

# VOLUNTEERING IN NIAS

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## Guidelines

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## WHAT TO EXPECT

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## BEFORE YOU FLY TO NIAS

We will ask for proof of qualifications and a reference.

We will then arrange a video interview.

After this, we can place you on a roster preferably for 1-8 weeks. Medical students will be asked to pay a \$200 AUD registration fee through the Friendsofnias.org website donation page (World Relief Australia)

Please ensure your medical indemnity provider is aware and able to cover your services, primarily support and education on local health professionals

*We strongly recommend you are up to date with all your vaccinations.* Note vaccines may require administration some days or weeks before flying to Nias.

Malaria is less common than previously, and we do not routinely take prophylaxis. Long clothing and mosquito repellent are recommended.

## TRAVELLING TO NIAS

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We find the best way to compare and book flights is via [skyscanner.com](https://www.skyscanner.com) or [webjet.com](https://www.webjet.com)

Medan is accessible via Singapore/ Kuala Lumpur/ Jakarta or Denpasar

There are regular flights from Medan (airport code KNO) to Gunung Sitoli (airport code GNS) -1 hour. Surfboards cost Rp200,000 on Wings flights, and are free on Garuda. Carriers can take boards up to 7'6" without issue. There is also a boat trip which takes much longer.

The capital of Nias (GNS), is a 2.5 hour drive from the clinic at Sorake Beach, Lagundri Bay . When you finalise your itinerary, we can book a private transport for you to be met at the airport (approx rp500,000 per trip-up to 3 passengers and boards)

## CURRENCY

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You will need to bring cash as ATMs are not located in Sorake. There is an Eftpos terminal at Shady Palms if you're in desperate need of quick cash, however the transaction fees on this are more substantial than that of an ATM. There are ATMs located at most airports on the way to NIAS, but are not located at Gunung Sitoli Airport. If you aren't interested in carrying large sums of cash for the journey, Medan is the last airport on the way that will have an ATM. If you ask your driver, you can maybe be able to stop in Teluk Dalam on your way to Sorake from the airport to withdraw cash, be careful, as some of the ATM's do not accept VISA cards. Teluk Dalam is only a 20-30 minute drive from the clinic in Sorake, it is relatively easy to get there to access an ATM during your stay.

## ACCOMMODATION

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Accommodation within the clinic is free. A double bed is available in the bedroom.

Accommodation is modest and clean and air-conditioned for your comfort. If there are 2 volunteers you can separate the double bed and share the bedroom, or move it into a smaller fan-cooled room. You may have a partner/single guest stay with you



Water, instant coffee and tea are available complimentary in your room

You may purchase food nearby which is of a good quality, and at under AUD\$5.00 a meal at numerous nearby restaurants, the most central of which is Hash family homestay, less than 5 min walk away. Across the road is Raffiel and family who will cook cheap meals also and allow you a direct view of the point.

You may prefer to stay away from the clinic in more upmarket accommodation. There are alternate options at your personal cost of between AUD \$15-\$130 per night often including 1-3 meals per day. Check out Raffiel surf camp/ Hash family/Dolin Inn/Kabunohi.



## ARRIVAL AT CLINIC

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When you arrive at the clinic introduce yourself to Raffiel and family and they will open the clinic and show you around the premises. Elvira our pharmacist will meet you and chat about the clinic plans, and show you around

We plan to get you a Tshirt with our logo, and a 4G data pack for use in the clinic laptop (not for personal use please). Personal data/telephone sim cards can be purchased in the village for Rp50,000-100,000 for 8G (try Shady Palms). It is recommended to download the TELKOMSEL APP which allows you to purchase more internet for your sim card at a cheaper rate. The APP is simple to use.

The clinic runs 1:30-4:30 Mon-Fri and 10- 1pm on Saturday. You will have a nurse on Tues/Thur/Sat. On Mon/Wed/Fri we should have an interpreter. A doctor will be available if needed and the team will pass on her phone number.

We have a sphygmomanometer, pulse oximeter, BSL tester and urinalysis as well as an auroscope/ophthalmoscope. There are a variety of medications that we have gathered.

The most common conditions for locals seem to be gastritis, diabetes, hypertension and arthritis. Locals are treated at no charge. Tourists are charged at the documented rate determined by the team, and the funds are shared between the team and the charity.

We plan to have medical records on a tablet, using the patient national ID number, and allowing progress photography and notes

If you wish to visit the local medical centre (Puskesmas) and go on field trips to outlying villages this can be arranged

## Clothing is casual at all times

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Your skills will be highly valued and immensely appreciated. You will be greeted with much enthusiasm from people who will really appreciate all you are offering.

## ACTIVITIES AT NIAS

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The clinic is across the road from one of the best waves on earth. We recommend you bring your own surfboards but rentals may be available for rent (ask around, or try Alan at the end of the village). There are many activities you may partake in if you are not an avid surfer eg swimming, sightseeing or just plain relaxing and soaking up island life. Motor bikes/mopeds can be rented cheaply (please wear a helmet).

We recommend a trip to the King's village where you may watch stone jumping. If you have time in Gunung Sitoli, the museum is fascinating as its curator (Father Johannes) very knowledgeable. There is a hotel attached at around \$35 for 2 including breakfast.

The keyhole is a great place to swim and snorkel.

Heading into the village to view the sunset is also recommended.

## AFTER YOUR VISIT

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When you are finished, we will ask you to make comments in our log book to guide other volunteers. We will then send you an assessment form to help us improve the service as much as possible. We can then send you a certificate of thanks for your office/home.



*Finally we will ask you to place your name on our world map along with other volunteers.*

## CONTACTS:

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Some of our previous volunteers are happy to be contacted with any questions or concerns in the lead up to your stay:

1. Dane - [Dane.Lyons@anu.edu.au](mailto:Dane.Lyons@anu.edu.au)