

INFOSHEET SJV-L1402

NATIONAL HOSPITAL OF ACUPUNCTURE AND ASPIRATION CENTER

INTERACT WITH PATIENT AND AUTISTIC CHILDREN IN NATIONAL HOSPITAL OF ACUPUNCTURE AND ASPIRATION CENTER



Solidarités Jeunes Vietnam is proud to share with you its values that promotes solidarity, peace and tolerance through youth citizenship projects to improve society during and after voluntarism.

LOCATION OF YOUR PROJECT

Work Location:

National hospital of Acupuncture – 49 Thai Think street, Dong Da District, Ha Noi, Vietnam

[Google Map's link Acupuncture Hospital](#)

Aspiration center: 19/16 Lane, Huynh Thuc Khang str, Ha Noi

[Google map's link Aspiration center](#)



NATIONAL PEDIATRICS HOSPITAL

The National Hospital of Acupuncture (NHA) established in 1982, specializes in treating patients from all parts of the country by only traditional medicine – acupuncture. The hospital consists of 13 departments, 6 centers with 1000-1500 permanent patients. Volunteers will work in pediatric department in which patients range from infancy to nearly 10 years old. The majority of them are afflicted with difficult-to-cure ailments, such as brain damage, diabetes, cerebral palsy (3 types: spastic, dyskinetic, and ataxic). Treatment time is often long depending entirely upon the patients' conditions, where special cases may last 3-4 years. Most patients come from a low-income class, with parents employed in the agricultural sector and, are living a rather poor life. There are up to 150 patients who are in desperate need of regular assistance.

During treatment periods, the patients do not have access to formal education and are unable to participate in common leisure activities. The hospital itself is deficient in organizing psychological-care activities for young patients. Pediatric patients have a right to healthy development, both physically and spiritually like anyone else. They also have a desire to communicate, play and, receive knowledge (some children there are quite shy so volunteers need to encourage them to be more confident). Efforts have been made by all doctors and nurses in the hospital to meet the patients' needs though they often fall short. Furthermore, patient families are often in need of financial aid and help with caring for their relatives there.

ASPIRATION CENTER

“Art Orientation and Mentally-disabled Children Integration Center” was established on February 1, 2009 and is now helping 20 intellectually handicapped children ranging in age from 4-23 years old. Among these children, there are many who are going to mainstream primary schools in the morning to avoid

being isolated from the community. They then go to the center in the afternoon to develop their self-help and language skills.

This is a center, which takes care and educates children with intellectual disabilities. Disabled children, especially intellectually should be trained and encouraged to live independently with the support of special educational systems at home and at school, otherwise they can be a burden to society and their families. The center gives an opportunity for mentally disabled children to have special education to develop self-help, language and communication skills.

ROLES AND TASKS

At the hospital,

- ✧ Support their parents and nurses to do massage/acupuncture for children 2-3 times/each/day, at least 30 min/each time
- ✧ Prepare materials and activities
- ✧ To teach children how to draw and/or sing
- ✧ Encourage children to be more confident and interact with other children

At the aspiration center

- ✧ Help the first group of children, who are heavily handicapped, to improve their muscular strength by taking them for a walk, teaching them to do simple exercises and to play simple games.
- ✧ To do various activities to help them recognize the surrounding world and build language skills.
- ✧ Organize English class, with the others who are less handicapped.
- ✧ Teach play simple games, sing songs, draw, etc.

DAILY LIFE

It is envisioned that the volunteers would devote at least 4-5 hours/day, 5 day per week for Hospital and Aspiration center respectively. Working hours are flexible.

Your orientation week

To have an overview of SJ Vietnam project and to know more about what the other international volunteers are working on, SJ Vietnam organizes an orientation week for each new volunteer.

DAY 1	Introduction (Fears, expectations, contributions) Letter for yourself	Vietnamese lessons Presentations about Vietnam, SJ Vietnam & its projects
DAY 2	Intercultural learning (going to local market and cook Vietnamese food)	Vietnamese lessons Western and Eastern differences Do's and Don't's in Vietnam
DAY 3	Visit project site	

Accommodation:

The volunteers will stay in a home stay with a Vietnamese family. Details of the accommodation will be sent before volunteers' arrival in Vietnam. Volunteers will have their own rooms or their own beds in a shared room.

Food:

Your meals will be cooked by your host family. You will share breakfast and dinner with your host family and have lunch at/near your project. Sometimes you will have to make your own breakfast if the host family is working.

Day off and holidays:

You have 2 days off per week. Mostly during the week end, unless there are specials events in your working place. You also have 2 additional days off in the month

Daily transportation:

There are a lot of buses in Hanoi and you will be able to go to your project's site easily. Your coordinator will explain you everything you need to know to go from your host family to your working place.



SJ VIETNAM
Solidarity, Friendship, Vietnam

www.sjvietnam.org
+84 (0)4 22154993

At least 2 weeks before coming, you have to send to in@sjvietnam.org a colored portrait photo of yourself so that we can make monthly bus card for you. The bus card, which will be ready for you from the first day you arrive, can be used for almost every bus inside Hanoi.

Extra information:

- ⤴ Most of people have internet in big city like Ha Noi. It's also easy and cheap to find cyber-cafe all around the city.
- ⤴ You will have free time during the evenings and the weekends to spend as you please. During those free moments you can travel to discover further wonders of Vietnam! Located in northern Vietnam, Hanoi is the capital of the country with a population of seven million. The city is a thousand years old and follows the banks of the Red River. Hanoi counts many colorful districts including the French styled Old Quarter near Hoan Kiem lake, the modern New Quarter, and the more touristy Tay Ho area.
- ⤴ To find out more about Hanoi, you can refer to [Lonely planet Hanoi's link](#).

HOW AND WHEN TO GET THE MEETING POINT

An email will be send to you with more details, but most of the time on the day of arrival, the taxi driver will take the volunteer to the host family and our coordinator will be there to welcome and introduce volunteer to the family.

If you do not choose the pick up at the airport you can meet at the meeting point at the office, where you can always find a person of SJ Vietnam to help you.

Address of Volunteer House: Suite 903, N1 Building, 282 Linh Nam Street, Hoang Mai District, Hanoi

[Volunteer's house Link](#)

SPECIAL CONDITIONS AND RESPONSIBILITIES

- Not to be too sensitive: the children are very sick and may not live much longer.
- Know activities, games, songs that children would like.
- Be able to create a friendly environment for the children and their parents.
- Have voluntary or professional experience with children and teaching.
- Love children, highly enthusiastic.
- Have abundant understanding about stories, games, songs and collective activities.
- Creative, self-organized and self-motivated to work without a daily supervisor.
- Strong inter-personal skills and experiences in working with a wide variety of people, cultural sensitivity, etc.
- Commitment to volunteerism.
- Member of a volunteer organization if possible.
- High motivation and come ready to live as the locals do (basic accommodations, transport by bus or bicycle, local food).
- Be flexible, imaginative, patient.
- Interested by learning basic Vietnamese.
- Be ready to face many difficulties such as language barriers, culture differences, low budgets, etc.
- Experience in multicultural working / voluntary environment.
- Experience in taking care of children as a medical student or educator is an asset.

WHAT TO BRING:

- ▲ A raincoat



- ✧ Water-proof clothes and shoes
- ✧ Sleeping bag
- ✧ Pillow
- ✧ Mosquito spray
- ✧ Mosquito net
- ✧ Basic pharmacy kit
- ✧ Pictures of your hometown and family
- ✧ Games, objects or food from your country
- ✧ Craft materials for your project, if possible
- ✧ Copy of your passport
- ✧ Portrait pictures of 3 cm x 4 cm via email to get your bus card made

In Hanoi there are four seasons: spring, summer, autumn, and winter. But it is possible to divide the climate into two main seasons: the rainy season from May to September (it's hot, heavy rain), and the dry season is from October to April (it is cold, little rainfall). Please bring clothes according to the season.

PARTICIPATION FEE AND CONFIRMATION PROCESS

The monthly fee is 7,500,000VND/month. This fee includes food, transportation and basic accommodation with a host family. Volunteers will pay all their participation fees in a single payment to their sending organizations or directly to SJ Vietnam 2 weeks before their arrival in Vietnam. Volunteers must send a scanned copy of the receipt and bring it to SJ Vietnam. If they do not pay their participation fees before coming, they will be put on the waiting list. The volunteers can choose their length of stay but must pay in increments of whole or half months. For example, if volunteers stay for 3 months and 10 days, they must pay for 3 and a half months – the cost will be 26,250,000VND; if they stay for 3 months and 20 days, they are must pay for 4 months – the cost will be 30,000,000VND.

If there are holidays during the duration of the volunteer's time here it will still be considered part of their volunteer time and they must pay for the duration of



SJ VIETNAM
SJ Vietnam

www.sjvietnam.org
+84 (0)4 22154993

the holiday. If holidays fall after the volunteer work with SJ Vietnam is finished there will be no additional costs.

Following is the address to transfer fee:

Account name: SJ Vietnam

Account number: 4054928

Address: ANZ Hanoi Branch

No 14, Le Thai To Street, Hanoi, Vietnam

Swift: ANZBVNVX

Telephone: +84 438258190

Fax: +84 438258188/9

As soon as you received this Info-sheet, it means that you applied to this project. Shortly, we will send you a confirmation slip and a welcome letter. We recommend you to have it with you at your arrival in Vietnam. And, of course, feel free to contact us anytime if you need more information.

CONTACT

SJV coordinator: *Ms Mien: (+84) 90 4649 753*

Host family: *Your coordinator will send you detail before you arrive*

Emergencies 24/24h- 7/7: (+84) 90 4649 753

Feel free to contact us anytime if you want more information. We are looking forward to meeting you soon in Vietnam.