, the stupa here has four sides with the watchful eyes of Lord Buddha. All the Buddhist's throng to this stupa to take part in the sacred rituals during the Buddhist festivals. There are more than 45 Buddhist monasteries in the area.



Day 14-19

Patient treatment

Day 20

Rest day, Sightseeing

Bhaktapur Durbar Square. As you walk in, you cannot be but overcome by a feeling of inner harmony such is the art and architecture and the special layout here. The Palace of 55 Windows built during the period of King Bhupatindra Malla in 1754 situated to the left as you enter through the city gate, inspires admiration. The National Art Gallery is also housed inside. The palace entrance, the Golden Gate known as Sunko Dhoka in Nepali, is a masterpiece in repousse art. In front of the palace building is a medley of temples of various designs. Amongst the three Durbar Squares in the Valley, the Durbar Square in Bhaktapur is the best preserved one.

Day 21-26

Patient treatment

Day 27

Rest day

Day 28-33

Patient treatment

Day 34

Rest day

Day 35-40

Patient treatment

Day 41

Rest day

Day 42-48

Patient treatment

Day 49

Depart for US



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What to Bring

Personal Equipment

Try to pack as lightly as possible. Anything that you find you might need once you are in Nepal is probably available there and for far less than you can acquire it for here. Try to bring clothing that is durable, easy to wash and is fast drying (cotton is not the best choice for travel).

- Small Backpack (2600-3200 cubic inches)
- Small Shoulder Bag
- Large Nylon Stuff Sack
- 2 - White Lab Coats / Name Tag (provided)
- 2 - Travel Pants (or Long Skirts for Women)
- 1 - Shorts
- 7 - Pair Socks
- 7 - Pair Underwear / 2 - Bra
- 2 - T Shirts
- 2 - Shirts (one long sleeved, one short sleeved)
- 1 - Sturdy Comfortable Shoes / 1- Flip-Flops
- 4 - Handkerchief / Bandana
- Sunglasses
- Light gloves
- Warm Hat
- Light Rain Jacket
- Fleece Jacket
- Headlamp / Spare Batteries
- Sleeping Bag (can buy in Kathmandu for about \$35US)
- Camera / Charger / Batteries / USB Cable
- iPod / Charger / Travel Speakers (Optional)
- Reading Material / Journal / Pens
- Passport / 2 Extra Passport Photos
- Cash / ATM Card / Credit Card

Toiletries:

- Towel / Washcloth
- Toothbrush / Toothpaste
- Skin lotion / Hand Sanitizer
- Sunscreen
- Lip balm
- Biodegradable Soap / Shampoo
- Herbs / Supplements / Medications / Prescriptions
- Ibuprofen / Alleve / Antacids / Gas X / Pepto-Bismol / Cough Drops
- Hair Brush / Hair Ties / Nail Clippers
- Earplugs
- Q-tips
- Band-Aids

Clinic Equipment

Here is a list of items that will not be provided at the Vajra Varahi Clinic.

If your treatment requires any of the listed items or other specialized equipment we have not listed here be sure to bring your own.

- Electro Machine / Spare Batteries
- Tiger Warmer / Moxa Sticks
- Massage Oil
- Ottoscope
- Cups
- Ion Cords
- Reflex Hammer
- Medical Books (coordinate with team to limit duplication)



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Master Application

Name (last, first, middle)

Street Address

City/State/Zip

Phone/Alternate Phone

Email

Emergency Contact (name/relationship)

Emergency Contact (address/city/state/zip/phone/email)



I'm applying for:

- Camp A** September 15th - November 6th, 2010 First Choice Second Choice
- Camp B** November 3rd - December 18th, 2010 First Choice Second Choice
- Camp C** January 5th - February 26th, 2011 First Choice Second Choice
- Other Dates (please specify):

My credentials include (or will include on date of departure):

- MAcOM/MSOM (name of school and graduation date):
- DAOM (name of school and graduation date):
- LAc (include issuing state, license number, and expiration date):
- MD (name of school and graduation date):
- ND (name of school and graduation date):
- DC (name of school and graduation date):
- NCCAOM Diplomate (diplomate number and date):
- Other (Please specify):

In practice, do you have a specialty or focus of interest? (please explain):

Please check all that apply (attach additional explanations on separate sheet if needed):

- I would like to make my own travel arrangements (\$1000 credit)
- I have special dietary needs (please specify):
- I have health issues which may limit my participation (please specify):
- I have experience traveling or living in third-world counties (please specify):
- I have other health care experience or qualifications that may be useful (please specify):
- I have particular needs in clinic supplies that affect my ability to practice (please specify):

What size t-shirt do you wear? (men's sizing): XS S M L XL XXL

- Write a short essay on why you are interested in participating in this project.** (200-300 words, attach on second sheet)
- Attach one letter of recommendation.** (professional recommendations only)
- Attach references.** (names and contact information of two professional and two character references)
- Attach \$35 US check.** (non-refundable, payable to Acupuncture Relief Project)

Signature (I agree that I have read all of the material provided and hereby submit this application for admittance to the project)