



HOPE
Foundation
For Women & Children of Bangladesh

HOPE Foundation Volunteer Handbook

Role of Volunteer

HOPE welcomes volunteers of all kinds, regardless of age, experience, or time commitment! We always need support!

- Physicians working on the ground in Coxs Bazar can be placed to volunteer in different HOPE facilities depending on the skills.
- Scheduling is flexible so each physician will have some free time for traveling.
- At the end, the Volunteer will be issued with a Certificate and a letter confirming their participation in the program upon request.



Flight Information

- *International flights land in Dhaka and Chittagong.*
- **-Dhaka to Cox's Bazar, flight is 1 hour approx. Available from 10 am – 2pm, about 3 to 4 flights daily. Cost around \$100. (Recommended)**
- -From Airport to Hotel, 15 min approx. – HOPE will arrange pickup (by request) through our staff or hotel.
- -There are a variety of hotels prices range \$30/double room, Wi-Fi, hot water and breakfast.



Flight Information

- -Hotel to HOPE Hospital – 30min
- -HOPE Hospital to Camps – 65min
- -Hotel to Camps – 90 min
- -Dhaka Airport – VISA info ; <https://www.visa.gov.bd/>
- *HOPE can book domestic flight tickets and hotels in Cox's Bazar if needed
- *HOPE recommends arrival in Dhaka and obtain VISA before flying.



Immunization and Precautions

Make sure your routine immunizations are up to date

In addition, it is advisable to take the following vaccinations:

- -Typhoid
- -Hepatitis A & B
- -Meningococcal meningitis
- -Tetanus (if not taken in the last 5 years)

*Malaria prophylaxis advised by your doctor

What to bring with you

- T-shirts
- Long sleeve shirts
- Trousers
- Shorts
- Scarf
- Hat
- Sunglasses
- Shoes or boots (rainy season)
- Mosquito repellent
- Umbrella (rainy season)
- Stethoscope for your own use
- TRAVEL HEALTH INSURANCE RECOMMENDED

Food

- Eat only food that has been cooked and is still hot or dry food.
- Foods to avoid include: Raw or undercooked meat, poultry, seafood, eggs, vegetables, fruits. Unpasteurized milk and milk products, especially soft cheeses.
- Drink only bottled water or canned soda. Recommended Brands:
Pran – MUM – Fresh.

Climate

Straddling the Tropic of Cancer, Bangladeshi climate is tropical with a mild winter from October to March, a hot, humid summer from March to June. And a warm and humid monsoon season lasts from June to October and supplies most of the country's rainfall.

Contact

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