



## Construction Project in Laos



Get your hands dirty by constructing and renovating temples, schools, and more at a rural Laotian village! A program designed for those who don't mind getting a bit sweaty and their hands dirty! You'll spend your time working in construction and renovation wherever it's needed at the time. The village we work in remains extremely rural, so there is always a lot of work to be done!

### Program description

To improve the hygiene in local schools and kindergartens, you will support the team with rebuilding and renovating the bathrooms in the schools and kindergartens. You will directly help the community by making it a pleasant and healthy environment for the kids to study.

This program improves especially the infrastructure in the local community, by renovating and rebuilding. You will be asked to involve in different types of renovation

options ranging from painting and renovating school and temple walls, and repairing furniture such as chairs and tables to improving the roads to the local schools, kindergartens, and community places, which will be available at the time of your arrival. It is fun to work with locals to achieve a common goal and you will learn a lot of things about Laotians and their hard work contributing to keeping the community and the environment clean with your support of course!

## Program Highlights

- Renovating schools, libraries, and community centers.
- Painting walls, repairing furniture, and landscaping.
- Improving hygiene by rebuilding and renovating school and kindergarten bathrooms.
- Assisting in building and repairing houses for underprivileged locals.
- Enhancing community infrastructure such as roads to schools and community centers.
- Engaging in meaningful cultural exchange with local communities

## Your Role

- Perform light construction tasks such as painting, gardening, and furniture repair.
- Assist in assembling materials, landscaping, and basic roadwork.
- Work alongside locals to renovate and improve facilities.
- Follow safety protocols and seek assistance from coordinators for heavy tasks.

## Schedule

### Monday

- **Welcome and Orientation:** Introduction meeting, house rules, health and safety advice, and document signing.
- **Cultural Immersion:** Learn Lao Do's and Don'ts, dress codes, cultural lessons, and basic Lao language
- **Explore the Local Area:** Guided tour around the compound and nearby shops, with assistance arranging a sim card if needed.
- **Project Overview:** Meet local program coordinators for a project briefing and visit the placement site
- Enjoy a warm dinner followed by a visit to the vibrant local night market.

### Tuesday to Friday

- Begin your day with a hearty breakfast and get hands-on with work at the project placement.
- Take a break for lunch, then continue contributing to the project activities.

- Unwind with a delicious dinner and spend time reflecting or socializing with fellow participants
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\*\*\*This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.\*\*\*

## Accommodation

You will live in a volunteer house with a dorm bed and all the meals are included (3 meals during the week and 2 during the weekend).

Bed linen is provided to all participants, so there's no need for you to bring your own. There is a laundry service and the cost is \$2 USD per kilogram.

Traveling from the accommodation to the program site by car typically takes around 10-15 minutes, making it a short and convenient commute for participants.

## Food

3 meals served on weekdays, only 2 meals on weekends.

We offer a variety of local Laotian dishes. Participants may find that the cuisine is quite different from what they are used to at home, as there are very few Western dishes served. Local dishes can sometimes be adapted to accommodate vegetarians but can be a bit challenging with other dietary restrictions. Please inform the local team of your specific needs and they will do their best.

## Additional Requirements

- **Physical Fitness:** Should be in good health and able to perform manual tasks.
- **Medical Conditions:** Must disclose any medical issues or allergies; consult a doctor if needed.
- **Teamwork:** Willing to work collaboratively and adapt to changing tasks.
- **Commitment:** Must adhere to the program duration and guidelines.
- **Language Skills:** Basic English is required for communication.

## Packing List

- Modest clothing (covers knees and shoulders)
- Comfortable walking shoes, sandals, water shoes
- Sun hat, fleece sweater, windproof rain jacket (depending on weather)
- First-aid kit (medications, sunscreen, insect repellent, rehydration tablets)
- Toiletries (shampoo, soap, etc.)
- Day pack, small travel towel, reusable water bottle
- Moneybelt, locks for bags
- Personal entertainment (books, cards, music player)

- Work-specific clothing (old, durable clothes for construction)

## Climate

The average temperature in Laos is around 29°C although in the cooler months, temperatures can drop to around 15-20°C. It has a tropical monsoon climate with its rainy season spanning from May to October. The dry season can be subdivided into two categories: the cool, dry season spanning from November to February and then the hot, dry season which lasts from March up to April.

High season in Laos tends to be from November to March when the temperatures are more agreeable, note that prices rise accordingly during this period too! July and August can be quite wet with high humidity but the landscape becomes especially greener during this time. The low season months can be found from April to June and September to October. April and May are especially hot, this is when temperatures are most likely to reach 40°C, the months of September and October can be incredibly wet as well.

## Culture

Like its neighbours Cambodia and Thailand, Theravada Buddhism is the dominant form of religion in Laos and has a significant influence in Laotian culture, playing a role in its language, art, literature and performing arts.

It is a country that has managed to retain its authenticity and traditions, more so than some of its neighbours which are becoming increasingly modernised and succumbing to western influences in many ways.