

What the educationalists say

“The opportunity to support the admirable work of Asha also benefits our own school community, enriching the educational, social and spiritual development of our pupils through their engagement with Asha’s innovative developmental work in Delhi.”

Scott Naismith, Principal, Methodist College, Belfast

“I am delighted to support the new Asha Programme for Schools in Ireland as a model for connecting our young people with their peers in India. I believe the Programme will promote understanding and a commitment to social justice that will be life enhancing in every sense.”

Professor Joanne Hughes, School of Education, Queen’s University, Belfast

“It was a great privilege for me as the School’s Principal to join the team. To see first-hand the excellent work of the Asha organisation in October 2014 was life changing for our senior students and the staff and defined Hope in the modern world.”

Deborah O’Hare, Principal, The Wallace High School, Lisburn

“Having taken four teams to Delhi over the past six years, we have met the first students who gained entry to university in 2008 and have followed their inspirational progress towards what had once seemed an impossible dream. We are proud to be playing a small part in this and we would unreservedly encourage other schools to become involved: the benefits to all are beyond question.”

John Healy, Vice Principal, Rainey Endowed School, Magherafelt

“I believe that Asha is a project with a win-win situation for both givers and receivers. The dedication of the ASHA workers in Ireland is truly commendable and I have watched our students develop and grow over the last year of fundraising and preparing themselves for the Asha New Delhi adventure. I have no doubt the whole experience will be transformational for all involved and would recommend, wholeheartedly and without reservation, Asha to others.”

Paul Crute, Principal, The Royal School, Armagh

Please see full endorsements via asha-india.org/ireland-schools

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Toolkit for Schools

Introducing Students to life and work within
Delhi’s underprivileged communities

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Friends of Asha Ireland 

INTRODUCTION



Dear friends,

It has been my immense pleasure to visit your lovely country over many years and I would like to thank the wonderful people of the Island of Ireland for the warm welcome and generous hospitality I have always received. It's been a privilege to share with you concerning the conditions of the Delhi slums and the work of Asha in transforming the lives of countless slum dwellers.

Our programmes in healthcare, women's rights and education have been attained through a holistic approach to development, immersed in the Christian values of love, hope, compassion and faith. We invite you to join with us. In commending to you this new Schools' Toolkit it is my aspiration to see schools from different locations and traditions, across the island of Ireland, partnering on a joint initiative with Asha. Can you help us to achieve this goal?

I am always open to an invitation to come along to your school and to meet your Principal, teachers and students, so please feel free to get in touch.

Warmest regards

Dr Kiran Martin
Founder and Director
Asha Delhi

"I have been pleased to welcome groups from a number of schools in Northern Ireland to the embassy in recent years. I hope that it will be possible to spread the ASHA initiative further, to include schools from both parts of Ireland, in order that young people from a broader range of backgrounds might have the opportunity to share this enriching experience. This Toolkit will be an important part of that process and I congratulate everyone associated with its development..."

See full endorsement via asha-india.org/ireland-schools



Mr Feilim McLaughlin
Irish Ambassador to India



Methodist College, Belfast.



Ballymena Academy

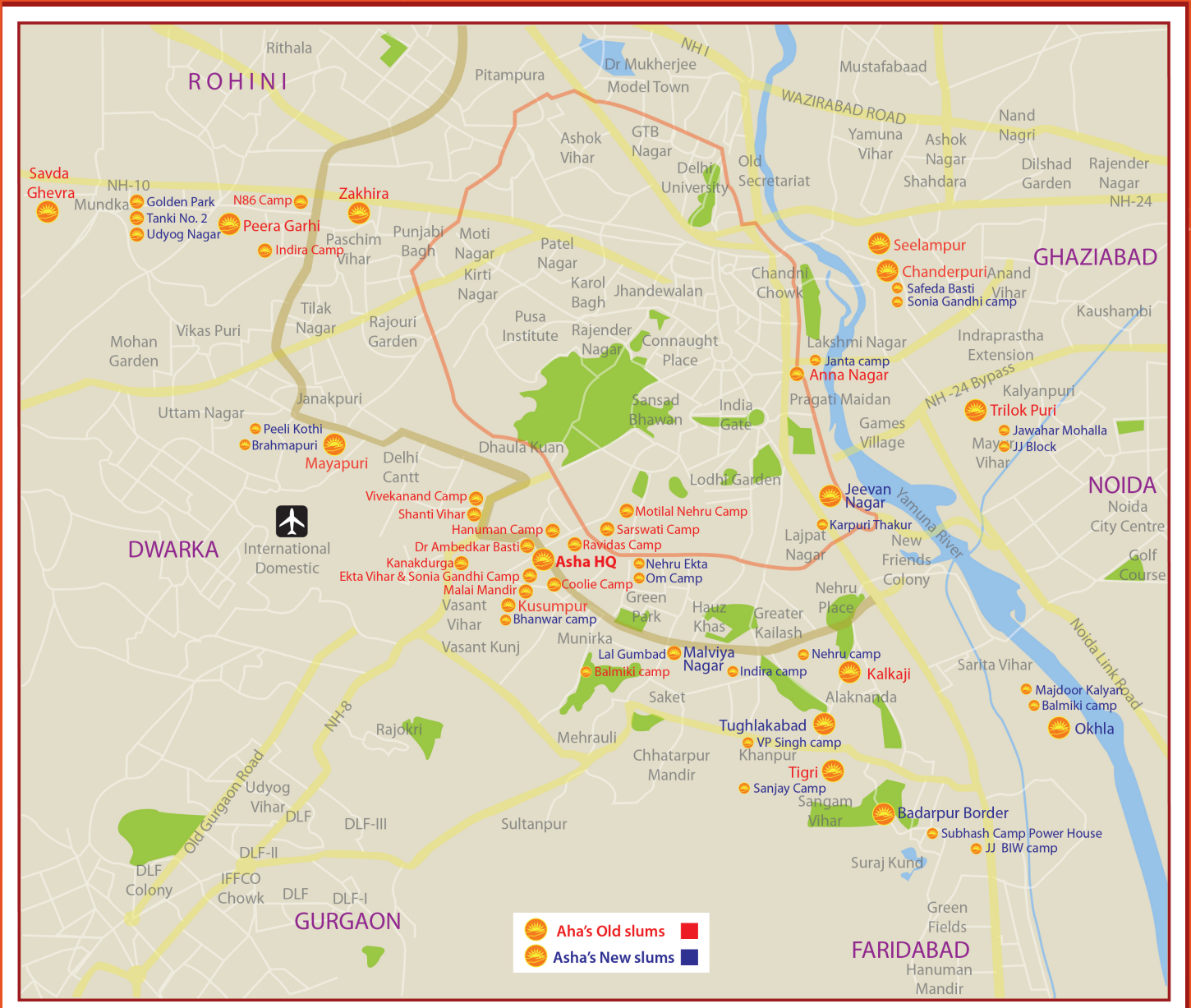


Greystones Team, Co. Wicklow



The Wallace High School, Lisburn

Slum Colony Map of New Delhi



Around 600,000 people in more than 70 slum colonies of Delhi benefit from the work of Asha.

A MESSAGE From the Asha Team in New Delhi

New Delhi, the capital of India, is home to 25 million people. This city is said to have a magnificent past, an ambitious present and a bright future.

New Delhi is all about the glitz and the glamour - with fast-emerging metro networks, malls, multiplexes, restaurants and high-end brands... However this hides the other side of the city: millions of people arrive in Delhi in search of a better life, and end up living in inhuman conditions, fighting for survival. According to a survey in 2011, over 1/3rd of Delhi's population live in slums with no basic resources like clean water or proper food.

This is where our work at Asha begins! Asha's Innovative Model of Urban Development aims to tackle these problems. Focusing on Healthcare, Education, Community Empowerment, Financial Inclusion and Environment, we wish to create long term sustainable solutions for Delhi's urban poor.

You can be part of this work, transforming the lives of thousands of individuals in Delhi slums. We warmly welcome each one of You to come to Asha and spend some time with us. By teaching English and computers to our students, conducting arts and craft workshops with the children, painting the Asha centers in slum communities, or helping us with other tasks, Volunteers like You are an integral part of Asha's significant achievements! We look forward to welcoming You soon!

The Asha Team at Delhi H.Q.
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New Delhi 110022.

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F. facebook.com/ashasociety1 // **U.** Youtube.com/ashasociety

T. <https://twitter.com/AshaSociety> **I.** <https://www.instagram.com/ashasociety/>

Lane Visits in the Slums

Lane visits are an essential part of the students' journey of personal growth. Although they are prepared for the experience prior to the trip, witnessing first-hand the living conditions of the slum dwellers can be a sobering and emotional experience.

In a nutshell, lane visits include:

- ☀️ A walkabout across slum lanes to observe the challenging daily living conditions of the dwellers.
- ☀️ Enjoying the warm hospitality of families in their homes.
- ☀️ Visiting small businesses built thanks to Asha's success in helping residents to access banking services, including loans.
- ☀️ Learning about the work Asha carries out in the fields of health and education by talking to beneficiaries.



A lesson in life...

"I have had a brilliant time in India; I have endless memories and have learnt so much both about myself and others. During my slum lane visit, the families in the small houses which I visited were always willing to offer me food and something to drink, even though they live on very little and struggle to feed themselves.

"This has taught me more about how important charities like Asha are and about how far a small donation of money can go in the lives of the slum dwellers."

*Mark McLean, student,
Rainey Endowed School*



Discovering India

The Asha experience is not all work and no play. Our students get to enjoy the wonders of the colourful, vibrant and warm Indian experience.

Fun, history and culture

- ☀️ Walk through the bustling bazaar to the saree store
- ☀️ Experience the breath-taking beauty of The Taj Mahal
- ☀️ Take an exhilarating ride in a tuk tuk
- ☀️ Sample the delicious variety traditional Indian cuisine has to offer



A taste of Indian history and culture...

"The challenging work we carried out in the slum colony was balanced by a few days of sightseeing in New Delhi and Agra. We got the opportunity to visit the truly amazing and awe-inspiring Taj Mahal.

"The glittering, white building was breath-taking and the visit was a once in a lifetime opportunity as we got to visit one of the Seven Wonders of the World."

*Jade Lennox, student,
Rainey Endowed School*



Change Their Lives Change your Life



For further details please contact
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Painting / Workshops

Working at the Asha Centre not only opens students' eyes to a world of challenges they could not imagine but also gives them the opportunity to make a practical contribution.

Discover the Leonardo in you!

- ☀️ Draw with light strokes at first, then go over the lines with layers of heavy ones.
- ☀️ Paint within the lines.
- ☀️ Go over the lines in black paint.
- ☀️ Make sure you clean your tools and tidy up at the end of the day.



Student Workshops

- ☀️ Exchange information on culture and education.
- ☀️ Share study techniques.
- ☀️ Find out about cultural differences.
- ☀️ Chat about personal interests and ambitions.



Teaching

Students can teach a variety of topics that they can plan as part of their preparation for the trip.

Share the Knowledge!

- ☀️ Learn a few Hindi phrases to lead by example.
- ☀️ Focus on the children, not your friends.
- ☀️ Always show encouragement by nodding and smiling.
- ☀️ Be kind. Be patient!
- ☀️ Show respect.



Teaching English

You say potato...

"At the same time as the craft sessions, English lessons were also taking place. One of the topics was the weather, with the children saying that their favourite weather was rain. Coming from Ireland, we found this amusing and of course we would strongly disagree!

"The other topic was food, which was taught with songs and actions. After introducing the topic, worksheets were given out. This led to much excitement from the children, and much amusement when a child confused 'my name is' with 'My favourite food is', and wrote 'my name is potato.' Overall, the English lessons were a huge success as the children began to understand the importance of full sentences and connecting words in their vocabulary."

Rebecca Morrow, student, Rainey Endowed School

Arts and Crafts

Arts and Crafts are a wonderful way to bring a little magic into the children's lives and share warm and happy moments with them. Create, decorate, play and make memories that will last a lifetime.

Get creative and have fun!

- ☀️ Develop fun activities as a team and bring a smile to the children's faces.
- ☀️ Ensure that the activities are appropriate for the children's age and abilities.
- ☀️ Enjoy interacting with the children and use it as an opportunity to get to know them better.
- ☀️ Discover the teacher within you and develop your communication skills.



Arts and Craft

Flying without wings...

"After another late night of cutting out, we returned to the Centre the next day to make frogs. Once again jewels were out in full force and our song was "5 Little Speckled Frogs". On the last day we made colourful Diwali cards with pictures of the team on the inside. The jewels and glitter made a third appearance with the glitter causing such excitement that it disappeared in handfuls if left unattended for a second. The children thoroughly enjoyed these sessions and some of us saw the crafts proudly displayed in their homes when we went on our lane visits."

Jonathan Booth, student, Rainey Endowed School

The Agreement

A successful Asha trip is a combination of efficient preparation and a strong relationship and mutual understanding between the schools' teachers and their students and the Asha staff.

Trust and Confidentiality

Do not bottle up your feelings. Don't be afraid to confide in your teachers. They are there to help.

Discipline

Follow instructions to the letter – it is for your own safety and to protect your well-being.

Good Will

Be ready to work as a team, play as a team and support each other in happy and in emotional times.

In our Teacher's Words

"As a consequence of leading four teams from Rainey Endowed to New Delhi over the past six years to work in the slum colony of Kusumpur, I have become an Asha ambassador and a passionate supporter of the work that they do. The benefits of the Asha experience to all are manifold.

Increasingly, many schools are raising awareness of global poverty, not merely through the teaching of citizenship programmes but by offering their students the opportunity to have hands-on experience of working directly with people in need.

Our students have gone to New Delhi and witnessed for themselves the crippling effects of poverty; more crucially, they have also observed the antidote in action, which is education. They return home inspired by the students they have met, whose lives have been transformed through Asha's Higher Education programmes.

I cannot commend this enough. From a leader's perspective, such a trip is undoubtedly a huge responsibility but knowing that the Asha staff in New Delhi are available at all times to give support during the visit vastly lightens the load.

If you are interested in becoming involved, the online resources of this Schools' Toolkit give step by step guidance on how to organise such a visit and I, among others, can offer ongoing practical support at this end".

Pearl Donnelly, Schools' Coordinator



Costing the Trip

Northern Ireland schools have been organising successful trips since 2000 and thanks to efficient partnership with our friends at Asha India we are able to offer students throughout Ireland an experience of a lifetime. Price will inevitably have to be considered and reviewed, dependent on the rising costings of various components of the trip.

Overview

- Cost is made up of a parental contribution and personal fundraising. This covers all travel expenses, meals and sightseeing trips, including a visit to the Taj Mahal and Red Fort at Agra.
- As well as raising money for the trip, students are encouraged to raise an additional sum of money as a personal donation to Asha.
- Payment can be spread over a period of time through a direct debit arrangement or monthly collection of cash.
- The school embraces a fundraising programme that extends over the school year. All the proceeds will go towards the overall donation to Asha
- Students raise awareness of the Asha project by fundraising within their own communities and inviting the wider school community to school organised events such as curry nights, coffee mornings and car washes.



Building the Foundations of a Successful Trip



For further details please contact


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Choosing Asha

Asha has years of experience in hosting successful trips thanks to a combination of efficient preparation, strong relationships and mutual understanding between the schools' teachers and their teams, and the Indian staff at Asha headquarters.

Safety and Mutual Trust

Students are encouraged to be creative and take initiative as part of their work at Asha but are supervised at all times, whether indoors or outdoors. Full health and safety instructions are given before and during the trip.

Life skills

Being part of the Asha team provides a unique opportunity to build new skills in an environment that is both challenging and warm. Students develop communication and teaching skills whilst sharing knowledge with children less fortunate than they are.

Partnerships

Schools, without exception, adopt their own particular slum colony, for instance Ballymena Academy and the Tigri Colony. This type of partnership encourages continuity of relationships between our two countries and between cultures.



In Asha's Words

"At Asha, we put our values of integrity, social justice, peace-making, citizenship and accountability into action every day. We provide the critical support that deprived slum dwellers need to achieve a decent quality of life as a community and reach their potential as individuals. The Friends of Asha Ireland student teams have been contributing to this aim since 2000. Witnessing their selfless efforts, willingness to share and to learn in return as well as their practical achievements as a team is truly inspirational. We look forward to many more years of collaboration."

Gordon Wright, Friends of Asha Ireland

All the Ws!

WHAT?

Play your part in making a difference to the lives of children of the Delhi slum colonies! The journey in a nutshell:

- ☀️ Learn all about Friends of Asha Ireland and discuss the work of Asha with your teachers and parents. This Toolkit will help you to get started. Why not visit the website (www.asha-india.org/ireland-schools) and become part of the Asha worldwide community?
- ☀️ Ask questions, apply and go through the selection process. About 12 to 15 students can participate in one trip.
- ☀️ Get involved! Learn brand new skills in preparation for your trip to the Asha Delhi slums. Explore the history of India, learn about the life in the slums, start fundraising, start dreaming!
- ☀️ Start working as a team and getting to know your travelling companions and teachers.
- ☀️ Spend 10 days in Delhi. Work, create friendships, discover the sights and experience the culture.
- ☀️ Return to Ireland with increased awareness of global citizenship issues and maintain lifelong relationships with your new Indian friends.

WHERE AND WHEN?

Trips to the Asha Delhi slums normally take place every 18 to 24 months. Participants travel from Dublin airport to Delhi and stay in a carefully selected hotel for 10 days. On location, they work in an Asha slum colony, visit Delhi and its sights, and travel to Agra on a trip to the world famous Taj Mahal. They also have the opportunity to meet Dr Kiran and ask her questions about the history and the work of Asha.



WHO?

On location, the students, teachers and Asha India staff work closely but also have fun together!



"Working at the Asha Centre in Mayapuri is the most rewarding thing I have ever done. The enthusiasm displayed by everyone, young and old, to learn was truly inspiring. We taught English lessons, arts and crafts, music and games with the children. They put 100% into everything we did with them, showing true appreciation. Just to see the smiles on all the children's faces as we sang songs and played games with them made every minute spent there so worthwhile.

I can only describe everyone at Asha as one big, loving family, which we were made feel a part of during our time spent there. During my time in Mayapuri I learnt how much we take for granted when there are people living in abject poverty yet they are so happy and make the most of what little they do have. Working at the ASHA centre I have gained a whole new perspective on life and it is an experience I will never forget."

Emma Morrow, student, The Wallace High School, Lisburn

"Having been inspired by Dr Kiran Martin's visit to The Wallace High School, I was delighted to seize the opportunity to take a team of pupils to Delhi. It was an incredible privilege to see the work of Asha in action 'giving hope to those who need it most'. Whilst organising a trip such as this is challenging, the experience is completely life-changing."

*Victoria Walsh, Teacher,
The Wallace High School, Lisburn*



"As a former teacher myself I can just about imagine how useful this kit is going to be. The cross-cultural exchange of ideas and values gives us a great insight into the creativity that lies within each child. School Teams coming into Asha over the last 15 years have unlocked, and ignited our kids with a desire to break free.

I invite you to consider Asha in your school programme and I know that other members of our Team in Ireland would be really pleased to hear from you."

*Freddy Martin,
Associate Director at Asha in Delhi.*

Fundraising Photos



Paperwork

Preparation for the trip includes timely and thorough gathering of all necessary paperwork to ensure a stress-free experience. Teachers, Friends of Asha Ireland and Asha India are on hand to guide parents, students and schools in getting the necessary information together.

The essentials are:

- ☀ A valid visa
- ☀ A valid passport for at least 6 months after your return
- ☀ A signed parental consent form
- ☀ An up to date medical form
- ☀ Advice from your GP re necessary vaccinations

Resources

Most importantly, a copy of all the useful information relevant to planning a trip is on the Asha website (www.asha-india.org/ireland-schools). This includes: templates, draft itineraries, information on the Visa application process, information for parents, travel guidelines and organisation, risk assessment, accommodation, Power Point presentations and much more. It is there for you to use and tailor to meet the needs of your school.



"As a school we had been looking for a charitable project overseas that would allow us not just to donate from a distance but to work with the recipients in a more personal way. Asha fully satisfied this requirement but what really sold the project to us was the knowledge that other schools had taken several successful trips to New Delhi.

"We really valued the support from teachers who have gone before. There is also the availability of shared resources combined with backup from the Friends of Asha volunteers. All of this makes the planning so much easier, allowing leaders to look forward to a first trip with confidence as well as anticipation."

Lynn Montgomery, Teacher,
The Royal School Armagh



Preparation is Everything



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The Team

Friends of Asha Ireland understand that good preparation is key for students and parents alike to feel assured that they are ready for an experience of a lifetime. We act in collaboration with the rest of the team to ensure the trip to Delhi is a success every time.

Asha India

- Overall coordination
- Assigning slums to ensure optimal health and safety
- Medical back up
- Presence of Asha India leaders in every Asha centre

Freddy Martin,
Associate Director, Asha in Delhi



The Students

- Commitment to fundraising
- Willingness to work as a team
- Supportive of Asha's values and aims



Residential and Fundraising

As part of their preparation, students participate in a residential during which they have the opportunity to bond with the teachers and peers with whom they will be travelling.

Fundraising for the Slum Children Education Programme is an essential part of the Asha experience. The school, parents, teachers and students work together to raise funds in a creative and fun manner. Under the teachers' guidance, students develop budgeting and logistical skills whilst pursuing the practical objective of part-financing their own trip and fundraising for Asha India.

100% of the funds raised go to Asha.

In terms of fundraising ideas, the sky is the limit!

A few ideas implemented by our other teams include:

- Bag packing • Car wash • Sponsored walk
- Private film screening of Indian movies
- Indian banquet • Coffee morning
- Vintage tea party • Indian style photoshoot

Friends of Asha Ireland

- Coordination in Ireland
- Liaising with Asha India
- Administrative support

Daphne Wright,
Asha Coordinator for Ireland



The Teachers

- Team selection through application form and interview
- Practical arrangements
- Organisation and training
- Team building
- Pastoral care



Friends of Asha Ireland

- Promotion of Asha in schools across Ireland
- Support for schools taking trips for the first time
- Liaising with Asha HQ re website resources

Pearl Donnelly,
Schools' Coordinator



The School

- Logistical support to teachers, parents and pupils
- Fundraising support
- Embracing Asha as a legacy charity



The Parents

"I had absolute confidence that, with Asha and the meticulous preparation of the staff who accompanied my son on his trip, Mark would be in safe hands.

"Mark was privileged to witness first-hand and support the invaluable work of Asha, an experience from which he gained much more than he could ever have contributed."

Caroline McLean, *parent*



Money Matters and What to Buy

Shopping in Delhi is anything but boring. Strolling through the local markets you will experience the exciting mix of colourful stalls, the silky touch of exquisite fabrics and of course you will get to try out your bartering skills when buying from the friendly traders!



Currency and Recommended Travelling Money

Bring your own currency in sterling and exchange facilities are available on arrival and while in India.

We recommend that students bring around £100 pocket money but the amount is at their own discretion.

Keep your money safe on your person at all times.

What to Buy

Shopping favourites include:

- ☀️ Silk fabrics
- ☀️ Colourful scarves
- ☀️ Leather, marble/brass goods
- ☀️ Sparkly jewellery and handbags

When Working at the Asha Centre

Working at the Asha Centre is a life-changing experience that opens students' eyes to a world of challenges faced with undeterred hope and faith in a better future. They are given the opportunity to contribute to bettering the lives of the residents of the slums while learning valuable skills from them as well.

Follow our top tips to enjoy your time at the Asha Centre.



Be clean, safe and hydrated!

We cannot say it enough, it is essential that you always:

- ☀️ Wash your hands before and after you eat. Use anti-bacterial wipes or gel.
- ☀️ Politely refuse if offered food or drink.
- ☀️ Keep hydrated at all times to feel on top form: always carry a bottle of water and take a snack with you.



Go with the flow!

We cannot say it enough, it is essential that you always:

- ☀️ Try to be flexible. Your planned schedule of activities may be changed at the last minute depending on last minute priorities. **Take it all in your stride!**
- ☀️ Take it easy. Anyone can get frustrated when trying to find their place in a new environment. Be patient with your peers, your teachers, the Asha children, slum residents and Asha staff.

Emma's Personal Experience...

"Before we went we had been told there was no such thing as running on time in India, we learnt this on the very first day. It is very important to be prepared for whatever is thrown at you.

"On our first day we were only supposed to be in the slum for a couple of hours but ended up staying the whole day. As a team we were able to work together, improvise and think of activities to do for the rest of the day with no supplies, which is also very important when you are on a trip as big as this.

"There wasn't one moment on our trip that I felt unsafe; I knew I could ask for help from the other students or teachers and as a team we would do whatever we could to help one another. We had been briefed on all safety instructions before we left and we were well prepared, working as a team we got through whatever we faced and I couldn't have felt any more safe and secure than I did."

Emma Morrow, Student, The Wallace High School



Practical Information



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Health and Hygiene

Asha ensures that students and staff are safe and in good health at all times. Dr Kiran gives medical back up if required. Restaurants are chosen with care in relation to their standards of hygiene. Students are made aware of the essential importance of using anti-bacterial gels to prevent infection.

Health and hygiene... it's all about common sense

- ☀ Always use bottled water, even to brush your teeth.
- ☀ Clean your hands with anti-bacterial gel after handling cash and before eating.
- ☀ Do not eat salad, ice cream or fruit that cannot be peeled, and forget about ice in your drink!
- ☀ Only eat in tried and tested restaurants – a list will be provided.

24-hour medical assistance is always available through Dr. Kiran and her team.



“Armed with anti-bac lotion, bottled water to supply a small nation, and several vaccinations to fend off the fiercest of infections. I don't believe that my well-being could have been threatened.

“It requires vigilance and a degree of dedication, but a trip to India can open your eyes to something greater than ever imagined!”

Lauren McGookin, student, Rainey Endowed School

Pack them in your hand luggage for peace of mind!

- ☀ Malaria tablets (course to start before the trip)
- ☀ Diarrhoea tablets
- ☀ Dioralyte sachets
- ☀ Mosquito repellent
- ☀ Throat lozenges
- ☀ Pain relief tablets
- ☀ Anti-bacterial gel and hand wipes

Keep your Valuables Safe

Losing your passport or travel money can be a logistical headache and is a sure way to ruin your trip.

Peace of mind is as easy as 1, 2, 3!

1

At the Airport

- ❖ Never let anyone carry your bags no matter how persistent they are.
- ❖ Keep some change in a safe place to buy food on the return journey.
- ❖ Always keep essentials in your hand luggage: passport, malaria tablets, personal medication, anti-bacterial gel etc. Never lose sight of your luggage.

Remember: it is your responsibility to keep your belongings safe

2

At the Hotel

Hotels are carefully selected by Asha for their high standards of hygiene and safety. Although passports are kept in the hotel's safe, some basic rules apply to valuables.

- ❖ Have a lock for your suitcase and keep it locked when you're not in your room.
- ❖ Keep your room neat and tidy. Know where your belongings are.

3

Out and About Day

The Out and About Days are an opportunity to relax and visit the splendid sights India has to offer, including the iconic Taj Mahal. Here are a few top tips to make this experience unforgettable for the right reasons:

- ❖ Always watch your wallet/camera etc. Carry bags to the front of your person.
- ❖ Always carry your card with contact details.
- ❖ Never give money to beggars.
- ❖ Never go off on your own; always stay with your group.

When Out and About

Safety and Respect

- ☀ Always travel in groups and accompanied by a member of staff.
- ☀ Girls must be covered from neck to knees, with shoulders covered.
- ☀ Respect the local culture and traditions.
- ☀ Clean your hands regularly with anti-bacterial wipes or gel.
- ☀ Keep hydrated and don't forget to re-apply sun cream regularly!

Students are closely supervised by members of staff at all times.



Pack it!

- ✓ Team t-shirt and fleece
- ✓ Cotton shirts
- ✓ Long or cropped trousers
- ✓ Sandals and a change of comfortable footwear



Leave at home!

- ✓ Strappy tops
- ✓ Shorts
- ✓ Mini skirts
- ✓ High heels