

# Volunteer Manual

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## Welcome to Animal Aid

You are an angel for animals!

Thank you for turning your travels and vacation into an experience that will save lives. Volunteering with Animal Aid you will be joining the ground-breaking mission of street animal protection in India. While traveling in India you will find that most cities do *not* have a hospital or rescue service for injured street animals, and you will see hundreds of people pass by an injured animal without stopping to help. In Udaipur, you will be working with us to change the way an entire city responds to animal suffering. You will be helping us turn apathy into empathy, and passivity into action.

If you don't have time to stay long, make the most of whatever time you do have and treat yourself to the immense satisfaction that your kindness matters tremendously.

The Animal Aid shelter may be very different than other shelters you have been to in the West, because the animals are not in our care because they were abandoned by their owners, but because they are injured, and many of them severely. You will probably not have ever seen many injured animals at one time. Brace yourself for the sight of injury but also be ready to experience yourself in action. In the first hour or the first day it may be overwhelming, but the moment that you start to help and connect with the individual recovering animals, the experience evolves. First you may dwell on how sad it is to see their pain, then it's about what can I do to help. We are here for *them*, and so we push our own feelings of sadness to the side so that we can focus on the action of providing loving comfort and care.

**Relax and enjoy** yourself. Most of our volunteers feel that after the second day, the third day, the rays of sunshine about **the wonders of the healing process begin to really light up the darkness of worry**, making a joyous experience.

Every single animal you will meet at Animal Aid was rescued because a kind resident of Udaipur took the time to stop everything they were doing and call Animal Aid to the rescue. Many of those same people donated money for the animal's care, stayed by the animal's side until the ambulance arrived, helped load the animal and even came to visit.

These compassionate actions happen 15-20 times every single day.

By volunteering at Animal Aid you are joining the team of dedicated animal protectors behind Udaipur's compassionate transformation.

Volunteering here is your time to bask in the glow of loving the world around you—and the animals make it irresistibly easy. The animals will take you on a journey of the heart. This is guaranteed to all who enter our gates.

## Our Mission:

The mission of Animal Aid Unlimited is to rescue and treat the un-owned street animals of Udaipur who have become ill or injured, and through their rescue inspire a community to protect and defend the lives of all animals.

Our work focuses on the vital moment when a resident of Udaipur sees an animal who needs help, and stops to help. Taking action is the pivotal experience that can change everything for good. It's the answer to the profound question: "If not now, when? If not me, who?"

By providing a phone number someone can call and a shelter who will help and save, we are inspiring action. Action that though small at first, maybe just a phone call on our helpline, is the first step on the road of becoming the person that animals desperately need.

Our ultimate goal is equality and protection of *all* animals and a complete end to the use and abuse of animals. We are working for the day that every dog, donkey, cow, pig, fish and mouse can live their lives in freedom.

## History: How Animal Aid started...

Animal Aid was founded in 2002 by an American family from Seattle-- Erika, Jim and their daughter Claire.

In 1995 Jim Myers, Erika Abrams and Claire (then 6 years old) decided to gradually try to shift their lives from Seattle, (USA) to live full-time in India. At that time, the family had no idea that founding and managing Animal Aid was their destiny! They were in India because they loved the culture, the tradition, and Erika loved the beautiful saris!

Moving to India didn't happen overnight. They came to India in intervals of 2 and 3 months at a time, once or twice a year. They stayed in guest houses in the Hanuman Ghat area of the Old City of Udaipur and made friends with local people.

In 1999 the family decided to build a more permanent home outside the city, in a small village called Chota Hawala (near Shilpgram.)

Erika, Jim and Claire began to see injured animals in the city and came to realize that there were no veterinary services for street animals. They learned that although there was a government veterinary facility at Chetak (which is still there) its focus is almost exclusively on dairy cows and goats. They had, and have, no facility or desire to treat or rescue un-owned animals.

Seeing the unforgettable, heart-rending sight of an injured animal nearly every time they went out of the house, it became impossible for the family to ignore. They began discussing the possibility of starting something, even if very small at first, to help the animals in the village they lived in. Jim had visited Jaipur's wonderful street dog sterilization facility in Jaipur in 1995, and he called its managing director to ask for advice. She invited them to come for a closer look at how Help in Suffering is run, and advised them to go forward with the plan of building a small shelter including some kennels for dogs in treatment.

Erika called Humane Society International (in Washington DC) to explore the possibility of establishing a Humane Society in Udaipur. They explained that they don't use that model, but gave technical advice and

financial assistance to purchase the instruments and hire a veterinary surgeon to get them from the “dreaming” phase to reality.

### **The Early Days--Rescuing without phones!**

Animal Aid Unlimited was officially set up as a trust in 2002, and the first operating theatre, hospital and kennels were opened in March 2003 with a staff of 7. This included one vet, one nurse, three rescuers, a driver, a night watchman and a cleaner. Everyone did everything. The vet helped clean and provide nursing care like feeding. The feeders were also cleaners and the cleaner helped in animal treatments!

Several volunteers found their way to Animal Aid almost immediately, and were like angels.

In 2000 there were no cell phones in Udaipur, and in the village of Chota Hawala, where the first Animal Aid was to be built, there was only one single land-line phone. In those days, phone booths were the primary way people communicated telephonically. A local call cost Rs 1 and tiny phone booths appeared on many streets in the city. But Chota Hawala didn't have a single phone.

How, then, to learn about injured and ill animals?

Animal Aid's vehicle (at that time an old station wagon converted into a pick-up that could handle about 3 dogs at a time) tooled about Udaipur, its catchers and driver stopping to ask people if they'd seen any animals in trouble. And, remarkably, they started coming back with injured animals, and people began flagging down the “ambulance” with reports of injuries here, there and everywhere.

When cell phones and more landlines entered the scene, Animal Aid's challenge was to get the shelter's phone number on everyone's radar.

### **Getting the Word Out!**

Hundreds, and then thousands of lightweight paper flyers were printed with the emergency number on it. By 2004, when Claire was 14, she began going to schools to give presentations in several schools a week, passing out the phone number and explaining how animal rescue works, why it is so important, and what everyone can do to play a life-saving role for animals.

Little did she know that such classroom presentations would help launch Animal Aid to being the top per capita citizen involved animal shelter in India!

We've kept up our classroom presentations and by 2013 addressed 100,000 kids.

**As of 2014 Animal Aid has rescued over 44,000 injured and ill street animals and spayed/neutered over 17,000 dogs.**

Today, our staff of 35 respond to 15-25 emergency calls every day, and provide hospital care for 170+ animals and sanctuary for 160 animals.

## How will I help animals as a volunteer at Animal Aid?

In a structured and supervised environment, our volunteer coordinators will keep you busy giving hands-on help and loving care to dozens of animals every day, making the difference in their recovery.

Here is a list of activities you will be encouraged to participate in:

- Physical therapy for dogs with spinal injuries helping them learn to walk again
- Bathing dogs
- Feeding hay and grass in the cow and donkey section
- Feeding in the dog kennels and identifying those who are not eating
- Giving special food and encouragement to those in the dog kennels who are not eating
- Spending quality one-on-one time with a depressed animal who needs love and support to heal faster
- Assisting in cow and donkey treatment (sometimes it takes up to five people to treat an especially large cow or bull)
- Soothing dogs after their treatment to minimize the possibly painful or scary experience
- Sitting with a dog receiving a drip (up to an hour) with another volunteer or staff
- Deep cleaning a kennel with a brush and bucket of soapy water 😊
- Be a pooper-scooper to help maintain the cleanest environment for the animals
- Brush donkeys and dogs
- Help socialize fearful animals
- Help staff hang up cleaned bedding to dry

We will make every effort possible to make sure that you know where you should be and what you should be doing throughout the day. We will tailor your schedule based on your personal comfort/interest and the length of time you are volunteering. We are not strictly regimented but encourage a routine to make the best volunteer experience for you and the animals.

While volunteering with Animal Aid you may have suggestions for improvements. We request that you bring any suggestions you may have directly to our co-founders Erika, Jim or Claire in person or through email.

Please do not make suggestions to the staff directly.

## Safety for the animals

Your observation of an animal who has suddenly become ill can be life-saving. Keep your eyes and ears open for signs of distress or illness that you think the staff may not be aware of.

Alert staff if you observe:

- Vomiting
- Diarrhea
- Sudden inability to walk or stand
- Sudden behavioural change
- Particularly runny eyes
- If the dog seems unusually hot or cold to the touch

- An animal is attempting to escape (climbing the fence or trying to make an escape route through the fence)

See the “when dogs fight” in the section called “Safety for YOU.”

All of the animals are kept in special areas that they need to stay in for their safety. Do not take an animal out of the area he or she is in without the direction of staff.

## Follow our animal treatment plan

**No medicine or treatment, whether herbal, holistic, ayurvedic, or otherwise may be given to any animal without Management’s permission.**

The animals you will be helping are on specific treatment regimes that must be strictly followed. For instance, if an animal is undergoing surgery later on in the day there will be a cardboard sign on his/her kennel with directions to keep off feed and water. You must follow those instructions or ask our medical staff if you are unsure.

Ask a medical staff member before giving any animal a bath as they may be sick and/or giving that particular animal a bath may cause stress which we must avoid.

You will be given special feeding instructions such as not to feed the puppy with the injured jaw solid food or not to feed milk to this dog because he has diarrhoea, etc.

Before taking any animal out of their kennel first ask a medical staff member if it’s OK. That animal may have recently had surgery and needs rest, has a fracture, or any other condition for which they need to stay in their kennel.

## Preventing Escapes

**The double-door** system at the entrance of the dog and puppy kennels ensures no animal escapes. Preventing escape is critical and must be taken extremely seriously. Escaped animals may die in their effort to get back to their neighbourhood.

When entering or exiting the double-door gates, don’t open one door until the other one is closed and locked behind you. If a clever dog or two has made his way into the double door box with you and you are unable to lift or push him out without more dogs coming in, alert a staff member or other volunteer and ask them to help by coming in from the kennel side (not from the door through which the dogs could escape from. If you are going to enter the double door but find that a dog has somehow managed to open the other door and is in the double door area **DO NOT** attempt to quickly enter. Alert staff or go around from the other double-door to take the dog out and close the door.

**An escaping dog:** If you see a dog trying to escape (or succeeding in escaping) immediately call out as loud as you can “Escape! Escape!” Be bold, loud, emphatic. Escapes are extremely rare, but be ready in case you see it. Keep calling until a staff hears you or run to the nearest staff and alert them of the escape. The earlier we get onto an escaping animal, the better the chances we’ll re-catch her. Remember, this may be a life-or-death moment so don’t hold back!

## How to make friends with dogs

Most of the dogs who live permanently at Animal Aid will be thrilled to meet you and will extend themselves in friendship as soon as you've bent down to touch them.

For the friendly ones we hardly have anything to "tell you"—just enjoy them, pet, pet pet, scratch a belly and they'll let you know exactly how they feel about that!

For the dogs in the Trauma Center, Handicapped Heaven, or Puppy Town who are under treatment or are new rescues, each is unique and we don't know who has had prior contact with people, or how much. So with these newly arrived dogs, or dogs under treatment who will eventually be returned to their neighborhoods, it's especially important to observe the following:

- Your first job is to ENJOY the experience of making friends with a new dog. By this we mean, taking little baby steps toward the day when you are greeted with a wagging tail and a smile.
- Be soft and initially not loud or too playful
- Love them with your big heart because they are MOST IN NEED of comfort. They may be a little frightened, they may be in some pain or discomfort; they might feel frustrated having to wear an Elizabeth collar; they may feel itchy or bored or exhausted.
- As an Animal Aid Volunteer, you have the wonderful opportunity to be one of the best friends of such anxious, healing dogs.
- Approach a new dog looking for signs of her invitation for you to come close. If she's keeping still and her ears are forward, without making direct eye-contact kneel down, and see if she comes to you or if she relaxes in your presence after a minute or two. If she does not come to you, she may not be quite ready for friendship. But that doesn't mean you need to leave. Sometimes it can take several days of sitting next to a shy dog without petting her for her to trust you.
- Biscuits are always great, but only when you are IN the kennel with him or her, never out in the open with the loose dogs because they *will* fight.
- Use your voice. If a dog is afraid of you and giving signals that she doesn't want you to come near, remember to be patient, don't make eye contact, and relax. You might do a world of good to just pull up a little stool and sit there quietly for 15 minutes without "doing" anything but talking sweetly. Try coming back in an hour or so and doing the same thing.
- Repetition works well.

## Feeding and watering the dogs

Never feed snacks or treats to dogs/puppies when they are outside of a kennel around other dogs. Feeding them treats outside of their kennels will almost certainly lead to a fight.

### Feeding in A-kennel:

Breakfast is served at 9:30 a.m. Dinner at about 4:30 p.m. Special feeds continue throughout the day.

You can help the staff by...

- Mixing the rice and lentils in the big pot to cool the food down

- lining up empty bowls outside of all the kennels to be quickly filled in production line fashion
- teaming up with the staff going down the line of kennels pouring the food into bowls and quickly putting them in the kennels
- after everyone's bowl has been delivered, observe who is not eating...
- give them 5 or so minutes to begin eating on their own, and then, if they are still not eating, go into their kennel, close the door behind you, and slowly bring the bowl closer to encourage them to eat. You will be given a few packets of Parle-G (dog's favourite) to help encourage her to eat.
- Assess whether the dog is friendly or not. If a dog is friendly, along with bringing the bowl closer, you can try hand-feeding (taking a bit of rice or bread and bringing it right up to his or her lips). This often works wonders and can get them motivated to eat up the whole bowl full. If the dog isn't looking too friendly or is scared, then slowly bring the bowl a bit closer but don't attempt hand-feeding.
- You will be given several packets of biscuits to help entice shy eaters. They often won't eat the biscuits directly out of the palm of your hand, but will take them from you if you offer by holding the biscuit between thumb and forefinger. If they won't eat the biscuit by hand, then break it in two and place it near their nose on the floor.
- If hand-feeding and Parle-G's aren't doing the trick, then try syringe feeding. Ask your volunteer coordinator to give you a syringe and a bowl with some Cerelac (milk formula) that dogs usually love mixed with water to the consistency of milk. Pull the Cerelac into the syringe and slowly feed the milk into the side of the dog's mouth. If you have never done this before you may need someone to show you how first, but it's easy to learn and does wonders. After feeding a few syringe-fuls, offer the bowl of Cerelac and see if she will eat. If she still won't eat, keep feeding with the syringe until she starts moving her head away indicating that she really doesn't want any more. Repeat every few hours until she is eating on her own.
- If you want to bring any food please ask your volunteer coordinator first

## What we feed the animals

The dogs eat a combination of rice and lentils cooked with some oil, turmeric, milk, eggs, Pedigree vegetarian dog food, chappatis, porridge, and sweet biscuits. Proportions and ingredients vary with age.

Little puppies under 6 weeks eat porridge and milk without eggs.

Puppies over 6-9 weeks should eat a **half egg per day** along with porridge and milk and Pedigree for puppies.

**Biscuits** are invaluable for dogs who are refusing to eat. A Parle-G glucose biscuit dipped in milk has saved more lives than we can count.

**Hand feeding** a reluctant eater is also very helpful. Surprisingly, taking food from the hand—even from a stranger—is often more enticing to a frightened, fatigued or hurting dog than eating it out of the dish. We have seen many dogs “turn around” and start recovering from hand-feeding. When the dog is in a kennel, kneel down so that you are at the approximate level of the dog. If the dog is frightened, don't make eye-contact with her, but offer the food slowly, gently, and hold your hand still. If it is rice, keep your palm open. If it is a biscuit, be ready to release the biscuit into the dog's mouth. Most dogs never snap at a biscuit,

particularly if they've been nauseated and aren't even sure they want to eat. But keep a loose hold on the biscuit so that if she goes for it, she doesn't meet any resistance from you.

Cows, bulls and donkeys eat a variety of dry hay, green grass, concentrate, vegetables and fruit.

## How to help in the Cow and Donkey Paddock

- Help lift when the staff are turning or lifting a cow/donkey
- Bring fresh water
- Holding steady large animals during their wound treatments is an important job. We often need help, and if we have one or two volunteers to help, it may we can free staff to help another animal.
- Sweeping, picking up poop, generally tidying up, is always much appreciated.
- Wetting a cloth and gently wiping a large animal who is unable to stand helps keep flies off.
- Help (along with staff) turn a large animal who is unable to turn herself.
- Holding a drip bottle or sitting with a large animal who is receiving a drip is great.

### Feeding in the cow paddock (hay, green grass and concentrate)

Extra hands-on help in the cow paddock includes distributing hay and a concentrated feed that we scatter here and there and making sure that everyone gets their fair share.

### Bottle feeding babies

One of the funnest jobs on earth, of course, is feeding babies. Calves, puppies, occasional baby donkeys who have lost their mothers all need special feeding. We don't always have orphaned newborns with us, but if we do then it's definitely an experience not to miss!

### Donkeys:

Donkeys are incredibly unique individuals. Some of the donkeys love to have their foreheads scratched and their bodies brushed. They may stand perfectly still and let you whisper into their ears, or they may even lean on you as you're sitting quietly. Some donkeys are naughty and will come up to pull at your pant leg or nibble your hand when you're looking the other way.

Other donkeys may have been slapped in the face so often by their past owners that they reel back if you even move quickly. If you want to pet a donkey who has possibly been abused like that, just go v..e..r..y slowly and try to cup your left hand under the chin and use your right hand to scratch the forehead. Sometimes even a fearful donkey loves to relax like this, and he'll show you by putting a lot of weight into your left hand.

### Adult Cows and Bulls:

Cows and bulls are individuals too! Most adult cows and bulls don't come around looking for physical affection (although sometimes they do.)

If they want you to keep a little distance they will not “charge” at you but may swing their head as you pass. You don’t need to be afraid but when you are walking near a cow be ready for a gently swinging head 😊

Many, however, love to be scratched under their neck, and they will show you how much they like it by putting their noses up into the air and closing their eyes.

Most cows and bulls are made a little uncomfortable by being pet directly on their forehead and will be more relaxed if you kneel down and pet their shoulder or under their neck.

## Cows and Bulls in Hospice

Some of the cows we rescue are seriously ill or injured and will never be able to stand again. They have been hit by a car or are sick from ingesting plastic. Cows who have not been able to stand for several days have a very poor prognosis. These cows are with us in hospice because euthanizing cows in Rajasthan is against the law. We believe that cows who are unable to stand are comforted by a soothing voice, a gentle hand and simple compassionate eye contact. Sitting by a cow unable to stand can be a very special and—for some people—a spiritual moment. Many cows who are down will never be able to stand again, and they will soon pass away. This is a time to be a soothing and loving force in that animal’s last days. Clean her face with water and a washcloth, put a pillow under her head, and (with the staff) turn her over to clean her underside and make sure she is on a mattress. Try to make sure she knows you care.

## Physical Therapy for dogs in Handicapped Heaven

Physical therapy and massage gets the circulation flowing, prevents muscle atrophy, helps nerves heal and keeps spirits high.

The real science of physical (or physio) therapy is a sophisticated foundation of proven principles about musculature and skeletal inter-relations and strategies to bolster the use of traumatized or atrophied areas.

Animal Aid does not employ a professional physical therapist. However, when our vet/nurse let us know that the animal is not in pain and they are ready for movement and massage, we can do wonders as long as we go slow and carefully. We follow these fundamentals:

- New fractures require immobilization and an effort to reduce stress on the fracture. Movement should be limited until the vet approves it.
- The physical therapy we are focused on here is for animals who, in the opinion of the vet, are not in danger of our worsening their condition by massaging and hence stimulating their legs and shoulders and hips.

### TIPS FOR MASSAGING PARALYSED DOGS

- Massage both the parts of the body which are *not* paralysed as much as the parts that are. The moveable parts (usually the shoulders and fore-arms in cases of spinal injury) get unduly stressed

from having to pull the lifeless hind end. So give the dogs a foreleg massage too—they've been working double time.

- If a dog is only partially paralysed, or if the vet believes there is a chance for some improvement, you may see that the hind toes are in a position curling opposite the way toes usually do in order to stand. So flex those toes forward and apply gentle pressure as though she were walking. Try to see if you can help train the nerve pathway which is sending new messages of backward contraction to return to the forward position. We will show you all of this when you are here so don't worry.
- Many newly injured dogs are actually able to bear weight but they need our help to stand. You can do an amazing amount of good just by helping a semi paralysed dog into a standing position and with one hand under her belly for support, help her stand for 5-15 minutes to gain strength and muscle. You can also slowly help her walk forward by placing one foot forward, while helping her balance, and walking with her like that for 10-15 steps. Repeat 2-3 times a day and the results are fantastic.

### **How to identify hypothermic animals in the winter and what to do to help**

Winter in Udaipur is short but it can snap the heat out of an ill or injured animal with its desert climate.

Animals can also become very cold (hypothermic) after they have been in an accident, are sick, in shock or otherwise ill.

We'll show you how to heat water and put into bottles wrapped in cloth for cold animals. Treating hypothermia requires vigilance and patience. Just holding in the sunshine a hypothermic puppy may take hours, and if we can share in the job with volunteers it is a huge help. Especially in the winters we would appreciate your arrival at the shelter at 9 sharp to help our medical team in their morning check-up rounds to identify animals who may have become hypothermic during the night. Our night staff make rounds throughout the night as well, but your help would be greatly appreciated to make sure no one gets overlooked or missed. Sometimes an animal can look alert as they are sitting upright or even eating, but upon closer inspection can actually be hypothermic and needs to be immediately taken into the sun, covered in a blanket with hot water bottles. Hypothermia needs to be handled with urgent care and attention.

Dogs who have just undergone surgery (spay/neuter/amputation etc) need special post-op care to ensure they do not become hypothermic. Our staff will have water-bottles heated and blankets and you can be of great help by ensuring that as they recover from the anaesthesia they don't come out of the blanket and identifying when the hot water-bottles need to be re-heated.

## **Cleaning**

Scooping poop is not everyone's favourite past-time but if you don't just hate it, feel free to help. The scoopers are located near the blue bins found in each area of the shelter. We'll show you how ☺

Kennels may need poop cleaned or the walls brushed down or a pee-soiled bedding changed. We'll show you where the bucket and brush are.

General pick-up. If you see plastic or any other garbage, please collect it and throw it in one of the bins.

## Volunteering for just one day

Even those who have very limited time can help animals

- Assist in holding and comforting during treatments
- Brushing
- Observation
- Poop scoop
- Help with bathing
- Physical Therapy
- Love and attention

## Safety for YOU

Being safe at Animal Aid is easy. Most of the animals are extremely friendly and love affection—especially the dogs, but even many of the donkeys and cows appreciate being touched, brushed and spoken to with a gentle voice.

Being mindful of the exceptions to the rule is a good idea though. Occasionally a dog might snap—and it is almost always because he or she was startled by an unexpected move on the part of another dog (or you).

### A growling dog

If dogs you are petting are bunched together all vying for your love and affection, keep your senses open to the fact that one might growl at another (jealousy!!) and if the growling turns into barking or snapping, calmly stand-up and walk away. Do not pay attention to dogs growling at each other and don't try to interfere, it almost always makes it worse. 9 times out of 10 simple walking away and ignoring the group is all it takes to stop the altercation. It is often your attention that got them jealous with each other, so as soon as you ignore them they stop.

### If dogs are fighting

On very rare occasions the dogs will gang up on another dog. If you ever see this happening, immediately inform a staff member. Do NOT try to break up the fight yourself. Just hurry to alert a staff member.

### Rabies inoculations

We strongly recommend that as soon as you arrive in India you get vaccinated against rabies. If you have been vaccinated before you will only need one booster shot, and if you have never been vaccinated before you will need a series of three injections. The vaccine is much cheaper in India than outside.

Rabipur is the name of the brand Animal Aid recommends. It costs about Rs 320 per dose, must be refrigerated at time of purchase and injection should be completed within about 2 hours of purchase. For prevention (non-exposure) you need one injection on Day 1, the next on Day 7 and the third on Day 21.

If you are bitten by a dog but have previously received the full course, you will need two post-bite injections on day 0 and day 3.

If you have never been vaccinated for rabies before and you are bitten by a dog, you will need injections on day 0, 3, 7, 14, and 28. Read more here: <http://www.medicines.org.uk/emc/medicine/14933/SPC/rabipur/>

In Udaipur, you can buy Rabipur at many chemist shops. We recommend Aravali Hospital in Mullatalai. All the rickshaw drivers know where Aravali is. Best time is between 9 a.m. and 6 p.m. They will also inject you. Needs to be given refrigerated, in upper arm (either arm). Cost at Aravali for the nurse to inject it is probably about Rs 100.

### **Am I safe with every dog at Animal Aid if I have been inoculated against rabies?**

Every animal is thoroughly assessed for clinical signs of rabies upon arrival and is immediately isolated if showing any signs. That kennel will have a lock on the gate and only our staff will only be accessed by our staff.

All dogs who are loose have been inoculated and thoroughly evaluated. If you are bitten by a puppy we recommend the full post-bite course of 5 injections and if you are bitten by a healthy shelter dog/admission then we recommend one post-bite injection.

### **If I have not been inoculated, can I still volunteer?**

After signing our waiver form we will allow you to volunteer however not in the puppy section as puppies under 3 months cannot be vaccinated.

### **Dog Bites**

Most of the dogs arriving at Animal Aid start out friendly and get more and more lovey-dovey as time goes on.

Occasionally a dog who is being shifted, moved, treated or somehow frightened may snap and this can almost always be avoided if you go slowly and know how to watch for pre-bite stress in the dog.

If however, you do get bit through the skin by an inoculated, rabies-protected dog, wash the wound site thoroughly with running water and soap for 5 minutes and show your wound to one of the vets or vet nurses at Animal Aid.

## **Wish list: What we need and where to purchase**

Thank you in advance if you're considering making a donation to Animal Aid. Giving money is number one on our wish list because with it we can purchase the \$12,000 (Rs 7 lakh) of medicine, food, and other supplies needed to run Animal Aid. You can also consider buying important items directly such as:

- **Blankets** - Blankets are life-savers for large animals who cannot stand during the winter nights and even during cold winter days. A "single" sized blanket can be found for Rs 150 in Ashwini Bazar or Hathi Pole.
- **Towels** - Cotton towelling is surprisingly expensive—but there's nothing better for the dogs' tubs and multi-purpose dog bedding. You can buy towelling and cotton by the kilo in Hathi Pole. Ask your

rickshaw driver to take you to the wholesale traders in cotton just across from the hathi pole rickshaw stand. There are two stores just there on the south side of the street. Ask for Hakim—that's the name of one of our favourite merchants. No bargaining, just fair prices all the time.

- **Brushes** – dog and donkey brushes can be made of plastic. These are sometimes used to wash clothes with but they work well for dogs. Available at all the little variety shops called “Kirana” shops. Kirana isn't a brand name, it means “variety store.”
- **Bowls** – any kind of stainless steel bowl. But be sure it's stainless steel. The others rust and have to be replaced often. Plastic bowls get too chewed.
- **Tubs** – you will see the tubs in use at Animal Aid. These can be purchased for Rs 240 and are available in Ashwini Bazar at Naaz Plastic.
- **Pedigree** dog food – Big Bazar or Saifee Agencies (in Chetak).
- **Chew toys/bones** – Saifee Agencies (in Chetak).
- **Biscuits** --(specifically, Parle-Gs are great and inexpensive.) Any little shop.
- **Toast** – sometimes known as “rusk.” The dogs love it, and so do the cows
- **Fruit & Veggies**- Apples, bananas, carrots, cucumber, oranges, ladyfinger, peas, cauliflower, etc
- **Medicated shampoos** - (Saifee Agencies)

## Fundraising from home

Animal Aid so appreciates your help as a volunteer, and you can also help immensely by trying to raise money for the animals when you can't be here to help with your hands. Please consider some of the following ways to raise money and interest in volunteering

- Facebook is a great place to share photos from our page and post your own photos with the link to donate. ([www.animalaidunlimited.com/donate](http://www.animalaidunlimited.com/donate))
- Fundraising parties—can be very formal or very informal, a fundraising party in your house doesn't need to be complicated. One of our Canadian volunteers has had a few house parties for Animal Aid in which she charged \$25 to come, asked the guests to bring a pot-luck dish, warned her friends that they'd be having to pay \$1 for a glass of water and use of the bathroom, and they had a ball, raising more than \$500 every time.
- Wear your Animal Aid tee-shirt proudly back home 😊
- Send photos of yourself and a story about your volunteer experience at Animal Aid to your local community newspaper. You might be surprised at how a human interest story like yours interests the readers. And we've heard that animal photos are the most “looked at” photos of any classification of photos in magazines and journals.
- Give a sponsorship of an Animal Aid rescue as a gift at Christmas or for a Birthday present

## Spread the word in Udaipur

- Ask the manager of the hotel you're staying at and other hotels to keep our brochures and volunteer poster in their hotel and tell them how the experience of volunteering has enhanced your time in India. This will encourage them to let their guests know about Animal Aid as an alternative to more sightseeing.
- Word of mouth: if you meet people at dinner, invite them to come for a visit or tour
- Wear your Animal Aid tee-shirt

## Asking for (and giving) Donations

We love to ask on behalf of the animals. Asking for money to help these destitute ownerless street animals feels GOOD!

The more medicine, food, caregivers and emergency services we have to share with them, the better off this world will be.

The story of Animal Aid's growth was made possible with the incredible financial help of compassionate and tender-hearted people from around the world. Whether the donation was \$5000 or Rs 50, donors, along with Animal Aid's Patron family, have made possible thousands of rescues every year and constantly improving care and outreach awareness.

Every month we need to raise Rs 700,000 --\$12,000— Please consider helping the animals by making a donation of cash or merchandise, and asking your family and friends to do it too!

You can donate directly when you are at the hospital in any currency.

You may donate by PayPal using any standard credit card.

If you are American, you can simply write a check to our Seattle address (go to [www.animalaidunlimited.com/donate](http://www.animalaidunlimited.com/donate) for details)

Wire transfer is convenient for many people. Ask us for details – send us an email at [info@animalaidunlimited.com](mailto:info@animalaidunlimited.com).

## Photography – tips on taking great pictures

- Often the best photos of animals are taken when you are at their level so consider crouching down for your photo.
- Notice what's in the background. Great photos might include intriguing elements in the background too—so a portrait of a favourite calf or puppy or dog will be strengthened if there are also adorable animals in the background or a treatment taking place.
- Cages always look sad and depressing in photos. Try to avoid taking a photo of a cute animal stuck behind a fence or inside a kennel. Try to get greenery behind.
- If you're getting a shot of a seriously injured animal, consider trying to cheer up the photo by getting someone to comfort the animal when you take the photo. It is very hard for people to see the injuries—the presence of comforters makes it alot easier to see, and also plants the seed in the viewer that they, too, can help a suffering someone.

## What to wear to Animal Aid (recommendations)

- Closed shoes
- Long Pants (dogs will jump up with muddy paws and might scratch with their nail in the excitement)
- Shirt long enough to allow for bending and crouching without showing more than necessary ;)

## What to bring to Animal Aid

- Change of clothes in case you get peed (or pooped) on!
- Sunscreen (optional)
- Hat (recommended)
- A couple of liters of water (although we do have a drinking water filter and if you've been in India for awhile, feel comfortable drinking from our filtered water system)

## Lunch

- Some of the hotels will make a take-away lunch for you and pack it in a “tiffin”—a stainless steel lidded container. Many volunteers however just bring fruit and bread.
- A couple of roadside “eateries” known locally as “dhabas” are a 5-10 minute walk from Animal Aid. For about Rs 25 you can get a veg dish, lentil soup (dal), and hot fresh chappatis and the whole meal is actually pretty good! You can also get bottled water and soft drinks right there.
- Water is available to buy at the corner cluster of dhabas, 10 min from the hospital by foot.

## Getting to and from Animal Aid

We recommend you take an auto rickshaw at least the first couple of days so that you understand the route if you're thinking of riding a bicycle or taking the local bus.

**AUTO RICKSHAW** - Auto rickshaw is easiest. Cost is about Rs 350 including both bringing you and returning you to your hotel, including waiting time even if you're spending the whole day from 9 to 5. (this rate is current as of 2013).

Sometimes you'll be able to share the rickshaw with another volunteer to split the fare.

**BUS:** A bus is also available—very inexpensive, just 10-15 rupees each way. It is available at the Chetak bus stand and Delhi Gate. You need to ask people which bus goes to Badi TB Hospital. After doing this once, you'll get the hang of it. It goes about every half hour.

**BICYCLE:** Bicycling to Animal Aid takes about 45 minutes from Chand Pole area. The route: Cycle to Fateh Sagar (lake) heading North from Chand Pole. (ask people.) Whether you ride on the east or west side of the lake heading north, you will eventually intersect the Road to Badi! Take a left, now heading west. It's a straight shot of about 4 km, should take you about 20 minutes to get to the TB Hospital main gate. From there you will see Animal Aid's signs and take a right.

**Important Safety tip:** in India, small yields to big. Meaning, do not expect any vehicle--especially a vehicle larger than yours-- to give you the right-of-way. Always be alert and ride defensively. You must never assume that any vehicle is going to courteously yield to you.

Bicycle **rentals** are available in Udaipur. Ask around. Be philosophical about flat tires (Indians say “pincher” for puncture) There's often someone who can fix your “pincher” fairly close to wherever you are.

**Renting a Scooter:** Scooter rental is possible in Udaipur but if this is your first time to India or if you're not accustomed to riding a scooter, it is not safe. Road manners and habits are much different in India than in many countries in the west.

## Where to stay in Udaipur?

Udaipur is a popular tourist town which means that there are literally hundreds of guesthouses and hotels to choose from, of every price range. The hotels are almost all located in what is called the "Old City" in Chand Pole. When you arrive in Udaipur whether by train, bus or flight, tell your driver to take you to the "Old City" in Chand Pole. When you arrive in Chand Pole you will see that you are surrounded by hotels and all you will need to do is ask to see the room of the first place you see, ask the price, and go from there. Within about 30-40 minutes you should be able to find a place to your liking. If you are tired from your journey and have heavy bags you don't want to drag around, then we would suggest going into one of the first places you see, stay there for a night even if it's more expensive than you're looking for, and the next day when you are rested go for a walk to check out some other places.

A few places to look at (the high end and mid range places will have Wifi, hot water and a rooftop restaurant):

### High end:

Udai Kothi : [www.udaikothi.com/](http://www.udaikothi.com/)

Jagat Niwas : [www.jagatniwaspalace.com/](http://www.jagatniwaspalace.com/)

Lake Pichola Hotel : [www.lakepicholahotel.com/](http://www.lakepicholahotel.com/)

### Mid Range:

Mewar Haveli : [www.mewarhaveli.com/](http://www.mewarhaveli.com/)

Wonderview Palace : [www.wonderviewpalace.com/](http://www.wonderviewpalace.com/)

Hibiscus : [hibiscusudaipur.in](http://hibiscusudaipur.in)

Panorama Guest House

### Budget:

Hanuman Ghat Guest House

Lal Ghat Guest House : [www.lalghat.com/](http://www.lalghat.com/)

## **If you get sick while in Udaipur and need to see a doctor...**

There are many hospitals and specialists in Udaipur. For normal flu symptoms, stomach and digestive complaints, we recommend Aravali Hospital in Mullatalai. Another (more expensive) option is American Hospital in Bhopal Pura.

Don't go to "the government hospital" unless it is for something like snake bite or a serious emergency such as burn or seizure. The government hospital actually is reputed to have some very good doctors, but aesthetically and hygienically it is a nightmare. If you need emergency treatment however it may be the best option.

There is an orthopaedic hospital especially for suspected fractures in Panchwati.

## **Philosophy: Animal Aid and Animal Rights**

The cows and donkeys at Animal Aid have opened the eyes of the founders and so many of the volunteers and staff about what happens in the businesses that use animals as commodities—like dairies, poultry farms, or in the leather industry, slaughterhouses and laboratories where animals are used in experimentation.

Animals kept in confinement anywhere suffer, and we are continuously reminded of how dearly animals cherish their freedom to roam about. That is why we make every effort to ensure that no animals are tied or confined unless it is essential to their healing or the safety of other animals.

The animals themselves have lifted our eyes to the sensitivity, the capacity for suffering, the need for joy and play and choices—the need to use their minds as well as their bodies—that all animals possess.

Not every volunteer at Animal Aid is vegan; some aren't even vegetarian, but we love knowing that every volunteer will have a chance to become closer all animals, and maybe come to new realisations about the privilege of protecting them, including no longer eating them or using them for their products.

## **What if I see an injured animal while I'm in Udaipur?**

While in Udaipur, keep Claire's number with you at all times to report the injury: 09950531639. If you can keep a camera with you when you're out and about too that can be a huge help too. If you see an animal seriously injured (hit by a car, severely wounded, bleeding, collapsed, etc) call Claire. Before calling make sure you know where you are so that you can give the exact address, shop or hotel landmark nearby. Depending on the severity of the injury we will do our best to have our ambulance reach the spot within 30 minutes to one hour. Please stay with the animal until our ambulance has reached to ensure we are able to find him or her. If the injury is not very serious but you aren't sure then take a photo of the animal and email it so that we can see if we can help.

## **What if I see an injured animal elsewhere in India?**

Go online and search Animal Rescue and the city you are in and repeat the process described above. If you cannot find a shelter in that city online then it will be up to you to do the best you can to provide help. If the animal is bleeding and safe to handle then apply with firm pressure cloth or cotton for 3-5 minutes or longer

to stop the bleeding. If the animal is severely injured then find out where the local government animal hospital is and take the animal there (wrapped in cloth) and pay for the doctor there to treat. If the animal needs ongoing care it is unlikely that the government hospital will have any facilities to keep the animal or give food and water over night. You can always call us for suggestions or help over the phone.

## How can I be an animal-friendly traveller in India?

Camel, elephant and horse rides will be offered at tourist sites throughout your travels. We strongly request you NOT to ride them. These animals are tied almost constantly, never let to roam free with another of their kind, usually tied in the hot sun on cement, they have been taken out of their native habitat and “broken” which literally means their spirits and will to be who they really are has been destroyed.

Snake charmers: cobras in a basket are always kept in that basket until they die about a month or so later after their venom glands have been burned or cut out. Their salivary glands are injured in this barbaric process and they cannot survive. Forced to live curled up in a tiny basket and only taken on to be surrounded by crowds and taunted is the cruellest abuse and must not be entertained. It is also illegal under the Wildlife Protection Act.

Camel or other bone: You might be told that there is bone inlaid in a table top that has come from a camel or other animal who died a natural death. This is not true. Every time you purchase an animal product you are sponsoring an animal’s death.

Shells: should be left on the shore for the role they play in the ecosystem for thousands of species. Buying shells contributes to the degradation of the ocean floor and animals.

Peacock Feathers: You will be told that these feathers were collected from natural molting/shedding but just think about it: millions of peacock feathers are sold across the country and it is extremely difficult to find even a single full length feather even in areas where peacocks live. There are no legal peacock farms so these gorgeous birds are being killed for their feathers. Do NOT buy.

Milk: India is one of the world’s largest producers of milk and leather exporters. If you are drinking milk in India because you believe cows are treated better here it is not the case. Every glass of milk tea or lassi is the milk that belonged to a mother’s baby and is being starved and tied, killed or abandoned on the road.

Eggs: 80% of eggs in India were laid by hens confined in factory farm battery cages. These hens will live their whole lives, about 2 years, in hellacious confinement until they are slaughtered. Chickens are every bit as maternal as other animals are but are robbed of their every mothering need to nest and care for their babies. Do NOT eat eggs (and of course don’t eat chickens either).

If you see cruelty (someone throwing a stone at a dog, etc) feel confident in speaking out. Cruelty has no culture and the animals need your voice. Animals are protected under the Prevention of Cruelty to Animals Act, 1960, and if you see malicious cruelty and are able to obtain the name and address of the perpetrator with any photos and videos if possible, you can go to the nearest police thana to register the cruelty. No matter what city in India you are in the police are obligated to register your complaint and you can call Claire for assistance.